

Lesson Objective:

To become proficient in the basic techniques of Heirloom Sewing.

Lesson Machine:

Any BERNINA[®] sewing machine.

Lesson Activities:

- Become familiar with the types of laces used in Heirloom Sewing
- Create 6 reference samples of basic Heirloom Sewing techniques

Lesson Outcome:

Completion of six samples, each using a basic heirloom technique:

1. Joining Lace to Lace
2. Joining Lace to Fabric
3. Joining Lace to Entredeux
4. Joining Gathered Lace to Entredeux
5. Joining Fabric to Entredeux
6. Joining Gathered Fabric to Entredeux

Heirloom—the word is released from the lips in a quiet whisper. Heirloom—a precious possession to be handed down from generation to generation.

I discovered French Hand Sewing (also called Heirloom Sewing) about the time I discovered the exquisite sewing capabilities of the BERNINA[®] sewing machine. The art of French Hand Sewing, as the legend goes, was begun by French nuns who created this lovely combination of embellished fabric and lace for royalty. Every stitch was executed by hand. I began sewing heirlooms with my BERNINA[®] and found this provided me with a sweet sense of satisfaction. The art still takes time, and although the heirlooms are made by machine, this does not detract or diminish from their beauty or uniqueness.

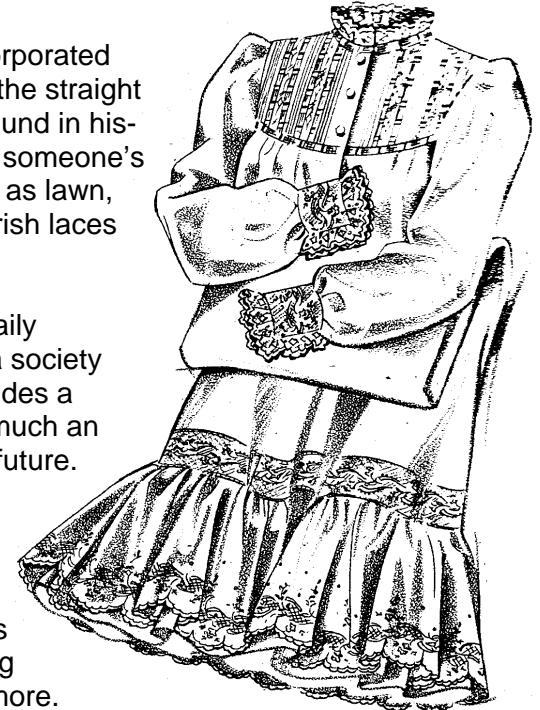


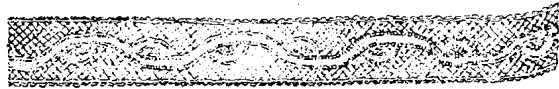
Heirloom Basics

Vintage clothing of the late 1800's and early 1900's incorporated heirloom techniques previously sewn by hand but used the straight stitch of the sewing machine. These garments can be found in historic costume collections, antique sales, or, with luck, in someone's attic. The clothing is usually white, made of fabrics such as lawn, linen, silk, dimity, and cotton voile. Swiss, French, and Irish laces were used in abundance.

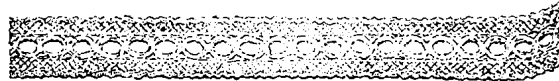
Sewing heirlooms is a way to slow the rush of today's daily existence; it is a method of personalizing and civilizing a society steeped in technology, yet lacking in gentleness. It provides a continuance—what once was a part of the past is very much an element of the present and will flow into the lives of the future.

The techniques described on the following pages form the basis of Heirloom Sewing by machine. With a little practice, these steps will become as simple as sewing a seam. Use these techniques to stitch laces and fabrics into yardage for a variety of projects—collars, christening gowns, camisoles, baby bonnets, dressing gowns and more.





