



# Creative Living

with Sheryl Borden

6600 Series  
Sewing & Fashion



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## PAINTED QUILT BLOCKS

Paint your blocks instead of piecing! Use Shiva Paintstiks, stamps and fusible web to take traditional quilt block designs to a new level, while learning the breakthrough “Stackers” technique.



### Fabric preparation and care

#### Select and Prepare Fabrics

Select solid or subtle batiks in any color you wish, but be sure to have a balance of values. For commercial fabrics that will be laundered at a future date, prewash to minimize shrinkage. Use regular laundry detergent without bleach or softener additives. Do not use dryer sheets. Press the fabric to remove wrinkles.

#### Heat Setting

Paintstik applications are dry to the touch within a day or two, and ready to use in your projects. The passage of time (about 2 months) will naturally heat set the painted fabric. The paint will not flake off, and no fixatives are required. Once heat set, the fabric can be laundered, using cool water and gentle wash cycle.

If you need to speed up the heat setting process because the project may need laundering within the 2 month timeframe required for natural heat setting, follow these steps:

1. Allow paint to dry thoroughly for 3-5 days, or heat setting will NOT be effective.

2. Toss in a hot clothes dryer for 30 minutes (AFTER the paint has thoroughly dried). Or, place the painted side up, cover with paper towel or parchment paper and press (not iron) with hot, dry iron for 10-15 seconds.

**Caution:** Do not decorate items with paintstiks that must be dry cleaned because dry cleaning solvents may cause the colors to run.

#### Prepare work surface

Wear old clothes or a smock and cover your work surface with plastic. Small pieces of paint will transfer to your work surface, your clothes, and your hands. The paint is easily removed from your hands with disposable wipes, or soap and water.

#### Paintstik Primer

*Iridescent paintstiks produce a beautiful sheen on fabric. Successful rubbings require a variety of motions all happening at once. With just a little practice, this will soon happen automatically.*

#### Prepare Paintstiks

Remove the protective film from the end of the paintstik. The film reforms within 24 hours, thus extending shelf life for many years. To remove the film, hold the paintstik tightly with a paper towel, and then twist the paintstik to loosen the film. (See figure A) Repeat this step whenever you see small pieces of film dropping on your fabric.



#### Spray top of stamp

Spray top of stamp with a light coating of temporary spray adhesive, to create a tacky surface that prevents the fabric from shifting as you rub. (See figure B on next page.) Follow the cautionary information



B. Spray stamp.

on the spray can label for good ventilation.

**Note:** Do not cut stamps apart.

One application is generally adequate per rubbing session; repeat as necessary.

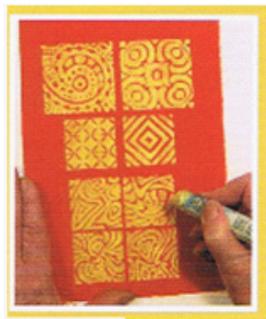
### Paint the fabric

Place the stamp on protected work surface and place fabric over the stamp design. (See figure C)

Use your non-painting hand as an anchor near the edge of the stamp to hold the fabric and prevent slippage. Rub in one direction only, moving away from your body (not side-to-side) in short strokes about 1/2" long. Apply color multiple times to achieve solid, even coverage. (See figure D - left)



C. Place fabric over stamp



Before moving the fabric, check to make sure paint covers the entire design.

Before moving the fabric, check to make sure paint covers the entire design.

### Tips for Successful Rubbings

- Do not rub back and forth because it causes the fabric to slip, and images to blur.
- Rub with quick, short (1/2") quick strokes (slower is more difficult).
- Apply the right level of pressure to achieve even, solid coverage of paint. The amount of pressure required for smooth flowing varies by color, due to the pigments, and is perfectly normal for paintstiks.
- Avoid placing your hands on fresh paint; it removes paint from the fabric.
- Avoid running off the edges of the stamp designs because the squares will be trimmed leaving a thin border of solid color around all sides.

**TIP: Remove unwanted paint by pressing masking tape into fresh paint, and pulling upward.**

### Color Strategies

Select from several painting approaches:

- Single color (See figure E)
- Blended effects are created by applying a second color randomly over the first color. (See figure F)



E. Single color (light gold)



F. Blended colors (green over light gold)

- For high contrast color combinations, apply small blobs of color randomly across the design, leaving open, unpainted spaces. (See figure G) Then, apply a second color in the unpainted spaces.

Continue until background fabric is completely covered with an even layer of paint. (See figure H)



G. Apply first color (light gold).



H. Apply second color (green) in the unpainted spaces.

**TIP: Remember the fun you had as a child with a box of crayons? Play with your paintstiks and discover your own favorite color combinations.**

**Paint, fuse and cut**  
**Select fabrics and make rubbings**

Choose at least three fabrics with a balance of light, medium and dark values. Cut fabric into strips about 2" wider than your stamp. Rubbings are easier to manage, and less fabric is wasted. Paint a variety of fabrics to ensure a good selection for future use.

