

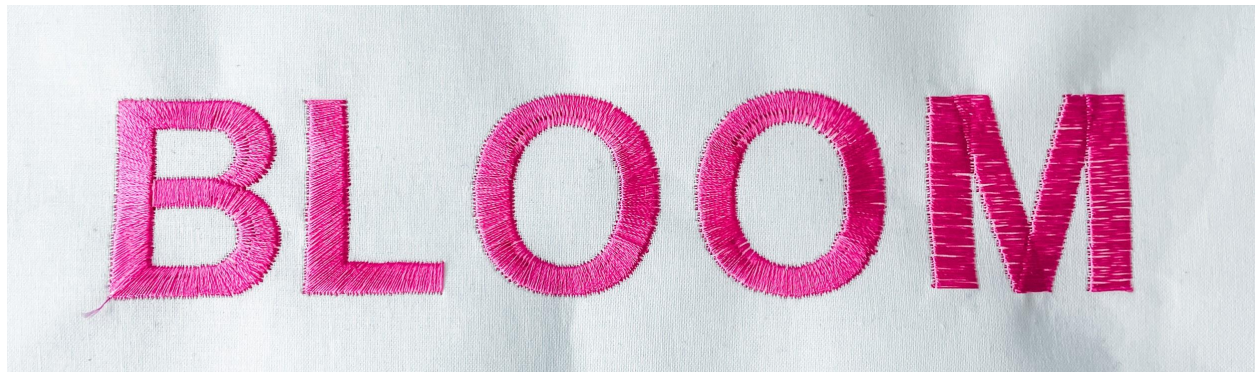
SINGER® PROJECTS

# 3 Embellishing Techniques

(Applique, Free-Motion, & Embroidery)

By Bethany McCue

Singer Education Specialist



Embellishing everyday items like a shirt, pillow case, blanket or bag are made easy with a sewing machine. In this tutorial you will learn 3 different techniques to embellish and personalize your project. We will discuss applique, free motion and embroidery techniques so you can implement one or all of these embellishments on any project.

Watch Bethany McCue's YouTube video tutorial [here](#) to follow along with the written instruction for all 3 sewing techniques. She will be featuring the SINGER® Legacy SE30, available at [Singer.com](#).

**PROJECT SKILL LEVEL:** ■ ■ ■ □

## Applique Supply List

- Cotton fabric
- Clear Open Toe Decorative Foot
- Tear Away Stabilizer (Optional Sticky Tear Away)
- Decorative Rayon Thread (Top & Bobbin)
- 90/14 Universal Sewing Machine needles
- Paper Backed, Sewable Iron-On Adhesive (double sided)
- Straight pins
- Marking Pen
- Fabric scissors
- Iron



## Applique Steps to Prepare

### Materials:

1. Print off the “BLOOM” template attached to the end of this tutorial. Adjust your print size to the size you want to stitch out the word.
2. Thread your machine with all purpose or rayon sewing thread in top and bobbin.
3. Set your machine for a Satin Stitch which is a zigzag stitch at a 5mm stitch width and 0.4mm stitch length.



## Applique - Put it All Together:

1. Cut a piece of Paper Backed Iron-On Adhesive the same size as your cotton fabric used to create the word BLOOM.
2. Place the fabric right side down onto the ironing board and press out any wrinkles. Place the Iron-On Adhesive shiny side down onto the wrong side of the fabric.
3. With an iron set to Medium High (cotton) with no steam, gently press the Iron-On Adhesive onto the fabric. Check to make sure the adhesive has adhered to the fabric by carefully lifting the corner. If the back of the fabric is shiny then it is adhered properly. If the back of the fabric is not shiny then continue pressing. (Check by lifting the corner a little)
4. Before removing the paper backing of the Iron-On Adhesive, trace the BLOOM pattern onto the paper with a pen or marker. Cut out the BLOOM letters with scissors.
5. Remove the paper backing after cutting out the letters.
6. Place the letters onto a piece of cotton fabric where you would like for them to go.
7. With an iron set to Medium High (Cotton) with no steam, gently press the letters onto the fabric. This will bond the letters to the fabric.

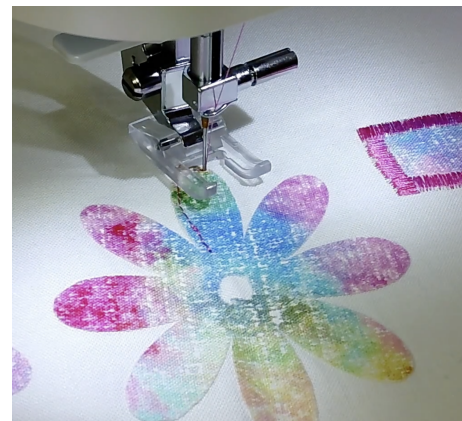


8. Cut a piece of Tear-Away Light Stabilizer larger than the size of the word BLOOM and place it on the backside of your cotton fabric behind the word.

This stabilizer does not adhere to the fabric so pin it in place to prevent it from moving around while sewing. You can use a sticky tear-away stabilizer as well.



