

# Introduction to Machine Quilting with a Walking Foot - Part II

**Video links. . .**Part I: <https://youtu.be/gPPaWmMs1qo>

Part II-A: <https://www.youtube.com/watch?v=BVfexnUb5Nw&feature=youtu.be>

Part II-B: <https://youtu.be/H3FMhSQtR68>

## GETTING READY TO STITCH

### What you'll need:

- extension table for sewing machine or have the machine set in a cabinet
- support table to left and beyond machine
- walking foot or sewing machine with a built-in dual feed
- zigzag stitch throat plate (for decorative stitches) and straight stitch throat plate (for straight stitches)
- sewing machine needles: Microtex 80/12 or Quilting 75/11
- threads: 50 wt. cotton for top and bobbin and invisible thread or other lightweight thread (such as Invisafil by Wonderfil) for stitching in the ditch
- painter's tape
- small thread cutter such as:  
<https://www.havelssewing.com/snip-eze-with-blunt-ends>
- Optional: quilting gloves (makes it easier to guide quilt):  
[https://www.quilterstouch.com/store/p2/Machingers%28R%29\\_Quilting\\_Gloves.html](https://www.quilterstouch.com/store/p2/Machingers%28R%29_Quilting_Gloves.html)
- Optional: seam guide that extends to left of needle
- Optional: self-threading needles for burying knots:  
<https://www.clover-usa.com/en/sewing-and-quilting/22-self-threading-needles-assorted.html>

**Please support your local quilt shop.**

### Tips before getting started:

- If you have a Bernina, the newer walking feet can come with 2 or 3 sole plates. Use the one that has the open toe configuration.
- Don't use the scissor function on your machine when beginning or ending stitching unless you are stitching into the batting past the edge of the quilt.
- Always bring bobbin thread to top of quilt before beginning to stitch. Tuck top and bobbin threads under and behind walking foot and hold until first two stitches are made. This will avoid "bird nesting" of threads on back of quilt.

### Methods of securing stitches:

- Tie top and bobbin threads into a knot and sink knot into layers of quilt. This can be done on top of quilt or by bringing threads to the back of quilt.
- Turn stitch length down to .3 or .4 mm and stitch tiny stitches for up to 1/4". Do this at the beginning and end of stitching. Sometimes this method is visible so only use it when stitching in the ditch or on a very busy fabric. Can also create a little knot on the back of the quilt.
- Backstitching: creates buildup of thread.
- Fix stitch function (available on some machines): stitches in place for 4 or 5 stitches. Creates a knot on back of quilt that is noticeable and may not last with wear and washings.

### Stitching in the ditch:

- The ditch is the seam line between two fabrics sewn together where the seam is pressed to one side.
- Use a walking foot or other dual feed foot to stitch on the low side of the ditch. The high side of the ditch is the side the seam has been pressed toward. Keep the stitching line very close to the high side of the ditch so that the stitching is almost invisible. Use invisible thread or any other lightweight thread to stitch in the ditch. **Never stitch in the ditch on a seam that has been pressed open.**
- Stitching in the ditch can be done on seam lines (such as seams of blocks, sashing or the seam between the quilt top and border of the quilt) to stabilize the quilt before continuing with the more decorative quilting.

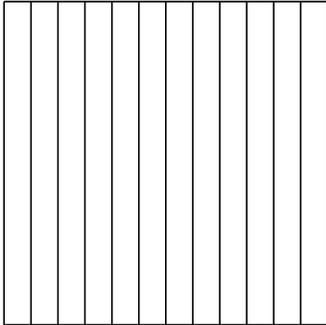
### LET'S GET STITCHING!

- If any stitching in the ditch is to be done, do that first, always starting toward the middle of the quilt and moving out to the outside edges.
- After stitching in the ditch is completed, the machine quilting can be done anywhere on the quilt since the quilt is now stabilized.
- To quilt the sampler provided in the handout from Part I:
  1. Stitch in the ditch of the sashings, starting with the short vertical sashings in the middle of the quilt. Continue with the longer horizontal sashings, working from the center out to the edges of the quilt. Be sure to stitch in the ditch between the body of the quilt and the border.
  2. Practice the designs shown on pages 3 - 5 on the sampler or use smaller quilt sandwiches. Research the internet for more walking foot designs or create your own. Don't forget to explore the decorative stitches on your machine.

