



**BERNINA**  
OF NAPERVILLE •

# FAT QUARTER CLUB

February 2024: “Love”ly Bowl Cozies



# FABRIC SELECTIONS

Each month BERNINA of Naperville Offer 6 Fat Quarters curated by our team for a project.

BUY YOURS HERE: [FAT QUARTER CLUB](#)

Selections from:

- [Love Struck: Sweet on You](#)
- [Love Struck: Skip a Beat](#)
- [Love Struck: Love is Blind](#)
- [Love Struck: Cherryish You](#)
- [Open Heart: Better Together](#)
- [Open Heart: Written Love Loud](#)





## THE PROJECT

Bowl Cozies are the perfect thing to keep your hands protected when heating soup, oatmeal, stews and other dishes in “Chef Mike” aka: the Microwave

They also work great for cold desserts.

But did you know they also make cute gift baskets, drop trays, popcorn vessels and candy dishes?

[Watch YouTube Tutorial HERE](#)





- If you wish for your finished bowl cozies to be microwaved, you will need to use 100% cotton materials.
  - The Pre-Cut Batting and Wrap-n-Zap are specifically designed for this purpose
  - Our Fat Quarters in this month's kit are 100% cotton
  - Your thread needs to be 100% cotton. We used
    - [60wt Mettler Silk Finish](#)
    - [50wt Aurifil 100% cotton thread](#)
    - [12wt cotton Aurifil Thread \(used in the serger\)](#)
  - Needle
    - Size 75 Quilting Needle

## THREAD SELECTIONS





Sewing Machine with the following attachments

- Option 1: Walking Foot with left and right seam guides
- Option 2: Embroidery module and quilting design
- Option 3: Jelly Roll Inspired
- Option 4: Coverstitch serger
  
- Additional Sewing Feet
  - Patchwork feet - #37D, #97D for sewing darts and bowl outside to bowl lining
- Optional Hoop if you choose to embroider
  - Medium Square Clamp

General Notions:

- Water Soluble Marking Pen
- Water-Soluble Stabilizer if embroidering/quilting
- Rotary Cutter Mat and Ruler
- Fabric clips or straight pins

