



# Creative Living

with Sheryl Borden  
6300 Series



## Crafts - Section II

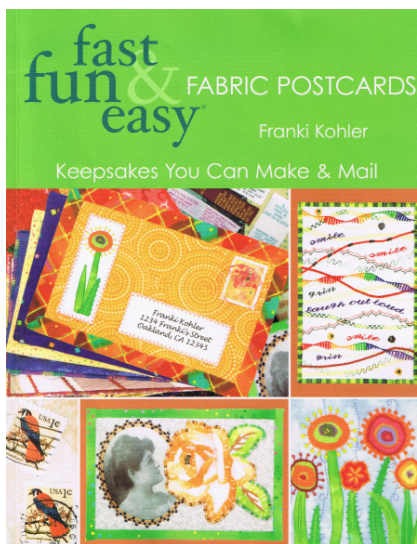
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**Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “On the Rebound” is in Section I on page 3, whereas “Techniques for Creating Fiber Postcards” is in Section II on page 10, and “Donna Salazar Designs” is in Section III on page 20.**





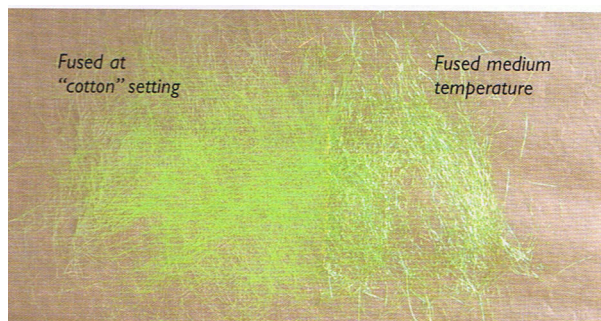
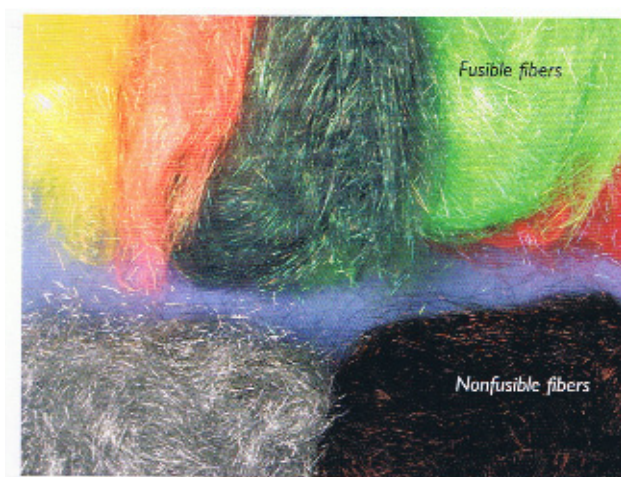
## Techniques for Creating Fiber Postcards

Just think of all the special occasions you celebrated with friends and family in the past year and imagine celebrating those events next year with keepsakes that you make and mail. Use your favorite techniques for creating with fabric or – better yet – learn new techniques, such as working with Angelina fibers. (For detailed instructions, see Franki's book - pictured at left.)

Angelina fibers are made of a co-polyester and acrylic core with a co-polyester outer layer. Fibers are about 4 inches long and have a velvet-soft hand. They are available in a rainbow of colors that are fusible at low temperatures and add an iridescent sparkle to everything they touch. They also come in a few metallic colors, which are not fusible but can be mixed sparingly with fusible fibers for extra punch. Once fused (complete instructions follow), Angelina sheets can be layered, stitched on, cut into shapes for use in fiber arts, or even painted. In short, they can be treated like a piece of fabric. After you have confidence with fusing the fibers, you'll be prepared to sandwich embellishments; fuse using a rubber stamp or wooden block; and fuse, cut, and fuse again to create a unique sheet of fabric.

### Fusing Angelina

1. Set the iron for silk, or medium heat.
2. Place a Teflon sheet or parchment paper on the ironing board. Sprinkle Angelina fibers to cover the area size desired.
3. Fold the Teflon sheet to completely cover fibers.
4. Apply iron to top of Teflon sheet, moving over entire area of fibers for 1-2 seconds. Caution: If the fibers are fused at too high a temperature or for too long, they will completely lose their sparkle and become a flat color.





