made to create **BERNINA**

my
BERNINA
Sewing Machine
Workbook 2

Stitch Fun
For all current BERNINA models
except model 1008

8 Series

2 Series

3 Series

5 Series

7 Series

The information in this workbook applies to all current BERNINA sewing machines. *Note: Some exercises apply only to certain models equipped with the feature being highlighted.*

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Decorative Stitching

Welcome to the second workbook in the My BERNINA series. The information and stitching exercises in this book explore the use of decorative stitches and embellishment techniques using BERNINA sewing machines.

Every sewing machine has a straight stitch, practical stitches and a range of decorative stitches. Some models have hundreds of stitches that can be used to embellish almost any type of project—garments, pillows, quilts, purses, baby clothes, and more. To get the best results when sewing decorative stitches, there are several items that you need to address: the type of thread you use, the presser foot you select, and how you prepare your fabric for stitching.

The type of thread you use plays an important part in the look of your final stitching. Workbook 1 (Basic Operation) offers information on the fiber content and properties of threads that are on the market today. There are many from which to choose and if you try them all you'll find a few favorites. Cotton embroidery thread, especially in a heavier weight such as 30, gives a beautiful look to the stitches and has a nice luster to it. If you want a high sheen, rayon or polyester embroidery thread are good choices. It often comes down to a personal preference and what looks best on your project.

The presser foot you select is critical for good results because it can affect the way the fabric feeds under the needle, influencing the stitch formation. Usually the key to selecting the correct presser foot is the sole. If you are creating heavy, satin stitched patterns, you will need a foot that is not flat on the bottom. It should have some type of indentation that allows the foot to ride over the completed stitch without dragging or inhibiting the feed of the fabric. Stitches that are more open and have less thread will stitch well with an all-purpose or zigzag presser foot. Reverse Pattern Foot #1/1C/1D has small indentations in front of and behind the needle that allow the fabric to move in a "back and forth" manner when forming the stitches. Embroidery Foot #6 has a wedge-shaped indentation behind the needle, perfect for allowing heavy compact stitches to flow freely from under the back of the presser foot. Open Embroidery Foot #20/20C/20D and Clear Embroidery Foot #39/39C/39D both have the same shape but offer more visibility of the stitching area.
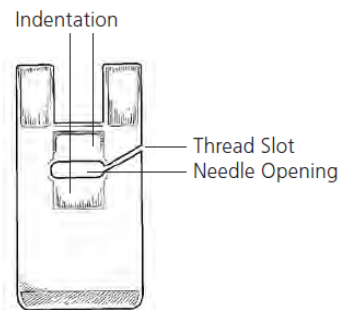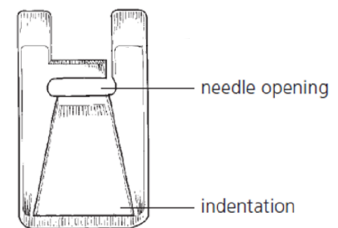
Reverse Pattern Foot #1   Clear Embroidery Foot #39

Preparing your fabric correctly can take the frustration out of your stitching, giving you a positive experience with beautiful results. The fabric needs to be stable enough to support the stitching without tunneling or puckering. This can be accomplished in several ways, sometimes with a combination of techniques. The fabric itself might be heavy enough to support the stitching but in many cases extra stabilization will be needed. Interfacing (fusible or sew-in) is applied to the wrong side of the fabric and left in the project. Stabilizers are used as a temporary form of support. For the exercises in this class you will be using light-weight tear away stabilizer that can be removed after stitching if desired.

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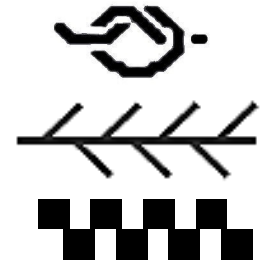
Securing Function

Securing Function: Several very short stitches at beginning/end of stitching; can be applied to decorative as well as straight stitches.

Place the stabilizer behind the fabric.

Select a feather stitch.

Engage the Securing Function, if available; the machine will automatically secure the stitches at the beginning of the stitching.

Sew a line of feather stitching. Re-engage the Securing Function when approaching the end of the stitching; the machine will automatically secure the stitching at the end of the current stitch pattern.

Select the checkerboard stitch and sew a line next to the feather stitch. Engage the Securing Function at the beginning and end of the stitching.

Optional: Attach one of the Seam Guides with Rulers to the presser foot. Set the guide 1" or 2" from needle as desired for spacing between the lines of stitching.

Tie-off Stitches: B 880, 790, 770 QE, and 740
Every stitch has an automatic tie-off at the beginning. This securing function can be activated/de-activated in Setup.

Programmable Foot Control: B 880, 790, and 770 QE
For these models, the back-kick function on the Foot Control can the customized to engage securing stitches. To customize the Foot Control, touch the Setup icon > Sewing Settings > Programming the Foot Control. Touch the Heart icon to customize the following settings as the back-kick function:

- 2-6 securing stitches at that place (standard is 4 stitches)
- 2-6 securing stitches forward (standard is 4 stitches)
- Cutting upper and lower thread
- Raising the presser foot
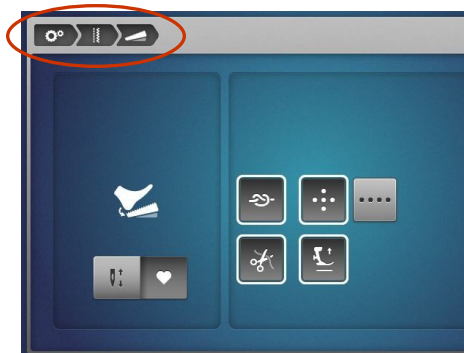
Setup for
Programmable
Foot Control

SEW-HOW

Do you know how to:
- Activate the Securing Function at the beginning and end of a stitch pattern?
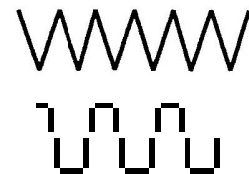- Attach and adjust the Seam Guide?

