

**The Seasons of  
Creative Living  
5400 Series**



**Sewing Section**

# Table of Contents

## Sewing & Fashion

YoYo Belt .....	3
Bags with Style .....	3
Appliqué with Machine Embroidery.....	4
Smocking by Machine .....	5
Embellishing with Scalloped Edges .....	6
French, Flat Fell & Slotted Seam Finishes .....	7
Shadow Appliqué .....	8
Stabilizers for Hard to Hoop Items .....	9
Raggedy Reverse Applique .....	9
Textured Appliqué Machine Embroidery Techniques & Designs .....	10
Guests.....	12

For the following instructions, type (or copy and paste) the websites into your browser.

Fat Quarter Displays - <http://www.kenw.org/cl/clvol5sewing3.pdf> - goto page 10

Easy Belts - <http://www.kenw.org/cl/lifestylesewing2.pdf> - go to page 9

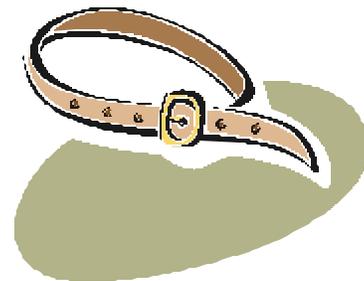
Thread Lace Bowls - <http://www.kenw.org/cl/clvol5crafts3.pdf> - go to page 14

Chick, Chick, Chicken Pillows - <http://www.kenw.org/cl/clvol5crafts1.pdf> - go to page 3

# Yo-Yo Belt

## Supplies:

- EZ Circle Cut
- Variety of cotton quilting fabrics
- Chenille rick rack trim
- Brown hem tape
- 2 yards of green Prestige ribbon
- 1 yard of 1/2" green Prestige ribbon

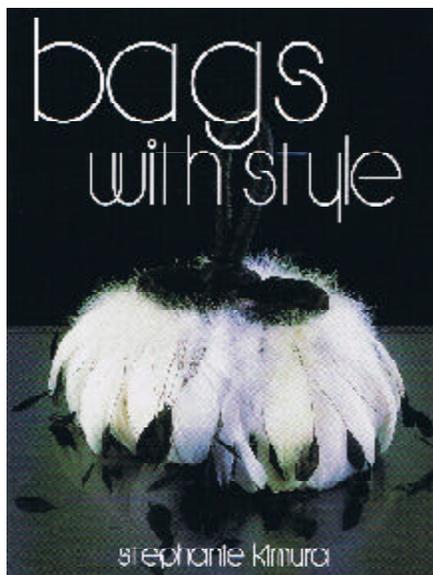


## Directions:

1. Using the EZ Circle tool, cut out fifteen 6" circles.
2. Baste stitch around the edge of the circle and pull thread taut and stitch the gathered area into the center.
3. Repeat step #2 until you have fifteen yo-yo's.
4. Overlap the yo-yo's 1/2" and sew a straight stitch down all fifteen yo-yo's.
5. Layer trims of your choice down the center and sew down.
6. Take one yard of the 2 1/2" ribbon and press the raw edges under.
7. Sew one side to the yo-yo belt.
8. Repeat step #6 and #7 and sew onto the other end of the yo-yo belt.
9. Sew a straight stitch on the end of the ribbon to finish.

**COURTESY: Pat de Santis**  
wrights  
[www.wrights.com](http://www.wrights.com)

# Bags with Style



Stephanie Kimura presents patterns and ideas for multiple stylish handbags in her book, "Bags with Style." Get great ideas for luxurious leather, embroidered linen, dupioni silk, sheer chiffon, and textured tapestry embellished with feather finery, gilt charms, gossamer threads, and jeweled tassels. You'll see a huge selection of purse handles and the many easy ways to use them. Instructions are included for the application of magnetic snaps, metal purse feet, decorative grommets, and metal snap hooks. You'll be inspired to create your own designer bags with style.