Select paintstik colors for each of the fabrics, and complete rubbings. Look for combinations that provide clear contrast. (see figure A)



A. Painted fabric

## Let paint dry

If possible, allow the paint to dry at least 24 hours before handling. If you are in a hurry, it's okay to move on to the next step of applying fusible web, if you don't mind the potential loss of a tiny amount of paint.

## Apply fusible web

- Apply sticky side of the fusible web to the **WRONG** side of the painted fabric.

- Cover entire surface of the fabric and exposed web with parchment paper or applique pressing sheet.

- Press with hot, dry iron. Then, flip the fabric over, and press again from the wrong side. **Do not remove paper backing.** (See figure B)

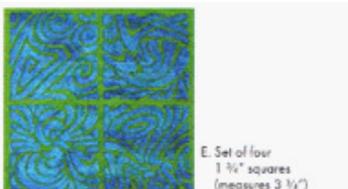


B. Apply fusible web

## Cut out the shapes

The shapes required are:

- Set of four 1 3/4" blocks (figure E)
- 2 1/2" square (figure F)
- 1 3/4" square (figure G)



E. Set of four 1 3/4" squares (measures 3 1/4")



F. One 2 1/2" square



G. One 1 3/4" square

Cut around the shapes using a rotary cutter or scissors, leaving a border of solid color around all sides (approximately 1/16"). The border provides color separation when the shapes are layered. (figure H)

## Build your stash

Like Legos the more, the merrier! It takes just a few seconds to audition various shapes for the most pleasing combinations. The Stacker process is

facilitated by having on hand an assortment of each shape with a balance of values, colors and patterns.

H. Cut around the shapes, leaving thin border of color around all sides.



## Make Basic Blocks

Basic blocks are three painted and layered squares fused together in a single 3 3/4" block.

### Assemble the block

- Start with the bottom layer, which is a set of four painted 1 3/4" squares. Do not remove release paper. (See figure A)



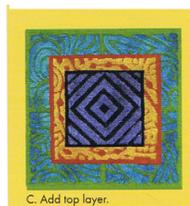
A. Select bottom layer.

- Select a 2 1/2" square that strongly contrasts with bottom layer. Remove paper backing and center it on top. (See figure B)



B. Add middle layer.

- Select a 1 3/4" contrasting square, remove paper backing and center it on top of the middle square. Use a quilt ruler to ensure the layers are evenly spaced. (See figure C)



C. Add top layer.

- The bottom and top layers can be the same value and color, but middle layer must show clear contrast with adjacent layers.

- Fuse middle and top squares to the bottom layer with a hot dry iron. (See figure D)



D. Fuse layers.

**Caution:** Fusing does not imply heat setting if done without the requisite 3-5 days drying time. Please refer to previous information for complete heat setting information.

### Don't sweat the small stuff!

The Painted Block Stacker technique is a very forgiving process. Small imperfections are masked by complex pattern and color combinations. This is the work of your hands—not a machine—which makes it unique and special.

### Experiment with variations

Hundreds of designs are possible by changing combinations of layouts, colors, values and patterns.

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

# STUDIO DESIGNS®

## ottomans

The Ottoman Collection — round, square, oval shapes in multiple sizes...contemporary and country...elegant or simple... plain sides or skiri...tufted or smooth tops. There is even one with storage! Ottomans are the perfect addition to any living space. Use contrasting or matching fabrics to create a “home at last” feel for your room. Small ottomans provide extra seating or a comfortable place for your feet. Add a glass top to a large ottoman to create a sofa table. These designs will set the mood for your room. Pre-cut wood kits are available for each style and size.

Ottomans require the following tools

- Saber Saw\*
- Sander or sanding block\*
- Sand paper\*
- Electric Knife\* (to cut the foam) or foam cutting saber saw blade
- Drill and drill bits (1/8" for pilot holes in plywood)
- Phillips screwdriver drill bit or Phillips screwdriver

- Heavy Duty Electric stapler or tack hammer, staples or tacks
- Fine or medium magic marker for marking plywood and foam
- Push pins or tape to hold pattern on the wood
- Scissors
- Tape measure
- Yardstick
- Woodworker Square
- Sewing Machine
- Hammer
- Webbing Stretcher
- Curved needle
- Utility Knife
- DoubleRock® Staple Remover (recommended)  
\*not needed if purchasing the kit

Tools and accessories available for purchase separately. Our sales representative will be happy to talk to you about what you'll need to complete your project.