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Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: default
Presser Foot: Reverse Pattern Foot #1/1C/1D

Temporary Altered Memory: *The last stitch alterations made to each stitch will remain in effect until manually changed or until CLR is touched or until the power to the machine is turned off.*

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric.

Row 1
Select the Zigzag stitch. Align the left edge of the foot with the left edge of the fabric. Sew about 1"-2" of the preprogrammed Zigzag stitch.

Alter the stitch width and length to 5mm; continue sewing the length of the fabric.

Row 2
Select the Running stitch. Begin a second row of stitching and sew about 1"-2" of the preprogrammed Running stitch.

Alter the stitch width and length to 3mm; continue sewing the length of the fabric.

Row 3
Select the Zigzag stitch again. Begin sewing a third row and sew about halfway down the fabric. Notice that the stitch alterations made to the Zigzag stitch remain in effect.

Select the Running stitch again. Continue sewing the third row.

of stitching. Notice that the stitch alterations made to the Running stitch also remain in effect.
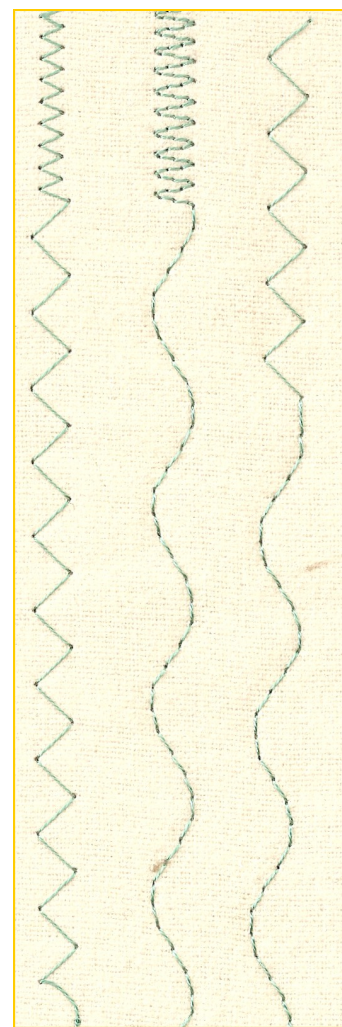
*Note: The B 790 and 880 models also have a **History** function that remembers the last 24 stitches sewn even after the power is turned off or disconnected.*

1   2   3

SEW-HOW
Do you know how to: Access any stitch?
- Make stitch alterations?
- Clear the Temporary Altered Memory?

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WWWW

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: as indicated in the directions
Presser Foot: Open Embroidery Foot #20/20C/20D

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric.

Select the Zigzag stitch. Adjust the stitch length to **satin stitch** (0.5mm) and the stitch width to 5-7mm.

Note: A preprogrammed satin stitch is available on most BERNINA models: 8, 7, & 5 Series: Stitch #1354; 350: Stitch #85.

Move the needle position to the far left and stitch along the left side of the fabric for about 1". While continuing to sew, adjust the width down to 0mm and then widen it back to the original width.

Move the needle position to center and stitch down the

center of the fabric, tapering and widening the stitch while sewing.

Move the needle position to the far right and stitch along the right side of the fabric, tapering and widening the stitch while sewing.

Tension Tips
A slightly tighter bobbin tension will give a beautiful full look to your satin stitch. The best way to achieve this:

- *CB Hook Machines: Insert bobbin thread through the hole in the finger of the bobbin case.*
- *Rotary Hook Machines: Use the embroidery bobbin case and thread the "pigtail".*
- *8 Series Machines: Thread bobbin for embroidery.*
- *7 Series Machines: Thread the same for sewing & embroidery.*

SEW-HOW

Do you know how to:
- ▪ Adjust the settings for satin stitching?
- ▪ Taper and widen the satin stitch?
- ▪ Adjust the needle position?

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Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Open Embroidery Foot #20/20C/20D

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric.

Select a decorative floral stitch.

Align the left edge of the foot with the left edge of the fabric.

Sew a row of the preprogrammed floral stitch.

Adjust the width of the floral stitch to 3 mm and sew a second row of stitching next to the first.

Touch CLR to reset the width. Adjust the length of the floral stitch to 3 mm and sew a third row of stitching.

Programmed settings   3mm width   3mm length

SEW-HOW

Do you know how to:
- Find the floral stitches on your model?
- Reset the stitch length and width to the preprogrammed settings?

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Pattern Functions

Pattern Begin

Pattern End

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"

Needle: 80/12 Universal

Thread: 30 wt. cotton embroidery

Needle Position: default

BERNINA Presser Foot: Open Embroidery Foot #20/20C/20D

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric. Select the satin stitch heart pattern.

Sew 2½ patterns, stopping in the middle of the third pattern.

Lift the presser foot and move the needle down about an inch and then begin sewing again. The pattern will start forming where you left off.

After completing the interrupted heart, start the final heart and press **Pattern End**. The machine will stop stitching when the pattern is complete. *Tip: To make sure you have a complete pattern, depress the foot control and do not remove your foot until the machine stops.*

Move to a new position and sew 2½ patterns, stopping in the middle of the third pattern. Lift the presser foot and move the needle down about an inch. Before starting to sew again, press **Pattern Begin**. Start sewing; the pattern will start forming at the beginning. Again, press **Pattern End** when you start the final heart.

Note: 560, 570 QE, 7 Series, 880: Pattern End can be programmed to tie off at the end of the pattern and then cut the thread before stopping.