*Practice Makes It Easy - You Don't Have to be Perfect!!*

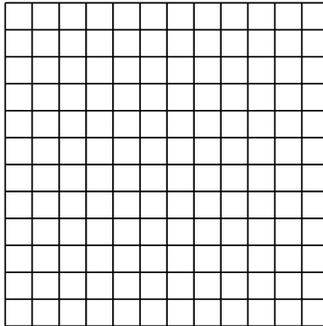
## Walking Foot Quilting Designs

1



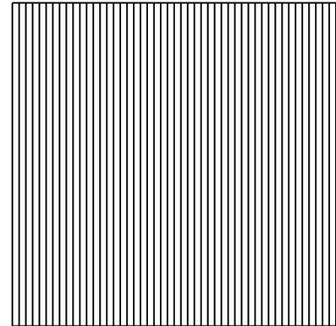
Channel Quilting

2



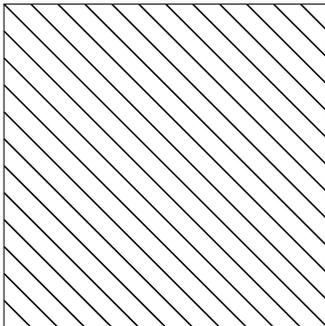
Straight Crosshatch

3



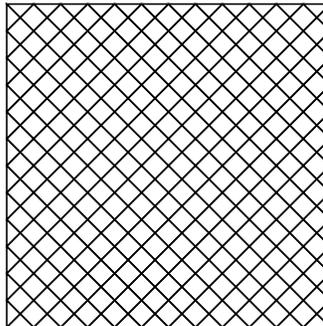
Matchstick Quilting

4



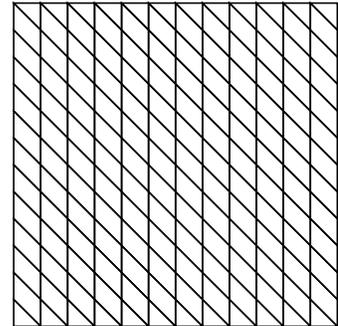
Diagonal Lines

5



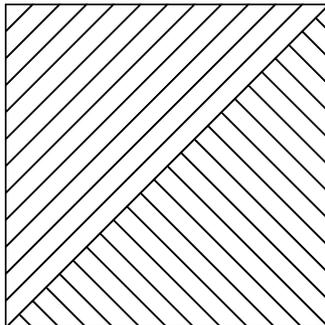
Diagonal Crosshatch

6



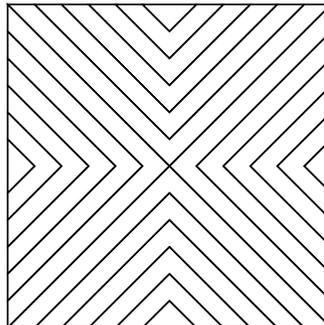
Angled Crosshatch

7



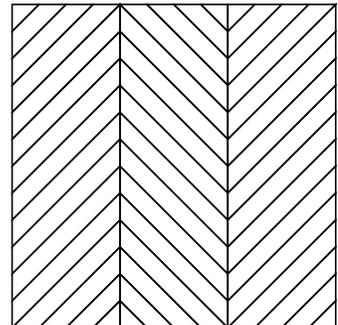
Two-Way Lines

8



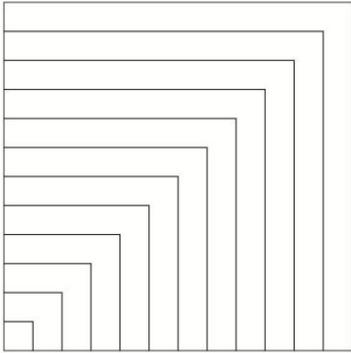
Four X Echo

9



Chevron  
*Vertical lines can be drawn  
or stitched.*

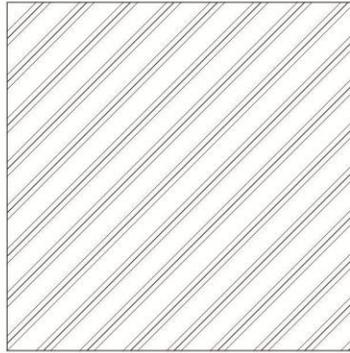