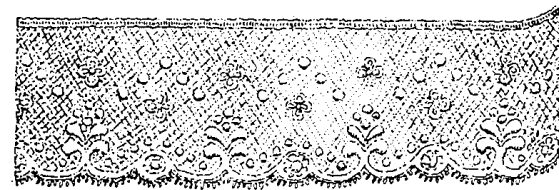
lace insertion



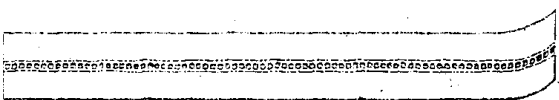
lace beading



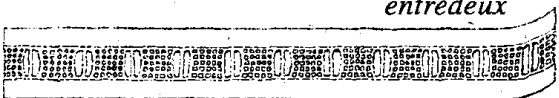
lace edging



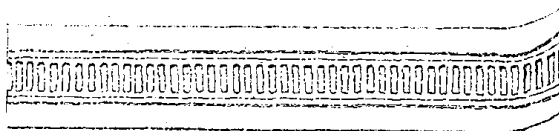
wide lace edging



entredoux



entredoux



fagotting

Laces

There are many lace forms available for heirloom sewing, including:

Lace Insertion—straight on both edges and available in several widths; can be combined with beaded insertions and lace edgings to create wider lace yardages.

Beaded Insertion—has embroidered holes through which ribbon can be woven; can be combined with lace insertions and edgings to create wider lace yardages.

Lace Edging—has one straight edge and one decorative scalloped or picot edge; can be combined with lace and beaded insertions to create wider lace yardages.

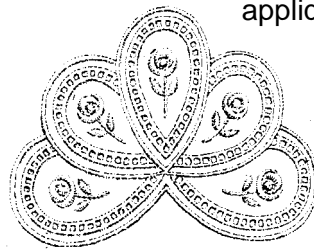
Lace Beaded Edging—has one straight edge with holes to accommodate ribbon and a scalloped decorative edge on the other side; works well at sleeve and neck edges.

Lace Beaded Galloon—has a scalloped lace edging on both sides with lace beading in the center.

Entredoux—used to join laces and fabrics. Embroidery floss and ribbon may be woven through the holes of different varieties.

Fagotting—wide embroideries with holes, this trim is also used to join fabrics and laces. Ribbon weaving adds a special touch to the wide embroideries.

Swiss Embroideries—made of cotton, sometimes organdy, these are also found in the forms of insertions, beaded insertions, beadings, edgings, and galloons; can be purchased as a set. Made on modern computerized machines, almost any design can be reproduced. The machines use fine Egyptian cotton for the embroideries, which are primarily available in white on white. Swiss embroidered appliques, motifs, and collars are also available for heirlooms.



lace medallion



lace applique

Supplies

12" of lace insertion
12" of lace beading
12" of wide lace edging
60 or 80 weight cotton thread
60/8 or 70/10 needles

Machine Settings

Stitch: Zigzag
Stitch Width: 2mm
Stitch Length: 1mm
Presser Foot: Edgestitch Foot #10/10C
Needle Position: Center

