

# Creative Living

with Sheryl Borden  
6500 Series



## Sewing & Fashion - Section I



# Table of Contents

## Sewing & Fashion

Ohio Star Using Paint, Fuse & Cut Technique.....	I-3
Star Border Pillow.....	I-5
Tiled Pillow .....	I-7
Scrap Fleece Quilts Without the Bulk.....	I-8
Fitting Knits.....	I-9
Sewing Easy Swimsuits.....	I-10
Creative Feet.....	I-11
Making a Felted Bracelet.....	II-13
Time Saving Tips & Techniques .....	II-14
Waves Upon the Shore .....	II-15
A Happy Village .....	II-17
Skinny Style.....	II-18
Tips & Techniques for Hemstitching with a Wing Needle.....	II-19
Insertion Lace Machine Embroidery.....	II-21
Guests .....	II-25

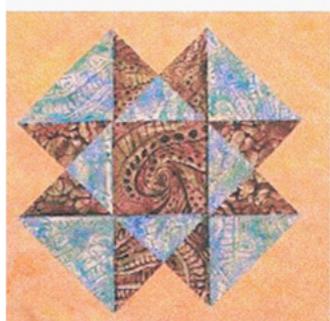
**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Ohio Star Using Paint, Fuse & Cut Technique” is in Section I on page 3, whereas “Making a Felted Bracelet” is in Section II on page 13.**

## Ohio Star Using Paint, Fuse and Cut Technique

Stamps are a great source of texture for paintstik rubbings. Here's my "paint, cut and fuse" technique used to make a simple Ohio star block.

### Getting started:

You will need a selection of solid (or batik) dark, light value fabrics, iridescent paintstiks, Steam-a-Seam2 Lite fusible web, ruler and marking pencil/pen.



**Cut out the squares.** Two large triangles are made by cutting a square apart on the diagonal, using a rotary cutter.

Small triangles are made by cutting a large triangle in half.



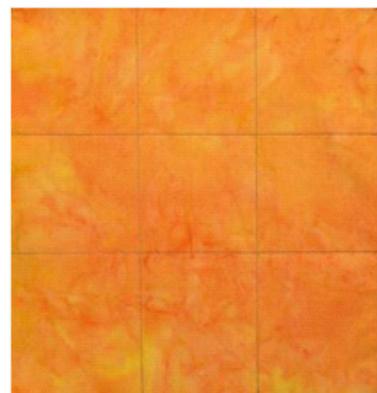
### Prepare squares and triangles:

Place fabric on the top of stamps, and use the paintstik rubbing technique. For this star, you will need 3 squares on dark fabric, and 3 squares on light/ bright background. *Note: I always paint extra squares to allow for Murphy's Law and to build a collection of various colors for future design.*



### Mark Orientation Lines:

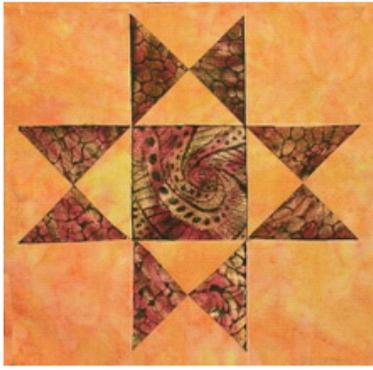
The finished star is 7.5" square. Select a base fabric which contrasts with the triangles, and mark a grid with nine 2.5" squares, using marking chalk/pencil.



**Fuse Steam-a-Seam 2 Light** to the back of the painted fabric (do not remove paper from back until ready to use the shape).



Step 1



Step 2



Step 3



Step 4



The final step is fusing the shapes to the base fabric.

**Creative Options:**

Now that you know the basics, you can use layer shapes on top of one another to achieve lots of interesting effects that would be very difficult to achieve with piecing.

“Playing in the Grid 1” uses the same technique and shapes, but introduces layering to achieve a more abstract design.



