

# STITCHING COSMOS

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

## Lesson Overview

Stitch pintucks with a double needle to create new texture to existing fabric. Use double or triple needles to expand normal decorative stitches into amazing works of art by varying thread choices.

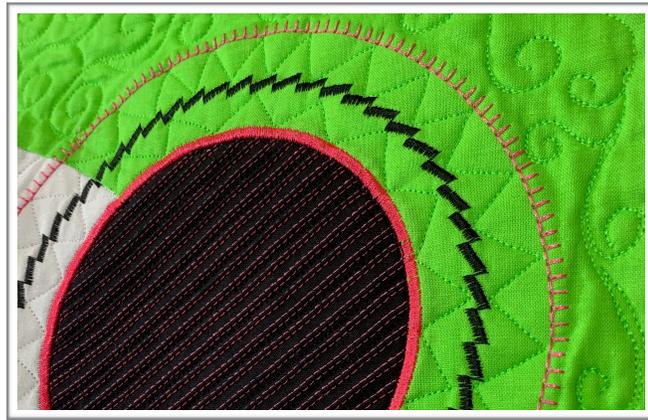
## Featured Accessories

5 Groove Pin Tuck Foot with Raised Seam Plate  
#412369945  
2.0 Twin needle  
Triple needle  
Seam Guide  
Hand held needle threader

## Threads

Aurifil 50 wt. thread  
Decorative threads  
Variegated threads  
Thicker threads for corded or shadow pintucks

## Pintucks & Double Needles



Pintuck feet come in multiple sizes. Pintuck feet can be found with 3, 5, or 7 grooves. For lighter weight fabrics select the 5 or 7 groove pintuck feet and save the 3 groove pintuck foot for heavier fabrics. We recommend purchasing a 5 groove pintuck foot as your first foot size and then add additional sizes based on your fabric choices in the future.

The grooves on the underneath side of a pintuck foot help align perfectly parallel rows of tucks while sewing on a single piece of fabric. Vary the distance between the tucks by skipping over one or two of the grooves.





## How to Thread a Twin Needle

If your sewing machine has a separating "fin" near the tension area, place one thread on the right side and one thread on the left side. This fin will allow each thread to have equal tension pressure.

Thread the rest of the machine as normal.

If there is not a fin, thread both threads as a sewing machine is normally threaded.

On-board needle threaders do not work. Instead use a hand-held needle threader like the one shown below to thread the needles.

**NOTE:** It does not matter which thread goes in which needle. Just pick one!



## Twin Needle vs. Which Pintuck Foot

- 2.0 (use with 5 groove foot)
- 3.0 or 4.0 (use with 3 groove foot)



## Thread Choice

Select threads that can fit through the double needle hole size. Double needle packages show both the size and the double needle width. If the needle shows 80/2.0 then select thinner threads that fit in a size 80 needle. Thicker threads will lead to skipped stitches or thread breakage.

## Sewing Speed

Begin sewing slowly when using a double needle to be sure both threads have been threaded correctly. Keep the sewing speed slower to be sure stitches continue to stitch correctly and evenly.

## Twin Needle Limitation

Many computerized sewing machines have a double needle or twin limitation function. This will tell the machine to limit the stitch width of decorative stitches so the needle will not hit the side of the foot and break. **TIP:** On most machines, this limitation will need to be turned off manually. It will not be cleared when the sewing machine is turned off.

## Pintuck Tips

Draw a line and sew along the LENGTH WISE grain of the fabric.

Stitch EVERY OTHER groove on the pintuck foot.

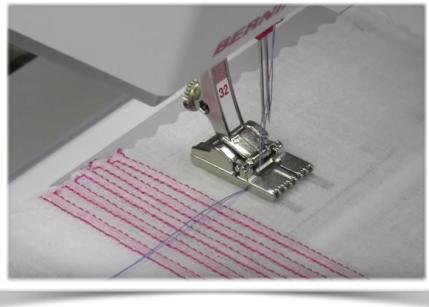
Skip the thread cutter - by skipping the automatic thread cutter, extra unnecessary locking stitches are also skipped when starting and stopping.

Trim the threads at the beginning and end of each pintuck before sewing the next pintuck.

Sew in the same direction for the entire piece.

