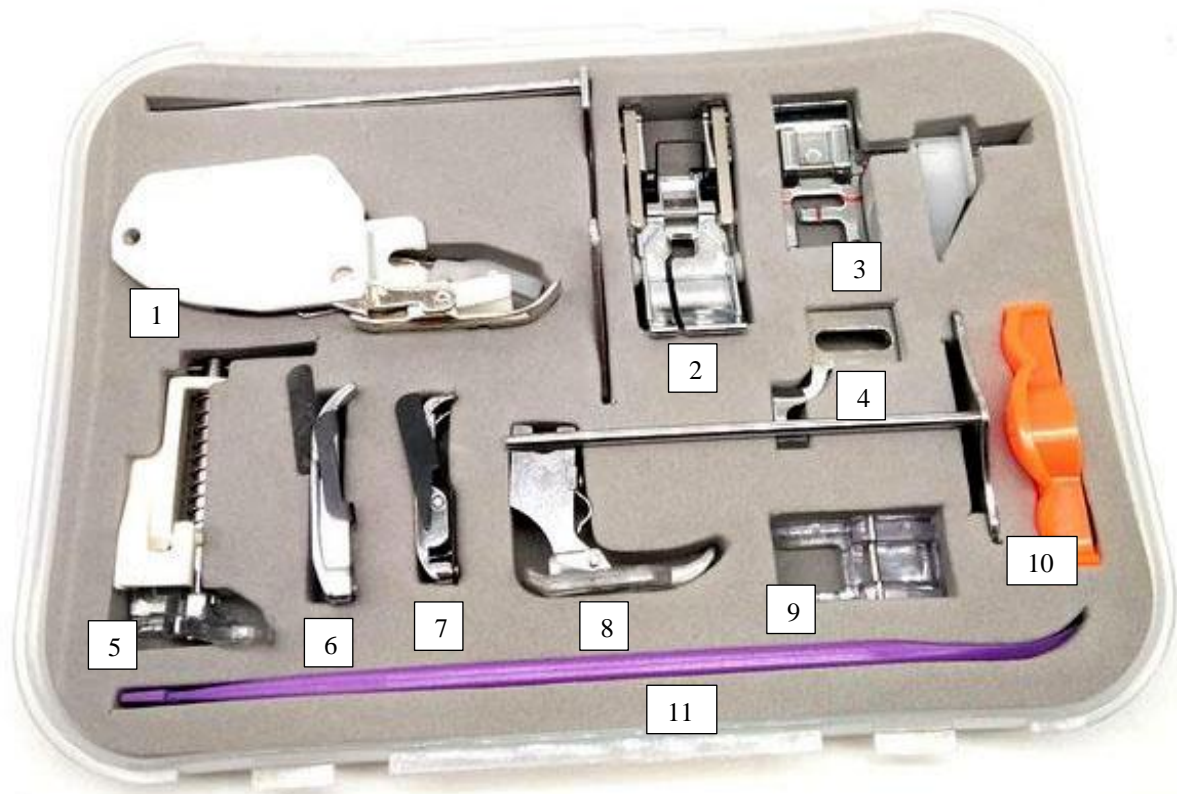




# Sewing by Sarah

**ULTIMATE QUILTING  
PRESSER FOOT SET**

**INSTRUCTION MANUAL**



**Set Includes**

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## How to change the foot on a low shank sewing machine

### Removing a presser foot

Raise the needle and the presser foot lever.

The way to remove the presser foot depends on the brand of machine you have. Sometimes it just

snaps off but with most machines you have to push a button or lever on the presser foot holder. Consult your machine's user manual to find the way to remove the presser foot.

### Attaching a presser foot

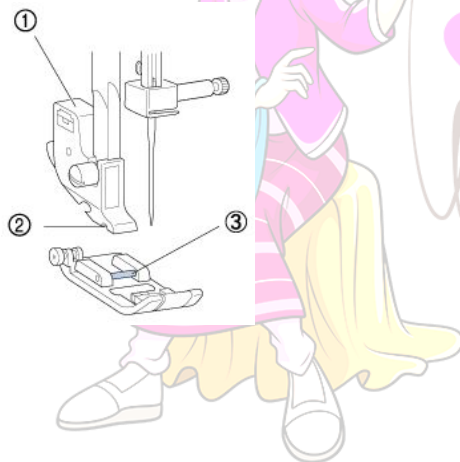
Lower the presser foot lever so that the presser foot pin (1) snaps into the shank (2) in the presser

foot holder (3). You may have to try a couple of times before it snaps in. If your presser foot holder

has a lever or button for release it may be necessary to pull press it to facilitate snap-on.

the presser foot holder can look different on your machine this picture is from a Brother sewing machine.