**COURTESY: Stephanie Kimura**  
Kimura Patterns  
[www.kimurapatterns.com](http://www.kimurapatterns.com)

# Applique with Machine Embroidery

Sewing machines today are really just computers that sew, but they do much more than just sew. With today's technology, it is very simple to add beautiful and fun embroidery to almost anything. However, you are not limited to embroidery alone, as fabulous as it is. You can also do wonderful applique. Applique is a technique in sewing where you attach a piece of fabric, usually a shape of some kind, to an item to decorate it. It can be done by hand or machine, but even with a machine you still have to guide the fabric around the edge of the shape. Even though the machine does the actual stitching this way, it can be awkward and results are not always perfect. With machine embroidery, the machine does all the stitching with perfect results every time. You don't have to sew to do appliqué. You will need a sewing machine with embroidery capabilities and basic embroidery software that allows you to transfer designs to your machine. Embroidery machines come with the equipment you need to embroider. Plan to invest in some various colors of thread and stabilizers. Your sewing machine dealer can advise you on what works best for your particular machine. Every major brand of sewing machines now has both the machines and software needed to embroider. You will also need scraps of fabric for the appliqué work.



Hoop your fabric or item along with tear-away stabilizer on the back side. Stabilizer is a material made to give body and stability to fabrics. Some stabilizers will tear away from around the design when finished stitching. This is the type of stabilizer used here. The hoop holds the item in place as it is embroidered.



Lay the appliqué fabric so it completely covers the placement line. Use an adhesive spray made for embroidery on the back of the fabric to hold in place while sewing, if desired. Stitch the Tack down line.



Load your design into your machine from your machine's software.



The tack down line is stitched. This allows you to trim very close to the stitching with curved, sharp embroidery scissors. Do not remove the fabric from the hoop and attach hoop back on the machine after trimming.



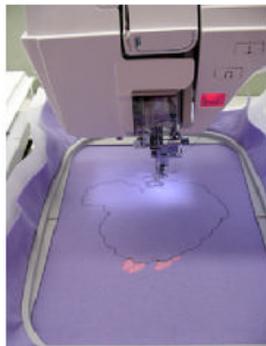
Attach your embroidery hoop to your machine. Thread your machine with the first color in the design and push the start button. The machine will stop after each color in the design so you can clip threads and thread the machine with the next color. Then, simply push the start button to sew out the next color.



Finish any other embroidered areas of the design. The machine will stop after each thread color to allow you to clip threads and thread the machine with the next color. The face and outline details are stitched here in this design.



The sheep is finished with a satin cover stitch around the fabric to hold it in place.



For this design, the feet are embroidered first and then a placement line is sewn. You will use this line as a guide to place your appliqué fabric. Cut your appliqué fabric larger than the placement line. For the sheep, a faux fur was used for a bunny soft textured feel.

Here is our sheep on a very soft baby blanket using white fleece for the appliqué fabric. Perfect for any baby, fast and easy to do. Design is from the Counting Sheep set at Roberta's Creations.



**Roberta Amundson**  
**Roberta's Creations**

[www.robertascreations.com](http://www.robertascreations.com)

**G**reat for insertion on children's dresses and coveralls, baby bonnets, Christmas stockings, etc.

The goal is to create the look of hand smocking by machine, quickly and easily. A sewing machine with smocking-type stitches, such as feather, smocking, fagoting, etc. works well for this technique.

Supplies: Lightweight fabric  
Sewing Thread  
Cardboard to shape smocking  
Straight pins

1. Your fabric width should be 2 – 3 times wider than the finished size.
2. Determine how wide you would like the smocking insertion to be. Mark "X" amount of rows about 3/8" apart.
3. Select a straight stitch, stitch length 4.0.
4. Loosen the upper thread tension.
5. Sew along the marked lines.
6. Place the fabric on the smocking board and anchor at center with several straight pins.
7. Carefully pull the lower thread to gather. It is better to grip the fabric and push it along the thread to gather.
8. When all rows are gathered, look it over and be sure that the gathers are evenly spaced and that the finished width is equal to half of the expected width. Repeat for the other side.
9. Use your steam iron to "set" the gathers, being sure not to change the shape of the gathers. To apply a stabilizer, see the Tip below.
10. Select a smocking stitch on your machine. For suggestions, see Tip below.
11. Sew the selected stitch between the rows of straight stitching. You may want to use a contrasting thread color.
12. When you are finished with all of the rows, carefully pull out the lower thread... it's magic, isn't it!

