

The Best Of "Creative Living with Sheryl Borden"



Table of Contents

Sewing & Fashion

Dimensionals	I-3
The Art of Needle Felting!.....	I-3
3-D Embroidered Picture Frames	I-4
Leaf-Printed Silk Scarf	I-7
Surface Embellishment with Shisha Mirrors	I-8
Tips for Sewing Ballet Costumes	I-9
Tips for Sewing Doll Clothes	I-9
Lace Dreams	II-10
Automatic Machine Applique	II-11
Shadow Applique by Machine	II-12
Guests.....	II-13

Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Dimensionals” is in Section I on page 3, whereas “Lace Dreams” is in Section II on page 10.

Dimensionals



Dimensional designs are simply taking the fibers and building them up by working them to each other. The more you work it, the more compact it becomes as the fibers become entangled, and you are able to build on that. Dimensional work is always done directly on to a

foam base; the size of the foam will always be at least 2" thick by whatever size is needed.

Attaching the Dimensionals:

Needle the shapes into position on the background fabric. Use the needles to base the shape first by poking it down in a few places in the middle. Finally, carefully needle around the edge of the shape, making sure that it is holding down well.

The Art of Needle Felting!

Finally, a creative medium that doesn't require any particular talent! Anyone can needle felt. Moving one fiber into another using a barbed needle or multiple barb-ed needles is a basic definition of needle felting. Whether using a pattern or free-hand designs, it's simple, it's fast, and it's fun to watch the creation come to life.

Needle felting can be done on many types of fabrics using many different materials and not just limiting us to wools and wool roving. Although I love the wools and roving and use them in a lot of designs, I also like needle felting on jeans, sweatshirts, in fact just about any fabric, including quilts. Yes, you can needle felt on to quilts as long as it is already a finished quilt or has the top layer and batting in place, to have the depth of the fabrics to needle felt into.

Not interested in sewing the handbags and other projects, then use pre-mades. They are readily available at your local craft and sewing centers.

With the availability and knowledge that is around these days, now anyone can create beautifully embellished handbags, wearables such as jackets, scarves, hats, and so much more but not just limited to the sewing world. Needle felting actually transcends to crafts as well, using the felting needles, roving, yarns, etc., with styrofoam to create heirloom one-of-a-kind

Christmas ornaments, Easter eggs, or how about Faberge style eggs as well? Try needle felting a post-card in the same manner as the quilted postcards that are so popular. You can actually use those wonderful rubber stamps to stamp the design on to the fabric and fill in the design by needle felting it.

Mix and match the needle felting supplies you are using, such as needle felt yarns with roving on to the same project, or practice with different silk ribbons and so on. Needle felting is a way to expand ourselves creatively, to use our imaginations and of course our exquisite taste in colors and textures and create one-of-a-kind masterpieces and runway worthy fashions.

There are two basic needle felting techniques. The first one is flat-surface design, and the second one is dimensional design. Flat-surface is the simplest and involves tracing or drawing the design onto fabric, placing the fabric onto a foam base, taking the needle and the yarn or very small amounts of wool roving and moving your

hand in a straight up and down motion, poking shallowly into the fabric and filling in the design.



**COURTESY: Barbara Crawford
Crawford Designs
www.crawforddesigns.com**

3-D Embroidered Picture Frames

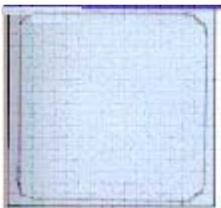


WHAT YOU WILL NEED:

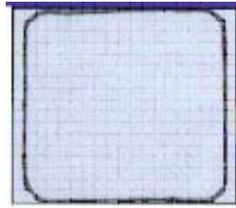
- Zig-zag Sewing Machine
- Size 11/75 Schmetz Embroidery Needles or Schmetz Microtex Needles
- Open-toe Applique Foot
- Open-toe, Free-motion Embroidery Foot
- Sulky KK 2000 Temporary Spray Adhesive
- Sulky 40 wt. solid or Variegated Rayon Thread to match each of the sheer fabrics
- Sulky Polyester Bobbin Thread
- Sulky Polyester Clear Invisible Thread
- 1 pkg. Sulky Solvy or Super Solvy Water Soluble Stabilizer
- Matching sewing thread
- 1 - 10" Square of each of the following:
 - Fabric for the fabric frame
 - Iron-On Interfacing Stabilizer
 - Sulky Totally Stable Iron-On Stabilizer
 - Sheer green fabric for leaves
 - Pink, peach or yellow sparkle organza for flowers
 - Batting
- 8" x 10" frame and Mat with a 5" x 7" opening

- Frame pattern and pattern for the leaves and flowers
- Fine-line, Permanent-ink, Black Marker
- 6" Wooden Machine Embroidery Hoop
- Soldering Iron and Sponge
- Press Cloth
- General Sewing Supplies

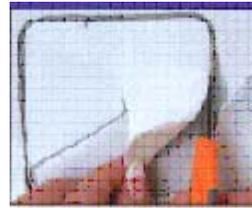
GETTING STARTED:



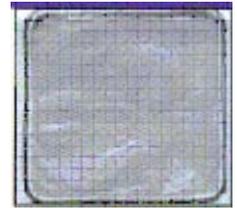
1. Iron the interfacing onto the wrong side of the fabric you will be using for the frame. With a fine-line, permanent-ink marker, trace the frame shape onto the Sulky Totally Stable, then iron it onto the interfaced side of the frame fabric.



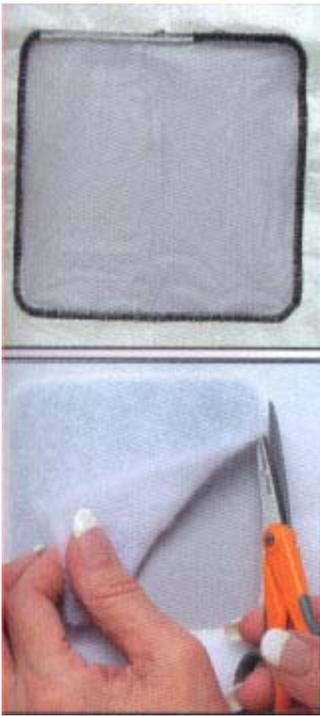
2. Insert a new embroidery or Microtex needle. Thread the top with your choice of Sulky 40 wt. Rayon; put Sulky Bobbin Thread in the bobbin. Straight stitch 2 or 3 times around the frame shape on the drawn line, with the rows of stitching lying side-by-side, not on top of each other. This can be done using the open-toe appliqué foot with the feed dogs up, or drop the feed dogs. attach the free-motion appliqué foot and stitch free-motion.



3. Remove the stabilizer from the outside edges of the stitching. Trim away the fabric close to, and just inside, the stitching line.



4. Cut a piece of Sulky Solvy or Super Solvy 10" x 20". Spray the Solvy lightly with Sulky KK 2000 and wrap it around the frame fabric. You should have a "sandwich" of Solvy, interfaced fabric, and Solvy.



5. Raise the feed dogs (if they were lowered) and attach the open-toe appliqué foot. Set the stitch width to 3.5, decrease the stitch length to 0.4 or 0.45, and stitch around the cut edge a second time. The stitch width must be wide enough to cover the straight stitching; if it is not, increase the width slightly until they are covered.

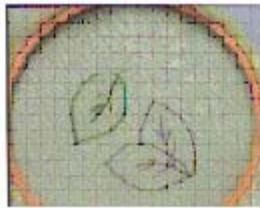
6. Rinse away the stabilizer. Place the square right side down on a soft towel and press the cut-out shape lightly so you do not flatten the satin stitch.

7. Lay the frame fabric right side up on the batting. Stitch-in-the-ditch with Sulky Invisible Thread along the outside of the satin stitch. Trim the batting away from the center area as close to the straight stitching as possible so none of it shows from the front. This may be easier to do if you turn the fabric over and continue cutting the batting close to the stitching from the back. Place this aside for now.