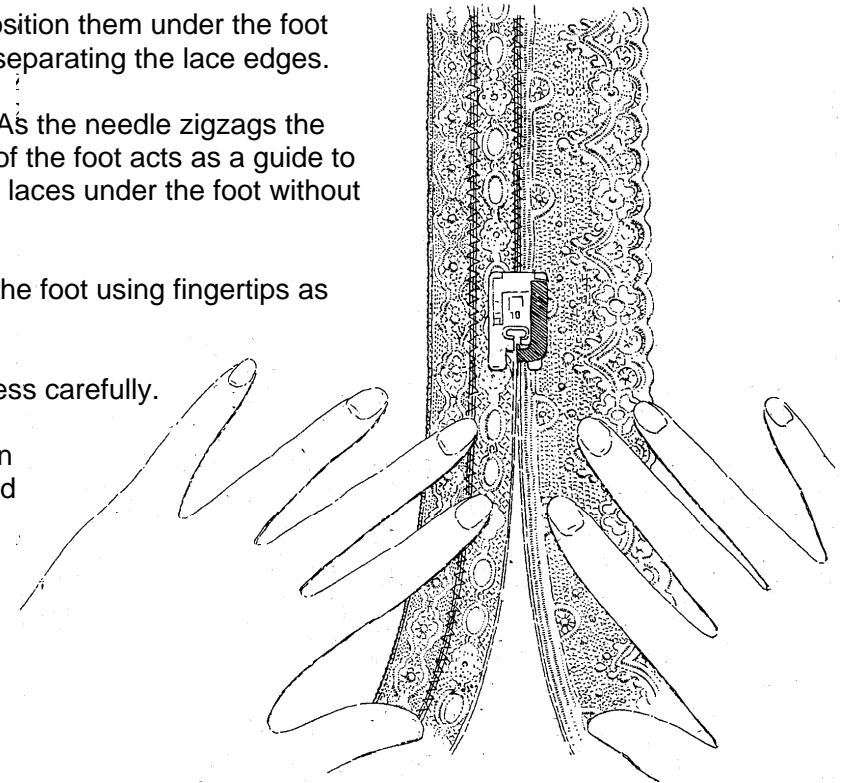
Joining Lace to Lace

Rows of laces may be joined together for insertion into a bodice, collar, sleeve, or skirt. The lace strips may be placed vertically or horizontally in an article of clothing for added interest. The bodice of a blouse or nightgown would be enhanced by row after row of delicate laces with a vertical placement. Envision the skirt of a christening gown or special Easter dress with rows of laces in a horizontal fashion at the hem of the skirt. Ribbons, laces, and entredeux joined using the lace to lace techniques would create a special sleeve treatment.

Directions:

Two or more insertion laces may be joined, or insertion and edging laces may be joined, or laces and ribbons may be joined in the following manner. *Note: If using laces with the same pattern, match the lace motifs.*

1. Spray starch laces and position them under the foot with the blade of the foot separating the lace edges.
2. Stitch the laces together. As the needle zigzags the laces together, the blade of the foot acts as a guide to send the two edges of the laces under the foot without allowing them to overlap.
3. Feed laces evenly under the foot using fingertips as shown.
4. When finished sewing, press carefully.
5. Trim and mount sample on the appropriate page found at the end of the lesson.



Supplies

12" of batiste (about 6" wide)
12" of wide lace edging
60 or 80 weight cotton thread
60/8 or 70/10 needles

Machine Settings

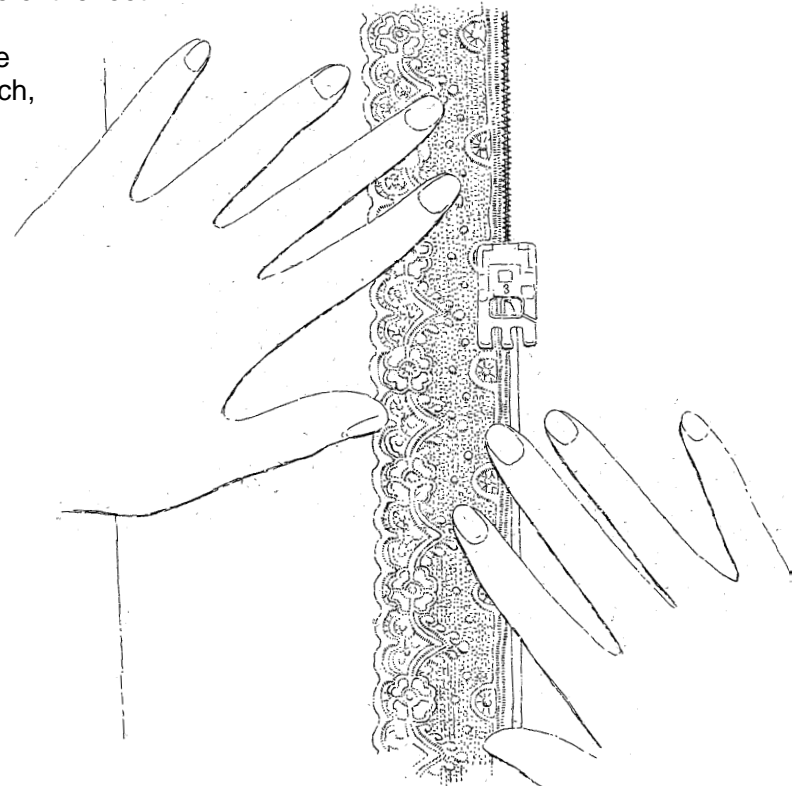
Stitch: Zigzag
Stitch Width: 3mm
Stitch Length: 0.5mm-1mm
Presser Foot: Buttonhole Foot #3, #3C,
or 3-Groove Pintuck Foot #30
Needle Position: Left or half-left

