



Foot Book

BERNINA Stitch Regulator

Foundation: Low-loft batting

Background: Randomly layered pieces of assorted fabrics, overlapped until batting is covered.

Techniques: Cover fabric pieces with free-motion stipple or meander stitching. Add silk flowers, free-motion stitching them in place. Stitch beads in center of flowers.

Embellishments: Add the letters BSR using paper, metal, or plastic letters.

(See following page for more directions.)

BERNINA Stitch Regulator

Free-motion stitching can be used in a variety of applications: stipple quilting, thread painting, bobbin play, and more. The feed dog of the machine is lowered and you have the freedom to stitch in any direction, following any pattern you choose. To master this technique, it takes a lot of practice to be able to move the fabric smoothly at a speed that results in consistent stitches.

The BERNINA Stitch Regulator (BSR) makes it easy to achieve regular and consistent freemotion stitching in a very short time.



The BSR Foot #42 has three unique soles, each designed for different sewing situations. Experiment with each sole; personal preference plays a major role in determining which sole is most appropriate for you to use with each project and/or technique.



- A closed, O-shaped, metal sole for detailed free-motion stitching techniques such as stippling, bobbinplay, and thread painting.
- An open, C-shaped, metal sole for added visibility in front of needle when following printed or marked lines. The “prongs” of this sole are slightly curved, facilitating movement over several layers of fabric and/or thread.
- A large, clear plastic sole for echo-quilting and medium to large-scale free-motion stitching techniques. The large sole moves easily over raised areas; useful for stitching thick batts, as it compresses a larger area around the needle, increasing visibility. Cross-hairs and concentric circle markings aid in accurate stitch placement.

Quilting the Background

Cut batting to the size of finished page.

Layer scraps and swatches of a variety of fabrics in a random pattern, overlapping edges until the batting is covered.

Attach the BERNINA Stitch Regulator to the machine and select straight stitch. Lower the feed dog. Select the desired Mode (see below) and stipple stitch over the entire surface.

BERNINA Stitch Regulator Mode 1

When BSR Mode 1 is selected the needle immediately starts to move up and down, ready for the fabric to be moved for stitching.

BERNINA Stitch Regulator Mode 2

When working in BSR Mode 2, the motor is engaged only when the fabric is moved under the foot, giving the stitcher time to stop and think about the path the needle is taking. *Note: If there is no movement for over approximately seven seconds, the BSR will automatically deactivate.*



Thread Painting the Flowers

Take apart a small silk flower and separate the layers until you have 3-4 single layer flowers. Position them as desired. Stitch the followers to the background by thread painting some detail in the center of the flower as desired.



Thread-painted flowers on a print fabric—the same technique is used on silk flowers applied to the quilted background of the page

Adding the Beading

After the flowers are attached, remove the presser foot and stitch a few beads in the centers as desired.

Change to a size 60 needle as needed to fit through the beads. Thread the machine with monofilament thread; take a few small stitches to tie off.

Hoop the area to be beaded using a spring hoop. Using tweezers, hold a bead in the desired location and lower the needle into the hole. Take one stitch into the bead and out to the side (about the length of one bead). The bead should roll to its side.

Stitch to the next bead location and attach another bead. Continue until beading is complete.

Attaching the Letters

Cut a scrap of fabric about 1½" x 3"; position it as desired and sew it to the background fabric using a narrow zigzag stitch and Reverse Pattern Foot #1/1C/1D. Attach metal, plastic, or cardstock letters (about 1") to the swatch using a straight stitch or bartack as needed.