HINTS:

1. To help keep the picture in place if it is smaller than the fabric, spray the batting side of the fabric frame with KK 2000 Temporary Spray Adhesive and place it over the picture.
2. Spray KK 2000 onto the wrong side of the mat to hold it in place on the fabric.
3. Use other shapes to personalize the fabric frames for any occasion such as a baby picture, special birthday, etc.
4. Choose other shapes for the center opening such as oval, rectangle, etc. You are only limited by your imagination and the size of your picture.
5. Insert the picture of your favorite person(s) or pet(s) in the frame and enjoy!

MAKING THE LEAVES



1. Place a piece of Sulky Solvy in the embroidery hoop. Lay this on top of the leaf pattern and use a fine-line, permanent-ink marker to trace onto the Solvy as many leaf shapes as you need. Leave room around the edges so you can maneuver easily when you get ready to stitch. Unhoop the Solvy stabilizer after the tracing is finished.

2. Make a sandwich of traced Solvy, green fabric for leaves, and Solvy. Place this in the embroidery hoop. Fill a bobbin and thread the top with the same Sulky 40 wt. Rayon color that you chose for the leaves. Drop the feed dogs. Attach the free-motion embroidery foot. Loosen the top tension slightly and straight stitch around the outlines two or three times. Keep the lines of stitching close together so you have a nice outline shape. Also, straight stitch any detail lines inside of each leaf. Stitch these detail lines a couple of times as well.

3. After the straight stitched outline is finished, stitch in a back and forth "feathery" motion around the entire leaf edge, making sure that you blend the stitching into the straight-stitched edge.

4. **Remove the excess stabilizer** from the outer edges of the leaf shapes. Dissolve the stabilizer from the inner areas by soaking the fabric in water, then rinse again to be sure all of the stabilizer is removed. Cover the fabric with a press cloth and iron the fabric dry with your iron on a medium setting.

5. Rehoop the fabric siis taut, then use a soldering iron to burn away the excess around the leaves. Clean the tip of the soldering iron frequently with a sponge to remove build-up of the melted fabric; this prevents melted fabric from attaching to the stitched edge, causing discoloration.

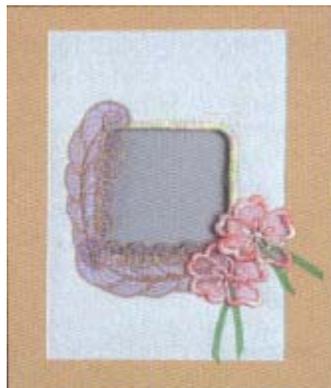
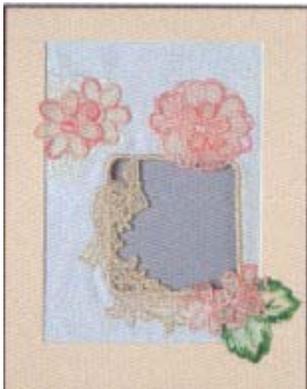


COMPLETING THE FRAME:

1. Select a mat to coordinate with the colors you have used, then choose a frame.
2. Because of the extra thickness of the fabric and batting, trim the fabric frame so it is just a bit smaller than the actual frame.
3. Arrange the leaves and flowers around the edge of the fabric frame in a pleasing manner. Place the mat board over this to be sure that the flowers will lay nicely over the edges.
4. Set up the machine for free-motion, with Sulky Polyester Clear Invisible Thread in the needle and Sulky Bobbin Thread in the bobbin. Attach the open-toe, free-motion embroidery foot.
5. Attach each flower and leaf in place with a straight stitch. Stitch in an inconspicuous area such as the flower center or along the leaf veins so the edges stay loose and the pieces are 3-dimensional. You may be able to place a leaf with a flower on top, and stitch both in place at the same time.
6. Repeat this process for the flowers. When stitching the center of the flowers, sew a radiating straight stitch from the center out to the center outline shape.