3



*Sewing*  
by *Sarah*



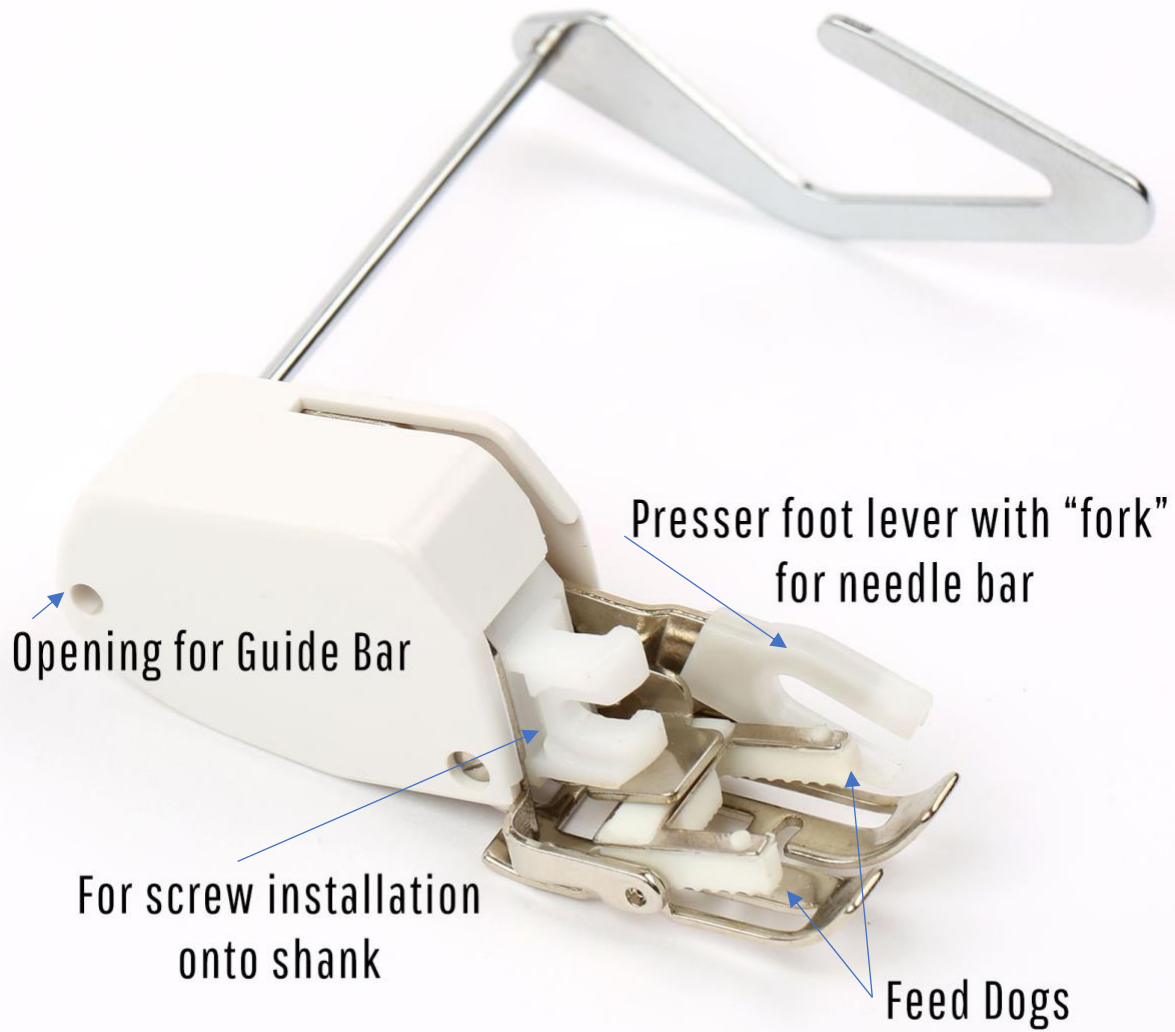
## 1. Walking Foot

With a walking foot different layers of fabric will move evenly through your machine. Hems on stretch fabrics will move straight under this foot and not wobbly, stretched out, leaving you with lumps and a puckered result. The guide bar is optional, but can help to insure straight stitching and allows you to follow another line on your quilt easily.