Joining Lace to Fabric

In traditional French hand sewing, lace and fabric would never have been joined without entredeux between the two. However, sewers today often join fabric to lace to achieve a desired look or to make a project more cost effective. The lace to fabric technique works well at the hem of a dress or sleeve. A wide lace may be created by sewing several rows of lace insertion together and then joining it to the fabric with the lace to fabric technique.

Directions:

1. Place fabric and lace right sides together with the raw edge of the fabric extending $\frac{1}{8}$ " to the right of the lace.
2. Stitch with the needle swing going off the edge of the fabric and swinging back into the heading of the lace. While doing so, the fabric is rolling over the lace heading and traveling under the left groove of the foot.
3. When finished sewing, flip the lace right side out, spray starch, steam, and press carefully.
4. Trim and mount sample on the appropriate page found at the end of the lesson.



Supplies

- 2 - 12" of lace insertion
- 12" of entredeux
- 60 or 80 weight cotton thread
- 60/8 or 70/10 needles

Machine Settings

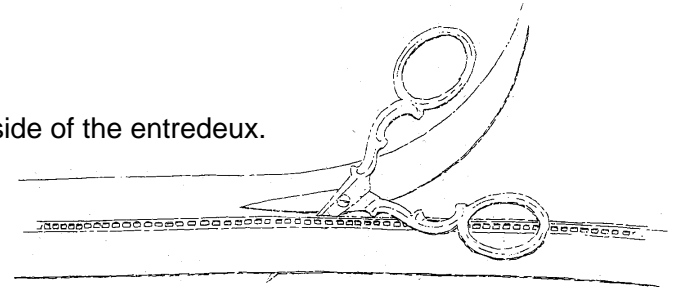
- Stitch: Zigzag
- Stitch Width: 2mm-2.5mm
- Stitch Length: 1mm
- Presser Foot: Edgestitch Foot #10/10C
- Needle Position: Center

Joining Lace to Entredeux

Use entredeux between laces or between lace and fabric. The use of entredeux not only beautifies, but also strengthens the joining of laces to fabric, while adding texture and interest.

Directions:

1. Trim batiste strip away from one side of the entredeux.

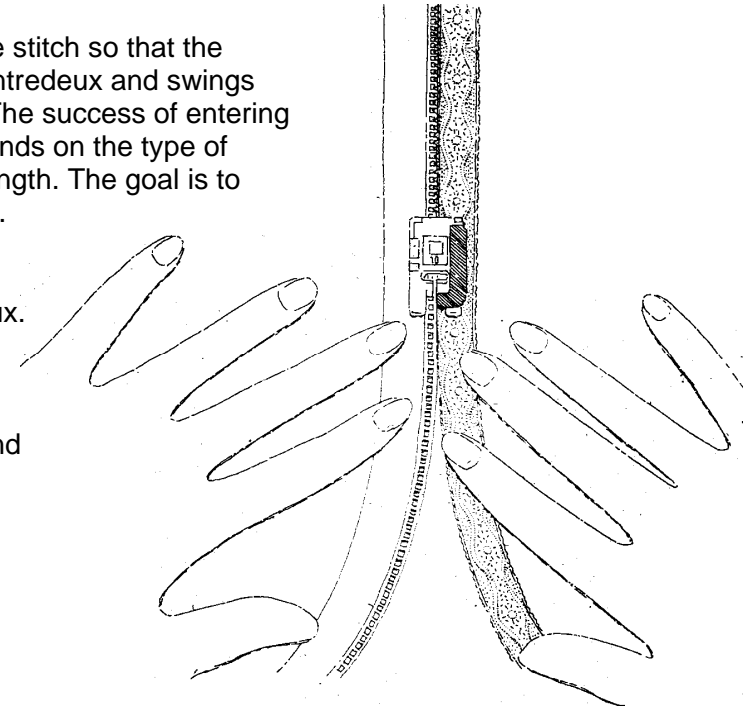


2. Place the edge of the entredeux against one side of the metal guide of the Edgestitch Foot and the heading of the lace against the other side.

