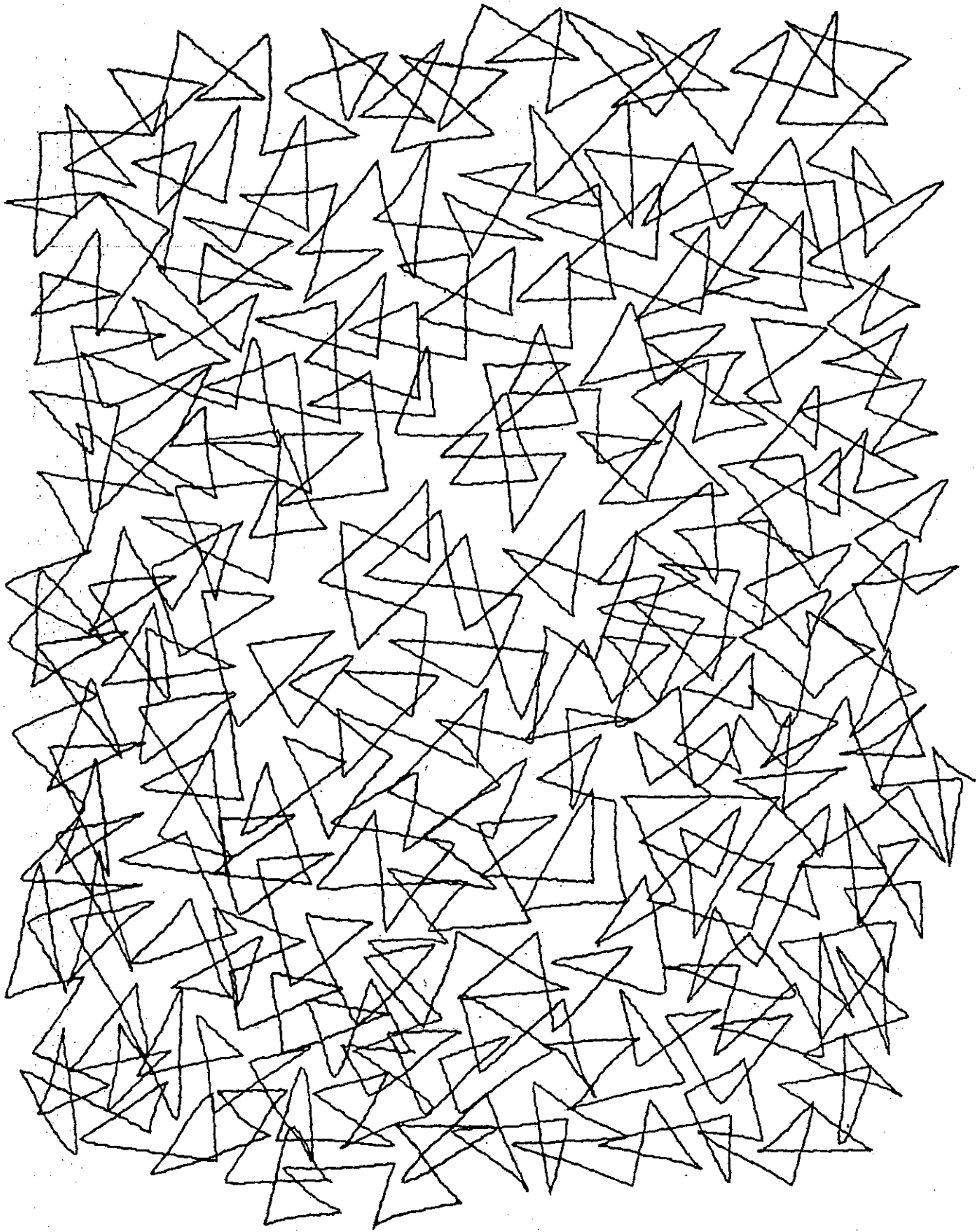


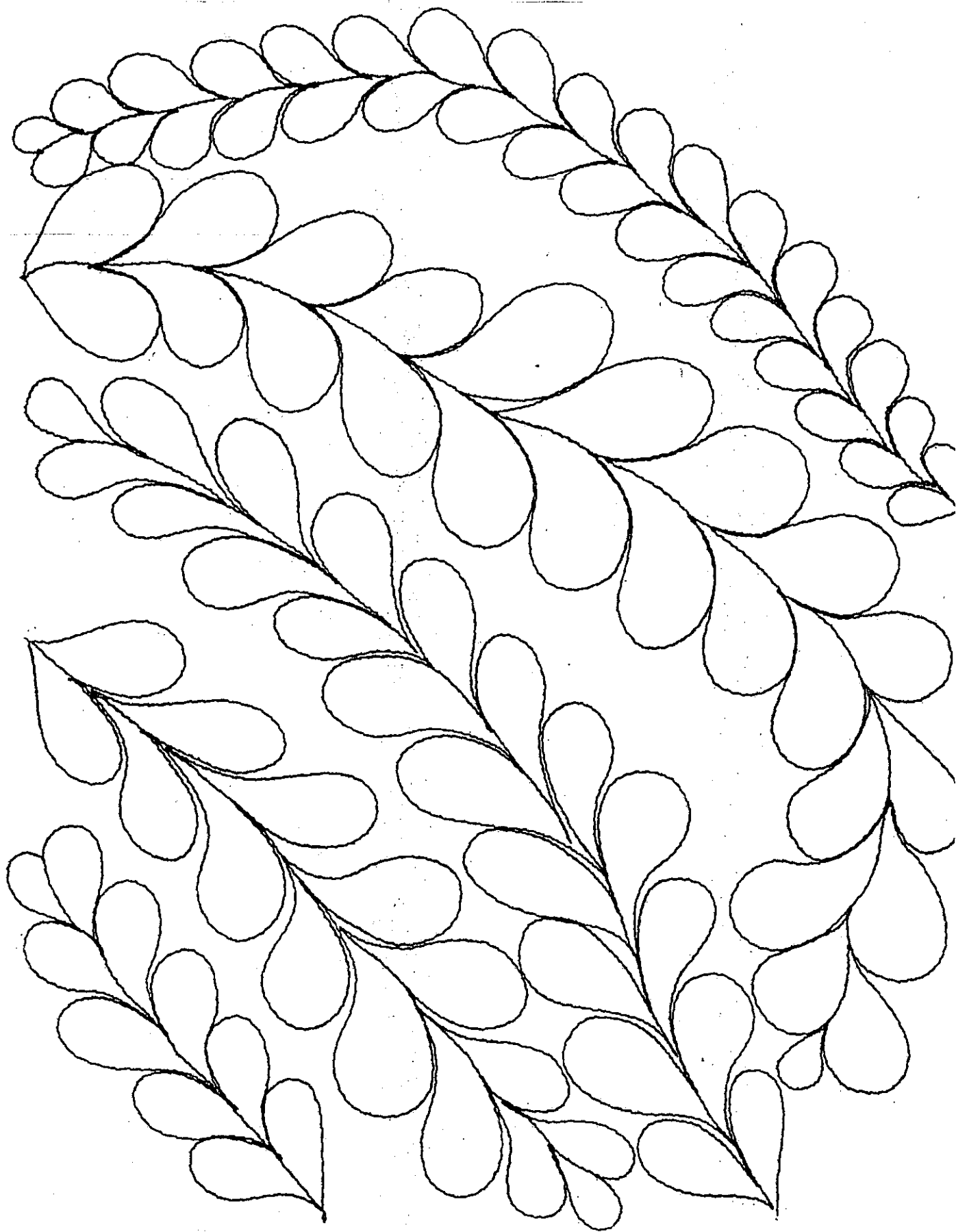


MELODY JOHNSON'S HANDBOOK  
OF  
REALLY FREE MOTION  
MACHINE QUILTING  
DESIGNS. ©

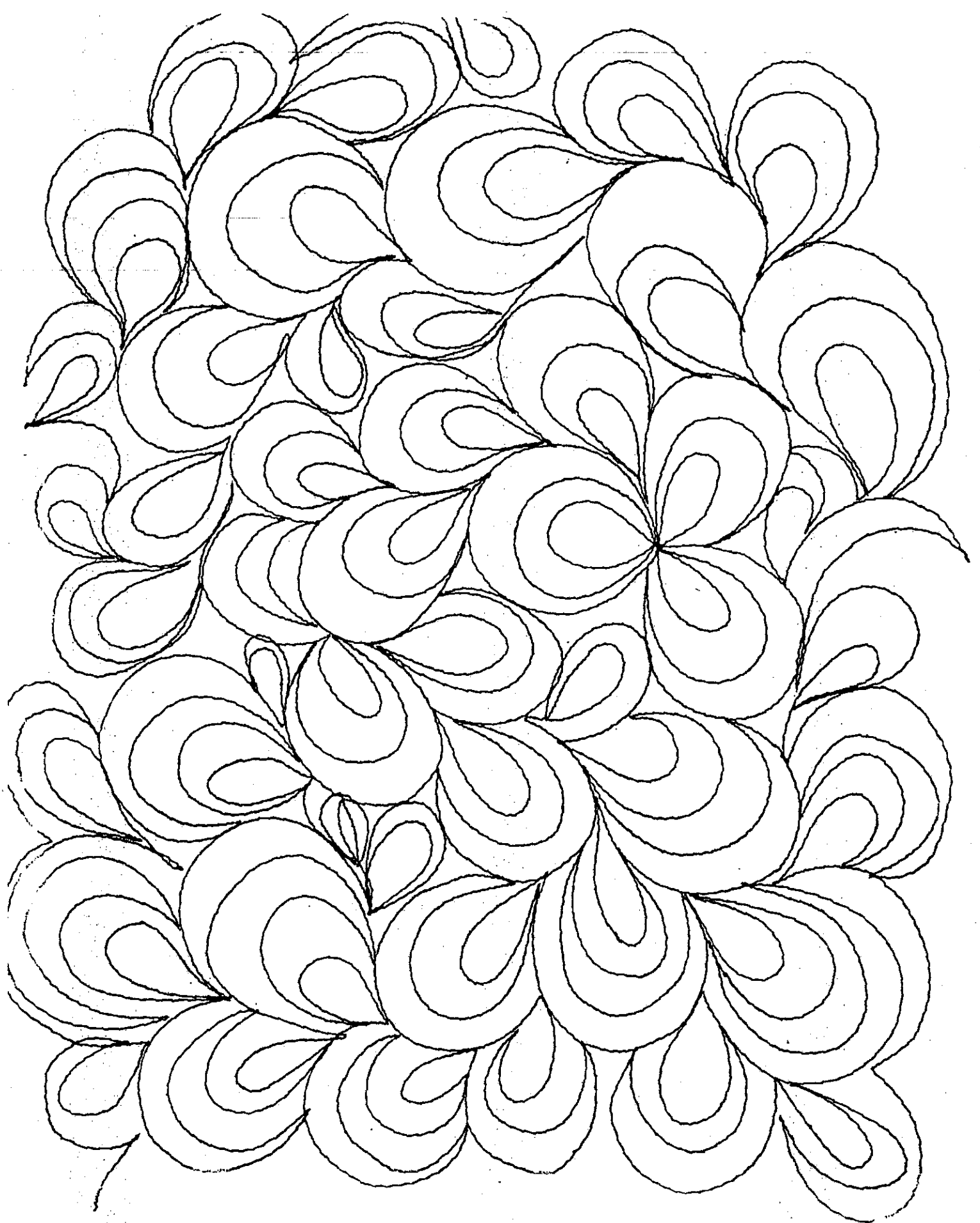
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1. Ice Crystals is a good design to use to loosen up and get comfortable at the machine. Aim for points and consistent stitch length. This is an overall design, good for filling in large areas.