5. Let fibers cool completely before peeling off the Teflon sheet.

### Assembling the postcard

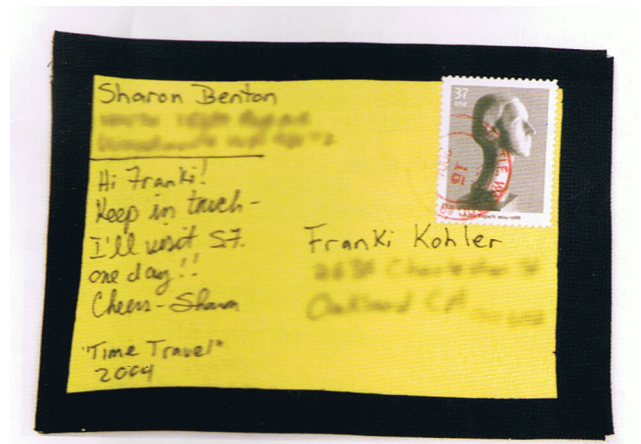
When you have completed the project instructions, you are ready to assemble the postcard.

Steps for assembling the postcard are determined by whether you handwrite or print your message and address. Use fabric that will coordinate with the design side of the postcard and will provide a high contrast between the fabric color and the writing or printing.

### Assembling the Postcard when Handwriting the Message and Address

The assembly is very easy when you are handwriting the back. In a nutshell, you will fuse the 3 layers together, trim to size, and write your message! Here are the detailed directions:

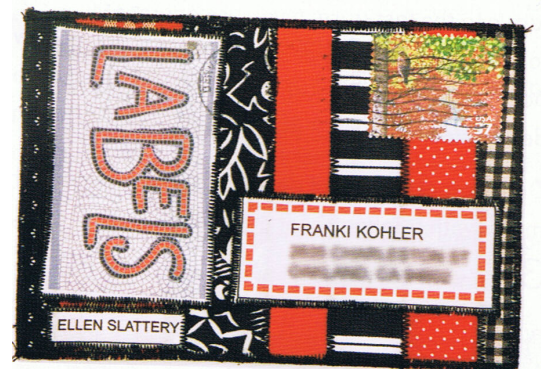
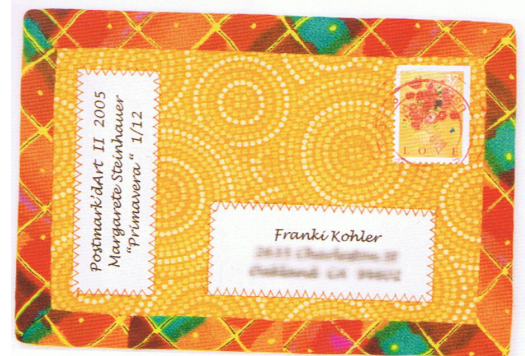
1. If you use fast2fuse for the filling, follow the manufacturer's instructions to fuse the wrong side of the address-side fabric to the fast2fuse. If you use another filling, follow the manufacturer's instructions to fuse paper-backed fusible web to the wrong side of the address-side fabric, and then fuse to the filling.
2. Following the manufacturer's instructions from Step 1, fuse the design side of the postcard to the opposite side of the filling. Don't forget to protect delicate fabrics or embellishments with a Teflon sheet or pressing cloth.
3. Use the viewfinder to determine the design area of the postcard. Mark the 4"x 6" area with a marker of your choice. Remember, your binding will cover 1/4" around the entire outside of the design. Make sure critical design elements are not within 1/4" of the edge.
4. Trim on the marked lines.
5. Use a permanent-ink pen to write the message and address.



Yellow fabric allows high contrast for handwritten address and message.

### Printing the Message and Address

Here are a few examples of effective ways to use your printer for the address side of the postcard.