## MACHINE SUPPLIES AND OTHER NOTIONS

# #1 - WALKING FOOT OPTION

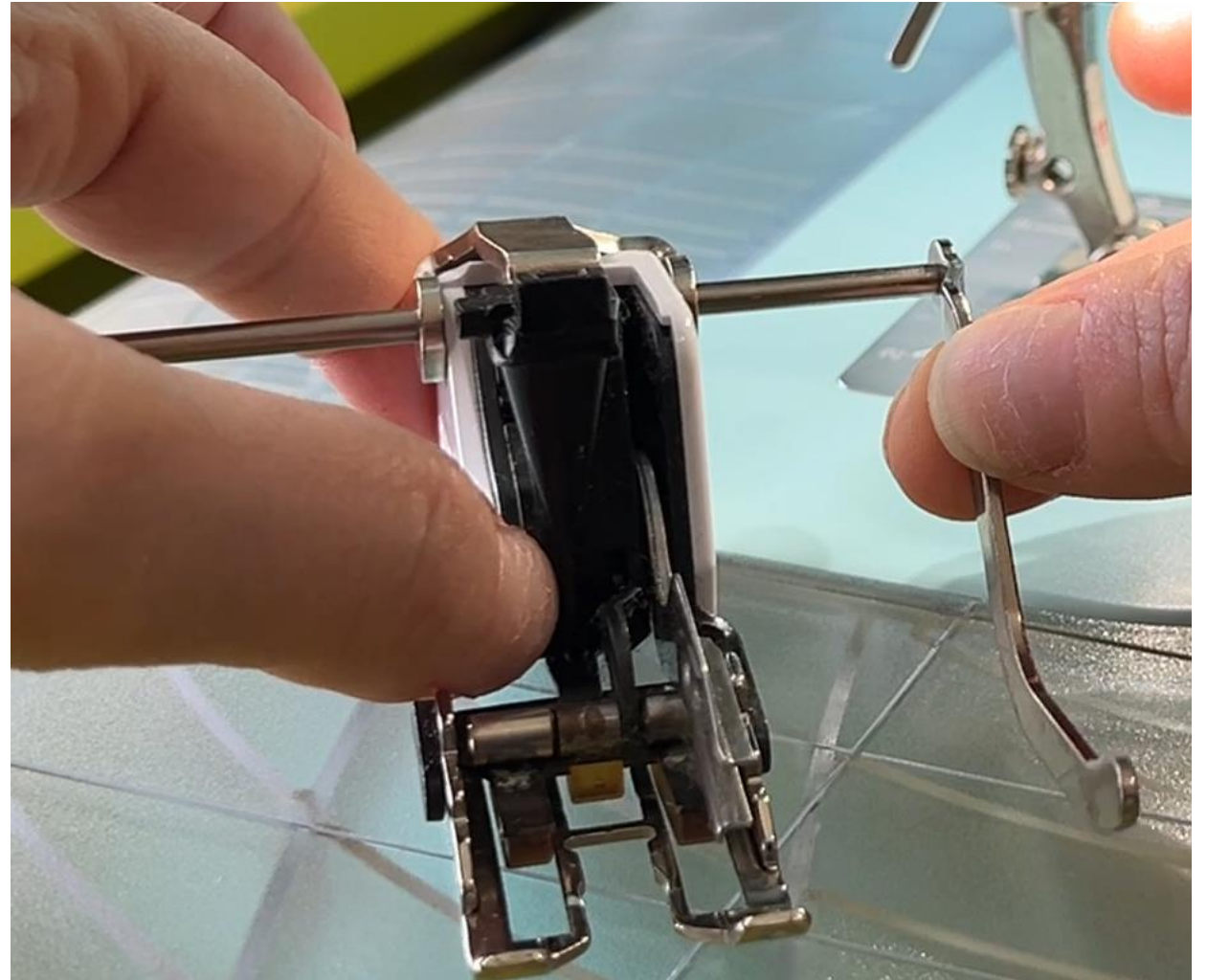
## LARGE AND SMALL PRE-CUT BATTING

- Choosing the pre-cut batting package of your choice
- Layer a fat quarter facing wrong side up and the pre-cut batting on top
  - For Large bowl, cut a 16" square
  - For a small bowl, cut a 9" square
- Bowls are made from 2 fabric squares and 2 pre-cut batting pieces