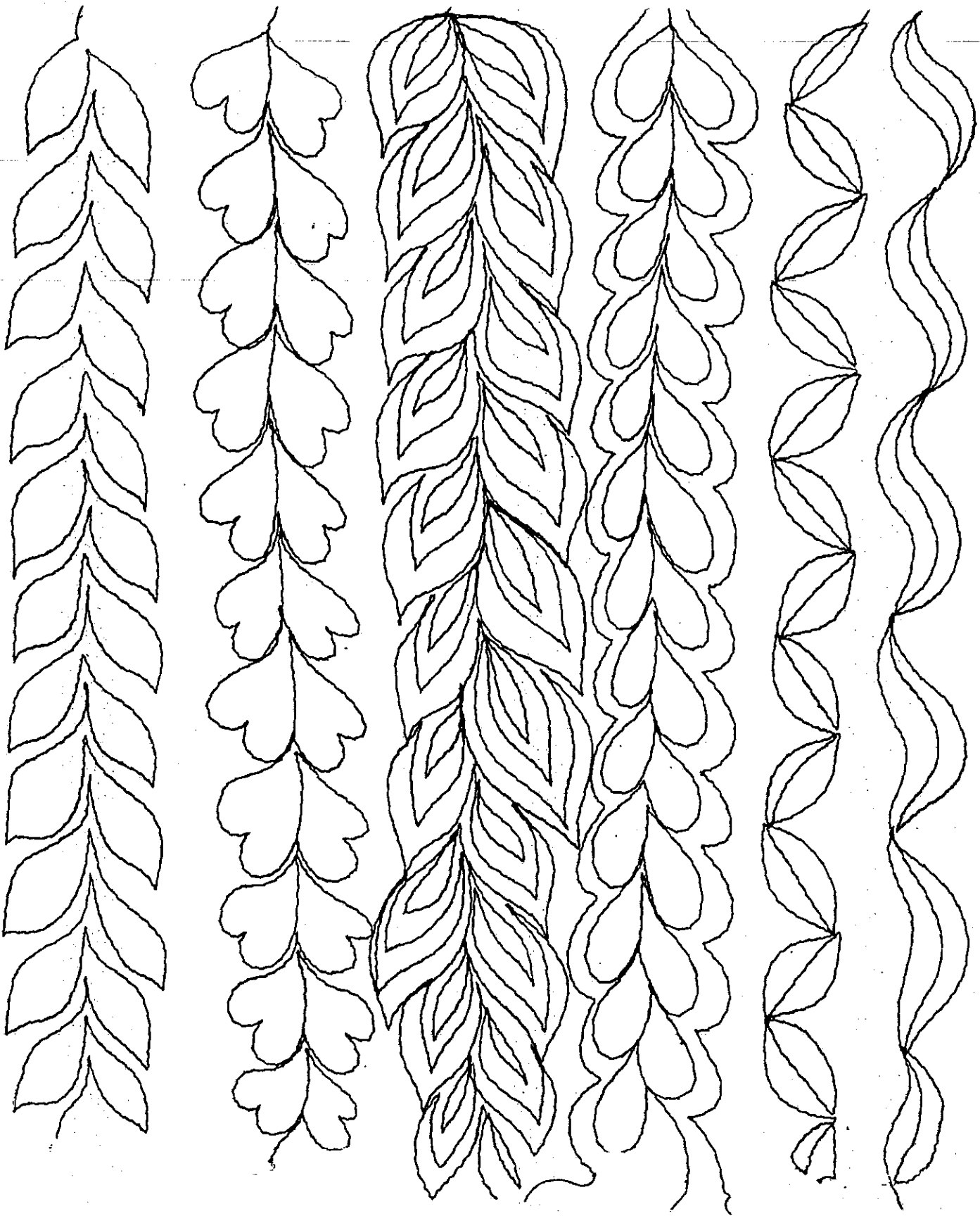
**2. Endless Plumes can be stitched in a line or sweeping curves. Make the loops full and voluptuous. Always begin stitching out and then back into the center. This is a chain design.**



**3. Seashells is a variation of Endless Plumes. Begin with a small loop and pivot at the base to form successive loops. This is a cluster design.**