## Tips and Tricks

- \* Work in a well lit area - it will make all the difference!
- \* Spray starch and iron your fabric several times before sewing.
- \* Beginners should use lightweight fabric for the first time.
- \* Ask the fabric store for an empty board from the fabric bolt. This will make a great smocking board.
- \* A good stitch for smocking is one that sews off of center. This means that the needle bar is moving to create the stitch and the feed dogs are not moving the fabric left and right to create the stitch.
- \* Use an iron-on knit stabilizer to stabilize the reverse side of the fabric before stitching.
- \* Use different thread colors in the top and bottom when sewing the parallel lines of straight stitching.
- \* If you have an automatic embroidery machine, you can add machine embroidery to the top of your smocking.... be sure to loosen the upper tension so that the stitching does not over flatten the smocking.

**COURTESY: June Mellinger**  
**Brother Sewing Machines**  
[www.brothersews.com](http://www.brothersews.com)



# Embellishing with Scalloped Edges

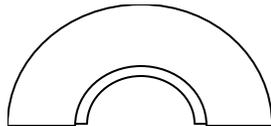
Very often we refrain from using decorative edges on garments because once the edge is trimmed, the fabric will fray quite easily. Here is a solution guaranteed to work every time.

## Materials needed:

- Roll of fusible web (this is sold at most sewing and fabric stores. It is a strip of dry glue that is approximately 5/8" wide). **Cut one strip to cover the length of the edge you wish to embellish plus 2 inches.**
- Sewing machine that has a built-in scallop stitch.
- Pattern (Choose a pattern that has a collar or any other edge where a scallop will be suitable)
- Fabric yardage needed for your project
- Thread to match fabric
- Contrast thread for decorative scallop stitch
- Notions called for on pattern

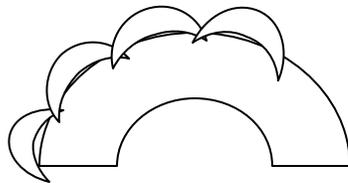
## Preparation:

- Trace out the shape of the item that you plan to embellish on a piece of your fabric using chalk or a marking pencil. Do not cut out the piece. Remove the pattern piece from the fabric and set aside. (We will use a collar as an example)
- Pin the fusible web on the right side of the fabric along the bottom edge of the collar so that both edges meet along the bottom.



## Sewing instructions:

- Following the edge of the collar and sewing over top of the fusible web, sew one row of scallops through both layers of the fabric and the fusible web.
- Trim as close to the scalloped edge as possible through all layers, using fine embroidery or trimming scissors. If any fusible web appears above the scallop, carefully trim away the fusible web only.



- Using a hot iron, cover the edge of the collar with a pressing cloth and melt the remaining fusible web into the fabric. (The melted fusible web will secure any loose threads and ensure a perfect finished edge).

This technique is also perfect for making buttonholes, or any other techniques that leaves a raw edge of fabric exposed.

**COURTESY: Vivian Lavinkas**  
**Singer Sewing Co.**  
[www.singerco.com](http://www.singerco.com)



# French, Flat and Slotted Seam Finishes

*These finishes offer a sturdy construction and enhance the appearance of the interior of the garment. You will obtain the best results using these finishes on straight seams.*

## **Sewing a French seam:**

- 1- Pin seams wrong side together.
- 2- Set your sewing machine to sew a straight stitch.
- 3- Stitch  $\frac{3}{8}$  of an inch from the raw edge.
- 4- Trim seam allowance to  $\frac{1}{8}$  of an inch.
- 5- Press the seam right sides together.
- 6- Stitch  $\frac{1}{4}$  inch from fold.
- 7- Press seam to one side.