# #1 - WALKING FOOT OPTION

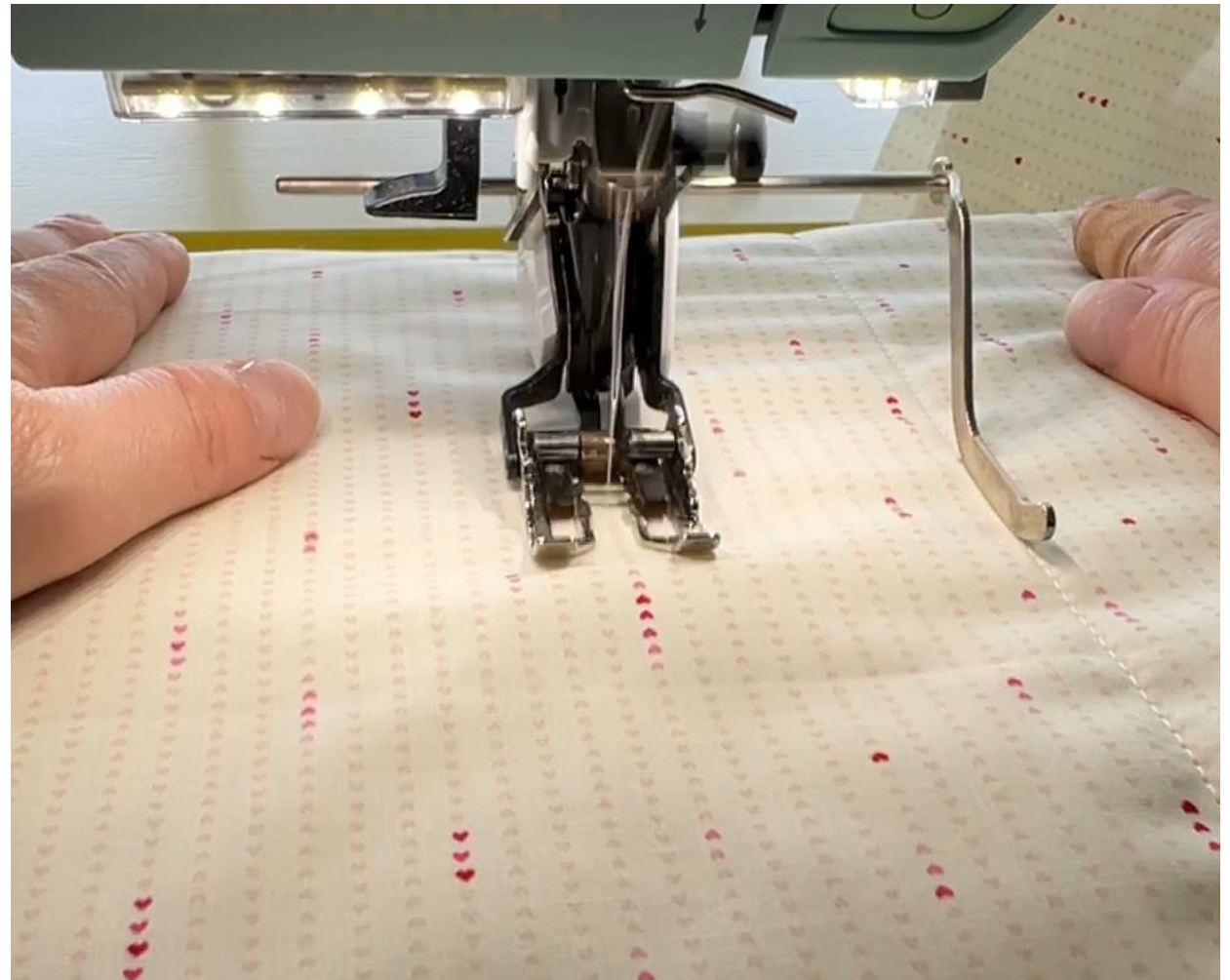
- Attach the walking foot and guide set to your desired width
  - We used 1 ½"
- Thread machine with Aurifil 50 wt thread in top and bottom
- Select Stitch #1 and set the length to 3.5mm
- Turn the work so that the fabric is on top (pretty side)
- Stitch in rows vertically and horizontally until work is covered
- Make 2





# #1 - WALKING FOOT OPTION

- Attach the walking foot and guide set to your desired width
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- Turn the work so that the fabric is on top (pretty side)
- Stitch in rows vertically and horizontally until work is covered



## #2 – EMBROIDERY OPTION

Attach your embroidery module

- Layer items as with walking foot
- Choose a quilting design
- Thread your machine with 60wt cotton thread in top and bottom
- Hoop one layer of Aquamesh Stabilizer in the Hoop
- Use a basting function to hold your work steadily in the hoop for quilting
- Make 2



## #3 – JELLY ROLL INSPIRED

Select some of your fat quarters and cut into 2 ½" strips (by at least 9" long for short bowl and 16" long for large bowl)

