

04 | EVEN FEED FOOT



Many sewists use Janome's Even Feed foot (also known as a Walking foot) for quilting. But the unique construction of the foot makes it equally useful for sewing plaids, checks and striped fabrics together. It is also recommended when sewing fabrics such as Minky, satin, velvets, and slippery fabrics.

Machine Settings:

- *Stitch: Straight, Zig-zag or Decorative*
- *Thread Tension: Auto or 3-6*
- *Stitch Length: Variable*
- *Stitch Width: Variable*
- *Feed Dogs: Up*

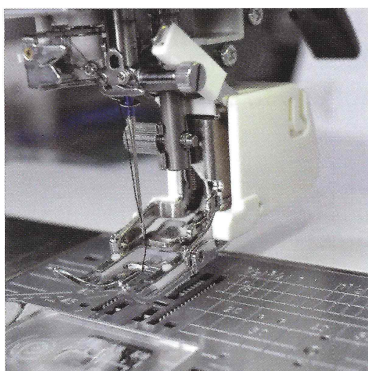
The Even Feed foot has a set of upper feed dogs which are designed to feed the fabric layers without shifting. The foot is available with a Closed Toe or Open Toe. Some come with a Quilting Guide Bar.

Even Feed foot is a standard accessory for some Janome sewing machines. If your machine does not come with the Even Feed foot, go to Janome.com. On the opening page, click on Products. Scroll down and select View All Accessories. In the "Find a machine" box type in your machine model. Select your machine. And scroll down to see Optional Accessories.

Attaching the Even Feed Foot

1. Remove the foot that is currently on your machine. Remove the Foot Holder. For more information on removing the foot and Foot Holder, refer to your manual.
2. Attach the Even Feed foot from the back, placing the lever on the right over the needle clamp screw. Secure in place by tightening the set screw.

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Matching Plaids, Checks and Striped Fabrics

1. Attach the Even Feed foot on your machine. Insert a Janome Blue Tip #11 needle. Place all purpose sewing thread in the needle and bobbin. Select a straight stitch. Use default stitch length of 2.2mm.
2. Cut two 6" squares of plaid, checked, or striped fabric.
3. Match up the sequence of the pattern, using a few pins to secure.
4. Position your fabric under the foot and sew. The pattern should be perfectly matched.
5. If desired, repeat the exercise using other fabrics.



Quilting While Stitching in the Ditch

Stitching in the ditch refers to sewing in the well of where two seams meet. When stitched correctly the quilting stitches should be invisible.

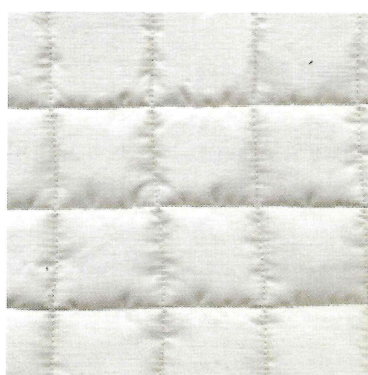
1. Create a quilt sandwich with a pieced top fabric, high loft batting, and backing. Size should be at least 6" x 6". Secure the three layers together using spray adhesive or safety pins.

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2. Attach the Even Feed foot on your machine. Insert a Janome Blue Tip #11 needle. Place monofilament thread in the needle and all purpose sewing thread that matches the backing fabric in the bobbin. Bring both threads under the foot and to the back of the foot.
3. Select a straight stitch. Set the stitch length 2.5mm – 3.0mm.
4. Sew in the seam well, stitching in the ditch.

The Even Feed foot advances the fabric layers evenly, resulting in no puckers or tucks on the front or back.



Channel Quilting

Channel quilting is a decorative technique where you stitch evenly spaced rows to create an interesting design.

With the Quilting Guide Bar attached to the Even Feed foot all you need to do is mark one line.

1. Attach the Even Feed foot to your machine. At the back of the Even Feed foot is a slot. Push the Quilting Guide Bar into the slot.



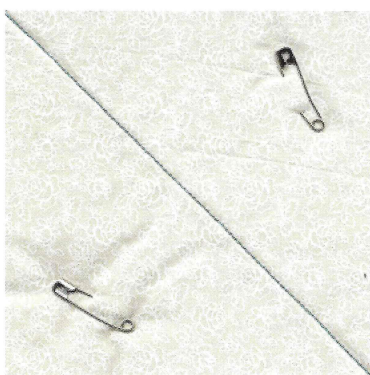
Notes:

The Quilting Guide Bar is a standard accessory that comes with many Janome sewing machine models. If the Even Feed foot is purchased as an optional accessory, the Quilting Guide Bar may be enclosed with the foot.

