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## Supplies

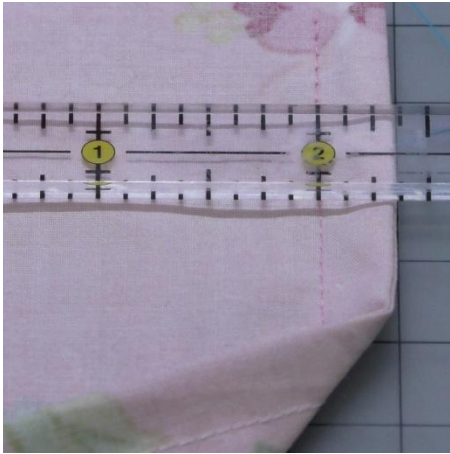
- o Pattern for garment or existing cotton garment
- o Lightweight or Medium Weight Cotton Fabric for pattern
- o Spray Starch or Best Press 2
- o Fine Thread such as Quilters Select Para Cotton Poly 80 weight
- o Cord such as Decora #6 or #8 or Pearl Cotton #5 or #8
- o Lace such as seam binding
- o Universal Machine Needle size 70 for finer threads
- o Universal Machine Needle size 90 for heavier threads
- o Twin Needle size 1.6/70 for fine threads
- o Extra bobbin for Twin Needle Sewing or winding cord
- o Wing Needle size 100
- o Quilters Select Wave Appliqué Scissors
- o Floriani Medium weight Tear Away
- o Baby Lock Cording Foot 5 Cord ESG-CF5
- o Baby Lock Cording Foot 7 Cord ESG-CF7 (shown in video)
- o Baby Lock Pintuck Foot 5 Groove ESG-PF
- o Rotary Cutter, Mat and Ruler

## Instructions

### ***Decorative Stitching***

For decorative stitching, the most even results are obtained when stitching at a moderate, even speed with stabilizer appropriate for the project. Use the finest thread for the technique to achieve the desired results. Dense stitching caused by heavier thread may cause buckling and change the length of the pattern making it difficult for side by side patterns to match. Use the recommended presser foot and a machine needle the correct size for the thread.

## French Seam



A French seam is a garment seam that is first stitched with the garment wrong sides together. The Fabric is then folded to the right side and the seam is stitched the traditional way. This seam encloses the edges of the seam and creates a beautiful tailored look. It is the preferred seam for lightweight and sheer fabrics. French seams on medium weight fabrics such as most cotton prints and broadcloth use the following measurements when a pattern recommends a 5/8" seam allowance. Stitch a 3/8" seam with the wrong sides together. Press the seam flat, then open, then both to one side. Trim the seam allowance to 1/8". Fold right sides together, press and stitch a 1/4" seam enclosing the trimmed seam allowances.

## Corded Edge



The corded edge is a very simple technique that creates a beautiful, sturdy finish. Fold the fabric and press a crisp edge using spray starch or Best Press 2. The underside of the fold can be trimmed after stitching. This technique is not recommended for loosely woven fabrics. Use a heavier cord such as Pearl cotton size 5 or 8, crochet cotton, buttonhole twist or topstitching thread. A thicker thread can be created from a thinner thread by twisting the thinner thread upon

itself. Cut a thread four times the desired length. Secure one end and twist the other. (This can be faster by securing the thread on a bobbin and engaging the bobbin winder while holding the loose end.) Hold the thread in the middle and bring the two ends together. The thread will twist upon itself. Straighten out the twists and smooth the new cord. A cording foot is very helpful in placing and controlling the cord while stitching. Set up the machine for a narrow zigzag stitch that is just wide enough to cover the cord and just "bite" into the fabric. The stitching should clear the cord and not bite into it. Try a width of 2mm to 2.5mm and a length of .08mm. Use a slightly wider zigzag if you plan on trimming the fabric on the underside closely.

Baby Lock Vesta Settings: Stitch 1-10 W 2.5 Length 1.0

## *No-Trim Scalloped Edge*



Picot edge is a sturdy stitch and can work well on a variety of fabrics and can create a very tailored look. Use the blind stitch and increase the width and tension. Mirror image the stitch if necessary so the even side of the stitching is on the right. Prepare the fabric with spray starch or Best Press 2 to stiffen it and press a crisp fold. Stitch with the folded edge to the right and the stitch goes over the folded edge of the fabric on the right side. On the reverse side, trim the fabric close to the widest stitches using appliqué scissors.

Baby Lock Vesta Settings: Stitch 1-15 W 5.0 Length 4.5 Tension 9.0

## *Twin Needle Pintucks*



Twin needle pintucks are simple to sew and since they are not too frilly, they look good on a variety of garments during construction and ready made items. A twin needle has two needles on one needle shaft. Any zigzag machine will accommodate a twin needle and the needles come in a variety of widths and types. For twin needle pintucks light to medium weight wovens are recommended, but twin needles can be used on a wide variety of fabrics. Choose a

two fine cotton threads though the needles and thread the machine with both threads in the standard thread path up until the needle. The two threads are separated just above the needle. Machine needle threaders do not work with twin needles and you will need to thread each needle by hand. Polyester or all-purpose thread may be used, but the upper tension may need to be loosened (or not tightened as much as cotton) to prevent puckering. To create two “spools” of thread from a single spool, wind a bobbin to use with the spool as an additional top thread. A pintuck foot with multiple grooves on the underside will help keep the tucks raised and any cording in position. If a pintuck foot is not available, use a decorative or satin stitch foot with a channel on the underside. Set up the machine for a straight stitch in the center needle position with a stitch length of about 2mm to 2.5mm.