SEW-HOW

Do you know how to:
- Recognize the two different pattern functions (which icon stands for each)?

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Pattern Functions

Pattern Repeat

Pattern Elongation

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"

Needle: 80/12 Universal

Thread: 30 wt. cotton embroidery

Needle Position: Default

BERNINA Presser Foot: Open Embroidery Foot #20/20C/20D

Pattern Repeat 1-9x: Program the machine to stop at the end of 1 - 9 repeats of a single stitch or stitch combination. Available on the B 880, 7 Series and 5 Series models.

Select the satin stitch scallop; engage Pattern Repeat 1x.

Sew until the machine stops; you will have 1 scallop.

Engage Pattern Repeat 3x. Sew until the machine stops; you will have 1 stitch pattern. *Note: In this case, one stitch pattern equals the repeated group of three scallops.*

Pattern Elongation: Extend stitch pattern length in 1% or 100% steps. The stitch density is maintained in the elongated pattern. Available on the B 880, 7 Series, and B 580.

Engage Pattern Elongation 300% and Pattern Repeat 1x. Sew until the machine stops; you will have 1 stitch pattern.

Note: In this case, one stitch pattern equals one extended scallop. As the stitch pattern is elongated (lengthened), the stitch density is maintained.
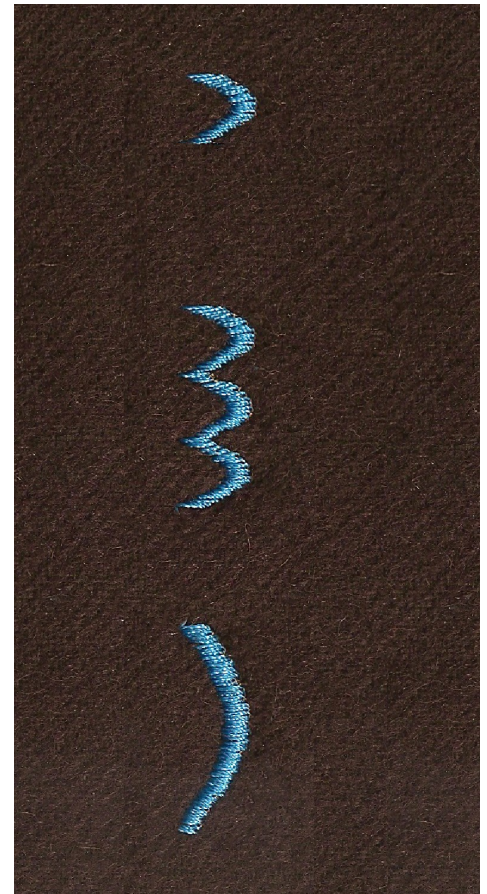
SEW-HOW

Do you know how to:
- Recognize the two different pattern functions (which icon stands for each)?

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Left/Right Mirror Image

Up/Down Mirror Image

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"

Needle: 80/12 Universal

Thread: 30 wt. cotton embroidery

Needle Position: Default

BERNINA Presser Foot: Open Embroidery Foot #20/20C/20D

Mirror Images:

Horizontal Mirror Image (Left/Right) – machine sews selected stitch in Horizontal Mirror Image (right/left is determined by the sewing direction)

Vertical Mirror Image (Up/Down) – machine sews selected stitch in Vertical Mirror Image (up/down is determined by the sewing direction)

Place the stabilizer behind the fabric.

Touch CLR to clear any previous stitch alterations.

Left/Right Mirror Image
Select the Blanket stitch.

Sew one row across fabric.

Engage Left/Right Mirror Image and sew a second row next to the first, using the side of the presser foot for spacing.

Up/Down Mirror Image
Select the satin stitched arrowheads; engage Pattern Repeat 4x. Stitch one stitch pattern for a total of four arrowheads. The machine will stop when stitch the pattern is complete. *Tip: To make sure you have a complete pattern, depress the foot control and do not remove your foot until the machine stops.*

Engage Up/Down Mirror Image. The entire stitch pattern (four arrowheads) will be mirror imaged. Stitch one stitch pattern for a total of four arrowheads.
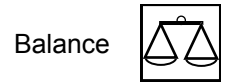
Repeat the previous two steps to stitch four complete sets of arrowheads.
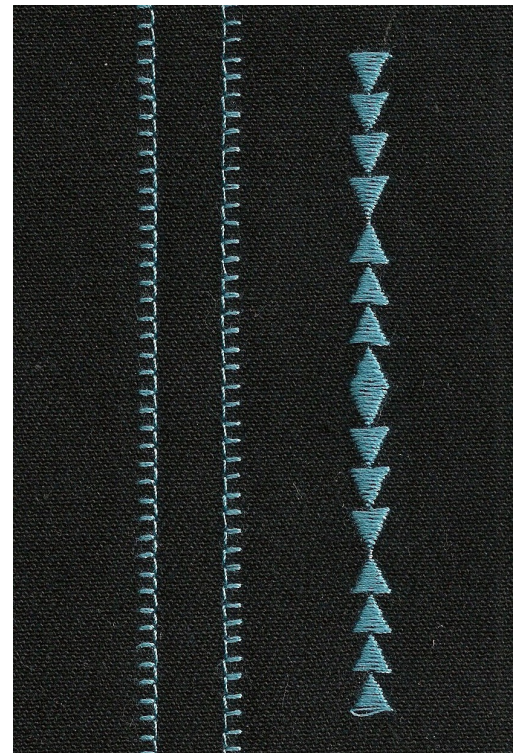
SEW-HOW

Do you know how to:
- Tell the difference between Left/Right and Up/Down Mirror Image functions?

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Balance

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Open Embroidery Foot #20/20C/20D

*The **Balance** function is generally reserved for fine tuning the stitch appearance and is sometimes required because of differences in fabrics and threads. Balance, however, can also be used as a creative tool to manipulate the look of a stitch.*

Place the stabilizer behind the fabric. Touch CLR to clear any previous stitch alterations. Select the Double Overlock stitch; sew about 1½".