Don't fill this in entirely, just enough to add some thread color. This provides an outlined area to stitch the flower onto the frame later.



**COURTESY: Patsy Shields
Sulky of America**

www.sulkyofamerica.com

Book: *Sulky Secrets to Successful Embroidery*

Leaf-Printed Silk Scarf

In the following demonstration, you'll learn the basic leaf-printing process that can be used on any fabric. However, to make learning the process more fun, we'll print with luscious metallic fabric paints on a jewel-toned Thai Silks habotai scarf. When you've finished the project, you'll have a beautiful hand-printed scarf to wear.



1. Lay the leaf, backside up, on the telephone book page. Hold the stem and gently roll the metallic paint onto its surface. Coat it several times, but not so heavily that the paint pools around the veins. Use one color or mixtures of two colors.

SUPPLIES:

- Fresh leaves
- Habotai scarf (12" x 60" in royal purple, red or black)
- Lumiere metallic paint (gold, super copper, olive)
- Masking tape
- Small foam roller
- Styrofoam tray palette
- Telephone book pages
- Tissue paper (cut slightly larger than leaves)



2. Lift the leaf by the stem (or with tweezers if the complete stem has been painted) and place the painted leaf face down on the fabric.



3. Cover the leaf with tissue paper, hold the leaf in place with one hand, and gently rub the leaf's surface with the other hand to transfer the impression. Avoid returning to a section you have already rubbed, as the leaf's placement may have shifted.

4. Remove the tissue paper, then carefully lift the leaf off the fabric by its stem. Continue this process until your leaf becomes worn. Then select a new leaf.



COURTESY: Carolyn Dahl
Carolyn's Studio
www.carolyndahlstudio.com

SURFACE EMBELLISHMENT WITH SHISHA MIRRORS

Small glass mirrors are used to embellish garments and accessories in India and Pakistan. The word shisha means “mirror”. This decorative technique can add an interesting ethnic twist to wearable art projects, quilts, and more.

Materials needed:

- Fashion fabric
- Decorative threads
- Glue stick
- Shisha mirrors
- Monofilament thread
- Fabric marking pen/pencil
- Tear-away interfacing
- Zipper foot
- Open-toe foot or satin stitch foot



Instructions:

1. Place either the Open-toe foot or the Satin stitch foot on the sewing machine.
2. Use a fabric marker to draw the opening for the mirror on the right side of the fabric. Draw this a bit smaller than the actual mirror size by about 1/8”.
3. Sew a straight stitch around the marking line to stabilize the hole area (which will be cut in the next step). Set straight stitch length at about 1.0 mm and center needle position. It may be necessary to sew only a few stitches at a time, and then pivot, because of the small size of the mirror.
4. Cut out the area inside the straight stitching, to form a hole.
5. Place tear-away stabilizer under the fabric behind the hole area.
6. Satin stitch in a circle, enclosing the raw edge. At this point, do any further stitch embellishment around the satin-stitched area. Some suggestions are the Feather stitch, Blanket stitch, or Free-motion stitching.
7. Remove tear-away stabilizer from the center hole and from behind the fabric.
8. Glue-stick the shisha in place behind the created hole. Then, glue-stick a small piece of the woven fabric behind the shisha, “sandwiching” the shisha between the two fabrics.
9. Place the Zipper foot on machine. Thread machine

needle with monofilament thread. Sew a short straight stitch around the outside of the satin stitching, to secure the shisha between the two fabrics. Sew very, very slowly to be sure the needle doesn’t hit the mirror.

10. Trim away excess fabric from around the back of the shisha.

Machine Twisted Cord

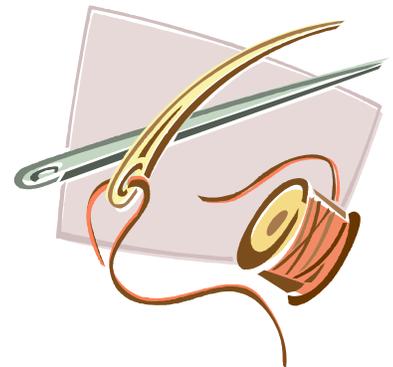
Various threads and yarns can be combined together to form twisted cord. These cords can be used to add surface texture to garments or projects.