Here’s a work in progress of “Playing in the Grid 2”



**COURTESY: Laura Murray**  
**Laura Murray Designs**  
[www.lauramurraydesigns.com](http://www.lauramurraydesigns.com)



Star Border Pillow by Marsha Moore

Fairfield [www.fairfieldworld.com](http://www.fairfieldworld.com)  
(800) 980-8000



Blocks of the month are very popular with quilters, often providing opportunities to use new techniques with each block in the series. This allows the quilter the freedom to try new methods without committing to a large size quilt. Sometimes it takes several attempts to make those blocks turn out correctly, leaving you with a pile of practice blocks and nothing to use them for...until now! Here we show pillows and a table runner made with blocks from our 2012 Block of the Month quilt series. We've provided basic instructions for the Star Border pillow shown at the left. Patterns for the table runner and flanged pillow can be found at [www.fairfieldworld.com](http://www.fairfieldworld.com).

### Supplies Needed:

- Three 4" completed quilt blocks
- American Spirit Batting™
- Superior Blend – 23" x 14" piece
- 22" x 12" Poly-fil® Soft Touch® Pillow Insert
- 1/4 yard fabric for rectangles
- 1/8 yard fabric for accent strips
- 5/8 yard fabric for upper border and back
- 3/8 yard fabric for lower border and back
- 3/8 yard fabric for backing
- 1/2 yard fabric for binding
- Thread to match fabrics

### Basic Instructions:

For this rectangular 22" x 12" pillow we choose a horizontal row. Any 4" block will work - we've chosen the Friendship Star square from the 2012 Block of the Month series. (Consult the 2012 BOM pattern for block piecing instructions.)

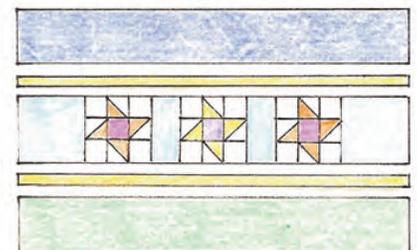
If you wish to make a smaller or larger pillow you will need to use less star blocks or place them closer together or further apart. Plan your resized design on paper first making your pillow front 1/2" smaller than the pillow insert. Then cut the rectangles, strips, upper and lower pieces

For a 22" x 12" rectangular pillow, cut two 2 1/4" x 4 1/2" rectangles and two 3 3/4" x 4 1/2" rectangles from a coordinating print fabric. Arrange the narrow rectangles between the star blocks and place the wider rectangles on the outer ends. Stitch all seams right side together using 1/4" seam allowance. Stitch the blocks and rect-



Cut two 1 1/8" by 22 1/2" strips to add a narrow accent border to the top and the bottom of the patchwork row. Cut two 4 1/2" x 22 1/2" top and bottom pieces. They can be both cut from the same fabric or cut from two different prints as the one pictures.

Stitch the accent strips to the top and bottom of the patchwork row. Then stitch the top and bottom pieces



to the remaining edges of the accent strips.

Cut a piece of fabric for the backing about 1/2" to 1" larger than the pillow top. Cut a piece of batting the same size as the backing.

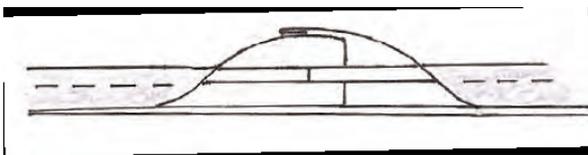
Place the backing wrong side up on your work surface with the batting on top of it. Then center the pillow top on the batting. Baste or pin the layers together using your favorite method. Plan your design for quilting. You can use "stitch in the ditch" along the seam lines, straight quilting 1/4" from the seams and decorative quilting. Trim the batting and backing even with the edge of the pillow.

Fabric covered cording adds another design detail to finish the edge of the pillow. You will need a 2 yard length of cording to go around your pillow. Then cut bias strips wide enough to wrap around the cording plus 1" for seam allowances. Stitch the bias strips together on the straight grain using a 1/4" seam allowance. Press seams open. Fold bias strip in half lengthwise right side out and insert cording inside along fold. Baste along the edge of the cording using a zipper foot.