### Parts of the walking foot

The walking foot has built in feed dogs that work like the feed dogs of your machine. The feed dogs of your machine are two or three short, thin metal bars, crosscut with diagonal teeth, in a sewing machine's needle plate, below your presser foot. They march back and forth pulling your fabric under the presser foot while you sew. They march in measured and precisely timed increments that create the distance between each stitch. The feed dogs of this foot start to walk as the needle and needle bar of your machine go up and down and push the presser foot lever of the walking foot up and down as well. This way the foot grips your fabric evenly from the top.



An arm on the right (the presser foot lever) with a white plastic 'fork' that sits around the needle bar (where the needle fixing screw is)  
A foot clamp to attach the foot on your presser bar screw, the presser bar holder  
The 2 rows of teeth are the upper feed dogs, they stand 1/2" apart  
A white plastic box with a little hole at the back to attach the guide bar



This foot comes with an accessory : a quilting bar or the guide. You just slide the bar in the opening at the back of the white plastic box.

**To install your walking foot**, lift your presser foot, don't move the needle to its highest position because you're going to need the needle bar, remove your standard presser foot and the presser foot holder of your machine. You have to screw the entire foot off, not just the snap-on part.

To attach the walking foot, you slide the foot from behind and put the foot clamp around the presser foot holder screw in the left and at the same time make sure that the plastic fork sits around the needle bar on the right before you tighten the screw.

Move your needle up and down to test if it doesn't touch the metal of the sole. You can see that the lever and the little fork around the needle bar is moving along and this is what controls the upper feed dogs.

Here is a video on how to install your walking foot:

<https://www.youtube.com/watch?v=DylepeBclEk>

### Sewing instructions

Sewing with this foot is very straightforward. Once it is attached, you can just sew like you would with a regular presser foot. Don't go to fast. It works best at a slower pace, medium speed.

You can use the stitches you like, even use a double needle.

For knit and stretch fabrics, use a special needle and maybe a zigzag stitch. If the fabric is really frail, strengthen it, by ironing some fusible interfacing before you sew the seams.

A walking foot can be used for forward stitching only, as the top feed dogs will keep on moving your top fabric forward. But I have found that my walking foot can handle 2-3 stitches backwards in order to backstitch at the start of a seam.

Here is a demonstration of the walking foot with the guide attached:

<https://www.youtube.com/watch?v=fJhMOBPrXb4>

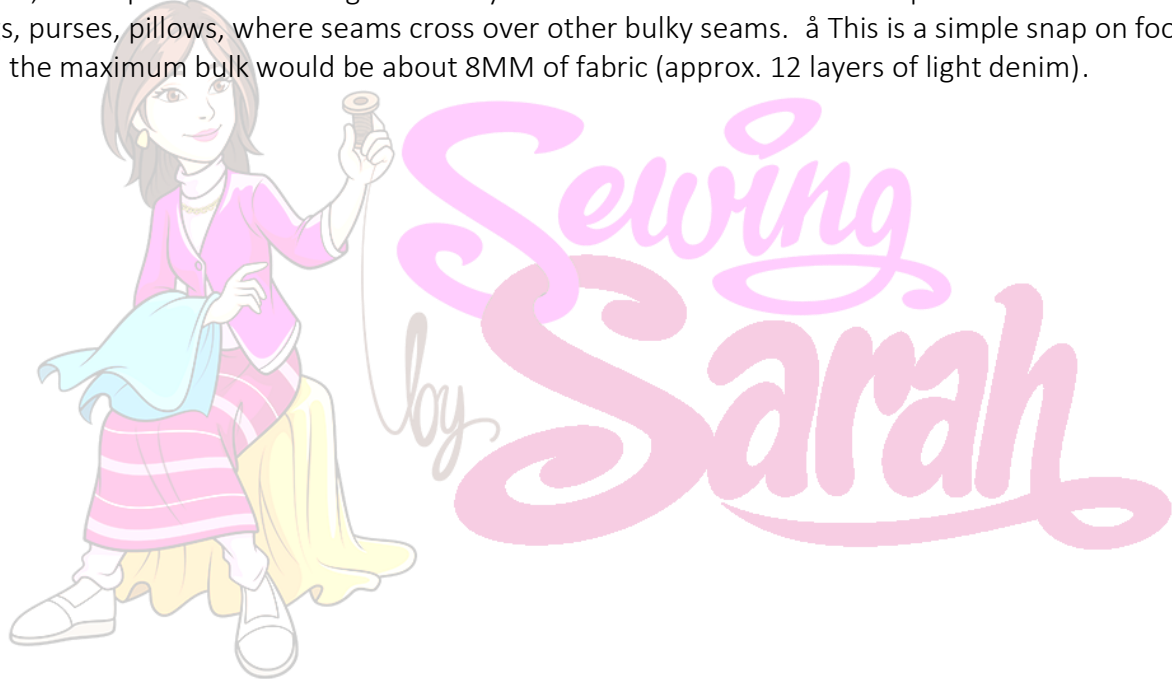
Watch this video for more information.

<https://youtu.be/c76bGia5Rds>

## 2. Walking/Gliding Foot



This foot is another alternative to the walking foot, and sews through layers of material easily. I find it especially useful when sewing over bulky seams. This foot glides over them easily as it was originally made for sewing denim hems. This foot can sew up to 12 Layers of fabric without issues, so it's perfect for sewing over bulky seams- such as in constructed quilt items such as bags, purses, pillows, where seams cross over other bulky seams. This is a simple snap on foot. Tip: the maximum bulk would be about 8MM of fabric (approx. 12 layers of light denim).





### 3. Adjustable Guide Foot

If you need a precise line for a seam or a hem, the **adjustable guide foot** is a great help. It's ideal for quilting or any project that requires consistent sewn seams or topstitching. Use the adjustable plastic guide on the right to choose your distance from the edge or from a row of stitching.

The adjustable guide foot is a snap on foot with a plastic guide on the right and a distinctive click as you move in 1/16" increments. You can sew without measuring and marking. The plastic guide slides next to your fabric, in a crease, or on a row of stitching. It guides you from the top. You don't have to peek underneath to look at the guides on your sewing plate or spend time drawing lines on the fabric.



#### Dimensions

Red marks on 3/8, 4/8, 5/8, 6/8 & 1 inch,  
with small marks in between: 7/16, 9/16, 11/16, 13/16, 14/16, 15/16 & 17/16 inch  
Width foot = 1 3/4 inch

I don't recommend this foot for thicker fabrics, as the plastic guide gets stuck in the fabric at times.

#### Instructions

The adjustable guide foot guides from the top.

Simply line up the guide to the edge of your fabric, a line on your fabric, a row of stitching or a crease and then sew away, keeping the guide on the line, crease or edge. No marking or basting necessary.

The result is a perfect seam or an even line, which is ideal for quilting or any project that requires consistent sewn seams.

A demonstration of this foot can be seen here:

<https://www.youtube.com/watch?v=q8aWBrrzXe4>





## 4. Free Motion Ruler Foot



Free Motion Ruler quilting is a style of free motion quilting so whatever machine settings you use for free motion quilting should be the same when you quilt with this foot.

1. Attach the foot to the machine and adjust the height so when the foot is in the down position it skims lightly over the surface of the quilt.

