

we all

sew

made to create **BERNINA**



Created by Pat Bravo

### materials and tools

- $\frac{2}{3}$  yards of main fabric
- $\frac{2}{3}$  yards of solid #1
- Fat quarter of solid #2
- Fat quarter of solid #3
- $1\frac{3}{8}$  yards of muslin
- Sulky Sticky tear-away stabilizer
- 40 weight cotton thread in 2 or 3 coordinating colors
- Turning tool
- Rotary cutter and mat
- Clear acrylic gridded ruler
- Mark-B-Gone disappearing marker
- Hand-sewing needle
- Seam guide
- All-purpose presser foot (BERNINA Reverse Pattern Foot #1/1C)
- Open-toe foot (BERNINA Open Embroidery Foot #20/20C)
- BERNINA Sideways Motion Foot #40C



## Be My Valentine Kitchen Towels

With Valentine's Day around the corner, create a romantic addition to your home for the sweet day that celebrates love and happiness. Create texture on solid fabrics with a variety of decorative stitches, using cotton thread for a soft sheen. This cute set of kitchen towels is filled with appliquéd hearts stitched in a modern style. Easy to sew, fun to use!

Large sideways-motion stitches from the BERNINA 780 E are featured, but the towels can also be made using other decorative stitches, or by substituting prints for the stitch-embellished fabrics.



Visit Pat Bravo at her Soulful Eyes blog:  
<http://patbravodesign.blogspot.com/>

Fabrics used in the model are "Modernology" and "Pure Elements" designed by Pat Bravo for Art Gallery Fabrics.

(Main fabric = Modernology Mod Vines Rose, Solid #1 = Pure Elements White Linen, Solid #2 = Pure Elements Spiceberry, Solid #3 = Pure Elements Cherry Lipgloss.)

Cotton thread from the Pat Bravo collection for Aurifil.

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Be My Valentine  
Kitchen Towels

## step one

- Cut one 22" x 29" rectangle of main fabric
- Cut one 22" x 29" rectangle of solid #1
- Cut from solid #2
  - ◊ One 5" x 6.5" rectangle
  - ◊ Two 3¾" x 4½" rectangles
  - ◊ One 2¾" x 3¼" rectangle
- Cut from solid #3
  - ◊ One 5" x 6.5" rectangle
  - ◊ One 3¾" x 4½" rectangle
  - ◊ Two 2¾" x 3¼" rectangles
- Cut two 22" x 29" rectangles of muslin
- Cut from paper-backed adhesive stabilizer
  - ◊ One 11" x 29" rectangle
  - ◊ One 2½" x 29" strip
  - ◊ Two 5" x 6.5" rectangles
  - ◊ Three 3¾" x 4½" rectangles
  - ◊ Three 2¾" x 3¼" rectangles



Tip: Create different looks (such as diagonal stripes or plaids) by rotating the hearts before tracing them.

## step two

- Trace the heart templates on page 12 onto the stabilizer side of the paper-backed stabilizer.
- 2 Large Hearts (on 5" x 6½" stabilizer pieces)
- 3 Medium Hearts (on 3¾" x 4½" stabilizer pieces)
- 3 Small Hearts (on 2¾" x 3¼" stabilizer pieces)



## step three

- Adhere the "heart" stabilizer pieces to the wrong sides of their corresponding fabric rectangles.



Tip: Paper-backed adhesive stabilizer is great for machine embroidery. Without stabilizer, the fabric tends to pull and pucker when stitched. The adhesive stabilizer holds the fabric in place, securing it so the thread doesn't pull on it.

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### step three

- Draw a line through the center of one of the small heart pieces, dividing the sewing field in half lengthwise. This will be your stitching guide.



### step four

- Select a decorative sideways motion stitch. I chose stippling stitch #527 on my BERNINA 780 E, adjusted to 45.5 mm wide and 54.9 mm long.



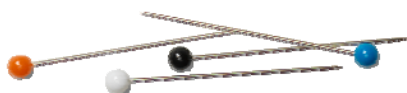
*Tip: If your machine doesn't have sideways motions stitches, use free-motion stippling or rows of decorative stitches.*

### step five

- Align the center of the presser foot with the drawn line.
- Stitch, using the line as a reference guide to keep the fabric straight.

### step six

- Cut out the small teart along the marked lines on the stabilizer.
- Repeat for the remaining small hearts.