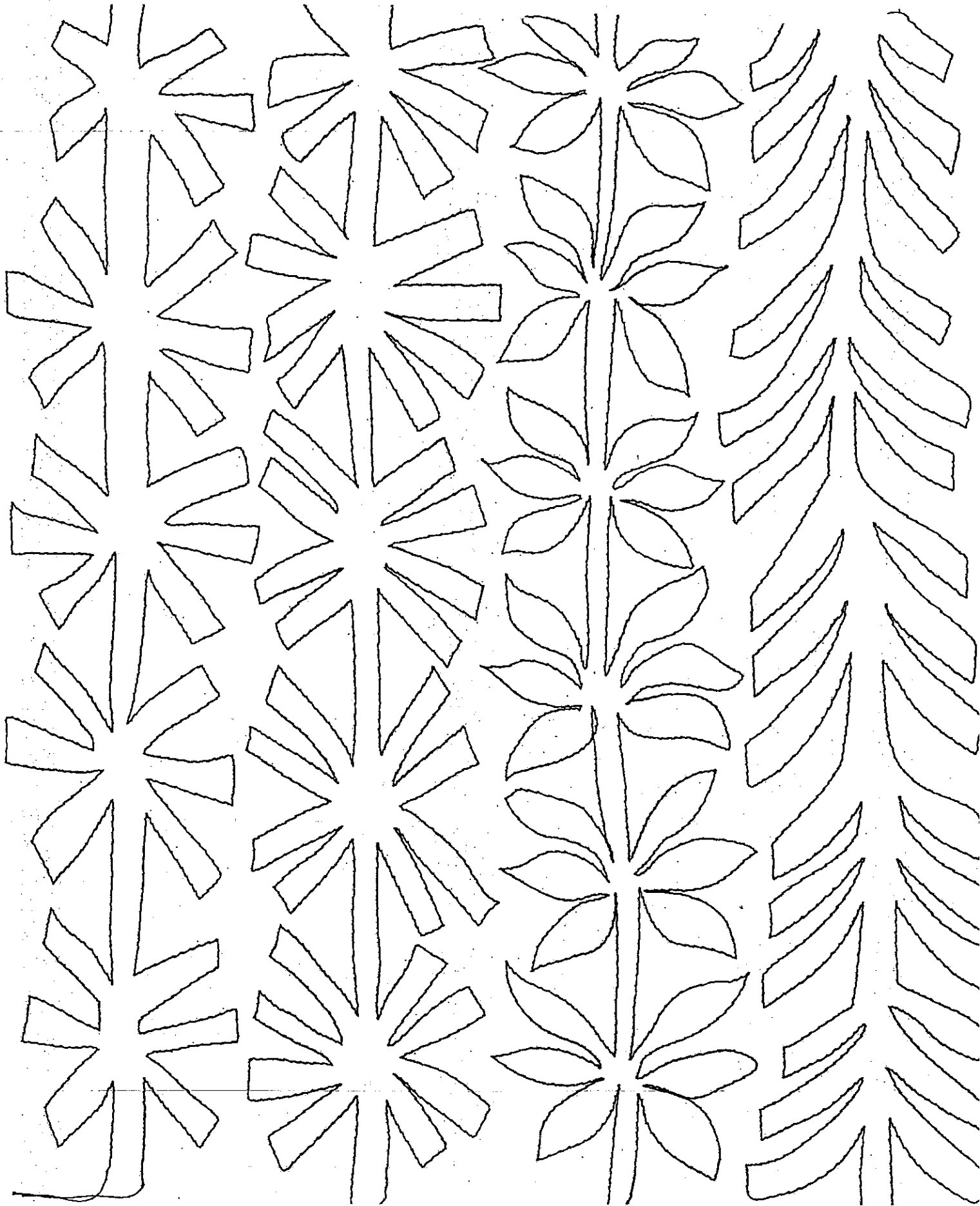


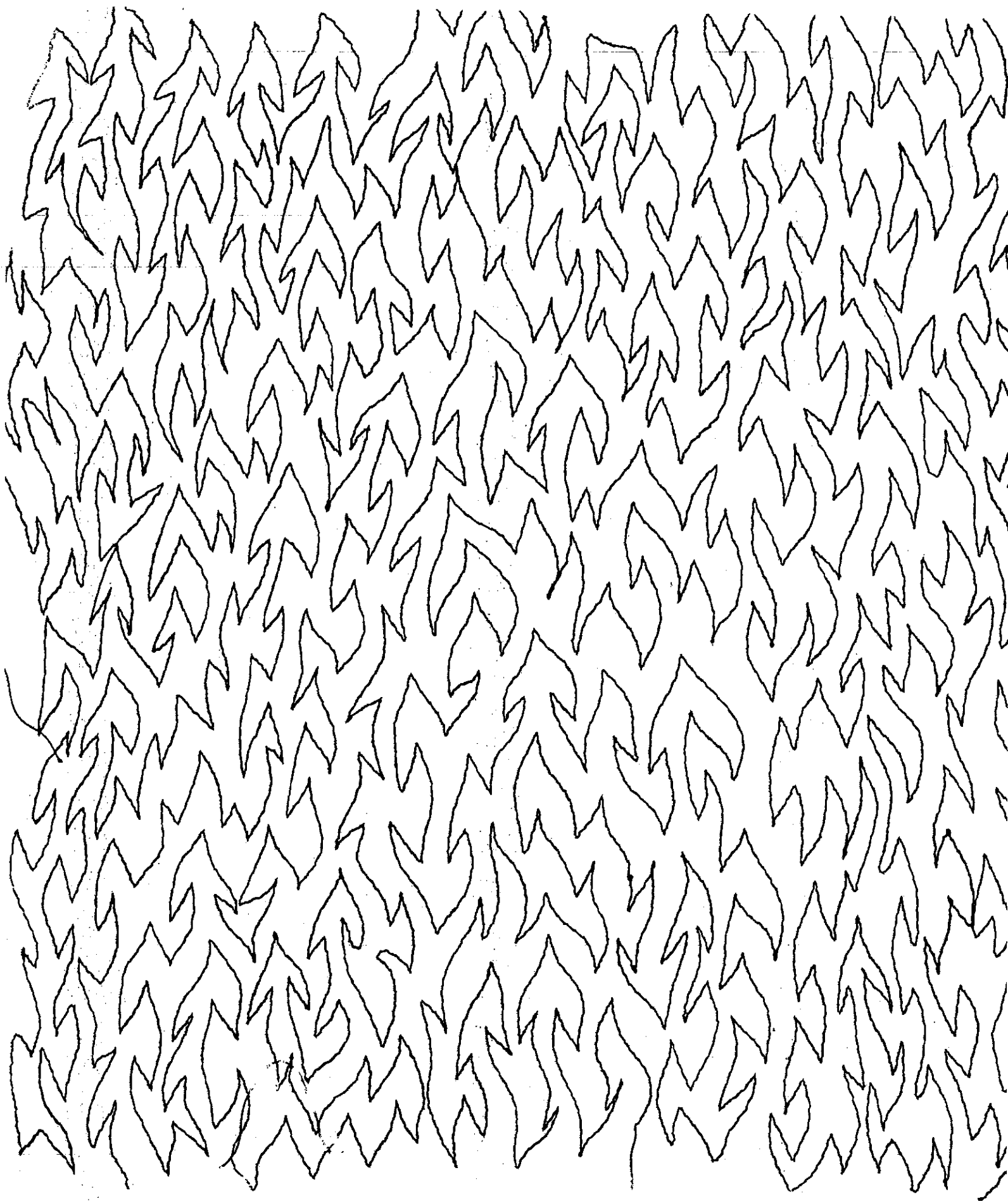
4. Leaves is the same idea as Seashells but each loop has a point at the top. Vary the size of the original pointed loop and allow some curving to provide elegance. Cluster design.



5. Chain designs: Disconnected Leaf, Double Hearts, Leaves in a chain formation, Echoed Endless Plumes, Triple-lined Leaves.