3. Stitch, adjusting the length of the stitch so that the needle enters the holes of the entredeux and swings over to enter the lace heading. The success of entering each hole in the entredeux depends on the type of entredeux used and the stitch length. The goal is to enter as many holes as possible.

4. Repeat procedure, if desired, on the other side of the entredeux. Steam and press.

5. Trim and mount sample on the appropriate page found at the end of the lesson.



Supplies

- 24" of wide lace edging
- 12" of entredeux
- 60 or 80 weight cotton thread
- 60/8 or 70/10 needles

Machine Settings

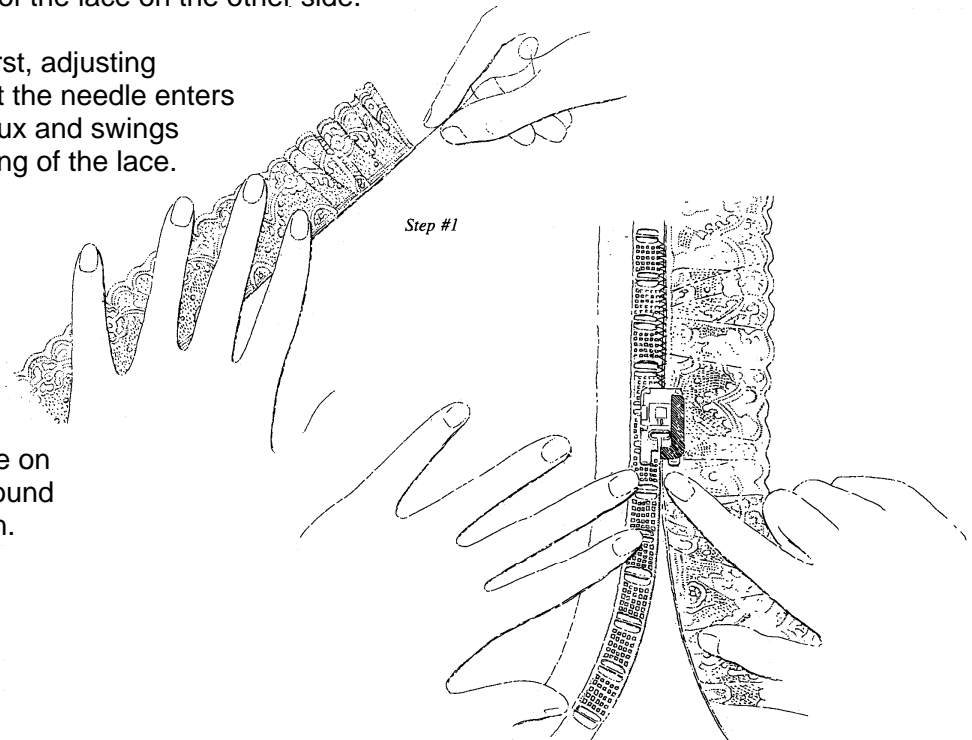
- Stitch: Zigzag
- Stitch Width: 2mm-2.5mm
- Stitch Length: 1mm-1.5mm
- Presser Foot: Edgestitch Foot #10/10C
- Needle Position: Center

Joining Gathered Lace to Entredeux

Necklines and cuffs are often shown with gathered lace that has been attached to entredeux. This technique is especially pretty when using entredeux through which a ribbon has been woven.

Directions:

1. With a straight pin, separate a thread from the group of threads comprising the heading of the lace. The largest thread is the best one to pull.
2. Gather the lace to the fullness desired by gently pulling this thread.
3. Trim the batiste strip from one edge of the entredeux.
4. Place the edge of the entredeux on one side of the metal guide of the foot and place the gathered edge of the lace on the other side.
5. Stitch. Sew slowly at first, adjusting the stitch length so that the needle enters the hole of the entredeux and swings over to enter the heading of the lace.
6. Use a fingertip or a point turner, to adjust the gathers of lace as the lace/fabric feeds under the foot. Steam and press.
7. Trim and mount sample on the appropriate page found at the end of the lesson.