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### step seven

- Draw a line  $\frac{1}{4}$ " away and parallel to an edge of one of the medium heart pieces.
- Draw a second line  $\frac{3}{4}$ " from the first line.
- Repeat, filling the rectangle with lines spaced  $\frac{3}{4}$ " apart.

### step eight

- Select a decorative stitch. I chose one with small, medium, and large circles, stitch #431 on my BERNINA 780 E, with a width of 5.5 mm and length of 27.3 mm.



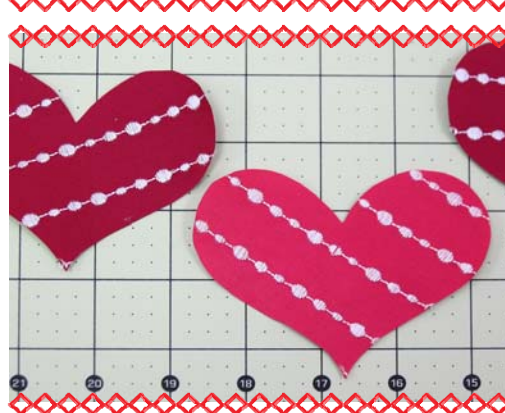
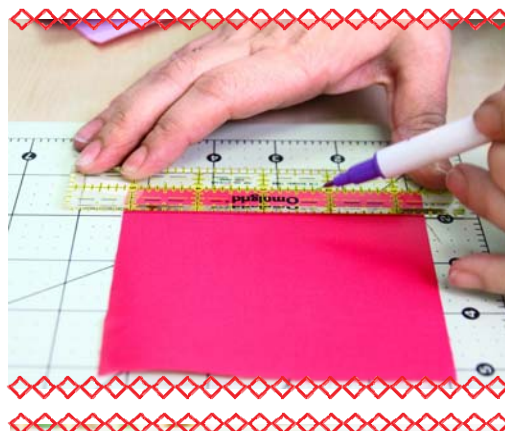
Tip: Different stitches use different feet. The BERNINA 780 E screen tells you exactly which foot to use. A no-brainer!

### step nine

- Align the center of the presser foot with a drawn line.
- Stitch, using the lines as guides.

### step ten

- Cut out the medium heart along the marked lines on the stabilizer.
- Repeat for the remaining medium hearts.



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### step eleven

- Draw parallel lines  $\frac{1}{2}$ " apart on one of the medium yeast pieces.



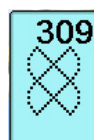
### step twelve

- Draw a second set of lines perpendicular to the first, also  $\frac{1}{2}$ " apart, to create a grid.



### step thirteen

- Select a decorative stitch. I chose a decorative cross stitch, #431 on my BERNINA 780 E, with a width of 3.2 mm and length of 4.4 mm.



### step fourteen

- Align the center of the presser foot with a drawn line.
- Stitch all the lines in one directions, using the lines as guides.



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### step fifteen

- Repeat, stitching the perpendicular lines.



### step sixteen

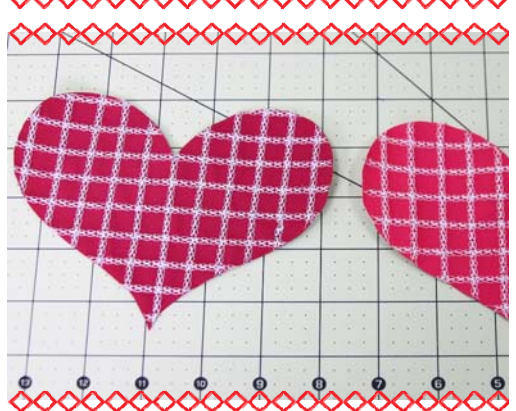
- Cut out the large heart along the marked lines on the stabilizer.
- Repeat for the remaining large heart.

### step seventeen

- Play with different arrangements of your stitched hearts on the main fabric rectangle. Keep in mind the display of the hearts on your kitchen towel when it is folded over the oven or cabinet door handles.

*For my arrangement I used the length of the fabric, marked a line through the center (11" from the edge), and marked lines 4½" from it on each side, creating a 9" center area.*

- Once you've arranged the hearts to your liking, pin them in place.



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### step eighteen

- Flip the main fabric over and adhere the 11" x 29" piece of stabilizer to it, making sure it is centered on the fabric.