## Assembling the Postcard with Printed Message and Address

So you don't inadvertently trim off your printed words, you need to trim the front and back of the postcard separately, following these directions:

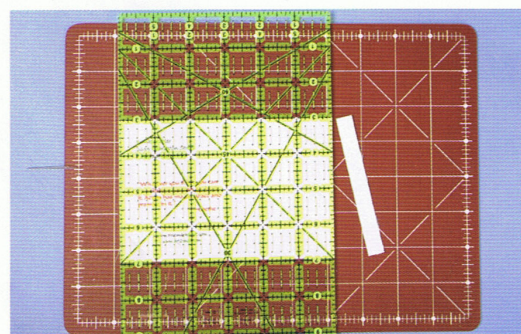
1. Use the viewfinder to select the design area of the postcard. Mark the 4" x 6" area with a marker of your choice. Remember, your binding will cover 1/4" around the outside of the design. Make sure critical design elements are not within 1/4" of the edge.



3. Trim on the marked lines.



4. Trim the printed address side to 4" x 6".



5. Remove the paper backing and fuse to the other side of the filling.

For all additional instructions, refer to the book.

2. If you use fast2fuse for the filling, follow the manufacturer's instructions to fuse the design-side fabric to the fast2f use. If you use another filling, follow the manufacturer's instructions to fuse paper-backed fusible web to the wrong side of the design-side fabric, and then fuse to the filling.

Don't forget to protect delicate fabrics or embellishments with a Teflon sheet or pressing cloth.

**COURTESY: Franki Kohler**  
**Author & Designer**  
[www.postmarkdart.com](http://www.postmarkdart.com)

## Making an Altered Family Photo Album

**Sha & Co.**

According to Shannon Bielke, a crafter and designer with Sha & Co., this is a very personal family photo album using altered-book techniques, which lend themselves to family history, ancestors and heritage. She demonstrated many techniques on a blank mini-book. She especially likes using the American Tag Eyelet setting machine, which she called "The Purple Monster." It can set nailheads, corners and countless eyelets.



**COURTESY: Shannon Bielke**  
**Sha & Co.**  
[www.shaandco.net](http://www.shaandco.net)





## Preemie Baby Doll & DIY Cloth Diapers

**Skill level:** confident beginner

### Materials:

- 1/2 yd. flesh-toned cotton fabric
- Poly-fil® polyester fiberfill
- Thread to match
- Scissors, straight pins
- Water soluble pen
- Hand-sewing needle, large-eye crewel needle
- #5 perle cotton thread – 3 colors – hair, eyes, dark flesh tone for nose and mouth (optional-freckles)
- Baby Boutique™ PUL “preemie” diaper cover
- Baby-doll pattern (See below - not to proportion)



### Directions:

1. Cut out two baby doll pattern pieces from pattern.
2. With right sides together, using a 1/4 " seam allowance, stitch around all sides. Leave an opening on one side for turning and stuffing. Clip all curves close to the stitched seam. Turn to the right side.
3. Using a water soluble marking pen, transfer all stitching marks for each joint to the unstuffed doll body.
4. Firmly stuff the arms to within 1/2" of the elbow joints. Machine stitch across the arm as marked. Continue to stuff the arms to the shoulder joint and stitch. Repeat for the two legs, stitching across the hip joint. Firmly stuff the head, neck and torso. Stitch the opening on the side of the torso closed using a threaded hand-sewing needle.
5. Transfer the face pattern to the front of the head using the water soluble pen. Embroider the face using #5 perle cotton thread as follows: Eyes – 2 strands. Make a French knot with three wraps around the needle. Nose and mouth – 1 strand using a stem stitch. Curl – 1 strand using a stem stitch. Straight hair – 2 strands using straight stitches. Freckles – 1 strand using a French knot with one wrap around the needle. Bury the knot in the stuffing.
6. Following manufacturer's directions, remove all traces of the water soluble pen markings. Let dry.
7. Dress your baby doll in its custom made Babyville Boutique™ PUL fabric diaper cover. Look for the free preemie pattern at [www.babyvilleboutique.com](http://www.babyvilleboutique.com).