To insure you are installing this foot correctly, please watch this video:

<https://www.youtube.com/watch?v=ez5ajl6zmM4>

Also check out our blog post on Free Motion Quilting:

<https://sewingbysarah.com/blogs/tutorials/introduction-to-free-motion-quilting-with-a-ruler>

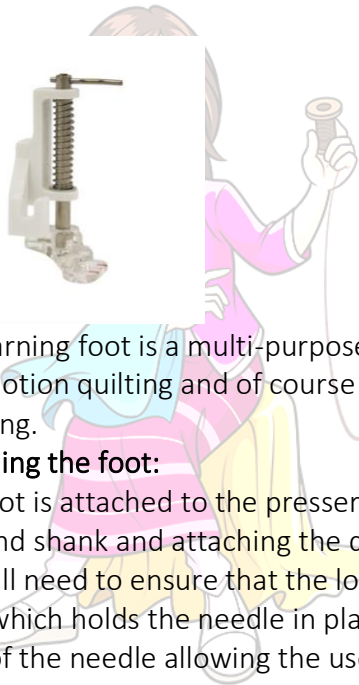
2. Make sure the machine is straight stitching and change the stitch length to 0.0 mm or the lowest setting the machine allows. This stops the feed dogs from moving so they don't pull against the quilt. Drop the feed dog manually based on your machine as necessary.
3. Then with the foot in the down position, drop the needle down and back up to bring up the bobbin thread to the surface of the quilt. **Never drop your needle when this ruler quilting foot is in the UP position.** The needle bar will hit the top of the foot and possibly damage your machine.
4. Slide the quilt under the foot and position your ruler and begin quilting. When quilting with rulers on your home machine, you will move the quilt AND the ruler at the same time through the arm of the machine. For this reason, you may want to [attach True Grips](#) to the back of your rulers so they grip the quilt and don't slide out of position.
5. Note: You can also use this ruler foot for general free motion quilting too. Ruler foot quilting is basically a form of free motion quilting so you can quilt both using the ruler as a guide, then set the ruler aside and flow into free form filler designs as well.
6. As with all free motion, you may find it helpful to use [quilting gloves](#).

Tips:



- Use the correct type of ruler. You will want to use a ruler that is at least 1/4" thick. Anything thinner, such as a rotary cutter ruler, might slide under the foot. Check out our [ruler templates](#) here.
- When using the ruler, place it against the foot of the machine. Apply pressure downward and use the ruler, as well as your other hand, to move the quilt in a fluid motion.
- You can use rulers for stitching in the ditch, geometric motifs or to combine straight lines with free-motion quilting.
- Check out this video for more:
- <https://www.youtube.com/watch?v=u0zR07pqVUo>

## 5. Free Motion Quilting/Darning Foot



The darning foot is a multi-purpose foot, not only is it used for embroidery, but it is also used for free motion quilting and of course darning, which is also just basic, old fashioned garment mending.

### **Attaching the foot:**

The foot is attached to the presser foot bar by removing the existing presser foot and shank and attaching the darning/embroidery/quilting foot, which has its own shank. You will need to ensure that the long arm of the foot is positioned above the crew which holds the needle in place. This will drive the movement of the foot in time with the drop of the needle allowing the user to move the fabric freely and the feed dogs are not used for this foot.

### **Using the foot**

When using this foot the feed dogs must also be either dropped or covered. For embroidery and darning the fabric project should be hooped for stability. For free motion quilting the fabric is moved back and forth under the foot manually by the sewer as stitching occurs, the key to obtaining the desired stitches is moving the fabric at the correct speed, not too fast and not too slow.

Practice is definitely recommended for the free motion quilting and embroidery uses of this foot.

[https://www.youtube.com/watch?v=\\_jjBFYErHzA](https://www.youtube.com/watch?v=_jjBFYErHzA)



## 6. Stitch in the ditch foot



The edge-joining/stitch-in-the-ditch foot is a versatile presser foot that is most frequently used either to join two finished edges laying side by side or to stitch “in the ditch” (directly on top of another seam). The edge-joining/stitch-in-the-ditch foot resembles an all-purpose foot, except that it has a blade attached to one side that runs straight down the middle of the foot. Turn the foot over to see how the blade extends past the point where the toes of the foot begin their upward curve. The blade is designed as a guide for ensuring precise, accurate stitching. This foot’s wide needle opening allows for zigzag or other decorative stitches that join two flat pieces of fabric.

The sewing term **"stitch in the ditch"** OR **"ditch stitch"** refers to the term of stitching right in the seam line or in the space between the fabrics in a seam. It’s most commonly used in quilting, attaching waistbands and finishing binding. This article talks about stitch in the ditch as a machine technique, but it can also be done as a hand technique.