*Note: If you change the placement of the hearts, make sure you cut a wide enough piece of stabilizer to cover all of them.*



### step nineteen

- Select a zigzag stitch and adjust the width to 3.0 mm and the length to satin stitch (around 0.40 mm).
- Attach the open-toe foot to the sewing machine.
- Engage Needle Stop Down if your machine has this function.



### step twenty

- Begin stitching along a straight part of each heart, using the marked groove (or inside edge) as your stitching guide.
- Stitch slowly and follow the contour of the heart shape.
- With the needle down, raise the presser foot to maneuver curves, pivoting the fabric around the needle slightly.
- When all the hearts have been appliquéd in place, gently tear away the excess stabilizer from the back, being careful not to rip the stitches. Clip thread tails. Press.

See Tips for Perfect  
Appliqué on page 8.



Tip: The BERNINA Free Hand System is a lever for raising and lowering the presser foot with your knee. No hands!

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### Tips for Perfect Appliqué

*When appliquéing round shapes, you will always encounter many curves. Here are a few rules to follow to keep your stitches perfect.*

- Be sure to keep your needle stop position down to ensure continuity of the stitching line.
- I love satin stitch—a very short zigzag—for appliqué. The stitch length should be short enough to cover the raw edge of the fabric.
- For a concave shape, the pivot point will be on the inner side of the stitching.
- For a convex shape, the pivot point will be on the outer side of the stitching.
- For small shapes, you may need to decrease the stitch width. The smaller the shape, the more difficult it becomes to maneuver the stitches on curves.
- When you reach the inside point of the center of the heart, stitch past the edge before pivoting. This causes the stitches to overlap and is called “stitch overlay.”
- When ironing appliquéd pieces, press from the wrong side to avoid flattening the stitches.

### step twenty-one

- Place a 22" x 29" piece of muslin right sides together with your heart-appliquéd top.



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### step twenty-two

- Select a straight stitch with a length of 3.0 mm.



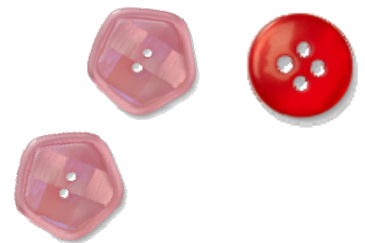
### step twenty-three

- Using a ½"-wide seam allowance, sew around the edges of the towel, pivoting at the corners and leaving a 2" opening for turning.
- When done stitching, clip the corners, making sure not to cut through the stitching.



### step twenty-four

- Turn the towel right side and push out the corners with a turning tool or large knitting needle.
- Press and hand-stitch the opening closed.



### step twenty-five

- The last step is to quilt the layers together. Using a disappearing marker, draw a design for quilting on the front of your towel.

Tip: To keep layers from shifting during quilting, use a walking foot (BERNINA Walking Foot #50), or engage Dual Feed if your machine has that capability.



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### step twenty-six

- Select a straight stitch (or a stitch of your choice) and sew along the marked lines.
- When finished, press your towel.



### step twenty-seven

- For the second towel, place the solid #1 rectangle and remaining muslin piece right sides together.
- Using a 1/2"-wide seam allowance, start sewing at the bottom of the towel, leaving a 2" opening for turning.

### step twenty-eight

- Clip the corners, turn right side out, push out the corners, press, and stitch the opening closed.
- Fold the towel in half lengthwise; press to make a crease.



### step twenty-nine

- Change to a contrasting thread that works well with your solid fabric choice. Stitch along the crease you just made.
- Attach the seam guide to the presser foot and adjust it to 1" from the center of the foot. Stitch a second line, aligning the guide with the first stitching to space the lines 1" apart.
- Continue stitching lines until the entire towel is quilted.



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### step thirty

- Select a sideways-motion heart stitch. I chose stitch #517 on the BERNINA 780 E, adjusted to 17.6 mm wide and 34.7 mm long.



*Tip: If your machine doesn't have a large heart stitch, use smaller hearts or substitute another type of embellishment, such as rubber-stamped red hearts.*

### step thirty-one

- With the solid #1 side face up, place a 2½" x 29" strip of stabilizer under the end of the towel.
- Stitch hearts between the lines, beginning just outside the vertical lines to have the heart centered between them.
- Repeat to add additional hearts; play with the placement and just have fun.

### step thirty-two

- Clean up the hearts by removing the side stitches and leaving just the hearts.

### step thirty-three

- Remove the stabilizer from the back of the towel; press.