## **Sewing A Flat fell Seam:**

- 1 - Pin seams wrong side together.
- 2 - Stitch  $\frac{5}{8}$  of an inch from raw edge.
- 3 – Press both seam allowances flat to one side.
- 4 – Trim the lower seam allowance to  $\frac{1}{8}$  of an inch.
- 5 – Turn top seam allowance under by  $\frac{1}{4}$  of an inch and press so it lays flat.
- 6 – Edgestitch the seam allowance along the fold.

## **Sewing a Slotted Seam:**

- 1 – Pin seams right side together.
- 2 – Hand or machine baste  $\frac{5}{8}$  of an inch from raw edge.
- 3 – Press seam open.
- 4 – Cut a  $1\text{-}\frac{1}{4}$  inch strip of contrasting fabric.
- 5 – Baste the contrasting strip along the seam line on the wrong side of the fabric.
- 6 – Stitch  $\frac{1}{4}$  of an inch from the center of the seam on each side.
- 7 – Remove basting.

**COURTESY: Vivian Lavinkas**  
**Singer Sewing Co.**  
[www.singerco.com](http://www.singerco.com)

# Shadow Appliqué

*This technique is made simple when using the new sewing and embroidery machines that are available today. Our sample is made using the Singer CE-150 Futura Machine. Choose to make a pillow, cape or any other project of your choice. The following directions are for completing the appliqué design only.*



## **Materials needed:**

- Sewing and Embroidery sewing machine.
- 1-yard velvet or other napped fabric.
- ½ yard organza
- 1-yard tear away adhesive stabilizer
- Chalk or pencil marker
- Free Butterfly appliqué download from [www.singerco.com](http://www.singerco.com) website
- 6 colors embroidery thread (Colors are listed on our website)

## **Preparation:**

- Mark the center position where the design will be placed on the velvet fabric using a chalk or pencil marker.
- Draw an X (horizontal) and Y (vertical) line through the mark on your fabric.

## **Sewing instructions:**

1. Turn on the Futura™ machine.
2. Place large hoop with the stabilizer onto the machine.
3. Open Futura software. In the LETTERING portion of your software type a small period in the text box and apply the stitches. Center the pattern by using the center function of the software.
4. Open a new screen and open the butterfly design. Center the design by using the center function of the software.
5. Transmit the first pattern (the period) to the Futura machine. Using the period to find the center portion of the hoop, place the fabric on top of the adhesive stabilizer and insert the needle in the center of the X - Y lines. When the fabric is in the desired position press firmly into place smoothing from the center out. This will assure that the design will sew in the desired position. Cancel transmission.
6. Now transmit the Butterfly appliqué to the machine. Place appliqué fabric square on hooped fabric. Sew out the first block.
7. Remove the hoop from the machine. Leave the stabilizer & fabric hooped. Carefully trim away the excess fabric from the butterfly outline.
8. Place the hoop back onto the machine and transmit the second block. It is not necessary to change thread colors.
9. Continue to sew design until completed.

**COURTESY: Vivian Lavinkas**  
**Singer Sewing Co.**  
[www.singerco.com](http://www.singerco.com)



## Stabilizers for “Hard to Hoop” Items

For areas such as shirt collars, cuffs, napkin edges, socks, tote bags, pocket tops, ties, etc. Floriani Wet N Stick® is the recommended stabilizer for these projects. To use Wet N Stick®:

1. Place one piece of Wet N Stick®, shiny side up, into the hoop and make sure it is “tambourine skin” tight.
2. Apply a small amount of water to each corner and one drop in the center using a foam paint brush, envelope sealer, or sponge. Do not spritz or mist the water. Spread the water over the surface of the stabilizer with your finger, and you will feel it become tacky almost instantly.
3. Immediately apply the item to be embroidered to the hooped stabilizer and smooth out any wrinkles. Allow a few seconds for the item to adhere to the stabilizer so that it doesn't shift during the embroidery process.
4. Complete the embroidery as normal.
5. After the design is done simply tear away the Wet N Stick®.