Heirloom Basics by *Gayle Hillert*

Supplies

- 12" of batiste, 6" wide
- 12" of entredeux
- 60 or 80 weight cotton thread
- 60/8 or 70/10 needles

Machine Settings

First Setting:

- Stitch: Straight
- Stitch Width: 0mm
- Stitch Length: 2mm
- Presser Foot: Edgestitch Foot #10/10C
- Needle Position: Center

Second Setting:

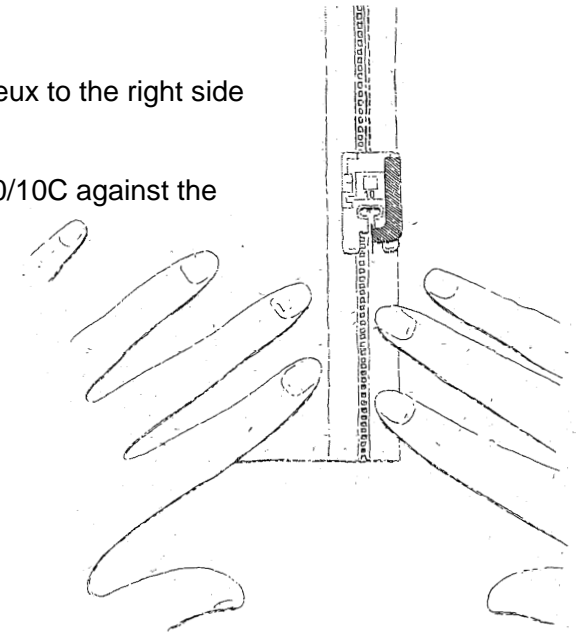
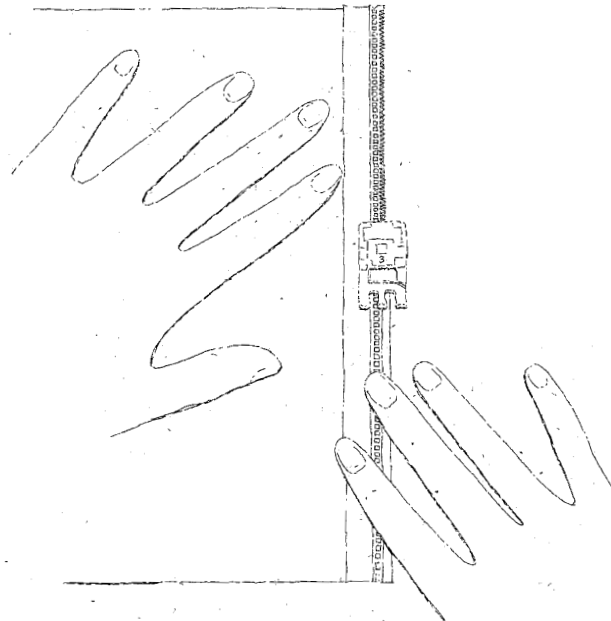
- Stitch: Zigzag
- Stitch Width: 2.5mm
- Stitch Length: 0.5mm-1mm
- Presser Foot: Buttonhole Foot #3/3C
- Needle Position: Half Left

Joining Fabric to Entredeux

Heirloom yardage often consists of lace sewn to entredeux and entredeux sewn to fabric. Entredeux may also be used in seams such as shoulder and side seams or armhole seams

Directions:

1. Place the right side of the *untrimmed* entredeux to the right side of the fabric with the entredeux on top.
2. Place the metal guide of Edgestitch Foot #10/10C against the bead of the entredeux and straight stitch the entredeux and fabric together.
3. Trim batiste edge and fabric to $\frac{1}{8}$ ".



4. Change to the second machine setting. Position the entredeux and fabric under the presser foot so that the left needle swing enters next to the bead of the entredeux (or into the previous straight stitch), and the right needle swing goes off the edge of the fabric. The fabric then rolls over and travels under the groove of the Buttonhole Foot.
5. Trim and mount sample on the appropriate page found at the end of the lesson.