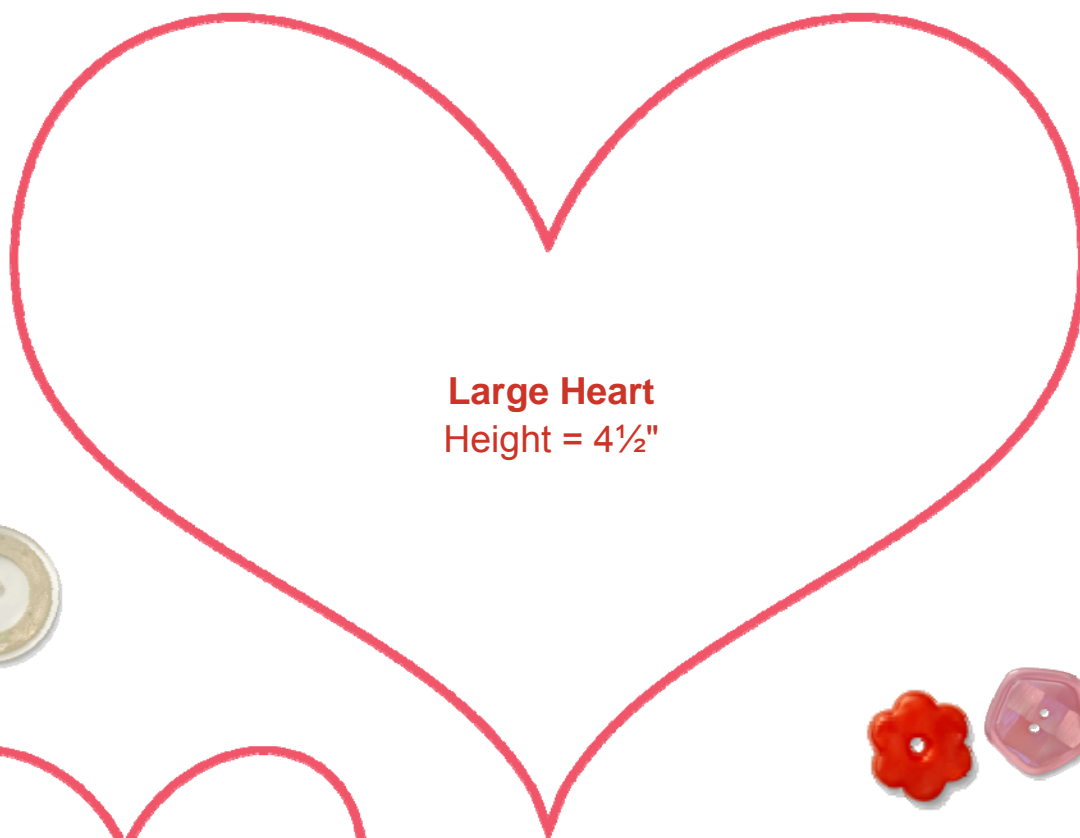


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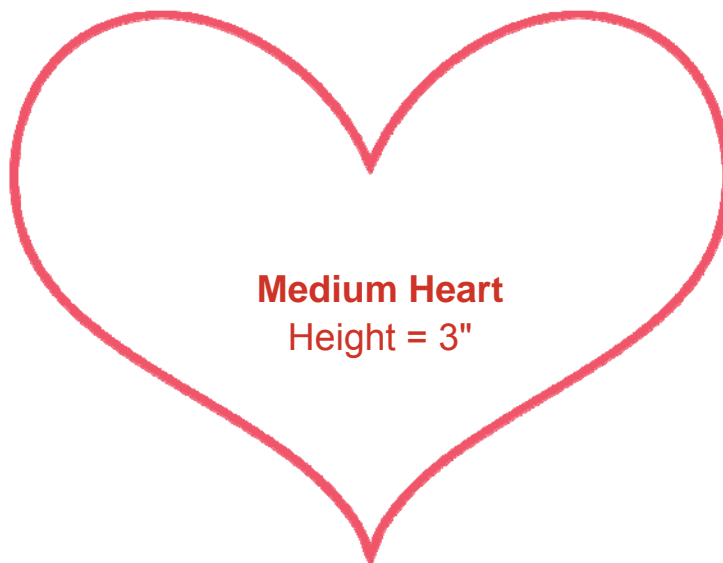
## Be My Valentine Heart Templates



**Large Heart**  
Height = 4½"



**Small Heart**  
Height = 2"



**Medium Heart**  
Height = 3"

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