Creative Living
with Sheryl Borden
6300 Series

Sewing & Fashion - Section I
# Table of Contents

## Sewing & Fashion

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitting Knits</td>
<td>I-3</td>
</tr>
<tr>
<td>Fitting Strapless Gowns</td>
<td>I-4</td>
</tr>
<tr>
<td>Creating Upside Down with Bobbin Work</td>
<td>I-6</td>
</tr>
<tr>
<td>The Quilted Lizard</td>
<td>I-7</td>
</tr>
<tr>
<td>Sewing with Stretch Knits</td>
<td>I-7</td>
</tr>
<tr>
<td>90-Minute Quilts</td>
<td>I-8</td>
</tr>
<tr>
<td>AnglePlay</td>
<td>I-9</td>
</tr>
<tr>
<td>Easy Pieces</td>
<td>I-9</td>
</tr>
<tr>
<td>Applique Squared</td>
<td>II-10</td>
</tr>
<tr>
<td>Creative Feet</td>
<td>II-13</td>
</tr>
<tr>
<td>Unlined Jacket Tips</td>
<td>II-14</td>
</tr>
<tr>
<td>Restyling Garments for a New Look</td>
<td>II-14</td>
</tr>
<tr>
<td>Fine Tuning Your Rotary Cutting Skills</td>
<td>II-15</td>
</tr>
<tr>
<td>Scraps to You!</td>
<td>II-16</td>
</tr>
<tr>
<td>Guests</td>
<td>II-18</td>
</tr>
</tbody>
</table>

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, “Fitting Knits” is in Section I on page 3, whereas “Applique Squared” is in Section II on page 10.
Check the Pattern Details

Pattern #65654

There are two major differences in fitting knits than woven blouses. One is that the knit does not have darts to create body curvature. Instead, the elasticity of the fabric will mold over the figure. The other difference is that the underarm/side seam is adjusted inward in order to take up any extra gapping in the armholes.

The following areas need to be included in the pattern.
- Side-seam balance
- Front to back balance
- Armhole balance
- Side seam/underarm shape/underarm

Blend the side seam at the underarm area toward the body 1/4 inch, blending back into the side seam within 2 inches.

Back armhole should be 1/2” longer than the front armhole

Place a pin at the underarm/side seam corner. Pivot pattern until center front and center back are parallel.

Pattern is balanced when side seams are the same shape and length and center front and center back are parallel.

COURTESY: Connie Crawford
Fashion Patterns by Coni
www.fashionpatterns.com
**Fitting Strapless Gowns**

To ensure a well-fitted bustline:
Readjust the princess seam by eliminating 1/8 inch above and below the bust cup. Blend in a new princess seam.

**NOTE:** If the bustline area pitches out, it will be necessary to remove more than the 1/8 inch amount, possibly 1/4 inch to 3/8 inch at the neckline area of the princess seam.

**Design Variation for Torso Length and/or Bra Design**

**For the torso-length design:**
The same contouring of the rib cage, side seam and upper bust area will need to be shaped as illustrated above.

**For the bra design:**
The cup area will need to be shaped as illustrated. Follow the stylelines of the bust cup, leaving a seam at the bustline level. The same contouring of the rib cage, side seam and upper bust area will need to be shaped as illustrated above.

**To ensure a secure underarm fit:**
Eliminate 1/2 inch at both the front and back side seam bustline area. Blend this new side down to the waistline.
Foundation Layer
In addition to fitting the strapless design, pay special attention to the sewing techniques. A bustier foundation is necessary to correctly add boning. Boning is added in the princess and side seams to help keep the bodice on the body and ensure the fit and wearability of the garment. The boned foundation is sewn between the outside design of the garment and a prepared lining.

Foundation Fabric
Cut a copy of the princess pattern out of the desired fabric. Strong, woven fabric, such as pocketing fabric, drill, poplin, or heavy satin. For a lightweight inter-construction, use another layer of the lining fabric. Pre-shrink these fabrics if they are 100% cotton.

1. Cut a copy of the princess pattern out of the desired fabric (listed above). Sew the foundation pieces together. This includes the princess seams and the side seams, leaving an opening at the center back seam. Press all seams open.