Supplies

24" of batiste, 6" wide
12" of entredeux
60 or 80 weight cotton thread
60/8 or 7010 needles

Machine Settings

First Setting:

Stitch: Straight
Stitch Width: 0mm
Stitch Length: 5mm
Presser Foot: Reverse Pattern Foot #1/1C
Needle Position: Center

Second Setting:

Stitch: Straight
Stitch Width: 0mm
Stitch Length: 2mm
Presser Foot: Edgestitch Foot #10/10C
Needle Position: Center

Third Setting:

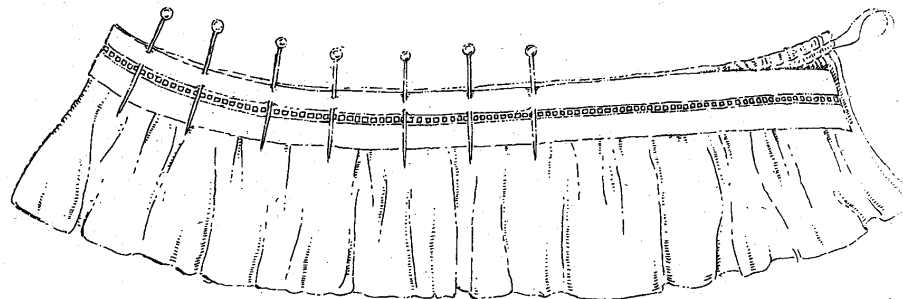
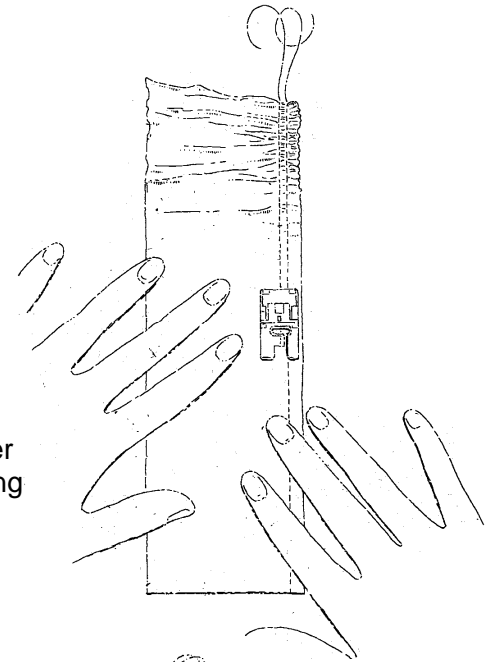
Stitch: Zigzag
Stitch Width: 2.5mm-3mm
Stitch Length: 0.5mm-1mm
Presser Foot: Buttonhole Foot #3/3C
Needle Position: Center

Joining Gathered Fabric to Entredeux

Many times entredeux must be applied to a gathered piece of fabric as in the case of a gathered sleeve edge attached to an entredeux and lace sleeve cuff. Puffing is gathered, and is usually sewn to entredeux before being joined with lace or fabric.

Directions:

1. Sew two rows of lengthened straight stitch (first setting) on the edge of the fabric to be gathered. One row should be sewn 1/4" from the raw edge and the second row should be sewn 3/8" from the raw edge.
2. Pull the bobbin threads and gather the fabric to the desired fullness.
3. Change to the second machine setting. Place entredeux and gathered fabric right sides together with the entredeux on top. Pin frequently, adjusting gathers evenly.



Supplies

- 24" of batiste, 6" wide
- 12" of entredeux
- 60 or 80 weight cotton thread
- 60/8 or 70/10 needles

Machine Settings

First Setting:

- Stitch: Straight
- Stitch Width: 0mm
- Stitch Length: 5mm
- Presser Foot: Reverse Pattern Foot #1/1C
- Needle Position: Center

Second Setting:

- Stitch: Straight
- Stitch Width: 0mm
- Stitch Length: 2mm
- Presser Foot: Edgestitch Foot #10/10C
- Needle Position: Center

