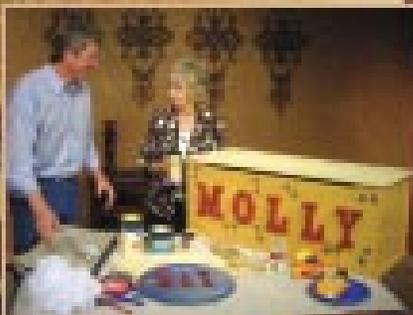


Creative Living with Sheryl Borden

-A New Dimension



Sewing & Fashion - Section I

5800 Series

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Sewing & Fashion

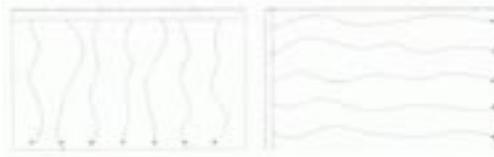
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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, "The Importance of Quilt Labels" is in Section I on page 3, whereas "Woven Placemats" is in Section II on page 10.



Woven Placemats

Mark the opposite edge in the center and then mark at 2 1/2" intervals to the outer edge. Use your rotary cutter to cut gentle curves from these dots to the drawn lines. You do not want to cut all the way through at this point:



To make Four Placemats you will need:

- One crib size (45 X 60") Natural Cotton® or Soft Touch® Cotton Batting*
- 1 1/2 Yards Focus Fabric (includes binding)
- 1 3/4 Yards Second Fabric
- 3 Yards of Fusible Web
- Optional: 1 1/4 Yard for napkins

From the Batting:

Cut four 14" X 18" rectangles

From the Focus Fabric:

Cut two 14" X Width strips

-sub-cut into four 14" X 18" rectangles

Cut eight 2" strips for binding

From the Second Fabric:

Cut two 14" X Width strips

-sub-cut into four 14" X 18" rectangles

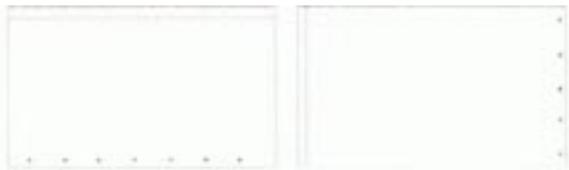
Cut two 16" X Width strips

-sub-cut into four 16" X 20" rectangles
(this is your Backing)

From the Fusible Web:

Cut eight 14" X 17" rectangles

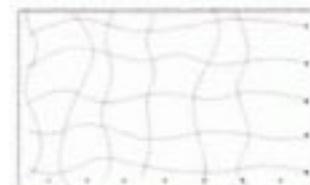
Stick the Fusible Web to the wrong side of two 14" X 18" rectangles (one of each fabric). Draw a line 1" from the long edge on one rectangle and 1" from the short edge on the other rectangle as shown:



Layer the pieces of the placemat as follows:

1. A folded bath towel to press on
2. The Backing rectangle (right side down)
3. The Batting rectangle
4. The rectangle cut horizontally (remove paper backing of the Fusible Web first)
5. The rectangle cut vertically (remove paper backing of the Fusible Web first)

Pin the two fabrics together in the upper left-hand corner. Carefully cut through the 1" strip that was not cut with the rotary cutter. Begin to "weave" the fabrics over and under. It helps to pin them at the top and along the left side:



Pat the strips until they "snuggle" up against each other. Press (up and down--do not push the iron across the surface) the strips together with a hot, dry iron. Top-stitch through all of the layers with a decorative stitch on your machine. (My favorite is the Feather Stitch.) Trim the place mat to 13" X 17" and bind:

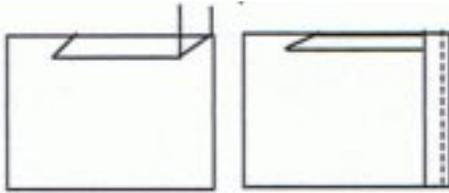
To make Binding:

Find the two 2" wide strips that you cut for binding. Cut the strips at a 45 degree angle on either side--use your Quilter's Rule™ ruler. Sew the strips together to form one long strip.



Fold the long strip in half, wrong sides together, and press. Lay the raw edges along the raw edges of the placemat top and pin in place. Sew to within 1/4" of the placemat corner and back-stitch. Fold the fabric up and then down (as shown) and sew.

This will miter the corners of the binding. Carefully wrap the folded edge of the binding around to the back of the placemat and whip-stitch in place. Be sure that you don't pull and stretch the binding. It should easily lay on the backing.