2. Pin strips of boning to each princess seam and side seam. The strips of boning should be placed on the wrong side of the garment, covering the seams.

**NOTE:** The boned end of each strip should be trimmed at each end (about 1/2 inch), and the excess fabric at each end should be turned over the boned edges.

3. Stitch the boning to the princess seams and side seams, using a zipper foot or cording foot.

Types of Boning
- Traditional Feather Boning is encased in fabric strips of flexible plastic, whalebone, or steel. The ends of each strip should be trimmed (approximately 1/2-inch) and the excess fabric at each end should be turned over the boning edges.

- Flexible Wire Boning requires a casing. If a casing needs to be made for this wire boning, use 1/2 inch wide twill tape. Using two lengths, stitch both sides to make a casing.

- Webbed Plastic Rigilene is made of nylon in various widths. May be placed on the seams (without a casing) and zigzag stitched onto the foundation garment.

Torso-length and/or Bra design
—Stitch the boning to the princess seams and side seams, using a zipper foot or cording foot. For additional waistline support: Place and stitch an inside belting at the waistline. This will secure the waist and give extra support within the garment.

—Cut the bra pattern pieces out of desired padding fabric. Contour the bra matching the existing foundation garment. Place the bra on the inside of the garment 3/4” from the top neckline shape and zig-zag stitch close to the edge of the bra.

**COURTESY:** Connie Crawford
Fashion Patterns by Coni
[www.fashionpatterns.com](http://www.fashionpatterns.com)
1. You will be sewing from the wrong side of the fabric, so you’ll need to mark the stitching lines on the WRONG side of your fabric. **HINT:** If your project is lined, think of using a print that has very definite patterns and use THOSE as your stitching guides.

2. Fill as many bobbins as you have available with your decorative thread. The thicker the thread the less you can get on a bobbin.

3. Load the bobbin into your bobbin case. If your decorative thread is larger than normal thread, bypass the tension. To do this, feed the thread through the wide opening in the bobbin case. Different model sewing machines vary but most are very similar. **NOTE:** For "drop in" bobbins (no separate bobbin case) let your thread feed straight up without going through the tension slot. You may have to adjust your needle tension to get an even feed.

4. Using a regular thread that matches (if you only want the decorative to show) in the needle, you will stitch from the wrong side. Your bobbin (decorative) thread will just follow along nicely wherever you stitch. If you run out of bobbin thread in the middle of a stitch, just pull up on the needle thread, this will bring the bobbin (decorative) thread to the wrong side where you can tie it off. Don’t backstitch if you want to keep a smooth line; tie off, put a fresh bobbin in, and start your needle in the same hole you left off at. You’ll need to pull the new start through, just like the end.

5. **HINT:** If the thread doesn't want to pull through, use a large eye needle to bring it through. Depending on the threads you are using, a simple straight or zig-zag stitch is usually the best and most consistent. Some of the newer machines have many decorative stitches. Use your test piece as a "sampler" for different stitches. Sew right down the center of the marked stitching line guide, whether you use a straight or decorative stitch. Start and stop wherever the marked stitching line does.

6. For really large threads and nubby yarns, couch them on the surface by machine.

**Needles to use:** Size 80/12 or 90/14

**Stabilizers to use:**
- Heat and Sta by Floriani
- Totally Stable by Sulky

These are to trace patterns on to when you are drawing a design you want to stitch over to make the Upside Down Stitching.

**Threads to use:**
- YLI
- Multi’s - Beautiful Variegated
- Pearl Crown Rayon
- Candlelight - Metallic
- Maderia
- Glamour - Metallic
- Superior Threads
- Razzle Dazzle - Metallic
- DMC
- Pearl Cotton - size 5 & 8

**COURTESY:** Cindy Losekamp
**Sew Artfully Yours**
www.sewingart.com
Rowdy Roosters (Barnyard Family) - #9 in the Circle of Friends Series

A kaleidoscope of fusible flora, fauna, and critters! Welcome each morning with this happy chorus of crowing roosters joined by hens, baby chicks, eggs and sunflowers. Simple straight-stitch applique is done at the quilting stage, which eliminates the need for a stabilizer. Easily adapted to your favorite method of machine or hand applique.