Adjust the Balance as described below for your model to spread the pattern; sew another 1½".

Adjust the Balance as described below to condense the pattern; sew another 1½".

215, 3 Series: Adjust Balance knob toward "open" symbol to spread pattern; adjust Balance knob toward "closed" symbol to condense it.

530: Touch Balance button; press left navigation arrow to spread stitch pattern (max. 20 steps); press OK to confirm; press right navigation arrow to condense stitch pattern (max. 20 steps); press OK to confirm. Press the CLR button to reset balance to basic setting.

B 570 QE, B 560, 7 Series, B 880: Select the 'i' icon and select Balance; the right side of screen shows stitch pattern as programmed. Use the multi-function knobs or the +/- icons to adjust the stitch to match the sewn sample (left); stitch. Sew from this screen or touch the 'i' with the back arrow to return to the sewing screen. CLR returns the stitch to normal settings.

Preprogrammed Stitch

Spread Stitch

Condensed Stitch

SEW-HOW

Do you know how to:
- Fine-tune the stitch balance on your model?

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Balance Bonus / Distortion

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
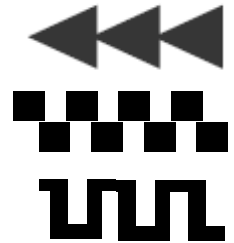**Needle:** 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Sideways Motion Foot 40C *only*

**Balance Bonus:
B 790**

**Distortion:
B 880**

Bonus Balance: The Balance function can also be used to create meandering stitch baselines; available on the B 790.

Place the stabilizer behind the fabric.

Touch CLR to clear any previous stitch alterations.

Attach Sideways Motion Foot 40C to the machine. This foot must be used because of the sideways movement of the feed dog. This technique is never sewn with Dual Feed.

Select Stitch #401; select Pattern Repeat 1x. Stitch one pattern.

Select the Balance function; disengage the Pattern Repeat function. As you sew, turn the stitch width knob to alter the feed of the fabric and skew the stitch, moving from positive 14 to negative 14 and back again. The knob may be moved as you sew, creating a waved stitch effect.

After sewing one "row" of stitches, sew two additional ones using #405, and #429. Almost any stitch will work but this technique works especially well and is most attractive with compact stitches.

Distortion: Also known as Balance Bonus, this feature has it's own icon on the B 880 called Distortion!

Select stitch #406 from the 400 folder. Touch the "i" icon, then the Distortion icon.

Sew while adjusting the Stitch Width and Stitch Length knobs to creatively alter the baseline.

As this is a sideways motion sewn stitch, the machine recommends Foot #40C to produce the best results.

Note: Bonus Balance and Distortion may NEVER be done with Dual Feed. Dual Feed can not be used with Sideways Motion stitching.

SEW-HOW

Do you know how to:

▪ Adjust the Balance function as you sew?

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Memory: Stitch and Letter Combinations

BERNINA 3 Series

Accessing Memory: Press the center MEM button on the front of the machine. The memory cursor appears on-screen at left, the number of available spaces blinks, and the word MEM appears.

Programming Memory: Select the desired stitch; the stitch number appears on screen. Touch the MEM Insertion button mem ; the selected stitch is programmed. The number of available spaces appears screen. Continue programming in this manner. Scroll through programmed memory using the arrows on either side of the center MEM button.

Saving in Memory: stitches or letters are saved once entered. Individual stitch patterns, letters or numbers can be deleted or overwritten.

Deleting Individual Characters: With the MEM open, use the Scroll buttons **< >** to locate the stitch (pattern number appears onscreen) to be deleted. Press CLR and the stitch is deleted.

Deleting All Content: Hold the CLR and center MEM simultaneously button until the number representing the total number of memory spaces (30) shows on the screen.

Retrieving Stored Memory: Open the Memory by selecting the center MEM button.
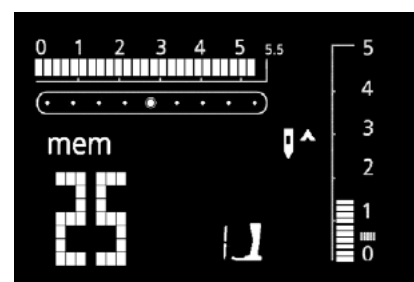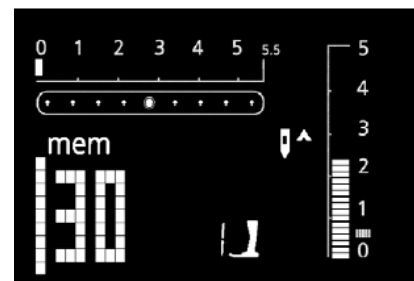
B 330, 350 PE

BERNINA 530

Accessing Memory: Press the Home button, navigate to the Combi Mode icon; press OK.

Programming Memory via Navigation: Navigate to the Decorative Stitch Menu and press OK. Navigate and select one of the numbered menu options and press OK; Navigate to the stitch and press OK to enter the stitch into the combination.

Continue to use the navigation arrows to scroll within the menu adding stitches or select the Back button and select stitches from another menu. *The dotted line indicates the position of the cursor.*

Programming Memory via Direct Entry: Press the Home button. With the Combi Mode active, enter the stitch number using the 0-9 Keypad. Each entered stitch number will appear in to the Combi Edit display.

Saving in Memory: stitches or letters are saved once entered.

Deleting Individual Characters: In the Combi Mode Edit area, move the cursor position (dotted line) to the right of the character to be deleted. Press CLR, and the stitch is deleted.

Deleting All Content: With the Combi Mode open, navigate to the Trashcan and press OK.