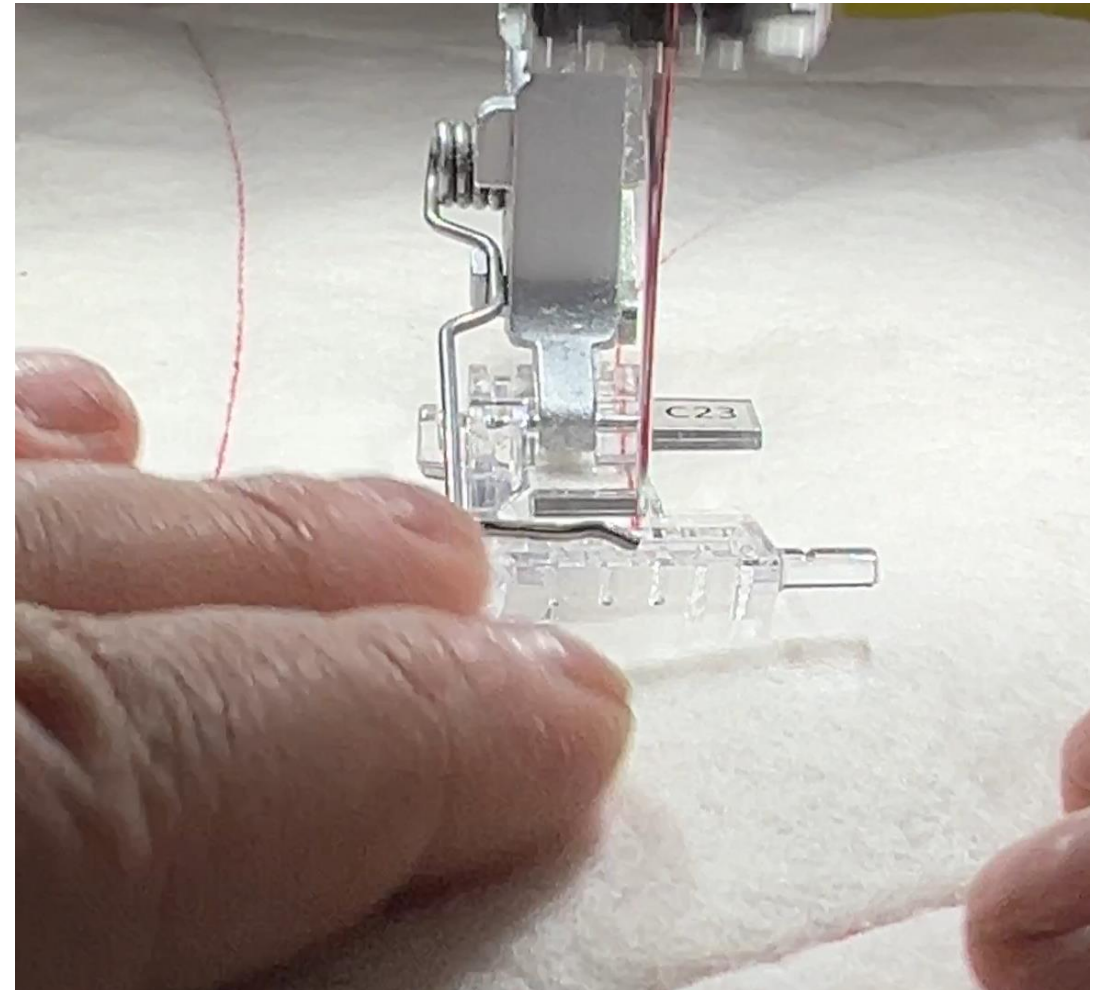
- Choose a pre-cut batting piece
  - Use the Jelly Roll Bowl Cozy Template to mark your lives and darts
    - With the water-soluble marking pen
  - You could also use this template to cut your own wrap-n-zap and mark your darts
- This will be your foundation for stitch and flip
  - Start at the bottom and work your way up
  - Mark darts when the batting is covered and cut on this line afterwards (all 4 sides)
- Make 2