\*Note: If you accidentally used too much water and find the item wants to be “as one” with the stabilizer, simply lift the corner of the item, re-wet the stabilizer at the glue line and peel the item back as the “sticky” becomes activated again.

On average, Floriani Wet N Stick® should support a design with no more than 10,000 stitches and/or around 4” x 5” in size. If the design has a higher stitch count, simply “float” a square of Floriani Medium TearAway between the hoop and the bed of the machine to support the additional stitches. And don't forget your topping if working with uneven textures!

**COURTESY: Kay Brooks**  
**RNK Distributing**  
[www.rnkistributing.com](http://www.rnkistributing.com)



## Raggedy Reverse Applique

"Raggedy Reverse Applique"...a fun, fast, & forgiving way to learn to sew! For more information on this technique, or to order some of Kim Deneault's patterns, go to:

[www.kidzsew.com](http://www.kidzsew.com) or [www.raggedyreverseapplique.com](http://www.raggedyreverseapplique.com).

**COURTESY: Kim Deneault**  
**Author & Designer**  
[www.kidzsew.com](http://www.kidzsew.com)



## Textured Applique Machine Embroidery Techniques and Designs

### What's Your Textured Appliqué?

Do you remember all the fun you used to have making special effects with your sewing machine before the machine embroidery bug bit you? Do you love the art of sewing? You can still have fun playing with all those nifty techniques, using them to create your personal master pieces for machine embroidery appliqué designs.

Many ways exist for you to add dimension, texture and special effects to machine embroidery appliqués. The easiest method involves using textured, exotic, or specialty fabrics. For more advanced methods, create your own appliqué fabric by adding pintucks, decorative trims, fringe, chenille, and, even fabric shavings to a basic base fabric or in addition to specialty fabrics.

As for the machine embroidery designs, look for simple appliqué designs that have little, if any, stitching onto or outside of the appliqué section - except, of course, for the finishing satin stitches around the raw edges of the fabric.

Of course, before we start picking out our garments, threads, and fabrics, let's discuss some of the possibilities for dimensional appliqué. Once you master the art of dimensional appliqué, any appliqué embroidery design that fits the bill is fair game. Still, every artist must start with some basics.

### Special Fabrics Quick and Easy Razzle Dazzle



Shop your favorite fabric stores with 'fresh eyes'. Look for fabrics with texture like boucles', brocades, tapestry, and home décor. The special occasion department usually has a wonderfully eclectic collection of fabrics, some with sparkles and sequin-like decorations, or what might be called "razzle dazzle" fabrics. Try satin and sparkle organza. Use these fabrics as is or add more texture to them with some of the other techniques.

Consider layering sheer or "see through" fabrics over other textured fabrics for a totally different look. Look at the fringe and furry fabrics. You may even have some exotic fabrics in your stash. If not, buy 1/4 to 1/2 yard pieces to try. Wash and dry fabrics before using them in order to avoid surprises after the project is completed and washed. Nothing spoils the moment more than an appliqué design that fades or shrinks after it's gone through the wash.

You can also look in your closets, at yard sales, and re-sale shops for old clothes you can recycle into interesting appliqué fabrics, like sweaters, fake furs, smocking, velvets, velveteens, corduroys, and special occasion wear. With some fabrics, like prints and multi colored fabrics, you can obtain a better appliqué design if you "Fussy Cut" the fabric to select a particular part of the print or pattern for use in the appliqué.

These photos show appliqué designs made with special fabrics. They include pink Boucle' with multi colored slubs, green home décor that looks different depending on how it is turned, orange satin with metallic like sparkles, and orange "razzle dazzle" evening wear with sequin like dots you can see on the butterfly. He looks different depending on which way he is positioned.



This fabric also comes with multicolored iridescent looking dots on a black background, as seen in the leaf design.