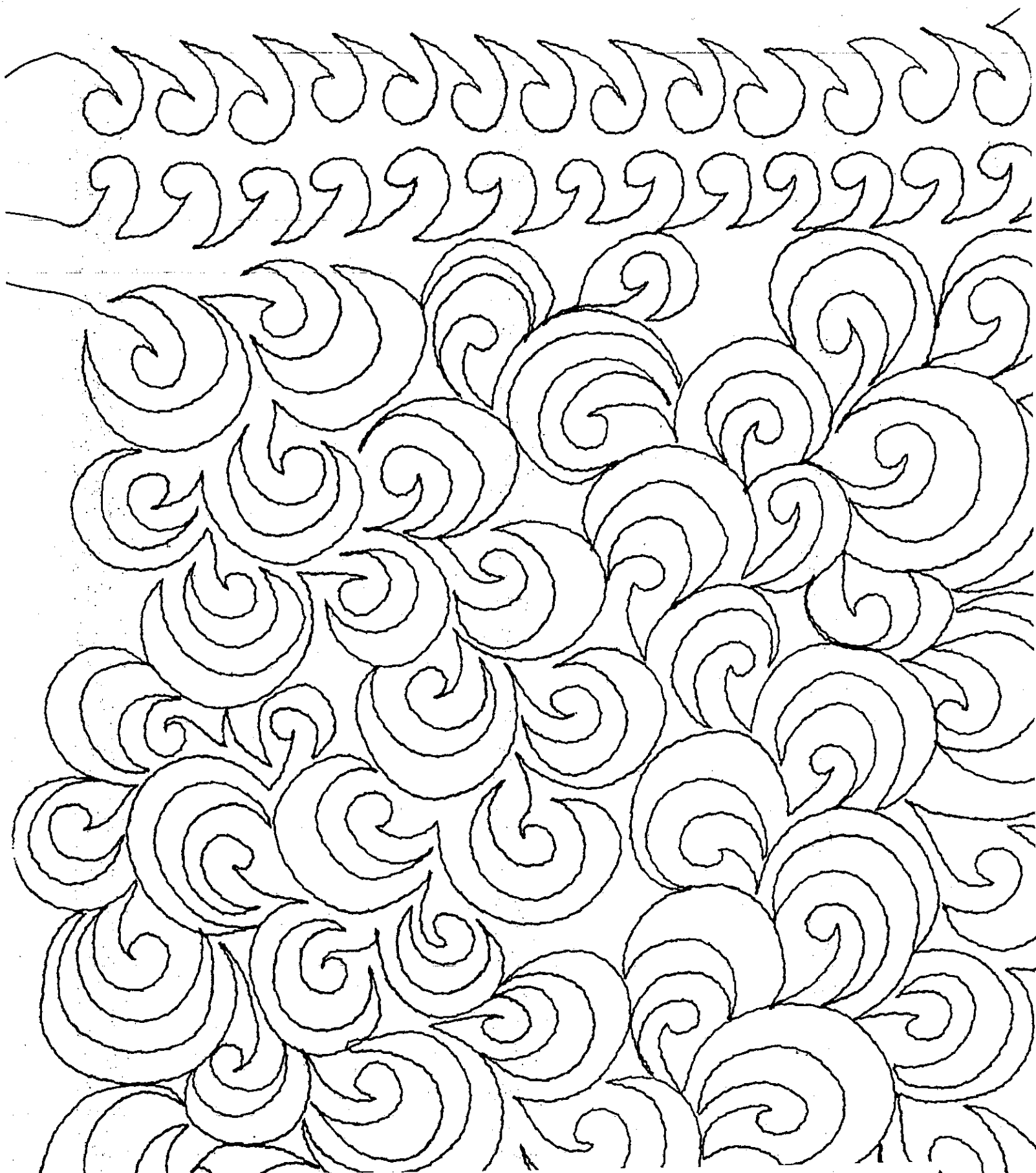
6. Sticks and Twigs and variations. The first column has three twigs and the second column has four twigs per side. Stitch down one side and return to the top to stitch down the opposite side. Variations include leaf shaped twigs and upward facing curving twigs.





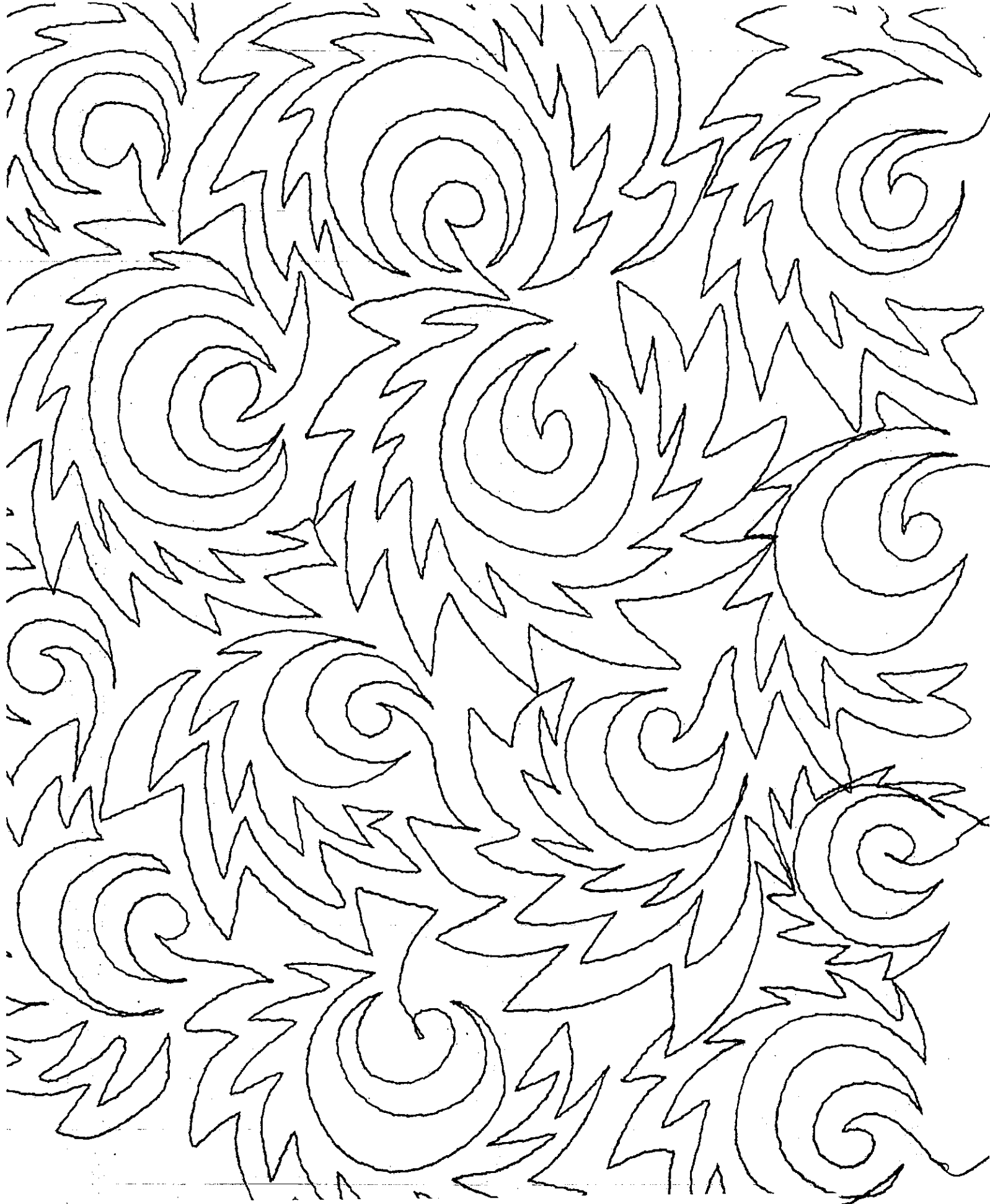
7. Flame is an overall design. Useful for borders or filling large areas. Note that the stitch beginnings and endings are barely visible.