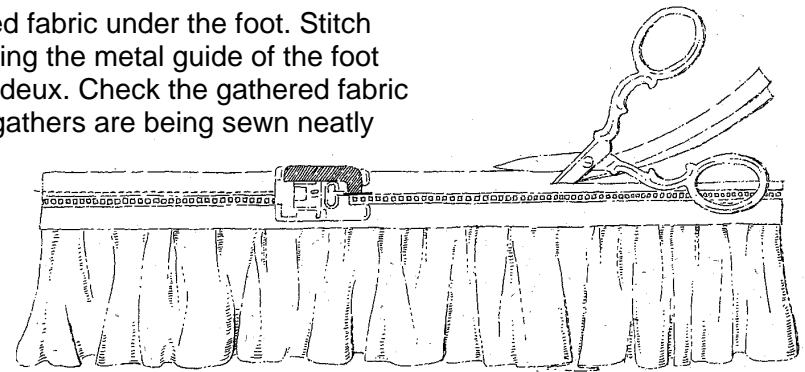
Third Setting:

- Stitch: Zigzag
- Stitch Width: 2.5mm-3mm
- Stitch Length: 0.5mm-1mm
- Presser Foot: Buttonhole Foot #3/3C
- Needle Position: Center

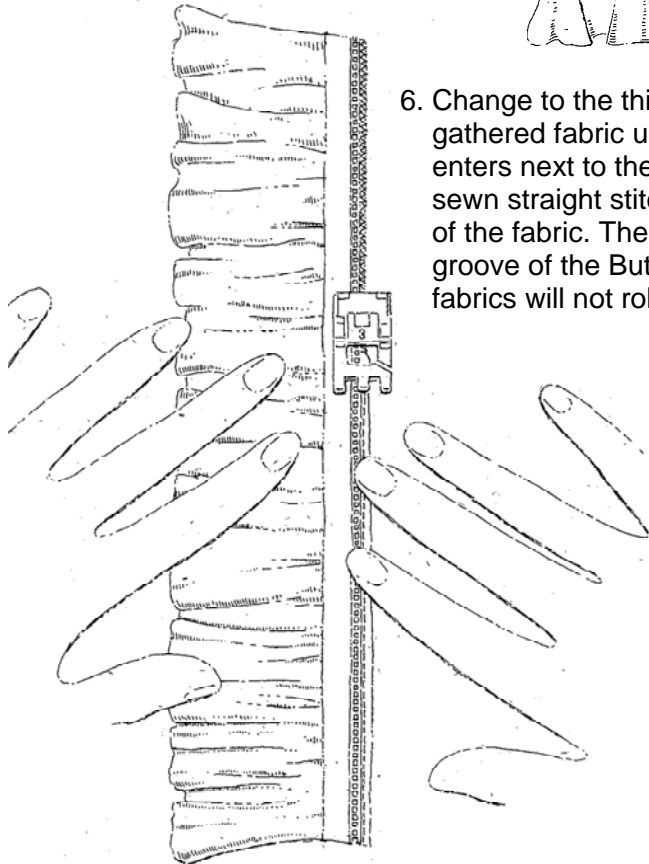
Joining Gathered Fabric to Entredeux —cont'd.

- Place entredeux and gathered fabric under the foot. Stitch the two pieces together, placing the metal guide of the foot against the bead of the entredeux. Check the gathered fabric frequently to make sure the gathers are being sewn neatly and evenly.

- Trim seam allowances to $\frac{1}{8}$ ".



- Change to the third machine setting. Place entredeux and gathered fabric under the presser foot so the left needle swing enters next to the bead of the entredeux (or into the previously sewn straight stitch), and the right needle swing goes off the edge of the fabric. The fabric will then roll over and travel under the groove of the Buttonhole Foot if it is a lightweight fabric. Heavier fabrics will not roll, but lie flat.



- At times, to give the seam a neat finish, it may be necessary to stitch twice to insure that the fabric edge is totally covered in stitches.
- Trim and mount sample on the appropriate page found at the end of the lesson.

Lace to Lace

Lace to Fabric

Lace to Entredeux

Gathered Lace to Entredeux

Fabric to Entredeux

Gathered Fabric to Entredeux