Finished size 25" W x 25" L - Cost: $9.00
To order any of Karen’s patterns, just go to her website.

Sewing With Stretch Knits

Knit fabrics are extremely comfortable, very easy to sew, and they travel really well! There are many different knit fabrics from “jersey knits to double knits” and “stretch knits to slinky knits.” Knits also come in a wide range of prints and colors. You can create a beautiful and versatile wardrobe that will take you from casual wear into the evening.

Stretch knits come in all fiber types, from cotton to nylon to polyester and acetate. The thing they have in common is some spandex content. The thing to think of when you’re planning a project with stretch knit is how much does it stretch? This will determine what kind and what size of pattern to use and how the garment will fit.

Stretch knits tend to stretch at least 50% both ways. When getting ready to sew on the knit fabric, first make stitch samples on actual fabric. If you are planning to apply elastic, make a sample of that also.
According to author and quilter, Meryl Ann Butler, she likes to make fast, easy projects for community service and grandbabies - but she really enjoys getting back to complex projects, such as capes and tabards and some of her 90-Minute Quilts. For complete instructions, and beautiful colored photos of her quilts, you can order her book from www.amazon.com.

Pictured below are just a few of the quilts included in her book. She has written a second book titled “More 90-Minute Quilts.”

Meryl suggests this tip for extra efficiency when pinning:

**For extra efficiency when pinning:**
Use different colored magnetic pincushions to separate your pins, so you don’t waste time and get poked digging out the right pins from a mixed up pile! Clover’s magnetic pincushions come in lime, hot pink and purple, and have a handy lid. Available where quilt supplies are sold including Sarah’s Thimble Quilt Shoppe.

For information and instructions on making **Quick ‘n Easy Bolster Pillows**, go to: http://www.fairfieldworld.com/pattern/102-fast-and-easy-decorator-pillow/desc

**COURTESY: Meryl Ann Butler**
**Author and Quilter**
www.90minutequilts.com
The long right triangle has appeared in many traditional quilt blocks, but it has been a challenge to piece, due to the excess seam allowance off the “sharp point.”

The AnglePlay templates will solve that dilemma, and make the long triangle accessible to people who love patchwork blocks and pieced quits.

The “new angles” that AnglePlay makes so fast to cut and so easy to piece are going to “blow the lid off” traditional piecing. The new angles make undulating and even circular lines emerge in the pieced quilt, and they are all straight line piecing, with perfect piecing results every time!

Just one “new view” of patchwork blocks AnglePlay affords is “reinterpreting” traditional blocks: the same blocks quilters have known and loved for years are going to take on a breathtaking new look with AnglePlay.

Order your copy of Margaret’s new book now - be one of the first to work with the next classic shape in patchwork - the half-rectangle triangle!!

* 84 blocks, step by step how-to photos, great triangle-piecing tips
* Work with ready-made AnglePlay™ templates, or make them from the book
* Get show-stopping results, adding a lyrical dimension to traditional patchwork with these new angles
* Create flowing, curving designs, all with straight-line piecing
* Develop your own variations - Margaret shows you how

AnglePlay Blocks™ is now available directly from MillerQuilts.com - order your copy today!

For quilters who want to sew, sew, sew simple shapes, use a wider range of color and value, and have hundreds of quilt design possibilities, Easy Pieces is for you?

There are only two shapes involved: triangles and wedge shapes. Everything is “free-cut,” using only ordinary cutting equipment (no special templates needed.) You can even be a less than perfect technician in your sewing because the LAST step is cutting a square from your sewn and pressed shapes.

But the design possibilities from this simple block are limitless. The challenge of EasyPieces is to “quit playing with the blocks on the design wall,” and SEW THEM INTO A QUILT! You will learn so much about value and color playing with this block - almost in spite of yourself.

Learn how a simple rotary-cut block can be a springboard for endless quiltmaking possibilities! You will make these blocks very quickly, and learn a lot about value and color along the way.

Easy Pieces is a great technique for charity quilts, fast gift quilts, large quilts…and it’s now available again after a brief period of being out of print.

Easy Quilts is now available directly from MillerQuilts.com - order your copy today!

COURTESY: Margaret Miller
Miller Quilts, Inc.
www.millerquilts.com