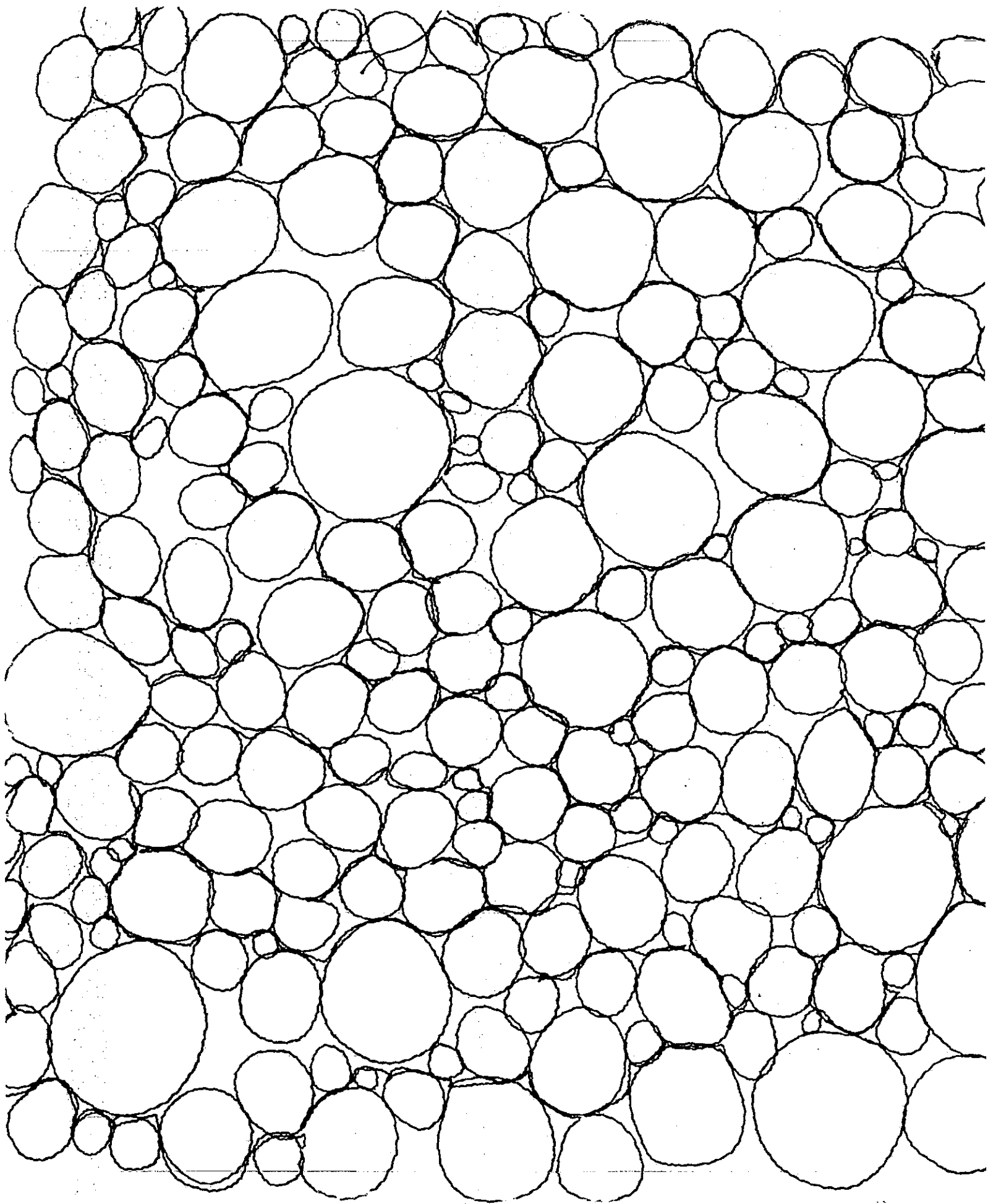


8. Commas and Apostrophes followed by the Escargot design. It is useful to practice the directional changes with the first two designs before tackling the Escargot. The Escargot is a cluster design.