Decorative stitches can be used and the needle position can be changed depending on the width of the twin needle. Always check by rotating the hand wheel slowly to make sure the needle doesn't strike the foot or throat plate opening. Mark the first pintuck with a removable marker or a pressed crease. Generally the side of the foot or the grooves in a pintuck foot can be used for additional pintuck spacing. The top tension will generally need to be increased to create a raised effect.

Corded pintucks will stand out easier with minimal tension adjustments and have the advantage of creating a greater effect on heavier fabrics. Some special bobbin covers are available for guiding the cord or use the center groove in the pintuck foot to keep the cords in place. If using a pintuck foot for guiding the cords, keep the fabric and the cord gently raised in front of the foot while stitching to reduce drag and mis-alignment. When using a very lightweight fabric, a brightly colored or dark cord will show through to create a shadow effect.

Baby Lock Vesta Settings: Stitch 1-04 W 3.5 Length 2.0

Baby Lock Vesta Settings: Pintuck Foot with cord, Stitch 1-04 W 2.5 Length 1.0 L/R Shift +1.5



### *Wing Needle Hemstitching*



Hemstitching is a decorative stitch that creates an effect of openwork or drawn threads. A wing needle used in the sewing machine creates a larger hole than a standard needle. If the stitch strikes the same hole in a decorative stitch, the effect

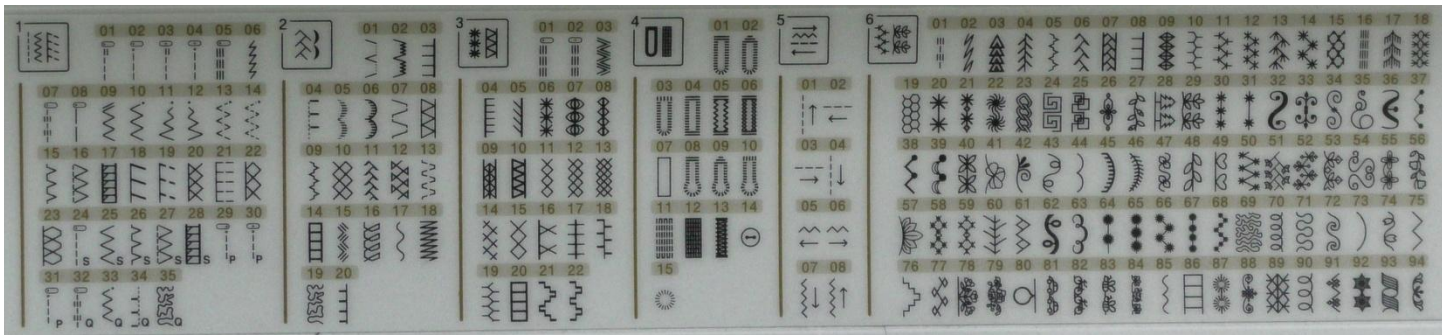
is an opening that looks like time-consuming handwork. Most machines have stitches especially designed for hemstitching and the effect can be created with two passes of a simple zigzag stitch. Most machines will automatically set width and length for these stitches, but try a sample to see if a narrower or shorter stitch length would look better.

Look for the following stitches on your machine:

- o Parisian (also called Pin Stitch or Point de Paris) resembles the letter “L” with repeating vertical stitches and sometimes repeating horizontal stitches. The Picot stitch looks similar without repeating motifs. Stitch 3-04 below.



- o Venetian stitch looks like a row of diamonds on a string. Stitch 3-08 below.
- o Turkish stitch looks like an overlock stitch but each motif repeats while stitching. Stitch 3-10 below.
- o Four-Sided looks like a series of boxes. Stitch 3-20 below.
- o Rhodes stitch looks like a honeycomb. Stitch 3-12 below.
- o Star stitches into the center multiple times and looks like a daisy. Stitch 3-06 below.



When stitching hemstitches, use a standard presser foot to keep the fabric secure and hold the fabric taut before and after the needle (sewing under tension). To create a simple hemstitch with a zigzag, stitch a row of zigzag stitches and re-stitch the row being careful to stitch into one side of the row of stitches hitting the same hole. An open toe foot and slow careful stitching will make this task much simpler. Hemstitches can be corded. Use a cording foot to hold the threads in position while stitching.

Baby Lock Vesta Settings: Star Stitch W 2.5 Length 1.0

Baby Lock Vesta Settings: Stitch 1-10 W 2.5 Length 1.0

### *Inset Lace*



Inset lace can look intimidating, but the process can be very straightforward. Place lace with two straight sides on the right side of the fabric and pin in place if necessary. Use a straight stitch to stitch in the header of the lace on both sides. Using appliqué scissors on the wrong side of the fabric, carefully cut a slit down the middle of the fabric under the lace.

Open the fabric and press. On the right side, select a stitch and thread to add a decorative touch to both sides of the lace. Depending on the fabric, a tear away stabilizer may be necessary under the decorative stitch. The decorative stitch selected will secure the raw edge and most decorative stitches will work. This technique looks very fancy with wing needle stitches on either side.

Baby Lock Vesta Settings: Stitch 2-20 W 3.0 Length 2.5