



# Celtic Vest

*Embellish a simple vest with Celtic quilting. Also called Celtic applique or bias applique, this technique started as a handwork artform using Irish scrollwork designs. These are distinctive interlocking geometric motifs were used centuries ago to adorn art objects, tombstones, and clothing.*

## Supplies

- Vest pattern without lapels
- Fabric and lining as required by pattern
- 8 yards of bias strips in a contrasting fabric. *Finished* width is approximately 3/8" wide; cut width will depend on the method used to create bias bars (see below)
- Cotton batting or flannel - same amount as vest
- Chalk pounce and Fabric marker *or*
- Plastic quilting template and Transfer pen
- 505 temporary spray adhesive
- Edgestitch Foot (BERNINA #10/#10C) *or*
- Open Embroidery Foot (BERNINA #20/#20C)
- Bias Binder Attachment (BERNINA® #84 w/ Foot #94) or Bias tape makers or Fasturn tube turners
- 4.0mm double needle (optional)

## Machines

- Any BERNINA® sewing machine
- Most other sewing machine

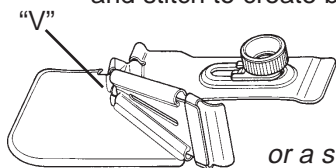
## Directions

Use the bias strips to create bias bars using one of the following methods:

**Bias Tape Makers** - Feed strips through this tool and press the side edges of each strip toward the center.

**Fasturn Tube Turners** - Stitch and turn the tubes and press them flat with the seam at the center back.

**BERNINA® Bias Binder Attachment #84** - Feed the bias strips into the attachment and stitch to create bias bars.



*Hint: When making bias strips with the binder attachment, place the flat edge of a pair of scissors or a stiletto (awl) lightly in the "V" of the binder to simulate the edge*

*of fabric that would normally be encased and provide a guide for the bias to fold around.*

Using 505 spray, adhere batting or flannel to the wrong sides of the vest fronts and back. Stitch them together at the shoulder seams. Press seams open.

Trace or photocopy the Double Twisted Chain design (see page 2), increasing the size to fit along the front edges of your vest.

Transfer Double Twisted Chain design from pattern sheet to the fabric square using one of the following methods:

**Chalk Pounce** - Using an *unthreaded* sewing machine, straight stitch along the lines of the design to perforate the paper. Using a pounce filled with powdered chalk, mark the design on the fabric through the perforated paper. The chalk markings may be connected using a fabric pen to make the pattern more visible, if desired.

**Template** - Create a plastic quilting template of the design and use a Quilter's Stencil Transfer pen to mark the design on the fabric.

# Double Twisted Chain

Lay the edges of the bias bars on the marked outline. Pin in place. Sew a machine basting stitch down the center of the bias bars to hold them in place.

Stitch the edges of the bars in place using one of the following methods:

**Blanket Stitch** - Use an edgestitch foot or an open embroidery foot and rayon or cotton embroidery thread. To move smoothly around the curves of the design, stop frequently with the needle in the fabric and pivot slightly. (If available, use the FHS—Free Hand System to raise and lower the presser foot while keeping your hands on the fabric.) Use right/left mirror image if needed.

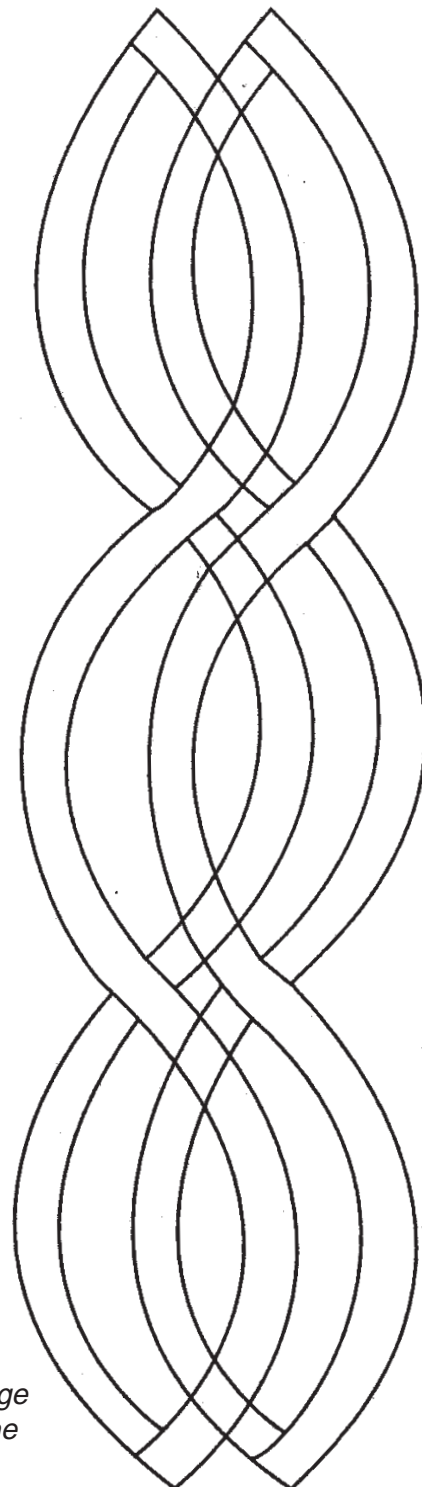
**Blindstitch** - Use an open embroidery foot and “invisible” thread for inconspicuous stitching. Use right/left mirror image if needed.

**Straight Stitch** - Use a 4.0 double needle and an open embroidery foot. When using this method, pivot around the design with the needles *out* of the fabric.

**Overlapping areas** - When stitching the bias bars in place, if the strip goes under another portion of the design, continue sewing it onto the background fabric. If the strip goes over a strip that has not been attached, secure the thread and leave an opening large enough to insert the underlying bias bar.

When the design is complete, all raw edges of the bias bars should be covered by a portion of the design. Echo quilt or stipple quilt in and around the appliqued design, if desired.

Complete the construction of the vest according to the pattern directions.



*Photocopy and enlarge as needed to fit on the front of vest pattern.*