## #4 – QUILTED BY COVERSTITCH

Set up your Coverstitch Serger for a 2 Thread Chain stitch

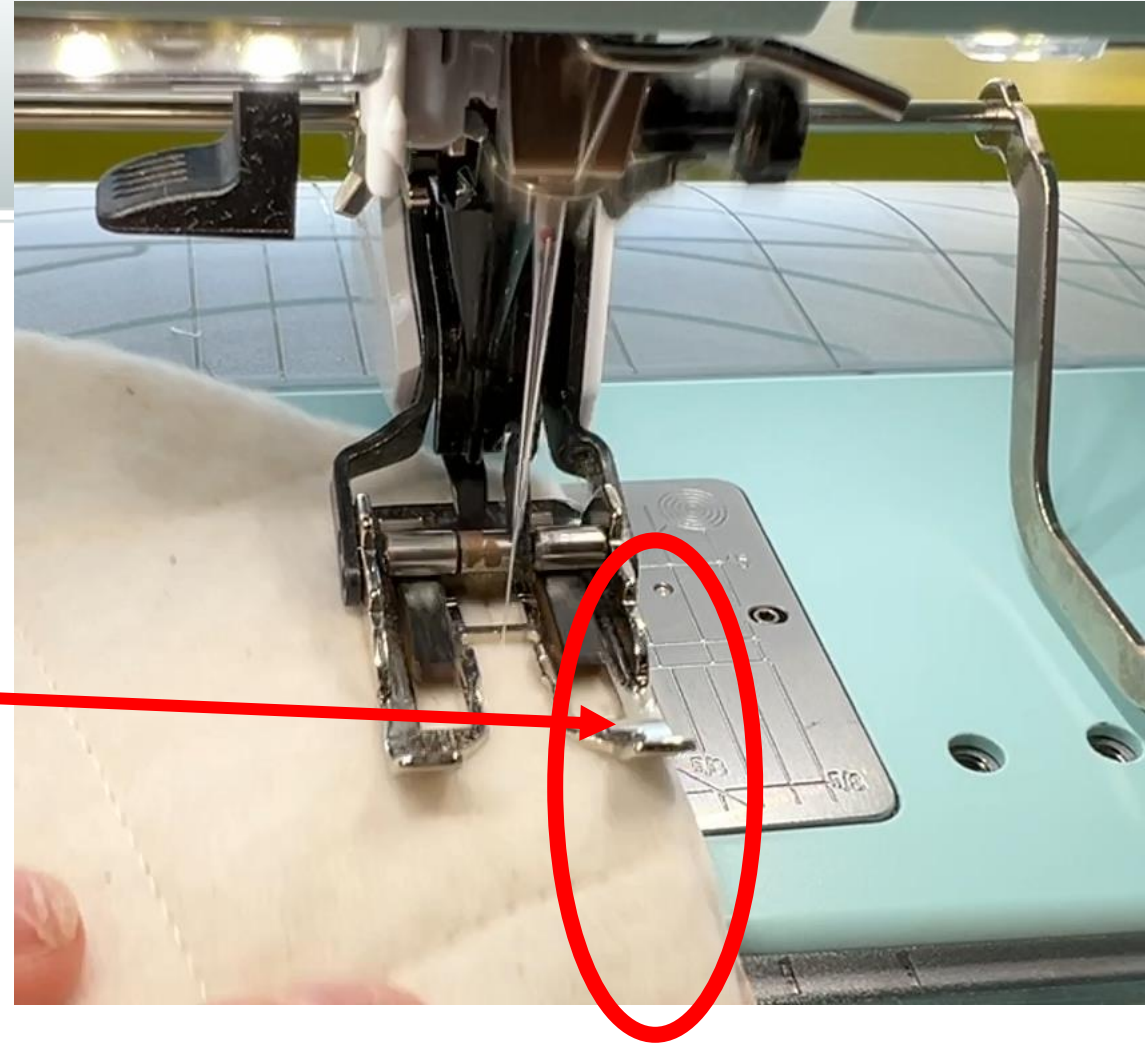
- Attach foot #C or L23 (BERNINA L 8 Series Overlockers only)
- Thread with Aurifil 50wt 100% cotton through the needle
- Thread the Coverstitch looper with 12wt Aurifil thread
- Set your presser foot tension to 2
- Turn the batting to the top side – you will be working upside down so that the looper thread is your decorative stitch
- Quilt with a meandering chain stitch
- Make 2