9. Be sure your sewing machine is set to a zigzag stitch with a 5mm width and 0.4mm length to make a wide but close together stitch to sew all the way around the letters. This is commonly known as a satin stitch.
10. It is easiest to start at a corner light left corner of the ghost and work your way around.
11. Be sure to line your fabric up so that the needle stitches through the letter fabric and main fabric back-n-forth. It helps to keep the edge of the letter fabric lined up with the center mark on your presser foot.
12. Begin stitching around the letter B. When you get to a tight curve or corner be sure to leave the needle down, lift the presser foot, slightly turn or adjust the fabric, lower the presser foot and continue sewing. Take your time with this step.
  - a. Don't forget to back stitch at the beginning and end to secure the stitches in place.
  - b. Make sure to have a full bobbin before starting this step.
  - c. When you are going around a curve or corner, make sure you do not leave a gap in your stitching.



13. Repeat the same steps for all the letters in the word BLOOM.

14. Set your sewing machine to a straight stitch and sew around the edge of each petal on the two flowers.

15. Select the eyelet stitch (Stitch #31 on the Singer Legacy SE300) and adjust the size so the eyelet is slightly bigger than the center holes of the flowers and the letter B.

- a. Using the eyelet stitch to stitch around the center

of the small holes is much easier than the satin stitch used to go around the outside edge of the letters.

- b. PRO-TIP: You can repeat the eyelet stitch multiple 2-3 times to get the same thickness and coverage as the satin stitch around the letters so it all matches.
16. Turn the fabric over and carefully trim any threads and remove the excess Tear-Away Stabilizer.
  17. You have now completed an applique design and can apply this to your next project.



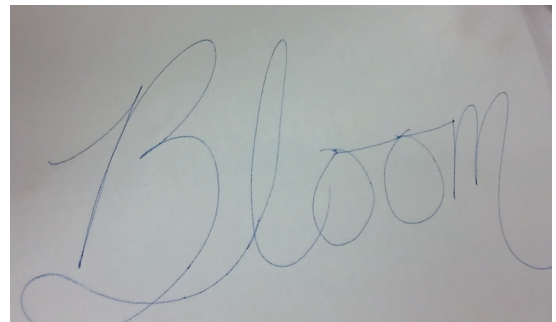
## Free-Motion Supply List

- Cotton fabric
- Free-Motion / Darning Foot
- Sticky Tear Away Stabilizer
- Decorative Rayon Thread (Top & Bobbin)
- 90/14 Universal Sewing Machine needles
- Fabric Marking Pen
- Fabric scissors/ snips



## Free-Motion Steps to Prepare Materials:

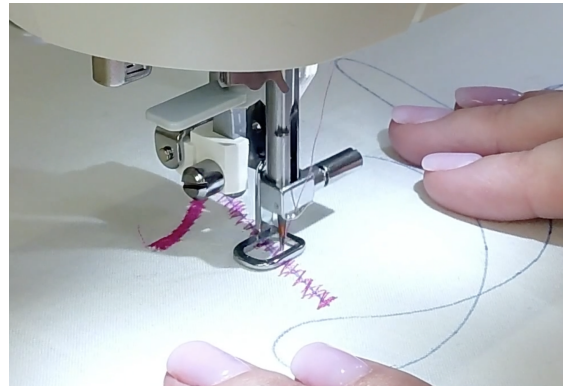
1. Use a fabric marker/pen to write the word BLOOM on your cotton fabric. This can be in any text or cursive style you prefer and as big or as small as you like.
2. Thread your machine with all purpose or rayon sewing thread in top and bobbin.
3. Set your machine for a Satin Stitch which is a zigzag stitch at a 5mm stitch width. Stitch length does not matter.
4. Lower or cover your feed dogs on your sewing machine.
5. Attach the free-motion / darning foot to your sewing machine. Click [here](#) for a video tutorial on how to attach and use this foot.





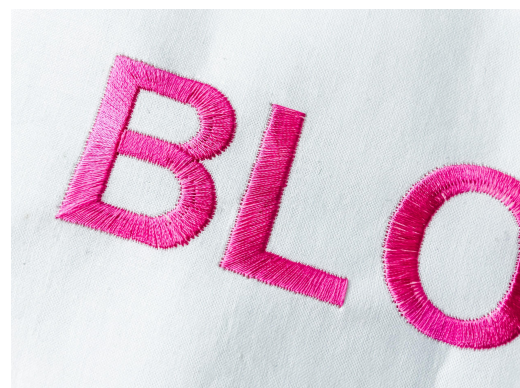
## Free-Motion - Put it All Together:

1. Place a piece of sticky tear-away stabilizer on the backside of your cotton fabric making sure to cover the entire area you wrote the word BLOOM on the front of the fabric.
2. Starting with the letter B, place your fabric under the foot, lower the foot, and use your handwheel to lower the needle down and back up in one full stitch rotation. Gently pull on the top thread to bring the bobbin thread up to the top.
3. Hold your threads for the first couple of stitches then trim your thread tails.
4. Use both hands to gently guide the fabric so the zigzag stitch follows your written word on the fabric.
  - o PRO-TIP: You should not need to rotate the fabric. Keep the fabric moving left to right and front to back along the horizon line.
5. Depending on your preference, you can go back and forth over an area to fill it in more or less.
6. Follow your written template working your way across the fabric left to right. Backstitch at the end to secure your stitches.
7. Turn the fabric over and carefully trim any threads and remove the excess Tear-Away Stabilizer.
8. You have now completed a free-motion design and can apply this to your next project.