Materials needed:

- Empty sewing machine bobbin
- Various threads or yarns, such as rayon floss, crochet cotton, 2 mm silk ribbons, rayon threads, metallic threads, etc.
- Monofilament thread
- Satin stitch foot
- Fashion fabric
- Stabilizer

Instructions:

1. Select various threads, yarns, floss, etc. in desired color combination to coordinate with the project on which the finished cord will be applied.
2. Cut desired number of cords (usually 4-5 are used). Be sure to cut each cord to measure at least 4 times longer than the desired length of finished cord.
3. Hold all threads together as one. Take one end of the group of cords and then thread them through the threading hole on the empty sewing machine bobbin.
4. Pull threads through the hole, and then set the empty bobbin on the sewing machine bobbin winder on top of the machine. Pull threads through until all cord ends meet, which means that now the thread group is 1/2 original length.
5. Hold all thread ends in left hand, and then push bobbin winder into the winding position.





6. Place index finger of right hand slightly above the bobbin before starting to “wind” to facilitate the twisting of the cord and to keep the cord from accidentally winding on the bobbin.

7. Step on the machine’s power controller to start the bobbin winder which will also begin twisting the cord. Allow the twisting to continue until there is tightness to the cord. Usually this is evident just before the cord starts forming what seem to be little “knots”.

8. Hold thread ends securely in the left hand. Find the center of the twisted cord and hold it with the index and thumb of right hand. Fold the cord in half, so the thread ends come over to meet the bobbin. Hold all in

place at the bobbin. The cord is now 1/4 of its original length.

9. With the right hand, begin “helping” the thread to twist on itself. It will twist and then relax into a beautiful cord.

10. Push the bobbin winder over to release, and then take it off the machine. Cut the cord from the bobbin, and then tie the end in a knot to secure.

11. Place the Satin stitch foot on the machine. Couch the newly created cord onto the project, using a wide zigzag stitch and monofilament thread.

COURTESY: Becky Hanson
Singer Sewing Co.
www.singerco.com

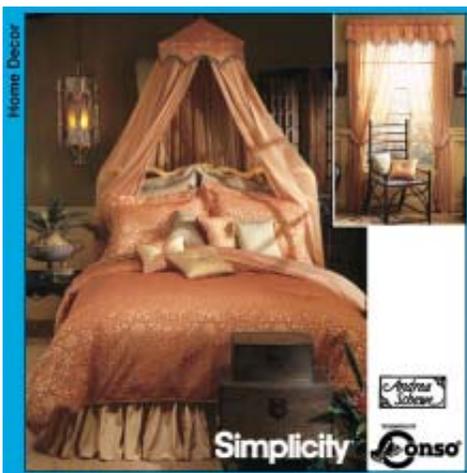
TIPS FOR SEWING BALLET COSTUMES

1. Consider using a purchased leotard to quickly transform it into a beautiful costume by adding a skirt or chiffon dress.
2. Quickly cut tulle by leaving it still quadruple folded from the bolt and use a rotary cutter and mat.
3. Iron tulle ONLY when needed.



TIPS FOR SEWING DOLL CLOTHES

1. Some fabrics work better for making small doll clothes than others.
2. Use tulle for interfacing even if the pattern doesn't call for it.
3. Use a 1/4" seam allowance.
4. Use a fine point tweezer and tip of a seam ripper to guide fabric under the presser foot (to keep fingers safe!)
5. Use a liquid seam sealant to keep seams from fraying.
6. Use a sleeve board for ironing since it has a smaller end than a regular ironing board.



HANGING BED CANOPY

5315

COURTESY: Andrea Schewe
Simplicity Pattern Co.
www.simplicity.com