Retrieving Stored Memory: Navigate to Combi Mode and press OK.

B 530

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Memory: Stitch and Lettering Combinations

BERNINA 560, 570 QE, 580

Accessing Memory: Select the Combi Mode icon and the stitch altering area becomes the combination area.

Programming Memory via Navigation: Select the desired stitch; it is automatically entered into the Stitch Altering Area and the selected stitch is highlighted in blue. Continue programming in this manner until all stitches in the sequence are entered into memory.
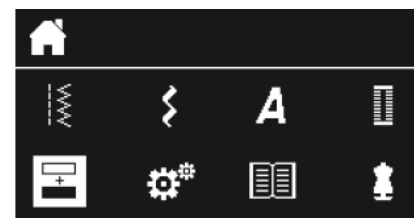
Programming Memory via Direct Entry: Press the Home button. With the Combi Mode active, enter the stitch number using the 0-9 Keypad. Each entered stitch number will appear in to the Combi Edit display.

Saving in Memory: Select the Personal Program icon and select the Save in Personal Program icon. Touch the highlighted stitch combination to complete the save operation.

Deleting Individual Characters: Navigate to the stitch to be deleted using the scroll arrows; move the cursor (dotted line) below the character to be deleted; the highlighted character will have a blue background. Select the Trashcan to delete.

Deleting all Contents: Select the "i" button, select the Editing Complete Combination icon, and then select the Trashcan. Select Green Check to confirm.

Retrieving Stored Memory: Open Combi Mode; go to Personal Program. Select the Combination Folder and then select the desired combination.

B 560, 570 QE, 580

BERNINA 740, 770 QE, 790, 880

Accessing Memory: Select the Combi Mode icon and the stitch altering area becomes the combination area. On the B 780, 790, and 880, the action bar displayed to the right of the stitch altering area also displays the combination.

Programming Memory: Select the desired stitch; it is automatically entered into the Stitch Altering Area and the Action Bar (B 780, 790, 880). A blue stitch or a gray background on the Action Bar denotes the selected stitch. Continue programming in this manner until all stitches in the sequence are entered into memory.

Saving in Memory: Select the Personal Program icon and select the Save in Personal Program icon. Select the highlighted stitch combination to complete the save operation.

Deleting Individual Characters: Touch the character or stitch pattern in the Stitch Altering Area or Action Bar with the stylus, then "swipe" to the right or left.

Deleting all Contents: Select the "i" button, select the Editing Complete Combination icon, and then select the Trash Can. Select Green Check to confirm.

Retrieving Stored Memory: Open Combi-Mode; go to Personal Program. Select the Combination Folder and then select the desired combination.
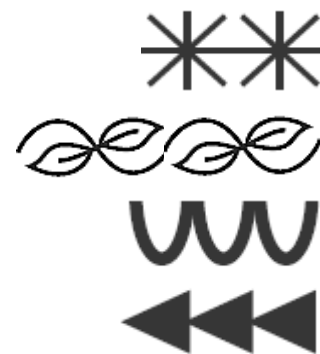
B 740, 770 QE, 790, 880

made to create **BERNINA**

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Open Embroidery Foot #20/20C/20D

Place the stabilizer behind the fabric. Touch CLR to clear any previous stitch alterations.

Row #1
- Access Memory; program the indicated stitch sequence (1 star, 3 leaves, 1 star).
- Engage Pattern End (or Pattern Repeat 1x) and the Securing function (if available).
- Stitch one complete combination (if the Securing function is engaged, the machine will stop automatically).

Note: On the 560, 570 QE, 580, 7 Series, and 880, select Pattern Repeat for the combination by touching the 'i' ; select Editing the Complete Combination icon; select Pattern Repeat 1x.

Row #2
- Clear Memory.
- Select the Scallop stitch; enter into Memory one time.
- Enter the Scallop stitch into Memory again (one time).
- Engage Left/Right Mirror Image.
- Sew a row along the length of the fabric.

Row #3
- Clear Memory.
- Select the Arrowhead stitch and Pattern Elongation 300% (580, 7 Series, 880); for other models, lengthen the stitch to 1.5 mm.
- Enter the altered arrowhead into Memory two times.
- Engage the Up/Down Mirror Image.
- Sew a row along the length of the fabric.

The following parameters can be altered separately within a combination:

FOR EACH STITCH: Stitch Length; Stitch Width; Needle Position; Tension; Balance; Long Stitch; Pattern Extend/Elongation; Left/Right Mirror Image; Up/Down Mirror Image; Securing Function; Sub-Divider (560, 570 QE, 580, 7 Series, and 8 Series models only)

FOR EACH COMBINATION: Motor Speed; Left/Right Mirror Image

1   2   3

SEW-HOW

Do you know how to:
- Access the memory on your machine?
- Stitch the combined stitches from your machine's memory?

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A A

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Open Embroidery Foot #20/20C/20D

Touch CLR to clear any previous stitch alterations. Place the stabilizer behind the fabric.

Row 1

Select the Alphabet button or menu. Scroll to select the alphabet style.

Program BERNANA and select Pattern End 1x; stitch. *Note: Use instructions on pages 13 - 14 for accessing and programming the memory.*

Edit, changing the first "A" to an "I" to spell BERNINA following the appropriate directions below, then stitch the first row.

3 Series: An undesired characters can be overwritten with a new character. Use the scroll buttons to navigate to the undesired character (A); Navigate to the desired character (I) and press the MEM insertion button.

B 530: Using the navigation arrows, move the cursor to the right of the undesired character (A). Press CLR. Navigate to the desired character (I) and press OK.

B 560, 570QE, 580: Using the navigation arrows, scroll to the undesired character (A) and move the cursor below the character; then touch the Trashcan. Reposition the cursor in the combination at the place of insertion. Scroll to the desired character (I); select it to insert into the combination.