### Embroider Directions:

All embroidery uses #5 perle cotton

Eyes – French Knot (3 wraps) with 2 strands

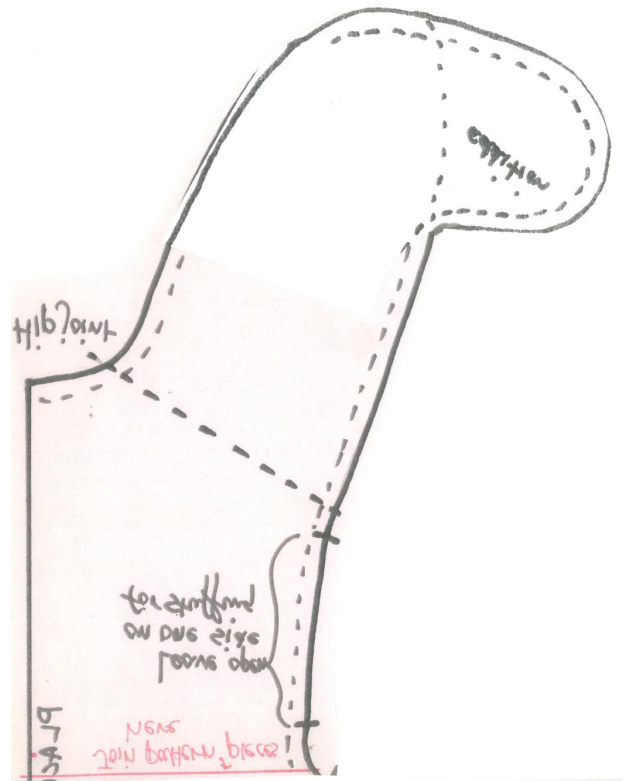
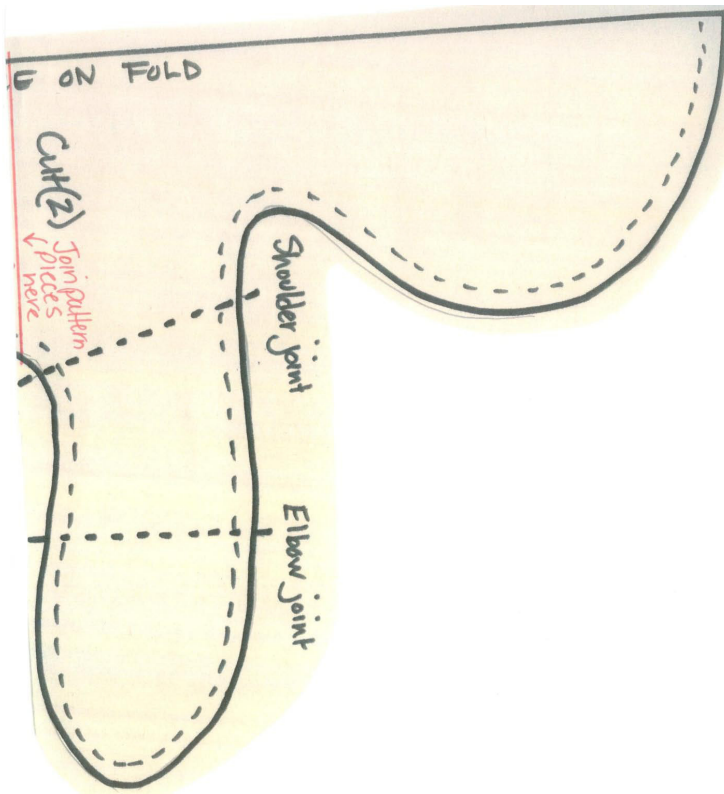
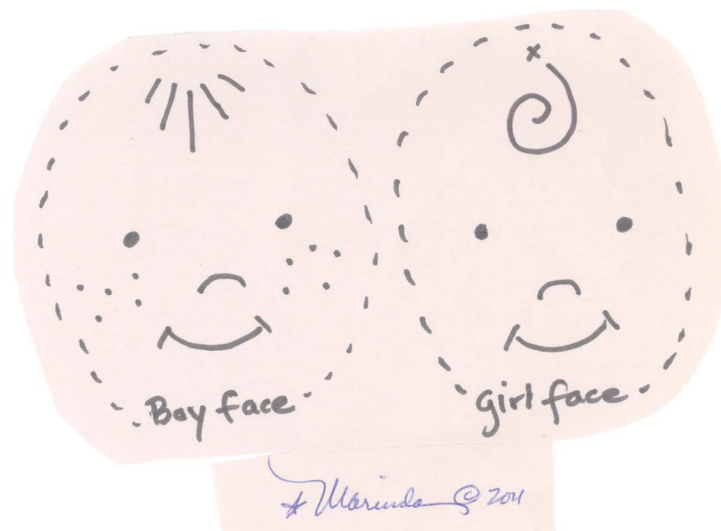
Nose & Mouth – Stem Stitch with 1 strand