OT1  
The Contemporary  
Round and Square



**Order the ottoman pre-cut wood kit or the complete accessories kit which contains the project instructions, the pre-cut wood frame and:**

- 1/2" foam
- 1" foam—cut to shape
- 4" or 3" foam — cut to shape (4" for round/3" for square)
- Burlap
- Soft Loft Dacron (for tufted ottoman)
- Cambric
- Bonded Dacron
- Tack Strips —36" wide
- Casters with screws or glides (OT7 and OT8 require bun feet. Please order separately in accessories)
- Wood glue
- Spray foam adhesive
- Screws
- Jute webbing
- 1/4" welt cord
- 1/2" welt cord (for tufted ottoman)



Complete accessories kit (includes project plans and pre-cut wood)



OT2  
The Classic  
Round and Oval



OT3  
The French Quarter



OT4  
The Floral Garden



OT6  
The Park Avenue



OT5  
The Hideaway



OT7  
The Plaza



OT8  
The Touch of Elegance

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COURTESY: Rebecca Peck  
The Upholstery Studio  
[www.upholsterystudio.com](http://www.upholsterystudio.com)



# Headboards

www.upholsterystudio.com

1-800-433-7440



We currently offer 5 Headboard Collections. In each collection you receive step-by-step instructions, full size patterns and the DVD to create multiple styles/shapes of headboards. Complete kits are available, all you need is your fabric.

**Headboard Collection #1** offers 2 shapes; flat across the top with either square corners or rounded corners.

**Headboard Collection #2** offers 3 shapes; degrees of arch of the crown of the headboard. Slightly arched, medium arched and very pronounced arch.

**Headboard Collection #3** offers 3 shapes; from a slight hump in the middle to a pronounced up and down dip in the middle.

**Headboard Collection #4** offers 2 shapes; both very curvy with very pronounced dips.

**Headboard Collection #5** offers 3 shapes; one with a flat top and cut-outs on the corners, one slightly arched with cut-outs and one slightly arched and flat on the ends.

COURTESY: Rebecca Peck  
The Upholstery Studio  
[www.upholsterystudio.com](http://www.upholsterystudio.com)

# Boutique Tea Towels

## No-Sew Boutique Style Tea Towels

Fancy tea towels are all the rage lately, but they can get pricey. I've seen them in boutique stores for more than \$15 each! Laura will demonstrate how to use Aleene's fabric fusion product line to make your own for a fraction of the cost.

## Russian Nesting Doll Tea Towel

### Supplies:

- Store bought tea towel (or just recycle one you already have at home)
- Fabric with motif of a nesting doll or flowers or birds - whatever you want!
- Fancy ribbon cut to the length of the bottom edge of your tea towel
- Aleene's® Fabric Fusion® Peel & Stick Sheets™
- Aleene's® Fabric Fusion® Peel & Stick Tape™

### Directions:

1. Peel away liner to expose adhesive on your peel and stick sheet.
2. Place sheet on the back side of your fabric, making sure your desired motif is within the borders of the sheet. By doing this, it makes it very easy to cut out the design you want - even intricate designs.
3. Cut out the motif.
4. Remove remaining liner and adhere to tea towel. No ironing needed!



**Tip:** Why not use an old, stained tea towel and attach your motif over the stain. You'll have a new towel!

5. Cut peel & stick tape to the length of the bottom edge of your tea towel and apply.
6. Peel off the liner, lay the ribbon on

the tape and press. No ironing needed! (**Tip:** this a great product to use for hemming pants too!)

7. This is washable!

## French Shop Tea Towel

This towel would need to be dry cleaned, so save your very best fabrics and trims for this project, and use it for a stunning décor piece for your kitchen.

### Supplies:

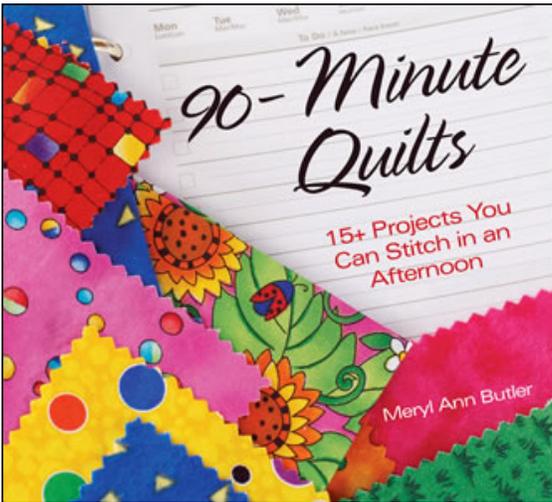
- Store bought tea towel (or just recycle one you already have at home)
- Fabric with motifs of houses or shops on it
- Pom pom fringe cut to the length of the bottom edge of your tea towel
- Aleene's® Fabric Fusion® Permanent Dry Cleanable Fabric Adhesive
- Aleene's® Fabric Fusion® Permanent Dry Cleanable Fabric Glue Pen

### Directions:

1. Always test your fabrics for best results. Prewash fabric and tea towel (do not use fabric softener.)
2. Cut out your chosen design motif from the fabric.
3. Apply an even coat of glue to fabric or embellishment. Use a light coat for thin fabrics. A foam brush is a great way to get good coverage.
4. Press onto the tea towel. If needed, hold in place with tape or pins until glue is set.
5. Use the Fabric Glue pen to glue down any corners you missed.
6. Using fabric glue pen, attach the pom pom trim to the bottom edge of the tea towel. Pin or tape in place until glue is set if necessary.
7. Let dry 2-4 hours. Washable after 48 hours. Dry cleanable.