## Embroidery Supply List

- Cotton fabric
- Free-Motion / Darning Foot or Embroidery Foot
- Sticky Tear Away Stabilizer
- Decorative Rayon Thread (Top & Bobbin)
- 90/14 Universal Sewing Machine needle
- Fabric scissors
- Embroidery Hoop



## Embroidery Steps to Prepare Materials:

1. Thread your machine with all purpose or rayon sewing thread in top and bobbin.
2. Attach the embroidery arm to your embroidery machine.
3. Attach your embroidery foot or free motion/ darning foot that comes with your embroidery machine.
4. Cut a piece of cotton fabric that is larger than your embroidery hoop you are using.
  - a. Press out any wrinkles in your fabric and place a piece of sticky tear-away stabilizer to the wrong side of the fabric that is also larger than your embroidery hoop.

## Embroidery - Put it All Together:

1. Separate your hoop by releasing the spring. Leave the outside of the hoop ring on your table and set the inside hoop ring off to the side.
2. Place your fabric right side up over the outside hoop ring on your table. The fabric should completely cover the hoop ring.
3. Place the inside hoop ring on top of the fabric. Use your hands to center the inside hoop in the outside hoop.
4. Gently press the inside hoop down inside the outside hoop.
  - a. You may need to loosen the spring in the corner of the outside hoop for the inside hoop to fit now that your fabric is sandwiched between the two hoop pieces.



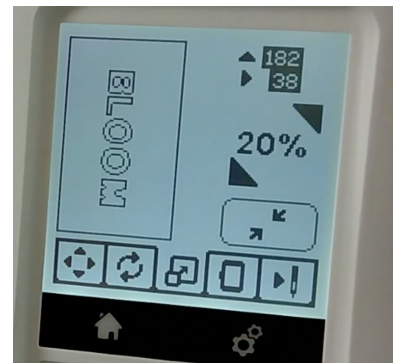
5. Once your inside hoop is lined up even with the outside hoop and the fabric is taut, close the spring clamp on the outside hoop to lock everything back into place.
  - a. Your fabric should be taut in the center of the hoop with the excess coming up out around the edges of the hoop.
6. Attach the embroidery hoop to





the embroidery machine.

- a. Your fabric should be facing up with the stabilizer on the bottom.
  - b. Carefully slid the edge of the hoop under the foot and needle. Use the extra foot lift if necessary to clear the edge of the hoop. Do not force the hoop under the foot.
  - c. The hoop slides and clicks into place on the left to the embroidery arm. Make sure it is clicked and secure.
  - d. The embroidery machine will move the hoop around to calibrate and identify your hoop size.
7. On the screen of the embroidery machine there will be two options: strawberry and letters. Touch the letters menu.
  8. Select any font you would like and type out the word BLOOM and click on the check mark.
  9. Next pops up a menu across the bottom of the screen where you can further edit and customize your embroidery design such as: design size, design placement in the hoop, ensure the hoop size is correct for what is attached to the embroidery arm, adjust the number of colors for your design and a lot more settings as well.
  10. For this example I increased the embroidery design by 20% to make it larger when stitched out.



11. Now that your design is ready to be stitched out, lower the presser foot and while holding the top thread, turn the handwheel on the side of the machine towards you to complete one full stitch rotation allowing the top thread to grab the bobbin thread and bring it to the top of your hooped fabric.

12. Hold both the top and bobbin threads and press the start button on the front of the machine to begin the embroidery process.

13. The machine will complete a few stitches and then pause. A scissor symbol will pop up on the screen alerting you to trim the thread tails you were holding. Once you've trimmed the threads out of the way you can press the start button again and the machine will resume stitching out the first letter B in the embroidery design.



14. Once the first letter is complete, the machine will pause again to allow you to trim the threads and if you wish to change thread color before stitching out the next letter now is the time to do so before resuming the embroidery. If you do not wish to change thread colors, trim the thread as indicated and then press the start button to resume the embroidery with the same color.



15. Repeat this process until all 5 letters in the word BLOOM are stitched out and the machine completes the embroidery design.
16. On the screen a symbol will show it is now safe to remove the embroidery hoop from the embroidery arm by pressing down on the button where the hoop connects to the arm. Press the button and gently pull the hoop towards you.
17. Remember to use the extra lift of your presser foot to ensure you safely clear the hoop from the machine.
18. Now you can remove your embroidered fabric from the hoop by releasing the spring lever and separating the two hoop pieces.
19. You have now completed an embroidery design and can apply this to your next project.