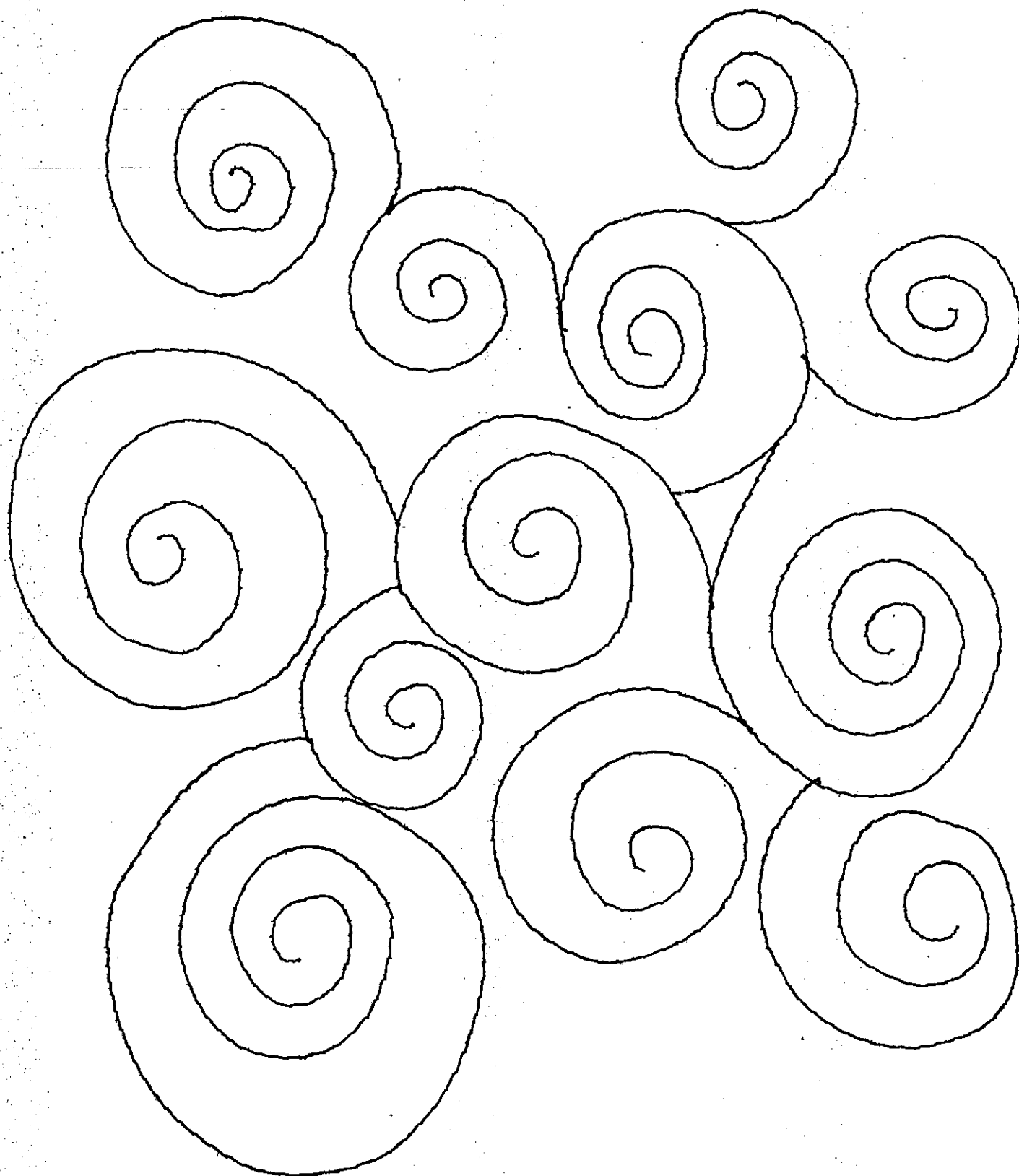




9. Escargot Flambé is a variation of the Escargot and features two or three rounds of spikes. Also known as the Bart Simpson Escargot. Note how the comma changes directions in the center of the design.



10. Soap Bubbles is a cluster design and looks best when the thread is the same color as the fabric. Only the texture is visible in that case.



**11. Snails or Spirals is a stop and start design. Begin in the center and stitch outward curving lines. To avoid eyelashes, maintain machine speed and movement of the fabric. Clip bobbin threads later.**