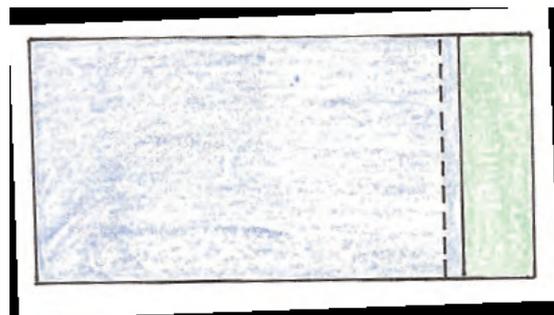


Pin the cording to the pillow top around the outer edge matching raw edges. Clip the cording at corners to turn the cording. Beginning 2" from the beginning of the cording, stitch just inside the basting stitches of the cording 1/2" from raw edges ending stitching about 2" from beginning. Pull out some basting stitches at the end of the cording.

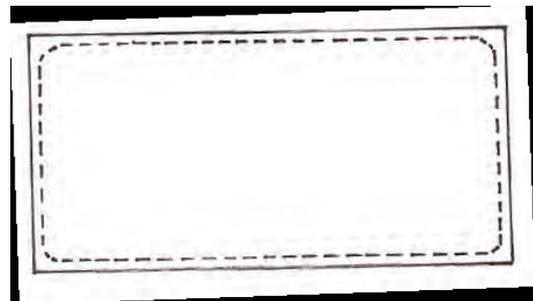
Trim cording so the edges just meet. Turn under the end of the fabric on cording and slip it under the beginning of cording. Stitch along seam line to hold joined ends in place.



Cut one pillow back piece 21 1/2" x 12 1/2" and one 8" x 12 1/2". If you cut the top and bottom pieces from different fabrics you may also want to cut the backs that way as well. Turn under 1" twice on one 12 1/2" edge of each piece and stitch along the inner edge of the hem. Overlap the hemmed edge of the larger back over the hemmed edge of the smaller back so the back is 12 1/2" x 22 1/2". Baste along the top and bottom 1/2" from the edges.



Right sides together, stitch pillow front to back using a 1/2" seam allowance and leaving an opening on one edge. Turn pillow right side out and place insert in pillow. Turn seam allowance to inside and slipstitch edges of the opening closed.



**COURTESY: Judy Novella  
Fairfield Processing Corp.**  
[www.fairfieldworld.com](http://www.fairfieldworld.com)



## Tiled Pillow by Judy Novella

**Fairfield** www.fairfieldworld.com  
(800) 980-8000

Skill Level: Beginner

### Materials:

- 1/2 yard copper batik (back, front and back side of tiles)
- 9 fat quarters or scraps – mixed batiks (for tiles)
- Fusi-Boo™ fusible batting
- 12" x 16" Home Elegance™ Pillow insert
- Note: This project requires a non-stick ironing surface

### Cutting Instructions:

- From copper batik:
  - (2) 10 1/2" x 12 1/2" (pillow backs)
  - (1) 7 1/2" x 16 1/2" (front)
  - (3) 5 1/2" x 18" (tile backs)
- From mixed batiks: (31) 3" x 5 1/2" strips
- From Fusi-Boo™ batting: (3) 5 1/2" x 18" strips

### Instructions:

Stitch seams using a 1/4" seam allowance unless otherwise noted.

1. Sew seven 3" x 5 1/2" strips together along the 5 1/2" edges to form a 5 1/2" x 18" panel for front.

2. Sew eight 3" x 5 1/2" strips together along the 5 1/2" edges to form a 5 1/2" x 20 1/2" panel. Repeat 2 times. With right sides facing sew the 7 1/2" x 16 1/2" copper batik to 5 1/2" x 16 1/2". Press seam to copper side. (Front base)



3. On a non-stick ironing surface, layer Fusi-Boo batting on bottom and one 5 1/2" x 18" copper batik (right side up). Fuse per manufacturer's instructions. Repeat with remaining Fusi-Boo and copper batiks.

4. Layer a 5 1/2" x 18" pieced panel right side down on the copper batik fused to the batting. Stitch along the 18" edge.



5. Layer a 5 12" x 18" strip pieced panel rightside down on the copper batik fused to the batting. Stitch along the 18" edge.

