

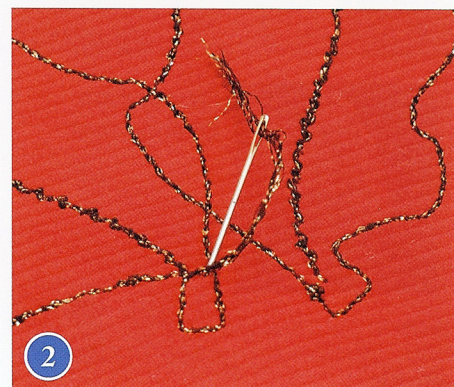
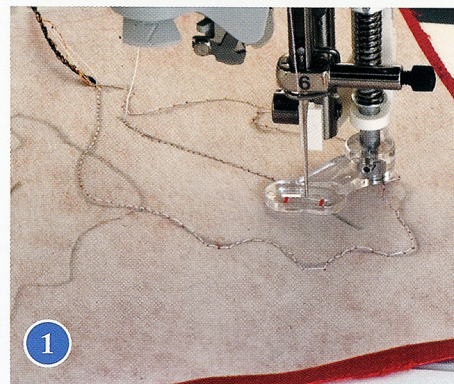
free-hand stitching — reverse embroidery

A free-hand embroidery technique using heavier threads on the bobbin and sewing from the reverse.

1. Stabilize your fabric with a fusible interfacing. Trace your design directly on the interfacing or, if more stability is needed, on a piece of tear-away stabilizer. (On a scrap of fabric test the needle tension setting to achieve the result desired. The needle thread should be pulled to the wrong side and not show on the right side.)

Lower the feed dogs and bring the needle thread to the wrong side and lockstitch the threads. Trim the thread tails before stitching. Follow the lines to create your design. Since you are working from the reverse with heavier threads in the bobbin, be careful not to overlap your stitches. (#1)

2. After completing the design, leave a 2" thread tail and using a tapestry needle pull the ends to the wrong side. Knot or use seam sealant to hold. (#2)



**Free-motion
Quilting Foot**

Stitch: Zigzag
Width: Pre-set or as desired
Length: 0
Feed Dogs: Lowered
Tension: Pre-set or lowered

Fabric, needles, notions required:

Firm fabrics of choice; embroidery needle, size 75/11 or 90/14; rayon, cotton, or embroidery thread of choice for the needle and bobbin; water-soluble and tear-away stabilizer and/or fusible interfacing; embroidery hoop; water-soluble marking pen; seam sealant

TIP

Free-motion bobbinwork is like free-motion embroidery—it's important to keep a smooth movement with your hands and an even speed while sewing. For comfort while sewing, keep both elbows on the table top and your shoulders relaxed. Move your hands together, back and forth and side to side for best results.