

# STITCHING COSMOS

Master Your Sewing Machine Through a Series of Sewing Techniques, Feet, Accessories and Decorative Stitches

## Lesson Overview

Selecting fabrics  
Cutting and sewing curves  
Stabilizers, threads & needles  
Choosing decorative stitches  
Tension settings with decorative threads  
Sewing a "Stitch Book"

## Featured Feet

Bernina Open Toe Foot #20, #20C or #20D  
Bernina Patchwork foot #37, #57, #97 or #97D  
Seam Guide

## Threads

Aurifil 50 wt. thread  
3-4 spools of fun decorative threads

## Accessories

Cut A Round Tool  
Microtex Needles  
Sewing Table  
Inspira Fast & Easy Tear Away Stabilizer

## Bonus Material

Watch blueprints "Stupendous Stitching" class by Carol Ann Waugh <http://shrs1.com/xik9>



Welcome to the Bernina Stitching Cosmos online course. There are 10 lessons featuring over 18 feet and accessories and 25 techniques. Each lesson is designed to help you master your Pfaff sewing machine with amazing new techniques each step of the way.

In this lesson you will learn how to select fabric, decorative threads, understand tension settings, work with the proper stabilizer, get started on a "Stitch Book", master cutting and sewing curves and create your first decorative stitched block.





## Homework

It will be encouraged throughout the Stitching Cosmos to take the time to sew out every decorative stitch in your sewing machine.

Start a notebook of sewn samples for easy reference for later.

### *Stitch Book Suggestion...*

Cut fabric and stabilizer 5" x 10" with the lengthwise grain running along the 5" length of the fabric. This will help the stitches from puckering while being stitched.

Align the presser foot along the short edge of the fabric and sew a row. Continue aligning the foot next to the previous decorative stitch and sew the next stitch.

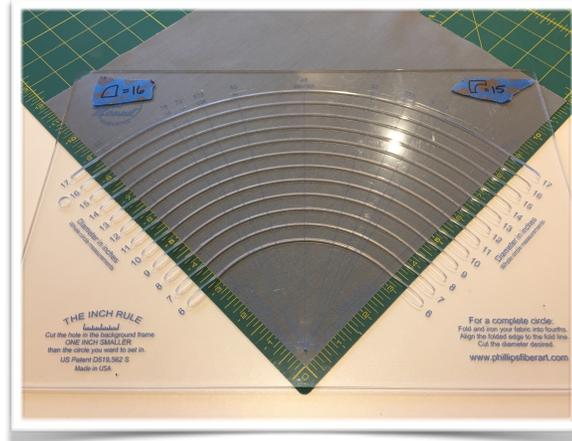
Place sewn samples in sheet protectors with white card stock to keep the pages stiff.

Identify each grouping of stitches by their numbers by writing on the card stock paper or the actual fabric with a fabric marker.

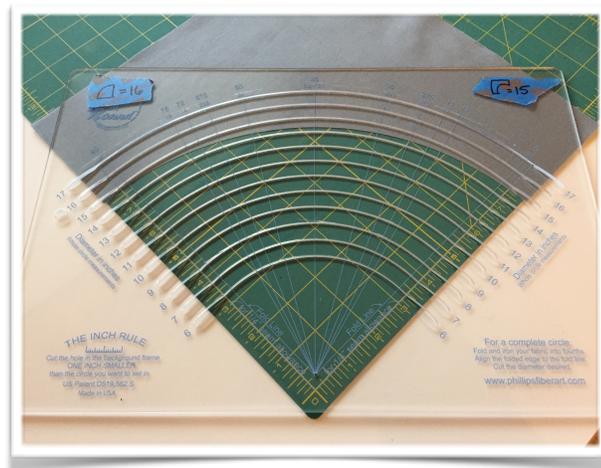
## Cutting Curves

Start with a 12" square.

Place the corner of the fabric block on the corner of a rotary cutter mat. Cut the convex curve (I sometime call this the "ice cream cone" piece) using the 16" groove.



Move the remaining fabric piece toward the corner of the rotary cutter mat, allowing the edges to extend past the edge of the mat slightly. Align the second cut of the ruler on the 15" groove. (I refer to this piece as the "bear cave" piece of the block.)



**TIP:** Write a note to keep on the ruler to keep the numbers straight prior to cutting.



## Decorative Threads

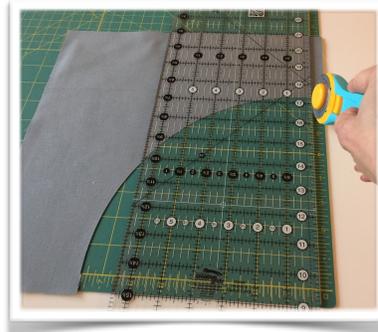
Have fun with decorative threads! The Stitching Cosmos program will inspire you to try decorative threads, variegated threads, yarns, fibers and thicker decorative threads to put in the bobbin (Lesson 10).