6. Stitch the 5 1/2" edges together.

7. Stitch channels along the 5 1/2" width to form tiles of varied widths. These will be cut apart to form tiles so leave a 1/2" gap between channels.

8. Cut tiles apart.

9. Turn tiles right side out and iron to set the Fusi-Boo batting.



10. Working from the bottom up arrange tiles on the front base as shown, staggering the bottom edges of the tiles. Stitch tiles to the base and trim away extra tile above the seam.



11. Continue layering and stitching the tiles in rows until the front panel is covered. Trim away any excess tiles from front panel edges.



2. For two back sections, fold a 1/4" flap on the 12 1/2" to the wrong side; press. Fold over again. Stitch along the inside edge of the fold to secure.

13. Lay pillow form right side up on a flat surface. With right sides down, place each back panel on top

of the front with hemmed edges overlapping toward the center. Pin all around the pillow edges to secure. Sew using a generous 1/4" seam using a walking foot.



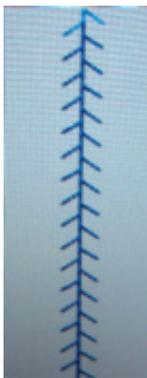
14. Turn pillow right side out and insert the 12"x16" Home Elegance pillow insert through the back opening.

**COURTESY: Judy Novella  
Fairfield Processing Corp.  
[www.fairfieldworld.com](http://www.fairfieldworld.com)**

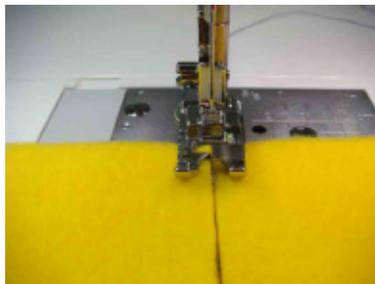
## SCRAP FLEECE QUILTS WITHOUT THE BULK

Use the size of your scraps to determine the size of your quilt blocks.

Use an Edge Stitch or an Edge-Joining Presser foot and a good quality thread.



Select a stitch on your sewing machine such as a 3 step zig-zag or a feather stitch. Adjust the length and width as necessary.



Butt the cut edges of the fleece to either side of the guide on the foot. This technique reduces the bulk you normally get with a traditional seam on fleece.



To save time, chain piece.



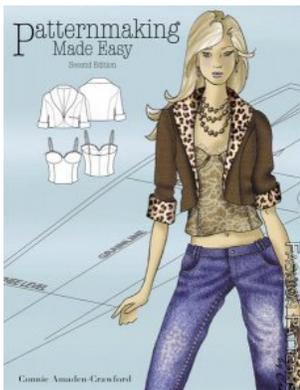
Don't cut the threads between sections. Since the pieces are difficult to pin, this will help hold the sections together.



Leave the edges raw or use scraps for borders or serge.