10



Offset Echo

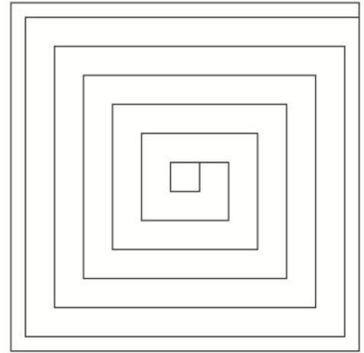
*Draw diagonal line for pivot point.*

11



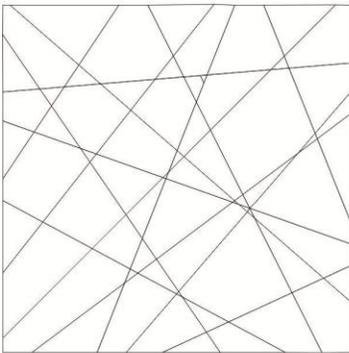
Triple Space

12



Spiral Square

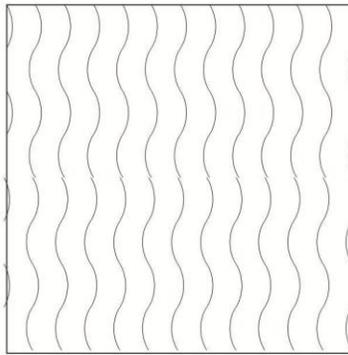
13



Shattered Lines

*Mark lines with fabric-friendly marker.*

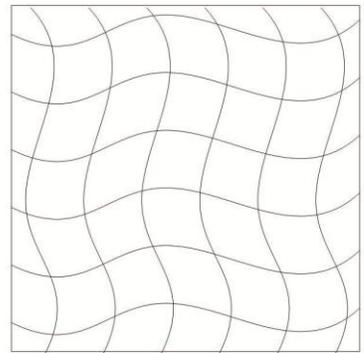
14



Gentle Curves

*Freehand or decorative machine stitch.*

15



Curved Crosshatch I

16



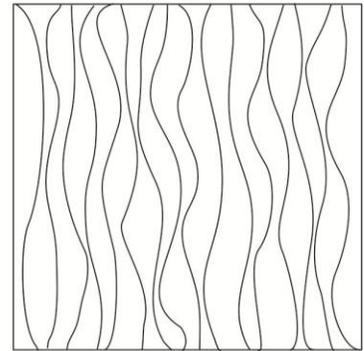
Split Curves

17



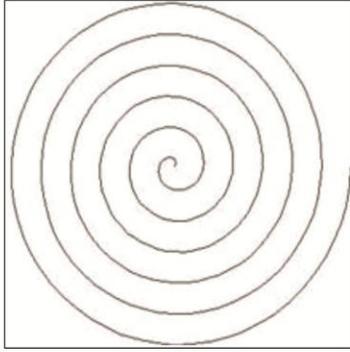
Curved Crosshatch II

18



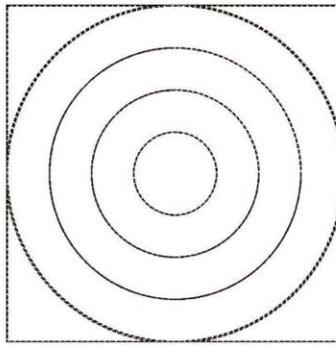
Curvy Lines

19



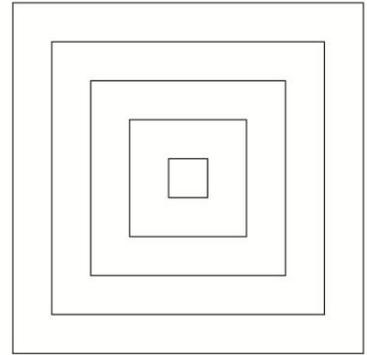
**Spiral Circle**  
*Echo curves on each corner to complete design.*