B 740, 770 QE, 880: Touch the undesired character (A) in the Stitch Altering Area or Action Bar with the stylus, then "swipe" to the right or left. Reposition the cursor in the combination at the place of insertion and select desired character (I).

Row 2

Program BERNINA, your name, and/or the date in a mix of styles as available on your model.
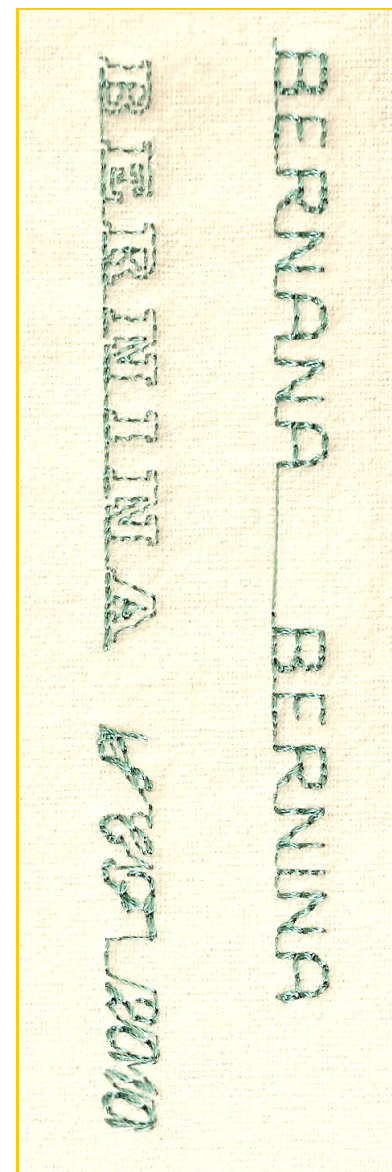
SEW-HOW

Do you know how to:
- Program lettering into the memory of your machine?
- Edit lettering already programmed?

made to create **BERNINA**

Fabric: Heavy flannel, 6" x 6" *and* Lightweight tear-away
  stabilizer, 3" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Automatic Buttonhole Foot #3A

Long Term Buttonhole Memory: Save buttonholes that you use over and over (shirts for example).

For all models, you must first make a buttonhole in the desired size using Automatic Buttonhole Foot #3A. (see Basic Operation Workbook 1 for directions). To save the buttonhole in Long Term Memory, follow the steps below for your model.

3 Series
After the buttonhole is complete, press the MEM insertion button; buttonhole is now saved. To retrieve, select the buttonhole type and press the center Mem button. *Note: One buttonhole of each style type can be saved.*

B 530
After the buttonhole is complete, press OK.

To test, turn machine off and wait 60 seconds. Turn machine back on. Select the Standard Buttonhole and the word MEM will be displayed next to the buttonhole graphic, indicating it will sew the saved buttonhole.

Note: Only one buttonhole may be saved in Long Term Memory on the 530/550 Series machines. To clear a saved buttonhole, Press and hold the CLR button until an audible beep sounds and the word MEM disappears from the screen.

B 560, 570 QE, 580, 7 Series, B 880
After the buttonhole is complete, Select the Personal Program Menu, press the save Icon and select the buttonhole to save.

To test, turn machine off and wait 60 seconds. Turn machine back on. Select the Standard Buttonhole from the Personal Program Menu

Note: Multiple Buttonholes may be stored in the Personal Program and retrieved as needed.

SEW-HOW

Do you know how to:
  ▪ Program a buttonhole into the memory
    of your machine?
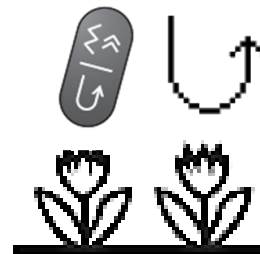 ▪ Retrieve a programmed buttonhole?

made to create **BERNINA**

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away-stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery
Needle Position: Default
Presser Foot: Clear Foot #34/34C/34D

As the name implies, Continuous Reverse is a function that sews stitch patterns in reverse. Backstepping does this also, but is more precise as it will retrace the last 200 needle penetrations on the B 740, 770 QE, 790 & 880 to give accurate stitch-by-stitch reverse sewing. This feature is great when you have a thread break or unknowingly run out of bobbin thread. You can re-thread and backstep to the exact location of the last sewn stitch.

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric.

Select the Tulip stitch. Engage the Needle Stop Down function if available.

Sew 6 tulips on the fabric and stop with the needle down; do not move the fabric.

Select the Continuous Reverse or Backstepping button. Continue stitching; the machine will now stitch backward, forming tulips on top of the previous ones. While the third tulip is stitching, engage the Pattern End function; the machine will stop at the end of the pattern.

Clip threads. Touch CLR to turn off the function.

To access Continuous Reverse:

- **215, 3 Series:** "Double-click" Quick Reverse button

- **530**: Press & hold Quick Reverse button; wait for beep

- **560, 570 QE, 580, 7 Series, 880:** Press "i" on screen; then press Quick Reverse icon or Backstepping (B 740, 770 QE, 780, 790 & 880) icon. *Note: On the 780 and 880 models, the quick reverse button on the machine can be programmed in the setup menu to operate as quick reverse or backstepping.*

SEW-HOW

Do you know how to:
- Sew backward on your model?
- Use the Free Hand System (FHS) on your machine?

made to create **BERNINA**

Fabric: Two pieces medium weight cotton, 12" x 12" each *and one piece* low-loft cotton batting, 12" x 12"
Needle: 80/12 Quilting needle
Thread: King Tut 40 weight quilting (Superior Threads) - needle
   and Bottom Line (Superior Threads) - bobbin
Needle Position: Default
Presser Foot: Darning Foot #9 *or* Freehand Embroidery Foot #24
   or Freehand Quilting Foot #29/29C

Free-motion stitching refers to sewing without the feeding aid of the sewing machine. The feed dog is lowered and the fabric stays in the same place unless you manually move it. Free-motion stitching is used in quilting, bobbinplay, and thread painting.