This technique gives a polished finish because the needle of the machine goes through the seam on the right side (top) of the fabric/quilt/garment. It secures the fabric on the wrong side and leaves a neat finish with no visible stitch on the right side.

It is commonly done in a matching color thread so the stitches meld into the fabric and are not noticeable from a distance. It’s important to think about top thread and bottom (bobbin) thread colors to insure you create the invisible look. Matching thread or clear can be used to create the desired effect.

### Some of the most common uses of this technique:

1. **Quilting.** Typically using a walking foot, this technique can be used to quilt your quilt in the ditch, or to help secure the binding to the quilt as the finishing step.
2. **Attaching Waistbands** – Waistbands on skirts are joined using the stitch in the ditch method. This is typically done with a stitch in the ditch foot (also called an edge joining foot)
3. **Attaching binding on necklines, cuffs, waistbands, quilts and anywhere you want an invisible finish.** A stitch in the ditch finish is a great way to neatly finish the edge of a garment with binding. This is typically done with a stitch in the ditch foot (also called an edge joining foot). For attaching a quilt binding, use a walking foot to first attach one side of the binding and then fold over and use the stitch in the ditch foot.



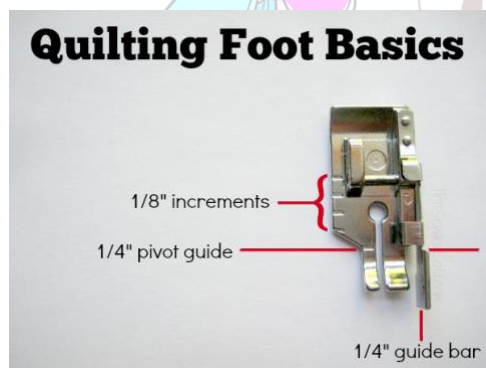
By using the Stitch in the Ditch foot the center blade guides us to near perfection with hardly any effort on our part.

1. Align the center blade of the foot with the stitches of the seam. They should drop into the ditch and nestle there quite happily, you are now ready to sew.
2. Keeping an eye on the blade to ensure it doesn't get caught when crossing another row of patchwork at right angles the foot does almost all the work for you.
3. Check out this blog post for more information:

<https://sewingbysarah.com/blogs/tutorials/what-is-stitch-in-the-ditch-or-ditch-stitch>

## 7. 1/4 " Quilting Foot with guide

The 1/4" quilting foot with guide is a presser foot designed specifically for sewing neat, straight, 1/4" seams. The important part of this presser foot's name is "1/4". The regular 1/4" quilting foot has a wider back surface that narrows in the front into two asymmetrical toes. The outer edge of the wider toe on the right marks the 1/4" seam allowance. The raised markings on the metal are designed to assist with measuring—the wider distances on the right side are each 1/8" apart, and the narrow markings on the left side are each 1/8" apart. These markers act as guides to help you create clean, precise corners and crossings by pivoting at the right spot.



Tips:

- It can **only** be used in a single needle application with the center straight stitch.
- The markings on this foot are measurement guides designed to help keep your stitches exact.

**Tips for using the Quilting Foot:**

1. Align the raw edge off two fabric layers against the guide at right side of foot. Lower foot and stitch away.
2. The narrow toe on the left side can be used as a guide for small piece work or mini quilts.
3. Maintaining a perfect 1/4" seam while turning a corner is easy. Stitch until the edge of fabric aligns with the mark on the narrowest part of foot; leave needle and down



position, lift up pressure foot and pivot. Return presser foot to down position and continue stitching with fabric against the guide. This technique works for both quilting and top stitching.

Check out this blog post for more information and videos

<https://sewingbysarah.com/blogs/tutorials/the-1-4-presser-feet-game-changer>

## 8. 1/4" Foot with Guide Blade/Bar

This is a 1/4" presser foot with an optional guide bar. Without the bar, it works just like the 1/4" presser foot ([see blog post here](#)). This is a great tool for top stitching or creating decorative straight line stitching. Following a curve at an exact distance is easy with this foot. The bar extends out to 3.25".