20



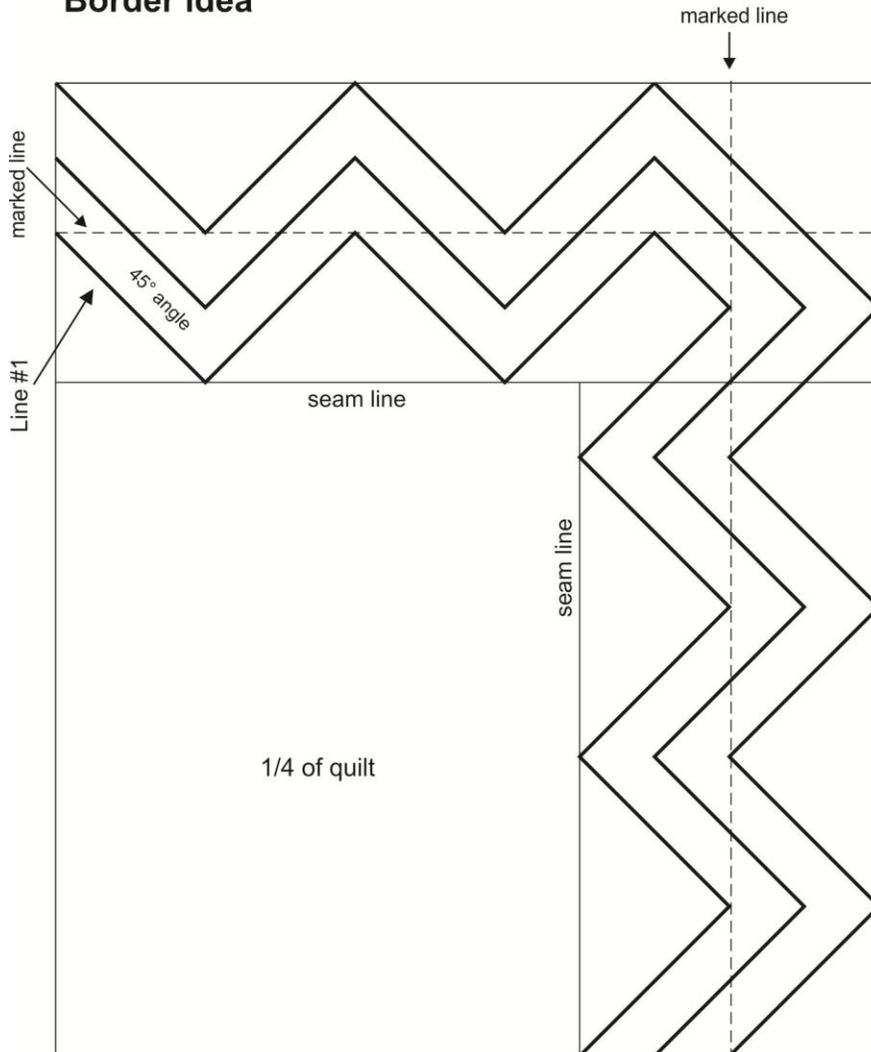
**Concentric Circles**  
*Echo curves on each corner to complete design.*

21

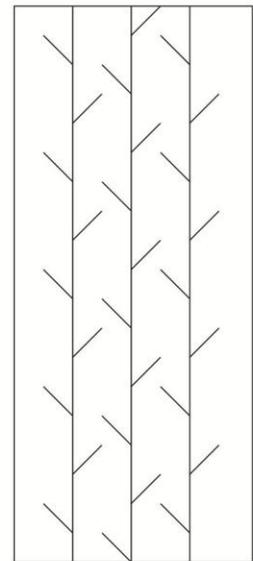


**Spiral Square**

**Border idea**



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**Branches**

*Laura Blanchard*  
[www.plumtreequilts.com](http://www.plumtreequilts.com)