**COURTESY: Laura Waterfield**  
**Laura's Sewing Studio**  
[www.laurassewingstudio.net](http://www.laurassewingstudio.net)

# Sewing & Fashion Guests

## **Roberta Amundson**

Roberta's Creations  
1222 Milan St.  
Oceanside, CA 92056  
760-726-6869

E-Mail: [ramundson@sbcglobal.net](mailto:ramundson@sbcglobal.net)  
Home Page: [www.robortascreation.com](http://www.robortascreation.com)

## **Kay Brooks**

RNK Distributing  
3939-B Papermill Drive  
Knoxville, TN 37909  
865-330-0034  
877-331-0034

E-Mail: [kay@rnkdistributing.com](mailto:kay@rnkdistributing.com)  
Home Page: [www.rnkdistributing.com](http://www.rnkdistributing.com)

## **Carolyn Dahl**

2130 Southgate Blvd.  
Houston, TX 77030  
713-660-9488

E-Mail: [dahlstudio@aol.com](mailto:dahlstudio@aol.com)

## **Kim Deneault**

Raggedy Reverse Applique  
2284 Reepsville Rd.  
Lincolnton, NC 28092  
804-852-3934

E-Mail: [kimld@attglobal.net](mailto:kimld@attglobal.net)  
Home Page: [www.kidzsew.com](http://www.kidzsew.com)

## **Pat de Santis**

Wrights  
85 South Street  
West Warren, MA 01092  
413-436-7732 X243

E-Mail Address: [pdasantis@wrights.com](mailto:pdasantis@wrights.com)  
Home Page: <http://www.wrights.com>

## **Kimberly Jolly**

P. O. Box 1544  
Manchaca, TX 78652  
866-826-2069

E-Mail: [Kimberly@fatquartershop.com](mailto:Kimberly@fatquartershop.com)  
Home Page: [www.fatquartershop.com](http://www.fatquartershop.com)

## **Stephanie Kimura**

Kimura Patterns  
P. O. Box 1471  
Jensen Beach, FL 34958  
772-286-8231

E-Mail: [stephanie@kimurapatterns.com](mailto:stephanie@kimurapatterns.com)  
Home Page: [www.kimurapatterns.com](http://www.kimurapatterns.com)

## **Vivian Lavinskas**

Singer Sewing Co.  
1224 Heil Quaker Blvd.  
Lavergne, TN 37086  
615-213-0880 #1454

E-Mail: [lavinskasv@singerco.com](mailto:lavinskasv@singerco.com)  
Home Page: [www.singerco.com](http://www.singerco.com)

## **Cindy Losekamp**

Sew Artfully Yours  
5064 Johnson Fork Road  
Cedar Grove, IN 47016  
812-637-1570

E-Mail: [info@sewingart.com](mailto:info@sewingart.com)  
Home Page: [www.sewingart.com](http://www.sewingart.com)

## **Sheri McKillop**

Unique Solutions  
133 Troop Avenue  
Dartmouth, Nova Scotia Canada B3B2A7  
902-492-2107

e-mail: [smckillop@unique ltd.com](mailto:smckillop@unique ltd.com)  
Home Page: [www.uniquepatterns.com](http://www.uniquepatterns.com)  
Or [www.unique ltd.com](http://www.unique ltd.com)

**June Mellinger**

Brother Sewing Machines

100 Somerset Corp. Blvd.

Bridgewater, NJ 08807

908-252-3044

FAX: 908-575-3874

E-Mail Address: [june.mellinger@brother.com](mailto:june.mellinger@brother.com)

Home Page: <http://www.brothersews.com>

**Patsy Shields**

Sulky of America

381 S. Fern St.

Sellersburg, IN 47172

E-Mail Address: [patsysews@earthlink.net](mailto:patsysews@earthlink.net)

Home Page: <http://www.sulky.com>

**Laura Waterfield**

Laura's Sewing Studio

P. O. Box 1235

Tomball, TX 77377

281-257-3985 or 866-844-8895

E-Mail: [laura@laurassewingstudio.com](mailto:laura@laurassewingstudio.com)

Home Page: [www.laurassewingstudio.com](http://www.laurassewingstudio.com)

Or [www.laurassewingstudio.net](http://www.laurassewingstudio.net)