This type of stitching is not difficult, but it does take practice to master the continual movement needed to form even and consistent stitches. Moving the fabric too quickly creates long, unattractive stitches, and moving too slowly results in a build-up of thread instead of beautiful areas of decorative stitching.

There are several BERNINA presser feet designed for free-motion stitching, each with a patented hopper mechanism that holds the fabric down as the needle pulls away, making it easy to move the fabric.

To become familiar with this type of stitching, make a "quilt sandwich" with the batting between two layers of fabric, and practice "drawing" a variety of shapes (see below) on fabric as follows:

1. Using the foot control or the Stop/Start button to run the machine, move the fabric in a forward and back motion.
2. Move hands from side to side, then top to bottom, keeping the lines of stitching perpendicular to each other.
3. Move hands in smooth curves from left to right.
4. Move hands in cursive "l" shapes.
5. Create stippling shapes – think of interconnecting puzzle pieces with evenly sized "bumps." Avoid "painting" yourself into a corner and/or stitching across a previously stitched line.
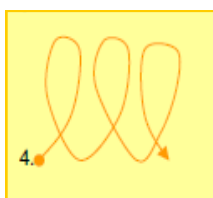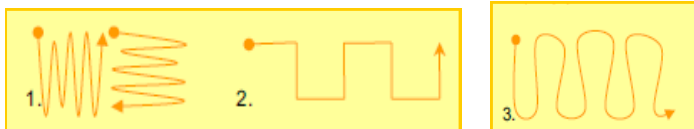
SEW-HOW

Do you know how to:
- Lower the feed dog?
- Move the fabric for even and consistent stitching?

made to create **BERNINA**

The BERNINA Stitch Regulator (BSR) is designed to assist with free-motion stitching techniques by helping to keep the stitch length regular and consistent, eliminating hours of practice.

The BSR Foot is equipped with 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, bobbin play, 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 batting, as it compresses a larger area around the needle, increasing visibility. Cross-hairs and concentric circle markings aid in accurate stitch placement.
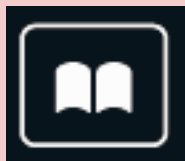
BERNINA Stitch Regulator Mode 1

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.*

Install and activate the BERNINA Stitch Regulator; lower the feed dog (the 8 Series models automatically lower the feed dog when the BERNINA Stitch Regulator is selected). Check to be sure the motor speed is set to full. *Note: It is possible to stitch faster than the BSR can regulate. Engage the audio signal to alert you when you exceed the "speed limit".*

Create a sample using the BERNINA Stitch Regulator using the sole and Mode of your choice, following the Free-motion stitching instructions on the previous page. When stitching is complete, raise the feed dog to sewing position.

BERNINA Stitch Regulator Compatible Models

Straight Stitch & Zigzag

Standard Accessory: B 570 QE, 580, 750 QE, 770 QE, 790, 880

Optional Accessory: B 530, 560, 740

Onscreen TUTORIALS

BERNINA 560, 570 QE, 580, 7 Series and 8 Series machine owners have information about the BERNINA Stitch Regulator available at any time. Select the Tutorial icon, then BSR to obtain onscreen info.

SEW-HOW

Do you know how to:
- Attach the soles to the BERNINA Stitch Regulator?
- Access the BSR Tutorial?

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made to create **BERNINA**

Fabric: Two pieces medium weight cotton, 12" x 12" each *and*
Low-loft cotton batting, 12" x 12"
Needle: 80/12 Quilting needle
Thread: King Tut 40 wt. quilting (Superior Threads) - needle *and*
Bottom Line bobbin threads (Superior Threads) - bobbin
Needle Position: Default
Presser Foot: BERNINA Stitch Regulator #42

Use the BSR zigzag option to easily and quickly create freehand embroidery designs, shade or accent fabric motifs, and couch decorative fibers.

Make a "quilt sandwich" with the batting between the fabric.

Connect the BERNINA Stitch Regulator to the machine and select the BSR Zigzag stitch. Select Mode 1 or 2 as desired. Set the presser foot pressure to 1. Lower the feed dog (8 Series models do this automatically).

Using a fabric marker, trace or draw leaf shape (1) on fabric, starting at the upper edge and drawing in one continuous line. Layer fabric and batting to create a "quilt sandwich." Thread machine as indicated above. Place fabric under the BERNINA Stitch Regulator foot.

Select the BSR straight stitch. Stitch the leaf shape, tracing lines several times (2).

Select the BSR zigzag stitch Shade the left side of the leaf (3).

Experiment with different stitch lengths and widths, making note of your preferences.
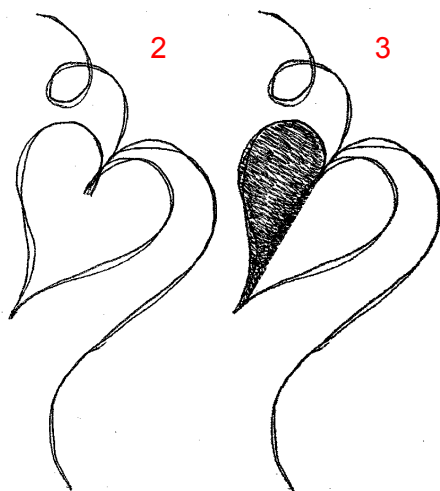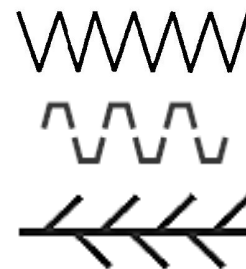
SEW-HOW

Do you know how to:
  ▪ Attach the BERNINA Stitch Regulator to the machine?