Napkins: (You will get four napkins from 1 1/4 yards of fabric):

Cut four 20" squares. Turn the edges under 1/4" and press. Turn the edges under 1/4" once more and press. Carefully top-stitch along the edge of the napkin using the same decorative stitch that you used on the placemats.

* You can get nine place mats from one crib size batting.

**COURTESY: Judy Novella
Fairfield Processing Corp.**
www.poly-fil.com



From Angles to Arcs

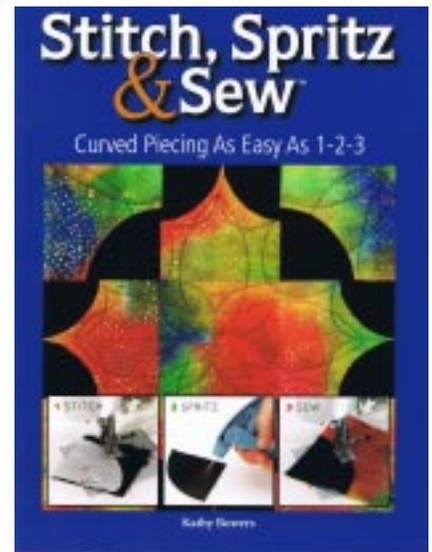
In her book, "**Stitch, Spritz & Sew,**" author, Kathy Bowers says that after making quilt frames, the challenge was on to find other ways to use water-soluble thread. "I had designed several interesting curved piece projects but really did not want to use the conventional method of sewing convex to concave pieces. Then the light bulb came on! Why not make the arcs first, then apply them to squares, rectangles or whatever base fabric I chose?"

After creating a few projects using arcs, Kathy began to look at conventional angled blocks and the "what if" thought came to mind. She began doodling on a few blocks, changed angled lines to arcs, and again "the rest is history."

Traditional curved piecing requires you to sew together a concave (curved-in) piece to a convex (curved-out) piece. This can be difficult for quilters of all skill levels. But the mirror-image curves (what I call arcs) that are presented in the book are a breeze.

Detailed instructions can be found in "**Stitch, Spritz & Sew,**" by Kathy Bowers.

**COURTESY: Kathy Bowers
Author & seamstress**
www.kathybowers.com



What's in your Closet?

“Up Cycling” is a new term meaning to restyle older clothing, not to be confused with Recycling. It is our going “Green” program, so-to-speak.

The crux of the program is taking 2, 3 or even 4 clothing items from the closet and cutting them apart and putting them together in a new and fresh way.

Seems like everyone hangs onto clothing for various reasons - they paid a lot of money for them, they can't afford to change out their wardrobe as quickly as the fashions change, or, if they are like me, they have dedicated a whole section in the closet to the “I will fit into this again someday.” Whatever the reason that you have held on to them, you have created a treasure chest of wonderful new and innovative fashions.

The best part is that the colors are all the colors that you love, after all, you bought them so they will all fit well together. There are a lot of items that are already hemmed, lined, and/or tailored. We can even use ties, jackets, blouses, pants, vests, jeans, belts, jewelry and more.

Some ideas of “up cycling,” might include: pant legs to create sleeves, vests to create the body portion of the jacket and then attach the pant legs. Some prep work on the pant legs has to be done in order to enable a fit to a sleeve opening.

“Up Cycling” is a great way to use up lots of things in the closets, including accessories like silk ties. Up cycling allows you to use mens ties to create cell phone holders or to completely change an old denim jacket. Ties that are in fan shapes can create style by using the ties as innovative creative closures on your newly designed outfits.

And, lets not exclude what's in the drawers and under the beds in winter storage, such as sweaters. There are ways to sew sweaters together, and ways to cut a sweater without the yarn falling apart. Sweaters can be used to create robes or make longer sweater coats.

How about creating an artsy fashion statement by using old jewelry pieces within the project? They can be used as closures, decorative accents, or to hold on a scarf.

Another idea of “up cycling” has to do with cleaning and prepping old shower curtains to make them into bags, raincoats, and craft room aprons.

How about using old tablecloths to create useful and functional items. It is important to clean them and get old grease stains and yellowing out before reusing them.

The point is to use what we have when you look at your closet, in the drawers or wherever. Don't look at it as older clothes but as fabric that you spent good money on. Use your imagination and have fun, and if it is clothing that does not fit you anymore, then make them for someone else.