Girl's curl – Stem Stitch with 1 strand

Boy's hair – Straight Stitch with 2 strands

Freckles – F French Knot (3 wraps) with 1 strands

X = placement for optional hair bow





# Handmade Gifts

## Simple Casserole Carrier

All seam allowances are  $\frac{1}{4}$ " inch unless otherwise stated.

1 yard pre-quilted fabric  
2/3 yard contrasting fabric  
Cotton thread to match  
Cotton batting for handles  
Wooden spoon for handle

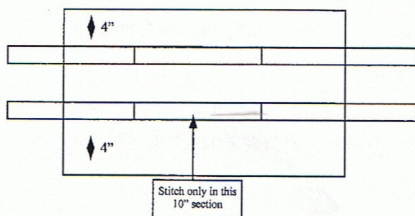
Cut 2 pieces of pre-quilted fabric 18 x 34-inch. Cut 6 strips of contrasting fabric  $2\frac{1}{4}$ -inch x Width of Fabric (WOF) for binding. Bind both rectangles on all four sides. If desired, hem pre-quilted fabric by turning under  $\frac{1}{4}$ -inch, then another  $\frac{1}{4}$ -inch; topstitch to hem.

### To make ties:

Cut 2-1 x 40-inch strips of batting. Cut 2 strips of contrasting fabric 3-inches x WOF for ties. Lay 1-inch strips of batting down the center of contrasting fabric strips. Fold one edge to inside, fold other edge under  $\frac{1}{4}$ -inch and fold on top of opposite edge. Pin and topstitch to create finished edge. Repeat for other strips.

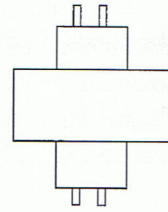
Topstitch  $\frac{1}{2}$ -inch from outside edge on both sides. Repeat with second strip. Each tie should have stitch lines running from end to end and trim 1-inch off ends. Zig Zag ends to prevent raveling.

**To attach ties.** Using one rectangle, pin ties 4-inches from long edge of one rectangle and stitch to rectangle only in the center 10-inches.

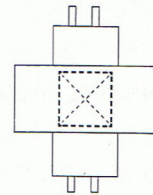


### To assemble carrier:

Lay both rectangles in a cross pattern and pin together putting the one with ties down first.



Draw a 6-inch square on top and diagonal lines from corner to corner both directions. Stitch through all layers.



Place pan in center and wrap rectangle without ties over top of pan. Wrap rectangle with ties next, tie wooden spoon to create handle.

If using spoon to carry, make sure your knots are secure. For added safety, always place one hand under carrier.





## Corn Cuddler

### For each cuddler:

$\frac{1}{2}$  yard fabric

$\frac{1}{2}$  yard of Warm and Natural "Warm Tater"

Note: All fabric, thread and batting must be 100% cotton to avoid catching on fire!

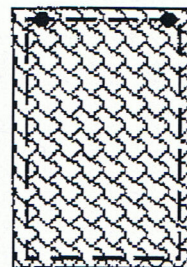
Cut two pieces fabric each measuring  $12\frac{1}{2} \times 14\frac{1}{2}$  inch. Cut two strips of fabric, each one  $2\frac{1}{2} \times 21$ -inch and trim off the selvages. From your batting fabric cut a piece  $12\frac{1}{2} \times 14\frac{1}{2}$ -inch

Place the fabric and batting together in the following order: corn fabric right side up, second piece of fabric right side down and lastly the batting on top. Make sure all of the edges line up evenly.