Check out this blog post



## 9. Open Toe Applique Foot



This foot provides an unobstructed view of your work while sewing since there is no bridge between the toes. In addition, there is a groove on the underside to allow dense decorative stitches to pass underneath without jamming. Both of these characteristics make this foot ideal for doing **applique**. Great for decorative work and showing of those special stitches on your sewing machine as borders for cushion covers, table linens and more.

### Tips:

- Use the needle-down setting (if you have one on your machine) so you can stop on the right side of the stitch and pivot on curves.
- Go slow, and pivot every few stitches if necessary.
- Move the Needle over to the right position if you can to allow you to get right up to the edge of your applique. Use the right inside of the foot to help you stay right at the edge of your applique as you are joining it to your quilt. This is great for straight stitch or blanket stitch applique.
- Use the “Purple Thingy” tool included with this kit to help you keep your applique down as you sew over the edge (better than getting your fingers caught)



## 10. Magnetic Seam Guide

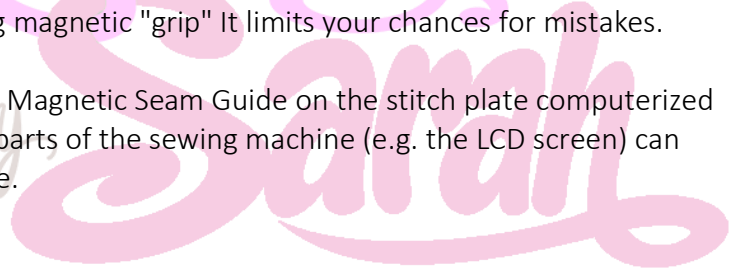
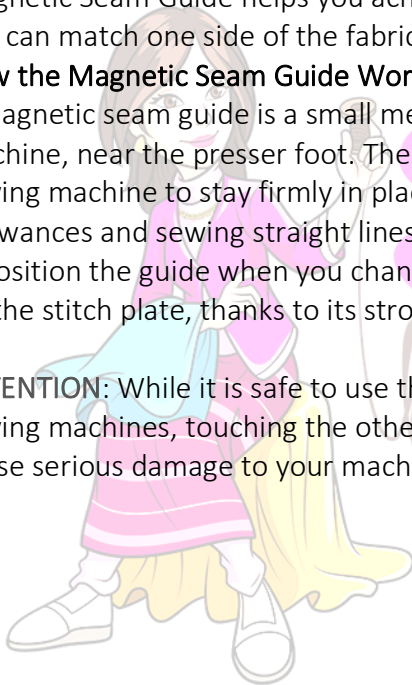


Magnetic Seam Guide helps you achieve the perfect seam each time you sew. With a seam guide you can match one side of the fabric to the other, and minimize mistakes, and uneven stitching.

### How the Magnetic Seam Guide Works

A magnetic seam guide is a small metal tool that attaches to any stitch plate of a sewing machine, near the presser foot. The magnet helps the fabric that is pulled forward by your sewing machine to stay firmly in place, giving you a solid, reliable guide for setting seam allowances and sewing straight lines. Choose a seam allowance width and easily remove or reposition the guide when you change your mind. A magnetic seam guide stays solidly in place on the stitch plate, thanks to its strong magnetic "grip" It limits your chances for mistakes.

**ATTENTION:** While it is safe to use the Magnetic Seam Guide on the stitch plate computerized sewing machines, touching the other parts of the sewing machine (e.g. the LCD screen) can cause serious damage to your machine.





## 11. Purple Thingy Tool



- It measures 6" long with a 1/4" square at one side (which makes for a fantastic quick measurement guide).
- The other end has a curve with a soft rounded tip. This side is what I would refer to as the Stiletto side.
- Typical stiletos are made with from metal and can be sharp. If you want to slip this into your sewing kit you don't need to worry about poking your finger tip.
- On the body, closer to the 1/4" square is a 1/2" long slit. You can slip a ribbon through this and wear That Purple Thang around your neck. You can also feed elastic through and use it in place of a bodkin.

### Tips:

- Use this tool while doing machine applique to gently smooth out the piece while stitching
- Use this tool while piecing to smooth down seams quickly while stitching
- Use the square end to create "organic" ruffling. As you sew, gently push the fabric towards your presser foot to create ruffling.