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



The information on this page has been taken from the pages of *Islander Sewing Systems™ I, For Personal and Professional Sewing.*

This and so much more available at
www.islandersewing.com

MASTERING THE FLAT FELLED SEAM



With wrong sides together, offset the top layer of fabric slightly more than 1/4" to the bottom layer.



Open the layers out right side up and stand the seam up. Fold the seam over to cover the raw edge.



Fold the bottom layer over the top.



Topstitch the edge of the fold.



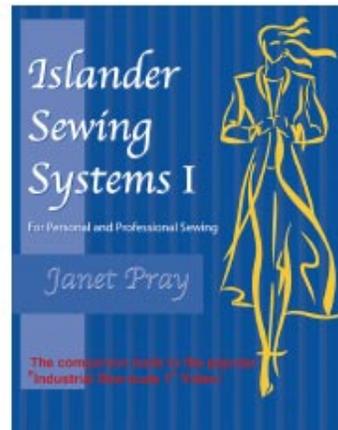
Topstitch exactly 1/4" from the fold.



The finished seam will have taken up exactly 5/8" seam allowance.



Stitching should be very close to the cut edge.



"Islander Sewing Systems I"
For Personal and Professional Sewing

This techniques and many others available in this book as well as DVDs at www.IslanderSewing.com

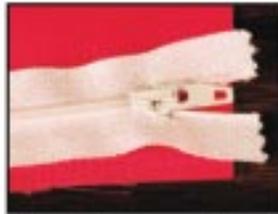


This and so much more available at www.islandersewing.com

MASTERING THE SLOT ZIPPER (method one)

The first method covers the basic slot zipper, with the opening centered over the zipper teeth.

Begin by marking the zipper's location. Lay the zipper down over the seam of the garment with the zipper pull turned up; align the zipper pull perfectly with the top raw edge of the garment.



Mark the location by making a small clip or chalk mark on the edge of the seam allowance at the bottom of the zipper stop. Set the zipper aside.

Using a 5/8 inch seam allowance stitch the seam from the marking to the bottom of the seam, backtacking as you start, leaving the zipper opening unstitched.



Press open the 5/8 inch seam allowance from top to bottom of the seam including the unstitched portion.



Attach the zipper foot. Lay the zipper, right side up with zipper pull flipped up toward the

top of the zipper tape. Lay the garment, directly over the zipper. Align the top raw edge of the skirt with the extended zipper tab.



Holding the two firmly together, open the zipper. Still holding the top edges together and using the opened zipper as your guide, lay

the seam-opening over the zipper so the zipper teeth and the folded edge of the skirt are exactly flush.

Start stitching from the right top approximately 3/16 inch from the folded edge of the seam.



Continue to sew, keeping the edges flush until approximately 1 to 1 1/4 inches from the bottom opening.

Leaving the needle down, close the zipper and continue stitching to just below the zipper stop, keeping the folded edge in the center of the zipper.

Again leave the needle down, lift the foot, turn the garment until the foot is perfectly squared at the bottom. Lay the other side of the seam opening right up against the finished side. Sew across the opening in a straight line, and stop the width that is equal to the first side. This is best accomplished by counting the number of stitches it takes to reach the center.



Leaving the needle down, lift the foot and turn again. Lower the foot, making sure you have cleared the zipper. Align the left side to the right side with folded edges butted against each other.



Stitch the same distance from the folded edge as on the right side. At a point 3 to 4 inches from the top, stop with the needle down and lift the presser foot. Unzip the zipper, lower the presser foot and continue stitching to the end of the edge.



"Islander Sewing Systems I"
For Personal and Professional Sewing

This techniques and many others available in this book as well as DVDs at www.IslanderSewing.com



T-SHIRT MEMORY QUILT

* The Ticche and Bea Memory Quilt Custom Edition is 60" x 60" and is bordered and backed in luscious minky fabric. If you've never felt this poly chenille treasure, trust us, you'll want to dive right in.

* The custom package includes a cutting template and directions, straight pins, a gift certificate for the sewing, a gift card for the recipient, and a mailing envelope to send it all back to us. The custom edition should be your choice if you do not have sewing experience. Our talented seamstresses will craft your new quilt with expert care.

Scrap Wrap Attack

Just learning to sew? Take those skills and make creative and innovative gift wrap. Start with two old pieces of clothing, an old tablecloth, or a scrap piece of fabric. Cut it to be 18" x 18". Place the two pieces right sides together and sew around the edges, leaving a 3 inch opening. Turn the fabric inside out and hand sew the opening closed. Use the fabric square as a gift wrap for small gifts, and secure the fabric with old hair ties, ribbon, old Christmas ornaments, etc.



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