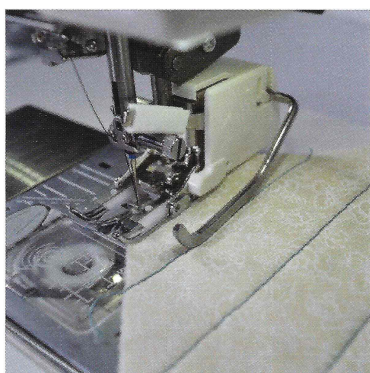
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2. Cut three 6" x 6" squares: two from cotton fabric (top and backing) and one from batting. Using a fabric marker and ruler, mark a line diagonally from corner to corner on the top fabric. Create a quilt sandwich with the top fabric, batting, and backing fabric. Secure the three layers together using spray adhesive or safety pins.
3. Insert a Janome Blue Tip #11 needle. Place desired thread type (cotton, polyester, rayon, acrylic or all-purpose) in the needle and bobbin. Select a straight stitch, center needle position. Adjust the stitch length to 3.0.
4. Place fabric under the foot so that the needle drops on the line drawn. Sew on the line.



5. Adjust the Quilt Guide Bar so that it is approximately 1" from the needle. Place the bar on the sewn line and sew.



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6. Using the bar as your guide, continue to sew parallel rows to the first line drawn.



Twin Needle Channel Quilting

Even Feed foot with Quilt Guide Bar can also be used for channel quilting with Twin needles. The set up is the same; only replace the Janome Blue Tip needle with a 2mm Twin needle. In the sample below, the channel quilting was sewn in both directions.



Sashiko Quilting

Sashiko Quilting is a form of Japanese embroidery dating back to the 1600s. Sashiko translated means “little stabs.” It was originally stitched by hand to repair worn areas of garments and to insulate double layers of coats. Traditionally, the patterns, created by a simple run stitch, could be very intricate, creating works of art. The fabric color was mostly Indigo Blue. Today we can achieve the same (or almost the same) results using a sewing machine.

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1. Attach the Even Feed foot on your machine. At the back of the foot is a slot. Push the Quilting Guide Bar into the slot.
2. Cut three 6" x 6" squares: two from blue cotton fabric (top and backing) and one from batting. Using a fabric marker and ruler, draw a line horizontally (side to side) on the top fabric approximately 1" from the top. Create a quilt sandwich with the top fabric, batting, and backing fabric. Secure the three layers together using spray adhesive or safety pins.
3. Insert the Bobbin Holder for Free Motion Quilting. Insert a #18 needle. Place monofilament thread in the needle and #60 or finer thread in the bobbin.

Notes:

Some Janome sewing machines come with the Bobbin Holder for Free Motion Quilting (FMQ). For some other machines, the Bobbin Holder for Free Motion Quilting is an optional accessory. Check Janome.com to see if one is available for your machine.

4. Select the Sculpture Stitch.



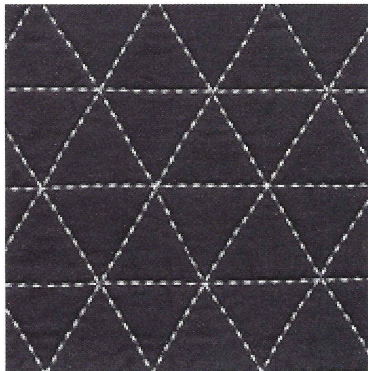
Increase the stitch length between 3.0 – 5.0. Increase the needle thread tension to 7 or higher.

Notes:

If your machine has the Sewing Applications feature, select the Quilting icon. Depending on your machine model, select the Sashiko Stitch or Hand Look 1. Your machine will automatically be set for the Sashiko stitch.

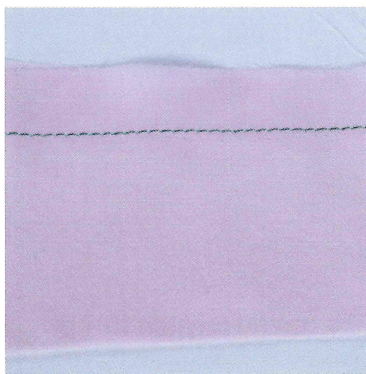
5. Place the quilt sandwich under the Even Feed foot and sew on drawn line.
6. Set the Quilt Guide Bar to 1 1/2". Sew parallel rows.
7. Add crosshatch rows of stitches set at a 60° angle to create a design as shown in the sample.

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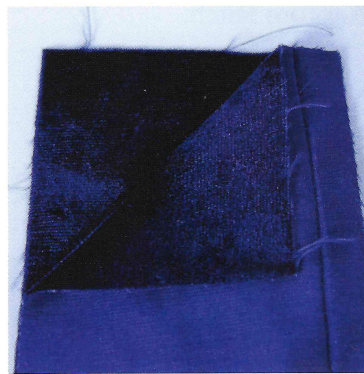


Other fabrics that can benefit from using the Even Feed foot:

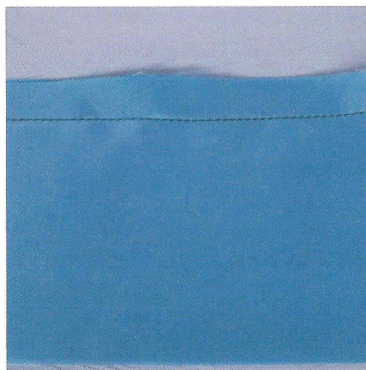
Sheer



Velvet



Satin



Minky