For thicker threads, switch to a Topstitch needle size 90/14 or 100/16. A Topstitch needle will protect the thicker threads going through the fabric - almost like it is putting a protective HUG around the thread.

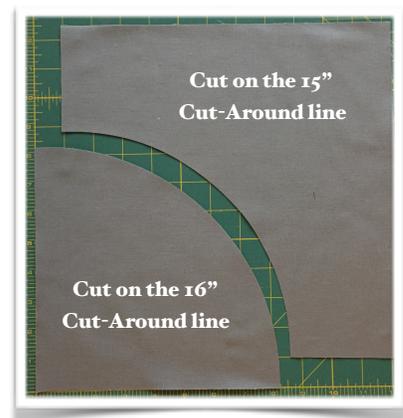
If using shiny decorative threads like embroidery thread, the Microtex needle size 80/12 should work in most cases.

## Most Important Step!

Cut off the edges of the concave pieces even with the rotary cutter mat on both sides of the curve.



When cut correctly, the convex (ice cream cone) piece will look bigger than the concave (bear cave) piece.



## Sewing Curves

Always sew with the concave fabric on top.

Crease both pieces to find the center. Pin the centers together.

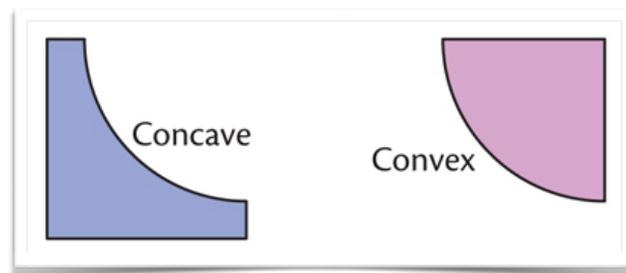
Only use a total of 5 pins!

Pin the ends even. Place the last two pins as needed.

Using Aurifil 50 weight thread, sew with a stitch length of 2.0mm.

Using an exact 1/4" seam allowance and the needle set to stop in the down position, begin to stitch the curve. Stop every few stitches, slightly lift up the presser foot and let the fabric relax.

Press the seam toward the outer edge.





## Selecting Fabrics for the Quilt

Select fabrics that read solid. Stay away from busy prints.

If using silk or satin fabrics interface each fabric with Tricot or French Fuse interfacing before cutting.

### Quilt Top Yardage:

5 yards total (minimum 3/8 yard cuts or 20 fat quarters)

Binding - 1/2 yard

Back - 1 2/3 yards

Finished size: 40" x 50"

## Selecting Threads

Keep in mind that all threads can be used.

Thicker threads may require a Topstitch needle size 90/14 or larger.

Threads should be high contrast in relation to the base fabric.

## Thread Tension

If any bobbin thread is showing on the top, reduce (smaller number) the top tension by one or two whole numbers.

## Sewing Decorative Stitches

Layer and pin two pieces of stabilizer behind the block.

Test out decorative stitches on a sample fabric prior to sewing on the block. (See "homework" selection).

Using an open toe foot, stitch out a variety of stitches following the shape of the curve.

Experiment with different kinds of decorative stitches and decorative thread thicknesses.

Avoid turning a decorative stitch in the middle of the pattern. Stop with the needle down and pivot slightly.

Select the "Pattern End" option to turn after each stitch repeat.

DO NOT remove stabilizer.

After later lessons, you may wish to add other techniques to this block.

DO NOT trim blocks. This will only be done when all blocks are completed.

Blocks will later be cut to 10 1/2" x 10 1/2" for a finished size of 10" x 10".



## What is Free Motion Couching?

A free-motion couching foot specializes in applying cords, yarn and ribbons while moving fabric around like with free motion quilting.

The cords or fibers are fed directly to the needle through a hole in the sole of the foot, and can be sewn on in any direction desired. Since the feed dogs are lowered for this technique, creating fun patterns and shapes become effortless in a matter of minutes.

Discover free motion couching and begin embellishing table linens, garments and bags with attractive cord decorations!

## Get Ready for Lesson 2!

Get ready for an amazing amount of couching options. “Couching” refers to stitching over cords or yarns. Gather up a variety of thin and thick yarns. We will even teach how to take thinner threads and twist them together to create a thicker version and even how to mix colors to get the perfect color pallet!



## Supply List

- 2-3 regular curved Cosmos blocks sewn together
- Tear Away Stabilizer
- Assortment of decorative sewing threads
- Clear thread
- Assortment of thick and thin yarns, threads and cords

## Feet

- Bernina 3-Groove Cording Foot #22 and/or 5-Groove cording foot #25
- Bernina Couching Foot #12C
- Free Motion Couching Foot #43 - optional