**COURTESY: Nancy Lovett  
Designer & Seamstress &  
Sewing Instructor**



# FASHION PATTERNS *by Coni*

## Fitting Knits

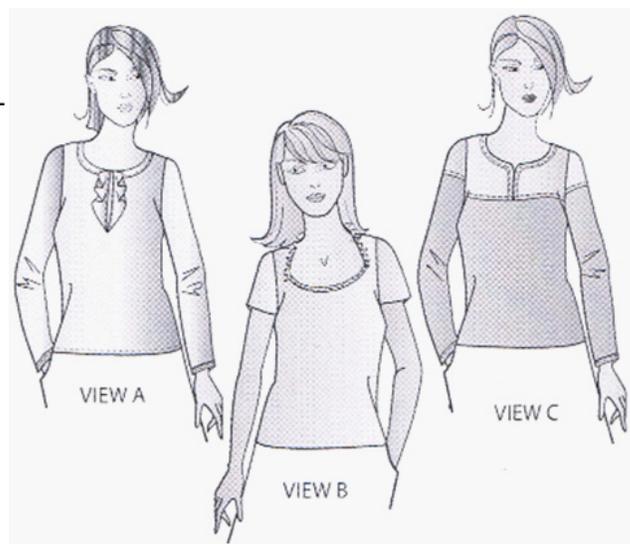
### Check the Pattern Details

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/armhole



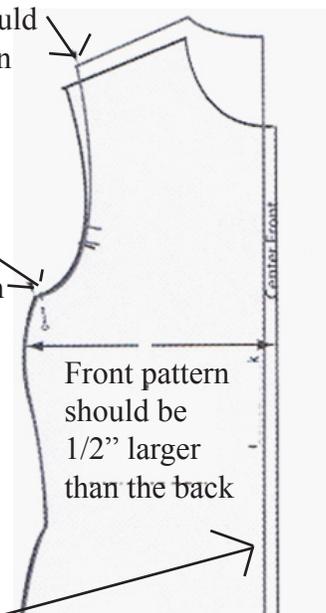
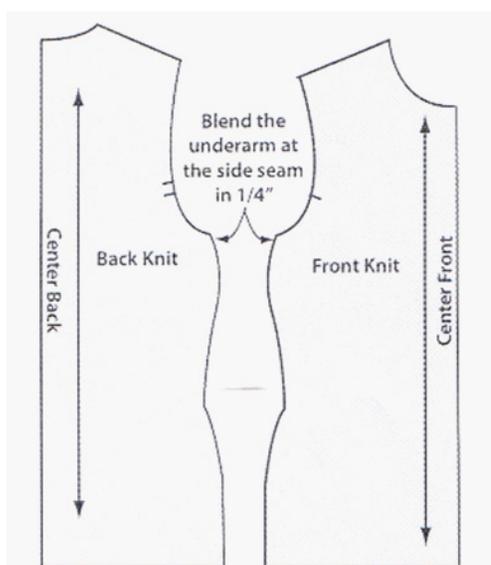
Blend the side seam at the underarm area toward the body 1/4 inch, blending back into the side seam within 2 inches.

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.

Front pattern should be 1/2" larger than the back



**COURTESY: Connie Crawford**  
**Fashion Patterns by Coni**  
[www.fashionpatterns.com](http://www.fashionpatterns.com)

# Sewing Easy Swimsuits

## Project: Basic Tank Style Swimsuit 101S

Always consult the pattern first. There are usually multiple size ranges. Choose the one that is closest to your measurements. Make necessary adjustments.

Sample	Action
1. Pattern	Draw a line from one size to the other, around the top, and to the other side, on front & back pattern

Let's assume your torso measurement is shorter than in the pattern. Use the midpoint between small and medium as the new pattern torso length. If you want to subtract 2" equally on top and bottom in total, you would divide that by 4 (1/2") and subtract that from the pattern length; at both the bust and hip.

Sample	Action
2. Pattern as above with markings	Draw a line 1/2" from and parallel to "shorten here" line at bust and at hip.
3. Pattern as above with markings	Fold the pattern up to match lines and blend the outline with a pen

It will also indicate how much stretch your fabric should have. In this case, we need 50% stretch both ways. Grab a 4" width of fabric, and if it stretches to 5", it has 25% stretch, 6" is 50%, 7" is 75%, and 8" is 100%. Be sure to measure both directions. If you are going to use lining, be sure that it stretches at least as much as the fabric.

There are several types of elastics which can be used for swimwear: clear rubber, white or black rubber, or cotton covered elastic of different widths. We will use 3/8" cotton covered elastic. After you've made pattern changes, use the same elastic lengths as sizes on the pattern. The pattern will have complete instructions as to what stitches to use to sew the swimsuit, like serged, double zigzag seam, or sewing machine overlock. Use polyester thread in the machine needle and textured nylon thread in the bobbin and lower loopers of the serger. A stretch or universal size 12 needle is perfect for the sewing machine and serger.