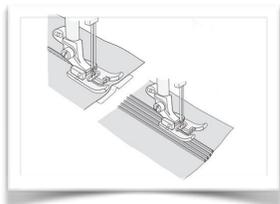
## How to Thread a Triple Needle

To thread a triple needle, follow the same directions as for threading a double needle except two of the three threads will need to "share" one tension disk.



## Shadow Pintucks & Corded Pintucks

Pintucks can encompass a small cord BENEATH the fabric to help fill the tuck with some substance. On sheer or lighter weight fabrics, using a dark or colorful cord color can lend itself to shadow pintucks.



Some machines have a pintuck guide or a hole in the throat plate for this cord to run safely through.



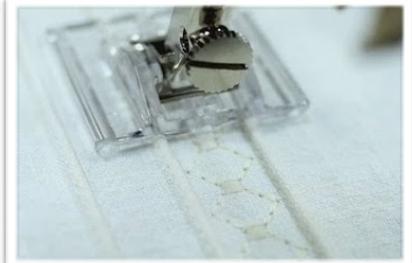
## How to Use a Seam Guide with Pintucks

Who says pintucks must follow the pintuck foot or even be stitched straight? Pintucks can be spaced with any distance apart. Use a seam guide to keep rows of pintucks equal in spacing.



Select from other stitches like a straight stitch scallop or curved stitch and watch pintucks appear out of nowhere!

Separate rows of pintucks wide enough to run a decorative stitch between the rows!

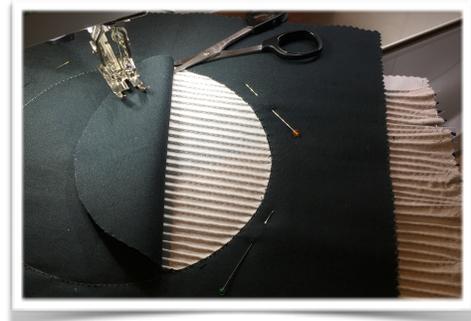


## Pintucking the Fabric

Start with a 9" x 12" rectangle of fabric to pintuck. Cut the fabric so the 9" side run WITH the lengthwise grain of the fabric. Set up machine based on pintuck foot, double needle size and thread choice. Pintuck down the 9" side of the fabric. The 12" allows for the fabric room to shrink.

## Reverse Applique

Place the pintucked fabric under the Cosmos background fabric. Mark a circle or desired shape. Stitch along the line and trim the top fabric close to the stitching. Or use the circular sewing attachment to sew circle!



Finish the raw edge with a decorative stitch, couching or other embellishments.

## Decorative Stitches with Twin Needle

Decorative stitches take on a new look when stitches with a twin needle. Fancier machines have "Double Needle Limitation" functions. If not, reduce the decorative stitch's width so the needle does not break. Max sewing machine width - (minus) twin needle width = MAX stitch width



## Homework

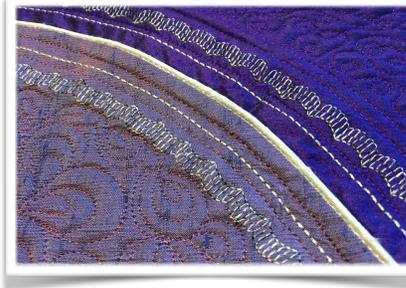
Watch the Heirloom Creations videos on the Bernina Pintuck feet and the Husqvarna Viking Pinutck feet.

Complete your own version of a Stitching Cosmos pintuck block.

**BONUS** - Try pintucking a printed fabric and watch how the fabric print changes.

## Get Ready for Lesson 6!

**TWO** totally different blocks in one month! First, learn how to insert super tiny corded piping into a seam using the Piping Hot Binding tool. On the second block, master the art of paper piecing and creating your own paper piecing pattern.



## Supply List:

### Piping Block

1 - 2 curved Cosmos blocks NOT sewn together

Extra fabric to cut on the bias for piping

Piping Hot Binding tool with cord

Open toe foot

Clear Piping Foot #413097145



### Paper Piecing Block

1/4" piecing foot

Cut Around Tool

Tear Away Stabilizer - bring entire roll or 3-4 pre-cut sheets

Fabric for block and paper piecing.

Small ruler and pencil to draw the paper piecing pattern - we will be drawing it on to the tear away stabilizer