Double Needle Stitching

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear-away stabilizer, 4" x 6"
Needle: 2.0 mm or 3.0 mm Double Needle
Thread: Two spools, 30 wt. cotton embroidery
Needle Position: default
Presser Foot: Open Embroidery Foot #20/20C/20D

Touch CLR to clear any previous stitch alterations.

Place the stabilizer behind the fabric.

Insert the Double Needle and thread the machine with 2 colors of thread. Make sure you have the appropriate stitch plate (not the straight stitch plate). *Note: On the B 880, the manual threading option must be selected before pressing the automatic threader button when double needles are installed. The thread still needs to be placed in the take up lever, so the button needs to be pushed, but with manual threading set, the arm will not swing out to the needles.*

Engage the Security Program, if available, selecting the appropriate Double Needle option. *Note: If these features are not available, check to be sure the needles will not strike the foot by turning the handwheel to walk the machine through the first stitch.*

Starting with the stitches shown above (Zigzag, Running, and Feather), select several different stitches and sew across the fabric randomly. Carefully check the stitch width before sewing to avoid breaking your needle.

Double Needle Tips

- *When doing decorative needle work you should sew slowly – change motor to half speed if this option is available.*

- *If your model does not have a Double Needle Limitation function or Security Program, use this formula to determine the widest stitch width possible before the needle strikes the presser foot:*

> Widest width of the machine
> — Width between the two needles
> Widest stitch width possible

Double Needles are available in sizes:
1.6/70 to 8.0/100

made to create **BERNINA**

Wing Needle Stitching

Fabric: Cotton organdy or batiste, or starched linen 4" x 6"
Needle: Wing size 100/16
Thread: 60 wt. cotton embroidery
Needle Position: default
Presser Foot: Clear Foot #34/34C/34D or Open Embroidery
      Foot #20/20C/20D
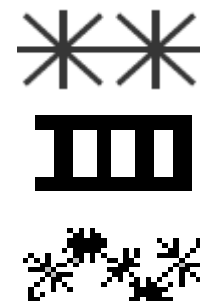
Touch CLR to clear any previous stitch alterations.

Insert the Wing needle.

If available, engage the Security Program, selecting the Wing Needle option. This alters the stitch width so that the "wings" of the needle will not hit the presser foot.

Select the Star stitch and sew one row along the length of the fabric.

Select the Ladder stitch and sew a second line of stitching next to the first, using the edge of the presser foot as a spacing guide.

Select the "Daisy Chain" stitch if available and sew a third row as shown.

Wing Needle Tips

- *When selecting stitches to use with a Wing needle, look for stitches where the needle enters the same hole multiple times.*

- *Stitching on the diagonal (bias) of the fabric allows holes created by the Wing needle to open more easily. To help support fabric and stitching, temporarily bond a layer of heavy, water-soluble stabilizer to wrong side of fabric using a temporary spray adhesive. Remove the stabilizer completely after stitching is finished.*
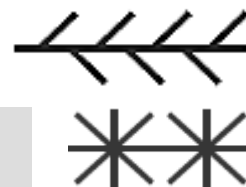

Wing Needles are available in sizes:
100/16 and 120/20

SEW-HOW

Do you know how to:
- Insert a Wing needle into the machine?
- Select a stitch suitable for Wing needlework?

made to create **BERNINA**

Fabric: Firm woven fabric, 4" x 6" *and* Lightweight tear away-stabilizer, 4" x 6"
Needle: 80/12 Universal
Thread: 30 wt. cotton embroidery for the needle *and* Heavy decorative thread for the bobbin
Needle Position: Default
Presser Foot: Open Embroidery Foot #20/20C/20D or Clear Embroidery Foot #39/39C
Additional Accessory: Black Latch or auxiliary bobbin case

Place the stabilizer behind the fabric. *Optional: Use temporary spray adhesive to hold the stabilizer in place.*

Wind a bobbin (on the machine at a slow speed) half full of heavy decorative thread, such as Superior Threads Razzle Dazzle, YLI Candlelight or YLI Pearl Crown Rayon.

For CB and Rotary Hook models, insert the bobbin into the Black Latch Bobbin Case; adjust (loosen, in most cases) the tension screw as necessary. For 7 Series machines, insert the bobbin into the 7 Series Bobbin Work Bobbin Case; make any tension adjustments via the Upper Thread Tension. For 8 Series machines, remove the bobbin from the machine and adjust the tension as directed in the manual using the Multi-function Tool.

Thread the needle with regular sewing thread; select a Feather stitch. *Note: Select stitches that are more open, rather than heavy so the decorative thread has room to form the stitch.*

Place the stabilized fabric *right side down* under the presser foot, with the stabilizer facing up. Use the handwheel to bring the bobbin thread up to the surface. You may need to "tug" on the needle thread to pull the heavy bobbin thread through the fabric. Hold the thread tails behind the presser foot.

Sew a row of stitches; when finished, turn the fabric right side up. The bobbin tension can be adjusted to alter the look of the stitch as desired. Use a hand-sewing needle to bring the decorative thread to the back of the work; knot the thread tails to secure the stitching.

Repeat, using the Star stitch.

Bobbinplay Tips

- *ONLY use an auxiliary bobbin case; do NOT adjust the tension on your regular bobbin case.*

- *Use a contrasting color of bobbin thread; it will be slightly visible on the right side of the fabric, making the decorative stitches resemble hand-stitched embroidery.*

- *Increase the needle tension (along with the loosened bobbin tension) if needed to make the stitch look as desired.*

SEW-HOW

Do you know how to:
- Adjust the bobbin tension?
- Select a stitch suitable for bobbinplay?

made to create **BERNINA**