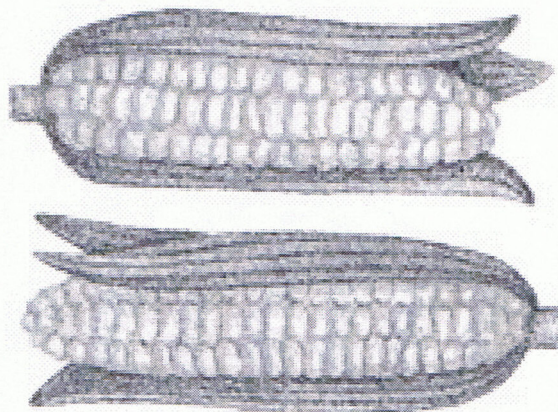
Sew around all edges of the layers using a  $\frac{1}{4}$ -inch seam, leaving a 2-inch opening on one side for turning. Reach inside the opening and pull the inside out. Smooth all of the edges and press. Whip stitch the opening closed. Topstitch a seam all around the four sides about  $\frac{3}{8}$ -inch away from edge to give it a finished look.

Take a  $2\frac{1}{2}$ -inch strip and press it in half lengthwise, wrong sides together. Open the strip, wrong side facing up. The ironed crease will be the center. Fold the top edge of the strip down to the center line, press. Fold the bottom edge of the strip up to the center, press. Fold the left side inward  $\frac{3}{8}$ -inch, press. Fold the right side inward  $\frac{3}{8}$ -inch, press. Bring the top edge down to meet the bottom edge, and press. Sew just inside the open edges around the 3 sides to close the tie strap. Follow this same procedure with the remaining strip.

Mark a spot on the top stitching 2-inches from the side of the cocoon. Make an identical mark on the opposite side. Find the center of each tie strap and sew them to the cocoon at these points.



Place a washed ear of corn on the inside edge of the cocoon. Roll up towards the end with the ties. Tie off each end, place in the microwave and microwave per the instructions of the microwave manufacturer. You can wash and dry your Corn Cuddler in your washer and dryer.





## Photo Frame Note Holders

*A very quick and inexpensive gift!*

### For each note holder:

Acrylic photo frame  
Scrapbook paper for background  
Sticky notepad or other notepad  
Pen or Pencil  
Embellishments

Decide on the size of acrylic frame you need. I used a 4 x 6-inch frame. Cut scrapbook paper to fit inside frame. Apply a sticky notepad or use double stick tape to apply other type of notepad. Use ribbon, raffia, rick-rack or other item to tie on pen. Apply any embellishments desired.



## Folded Fabric

### Coasters/Potholders

*Great for using up scraps and left over coordinating fabrics.*

### For each coaster:

Cut 6 5-inch squares  
Cut 1 4-inch batting (cotton is preferred)

Make a fabric sandwich (like in rag quilts) with 1 fabric square right side down. (This will be the back of the coaster.) Next layer batting in center of fabric square, place second fabric square on top right side up. Pin to secure and sew diagonally across sandwich to hold together, if desired you can sew an X across it.

Press 4 squares in half. These will make a 4 patch block on top of your coaster. Place pressed squares on sandwich with folded sides to the center to make the 4 patch block. Pin and sew around outer edges of block using  $\frac{1}{4}$ -inch seam allowance. Clip corners, turn right side out from the folded part of the center. Make sure corners meet well in the center of the clock. Top stitch outer edges to stabilize and give the finished look.

Potholders may be made using a 7 or 8-inch square.

**COURTESY: Connie Moyers  
Roosevelt Co. Extension Home  
Economist**



# fave crafts



## Making Pom Poms

There is a huge variety of specialty and trendy yarns in the latest home decor and fashion colors.

Pom poms are back! And you'll never believe just how easy it is to make amazing pom pom shapes, including the new heart pom poms using a cool template.

You can also use pom poms to embellish, make jewelry, and so much more. There is also a new flower loom available, and retro is hip and hot.