Sample	Action
4. Swimsuit back pieces	Sew back seam
5. Front piece and lining piece	Sew gathering stitches at bust
6. Front & back & lining pieces layered	Baste side & crotch seams

Sample	Action
7. As above with basting	Sew side & crotch seams
8. Swimsuit turned right side out & pinned to lining at neck, arm & leg openings	Baste lining to fabric
9. As above with basting	Sew shoulder seams
10. Neck & armhole elastic loops pieces pinned in loops	Zigzagged
11. Swimsuit armhole quarter marked & elastic loop quarter marked & pinned to arm hole	Sew elastic into armhole
12. Swimsuit as above & leg elastic sewn in loop	Sew elastic into leg opening at 1:1 ratio at front, & stretch to fit at back
13. Swimsuit as above with elastic sewn in	Turn & topstitch the leg opening with double needle

COURTESY: Laura Keith  
 Laura Keith Apparel Design  
[www.laurakeithdesigns.com](http://www.laurakeithdesigns.com)



Clare Rowley's Creative Feet sewing machine feet are generic, packaged to fit all sewing machines that have a zigzag stitch, even industrial sewing machines. Satinedge, Pearls 'N Piping & Sequins 'N Ribbon have been selling world-wide for over 23 years!

### Creative Feet Sewing Machine Presser Feet

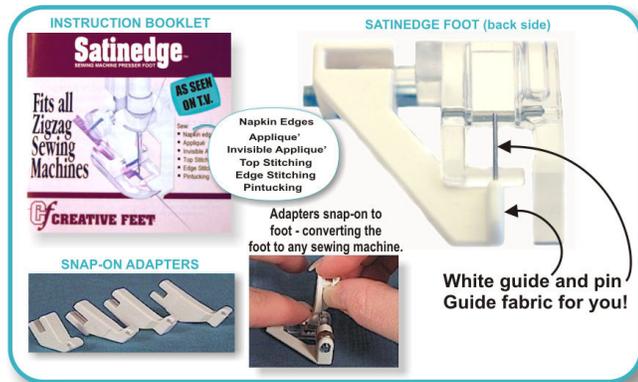
Creative Feet fit all sewing machines that have a zigzag stitch and even though there are only 3 Creative Feet, they are able to do over 88 different Techniques!

### Satinedge Foot

The Satinedge sewing machine presser foot was originally designed in 1986 for a blind customer that wanted to make her own napkins using a satin stitch edge. The Satinedge sewing foot has an adjustable guide that you can see in the photos pictured on the next page. One foot fits ALL! Just imagine, a foot that actually guides the fabric for you!

This foot does over 27 unique techniques using just a straight or zig zag stitch!

## Satinedge Foot



## Sequins 'N Ribbon Foot

The Sequins 'N Ribbon sewing machine presser foot was invented for a fashion designer allowing her to sew down sequins without damaging the needle or sequins. It changed the entire sewing industry when it suddenly made it so all zig zag sewing machines could now sew down pre-strung sequins! The Sequins 'N Ribbon sewing machine presser foot also guides sewing trims and notions like ribbons, ric rac and braided trims to any home decorating sewing project or wearable art project in seconds! Sewing elastic with the Sequins 'N Ribbon sewing machine presser foot is so simple even a 4 year old can sew it down with ease! The Sequins 'N Ribbon foot is featured with a specially engineered base that hold elastic down so tightly you will never-ever need to pull the elastic from behind the presser foot as you sew it down!

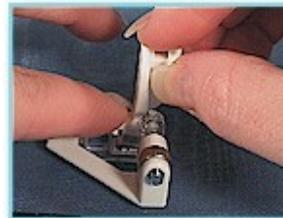
## Sequins 'N Ribbon Foot



## ATTACHING THE CREATIVE FEET TO YOUR MACHINE

If your machine has snap on feet:

1. Try to snap our foot onto your machine.
2. If it doesn't snap on to your machine's snap on adapter, you will remove your machine's adapter and place our adapter on the machine in its place.
3. If your machine is a Bernina machine go to this page of our site to learn more about your machine's options.
4. If your machine has feet that screw on, you will select from one of our adapters (the one closest in length) and snap it on to our foot, then screw it on just as you currently do.
5. If you have an industrial sewing machine, you will most likely use our HIGH (B) shank. Your machine must have the screw to attach the foot on to the machine on the left hand side.
6. We can modify by special order only our feet with your supplied shank for some Industrial sewing machines.



Known as the COUCHING FOOT however, our Pearls N Piping foot also couches cording - be sure to check it out too!

**COURTESY: Clare Rowley  
Creative Feet**  
[www.creativefeet.com](http://www.creativefeet.com)