



# *Decorative Stitch Art*

## *Using Only Your Sewing Machine Stitches*

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**My name is Heidi Proffetty, I am a professional art quilter, teacher, designer and one of Janome's Maker's. And collectively as Janome Makers, we aim to share our creativity and our talents to inspire, educate and fuel the passion for all things quilting and sewing related.**

**The technique focuses on how to create Decorative Stitch Art using ONLY your sewing machine stitches to create an infinite number of stitched designs that you can use to embellish any quilting or sewing project.**

**We all know that we have hundreds of sewing machine stitches that come on our fabulous sewing machines...but what we don't all know is what we can do with these stitches? Well, I have come up with a very fun and creative option for you to put all those fabulous stitches to good use! The technique is called "Decorative Stitch Art". Think of it as a cross between hand embroidery and machine embroidery and it is a fantastic alternative option for those who don't own and embroidery machine or for anyone who is not fully comfortable with free motion quilting. Using this technique anyone can now add a decorative stitched design to a quilting or sewing project.**

**This write up and template may not provide you everything you need to know to get started therefore, I would highly recommend visiting Janome Sewing Machines Facebook Page then type Decorative Stitch Art in the Search Bar. There you'll find my video presentation giving you everything you need to know to get started.**

**Once you've watch the video and you are feeling inspired to give this technique a try...I've attached a very easy decorative stitch art design of a snowflake. This is a simple beginner design to start with and to build upon. Using this template and easy instructions along with many common stitches we already have on our Janome (and other brand) sewing machines you will gain some basic knowledge and real-time practice creating this design. Then, experiment with other substitute stitches, various thread weights and thread colors. Before you know it...you'll be having fun designing some of your own Decorative Stitch Art Designs.**

**Enjoy!**

*Heidi*

# Snowflake #1 – Basic Instructions

Finished Dimensions: 3.5" x 3.5"

**Top Thread: 40 weight – 3 colors & Bottom Thread: 90 weight bobbin thread or similar top weight**

**Prepare Fabric using starch or sizing. Transfer this template to the fabric using fabric marking pens or chalk, light box, window and/or transfer paper. Use an appropriate stabilizer to support the stitches.**

**Prepare a second piece of fabric in a similar fashion as a practice sample before starting your final project.**

**Common Stitches used in this design:**

 **Satin Stitch (for center circle shape) \*If oval shape, reduce length and width to achieve circle shape. W = 5.6mm & L = .30mm**

 **Satin Stitch (for diamond shape) \*If diamond shape is not available, use 2 half triangle shapes. W = 7.5mm & L = .30mm**

 **Quilt Star Stitch (for hexagons) W = 9mm**

 **Quilt Stitch (for straight lines)**

 **OR**  **Symbol Stitch or Eyelet Stitch (for end circles)**

**Stitch Instructions:**

**Start by stitching a single satin stitch circle for center. Practice on your sample and carefully watch how the stitch is formed. Remember to watch your foot and not the needle while stitching. This stitch forms at the center and swing left and right to complete the stitch. Position your needle in the fabric at the top center of your drawn center circle.**

**Next, stitch the diamond shapes. Again, make adjustments to length and width as noted above. This stitch forms at the center and swing right and left to complete the stitch.**

**Stitch the Quilt Star stitches. Line your needle up with the top center of the drawn hexagons.**

**Stitch the end circles in a similar fashion. Again, do this first on your practice sample watching carefully how the stitch is formed.**

**Lastly, stitch the straight lines aligning your foot/needle along the drawn straight lines and stitch from the center outward.**

**TA-DAH! Congratulations!! You've just finished your first Stitch Art Design! A beautiful snowflake to embellish one of your projects with!!**

*Snowflake #1 - Template*  
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