You can find all the products and projects at:

<http://www.FaveCrafts.com>

<http://www.FaveQuilts.com>

<http://www.CutRateCrafts.com>

<http://www.AllFreeCrochet.com>

<http://www.AllFreeKnitting2.com>

<http://www.AllFreeSewing.com>

## Cupcake Party

Cupcakes are a hot motif and lend themselves to a variety of crafts with a "delicious" theme. There are over 30+ cupcake themed projects in a special e-book that can be downloaded for FREE. Go to: [www.favecrafts.com](http://www.favecrafts.com). For additional ideas and projects, see the above listed websites.



## Cupcake Stickers

### Materials:

- Scraps of paper (glossy and glittery are best)
- Martha Stewart 2-part cup cake punch
- Xyron 1.5" Create-A-Sticker adhesive tool
- Small craft gems
- Fiskars Glue Dots (to adhere gems)

### Instructions:

1. Punch cupcake shapes with Martha Stewart cupcake punch where there are two pieces - the top of cupcake and the bottom of the cupcake.
2. Run both tops and bottoms through the Xyron 1/5" Create A Sticker. Rub the top of your strip of cupcakes gently to make sure all the adhesive adheres to the paper. Remove the top clear protective covering.
3. Take bottoms and place just under cupcake tops. Watch your spacing so you can cut each sticker off individually if you want.
4. Adhere small gems to very top and center of cupcake top.



## Cupcake Whimsy Bracelet



### Materials:

- Cupcake buttons from Happy Birthday Favorite Findings button set (Blumenthal Lansing)
- Wire cutters or shank removing tool

## Materials (continued)

- Coin bracelet jewelry finding
- Aleene's Jewelry Glue
- Assorted colors of bugle seeds

## Instructions:

1. Sort out cupcake buttons from mixture. Keep the other buttons for future projects. Remove the shank from the cupcake buttons with a wire cutter or shank removing tool. The shanks are plastic and should cut easily. With the shank removed the buttons will lay flat.
2. Lay coin bracelet in front of you. Note that the cupcake buttons are applied to every other coin blank. Adhere cupcakes to the flat metal coins.
3. Apply glue to the remaining open coin flats. Sprinkle bugle beads over the glue. Allow to dry.

## Birthday Card

### Materials:

- DecoArt products required
- Laurie Speltz's Instant Images
  - \* IIT01 - 3/4 in. Flat Brush
  - \* IIP06 - Celebration Pocket Template
  - \* IIT06 - 3/8 in. Duo Tool
  - \* IIT07 - 1/4 in. Duo Tool



### Helpful Hints

- Refer to template and tool packages for additional information on template and tool usage and techniques.
- Make fun cards or gift enclosures by adding special shapes to favorite colored papers. Personalize and adapt them to fit any color combination.

## Americana Acrylics

- \* DAO1 - Snow (Titanium) White
- \* DAO31 - Baby Pink
- \* DAO34 - Lavender
- \* DAO67 - Lamp (Ebony) Black
- \* DA163 - Honey Brown
- \* DA184 - French Vanilla
- \* DA255 - Bahama Blue
- \* DA274 - Carousel Pink
- \* DA276 - Razzle Berry

## Supplies:

- \* Scrapbook papers
- \* White cardstock
- \* Ribbon
- \* Chipboard shapes
- \* Small brad embellishments
- \* Permanent ink pen
- \* Adhesives
- \* Greeting card or cardstock

## Directions:

1. Cut cardstock to create card or use ready-made one. Adhere large square of scrapbook paper to front of card.
2. Pounce a little color around edge of white cardstock square to match scrapbook paper.
3. Base chipboard shape with Baby Pink and shade edge with Carousel Pink.
4. Cupcake top is based with Snow White and shaded with Baby Pink. Add dots with Razzle Berry and Bahama Blue.
5. Cupcake bottom is based with French Vanilla and shaded with Honey Brown. Lines are added with Honey Brown.
6. Add dots around circle with Snow White.
7. Lettering is based with Razzle Berry. Let dry.
8. Pounce bottom of letters again with Lavender.
9. Use permanent ink pen to add detail and doodles.
10. Add ribbons.
11. Assemble pieces of square. Put brads through squares on corners. Adhere combined shapes to card.

**COURTESY: Maria Nerius**  
**Crafter & Designer**  
[www.favecrafts.com](http://www.favecrafts.com)