# SEWING DARTS

No Matter the technique you chose, the bowls will be stitched together the same way

- Stitch darts by lining up the raw edges and stitch  $\frac{1}{4}$ " - 3  $\frac{1}{8}$ "
  - Accuracy is not as important as consistency
  - BERNINA Machines without dual feed should use the walking foot
  - BERNINA Dual Feed machines, use #37D or #97D patchwork feet



# FINAL CONSTRUCTION

Press Darts Open and insert the top side of a bowl, right sides together with the bottom sides.

Leave an opening for turning

Stitch (1/4" – 3/8" is fine) just be consistent

Clip corners and turn inside out

Press

Top stitch around the bowl to close the open seam



# IMPORTANT DETAILS

## On the Embroidered Blocks

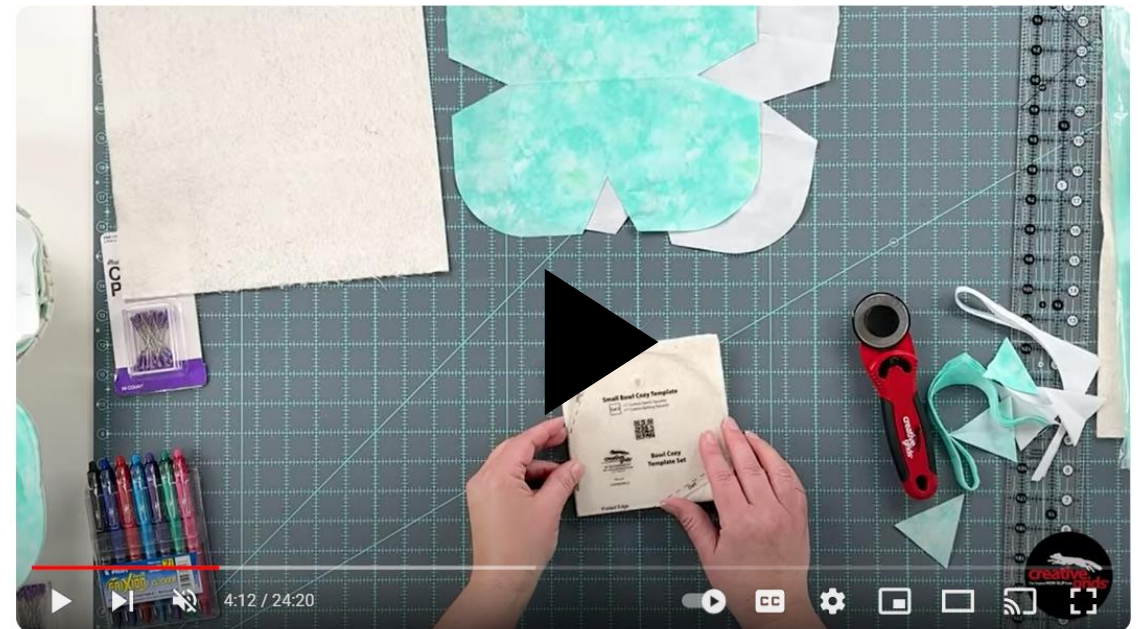
- If you used water-soluble stabilizer, you must wash the bowl completely to remove the water-soluble stabilizer

## Cutting your own templates

- You can use a Creative Grid Grippy ruler ([Non-Slip Bowl Cozy Template Set](#)) to cut your own wrap-n-zap and fabric
  - This allows you to only use one layer of batting because the wrap and zap is just a little bit thicker than one layer of the pre-cut batting
- [WATCH CREATIVE GRID TUTORIAL HERE](#)



creative grids bowl cozy



Creative Grids® Bowl Cozy Template Set



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# THANK YOU

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