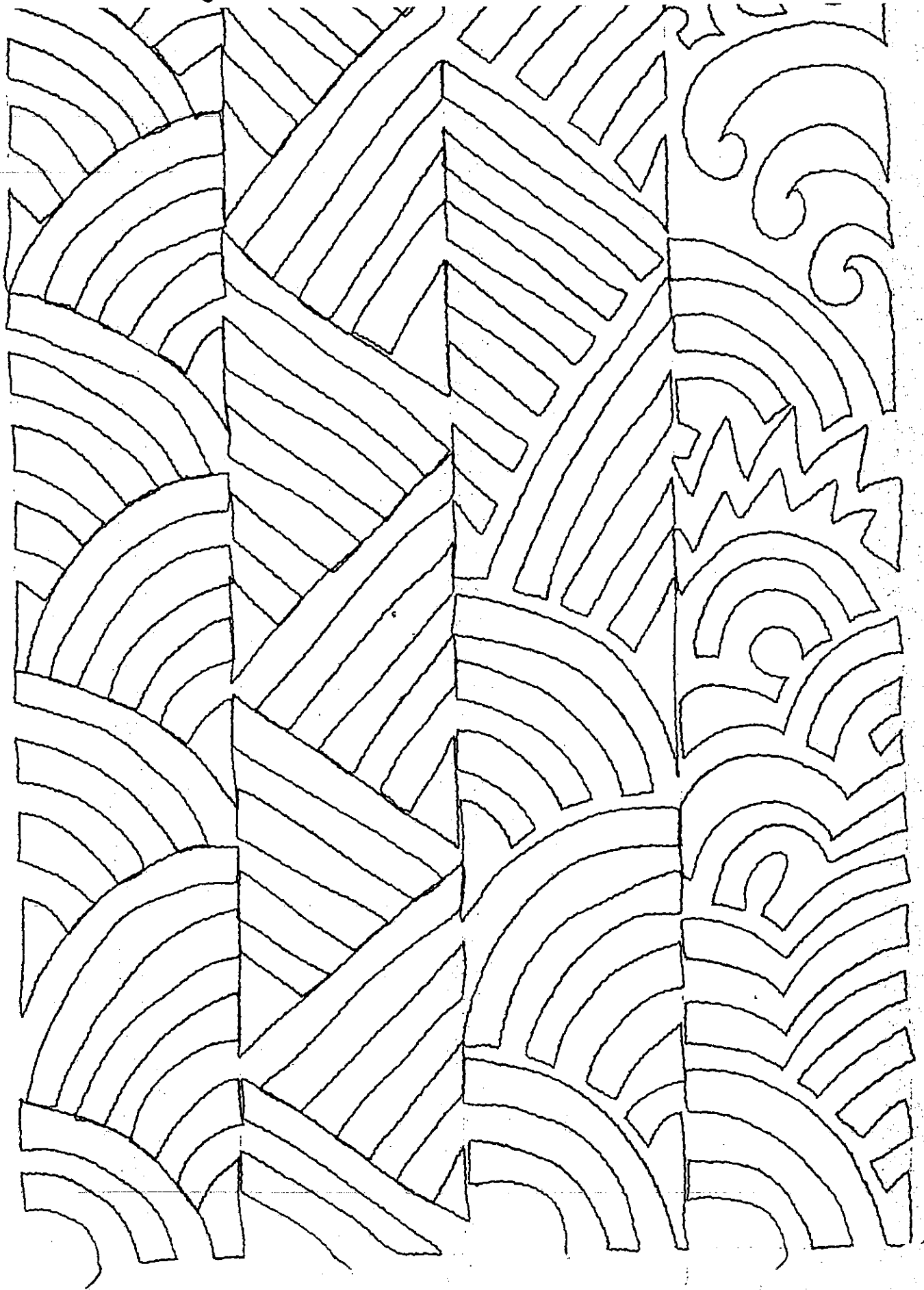


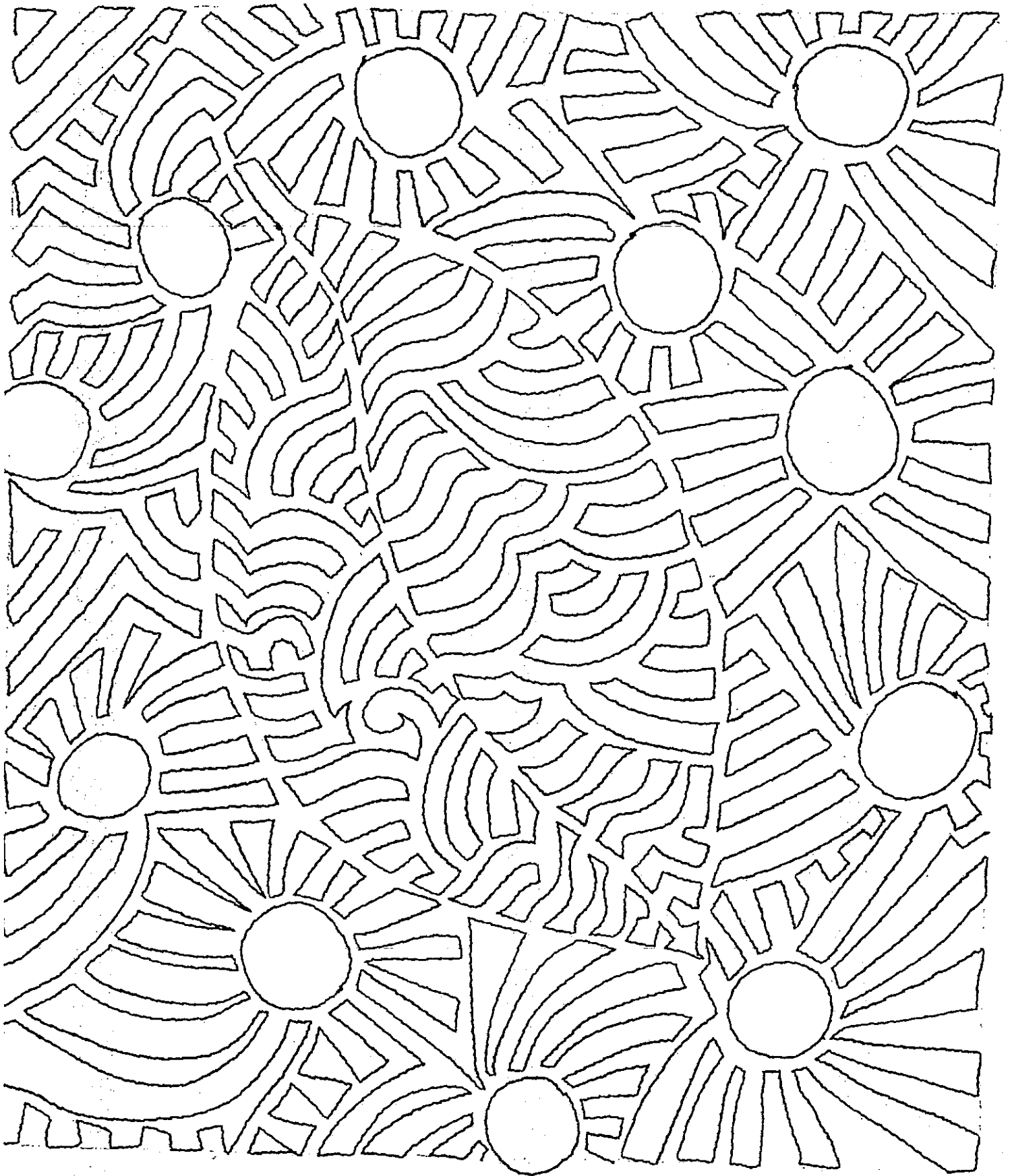
12. Deco-Flower is another stop and start design, but is more involved and therefore less tedious to stitch. Separate the flower sections and do each part in your imagination first, then go onto the next section. It is easier than it looks. Practice first on your sampler.



13. Dandelion Leaves features three or four leaves emerging from a central focus. Begin with the rib, back and forth and then stitch the zigzag outer line. This design takes up lots of space and gets the quilting done quickly.

14. Contained Space quilting is the most useful of all techniques. The first and second columns are variations on the half moon and chevron designs. The third column shows both but leaves a gap between sections. The fourth column has variations to stimulate the quilter. Contained space quilting is also useful spaces that are more organic.





**15. Leaf and Suns designs.** These are a combination of Contained Space designs and fill-in designs. The Sun centers are stitched first, as stop and start shapes. Then the sun's rays are added. The leaf is semi-marked with the rib and outer edges of the leaf being the only marks, and the stitching moving between the outlines.