**COURTESY:** Laura Bray  
Designer & Crafter  
[www.iLoveToCreate.com](http://www.iLoveToCreate.com)

# 90-Minute Quilts



According to author and quilter, Meryl Ann Butler 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](http://www.amazon.com)

Handmade quilts have become very popular at fund raisers in many communities. Not only do they generate lots of interest in

bidding, it's a way that quilters can help support their town, county, or favorite charity. Larger, lap quilts are excellent projects to make and donate to a community service, senior citizens organization, hospital, assisted living facility or other needy groups. The Virginia Tech lap quilt (lower left) would be a perfect quilt for these entities.



A recycled jeans quilt is a meaningful gift made from old jeans. (left)

A shawl gift is one size and makes a great bazaar item, as does a Feng Shui Good Luck quilt. (Right) A Girl Scout troop made this quilt for Haiti survivors. And nothing says love more than a Memories quilt.



Look around at your stash of fabric pieces and scraps, and see if you can turn them into projects that will help others.



Wheelchair Quilt



**COURTESY: Meryl Ann Butler**  
Author and Quilter  
[www.90minutequilts.com](http://www.90minutequilts.com)

# Unlined Jacket Tips



Unlined jackets have a soft, easy look but then need careful attention to wear well through the years.

- **Provide support** where needed. Interface the jacket facings, collars and the jacket front opening areas extending the support and the facings into the shoulders in both the front and the back.
- **Interface** the hems of the jacket body and sleeves as well. Finish the seams neatly in order to take your jacket from functional to fabulous.
- **French seam** - Begin by making a small 1/4" seam on the outside with wrong sides together and press open. Trim the seam to 1/8" then encase the outside seam into an inside seam 3/8" wide. Press to the back.
- **Hong Kong finished seam** - Sew your seam as directed, at least a 5/8" seam. Press the seam open. Pin, then sew a bias strip of lightweight cotton, lining or silk print to the right side seam edge 1/8" from the raw edge. Press the bias seam toward the seam edge, then wrap it to the underside of the seam. After pressing the binding flat and pinning the turned edge in place, stitch in the ditch on the outside of the seam catching the raw edge of the bias strip into the stitching.
- **Rolled Edge seam** - If you have a serger, and your fabric is medium to lightweight, consider an exposed rolled edge seam. Sew your seam on the outside of the garment with wrong sides together. Press the seam open first and then to one side. Trim the seam down and then use the rolled edge setting on the serger to encase the seam in thread. This is a great seam finish for fairly straight seams. It is very hard to control on curvy seams. Make sure you make some samples of this seam before using it on a jacket.
- For simply functional seams use a pinked edges or a regular serged seam.

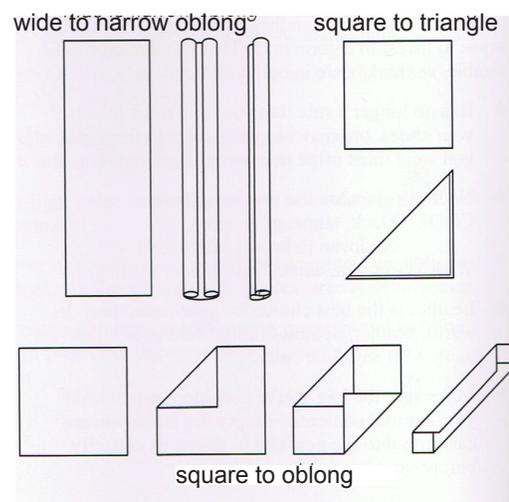
COURTESY: Rae Cumbie  
 Assn. of Sewing & Design Professionals  
[www.raecumbie.com](http://www.raecumbie.com)

# SCARF SAAVY

Scarves are a surefire way to pull together unrelated separates. Update a dress or blouse in a less-than-best shade by using a scarf to frame your face with a flattering color. Scarves instantly draw attention upward on your body, creating a taller, trimmer appearance.

Keep these points in mind when you shop:

- Oblong scarves are the most versatile.
- Multicolor print scarves that combine several of your best colors are the best investment. The style of the print should relate to your personal style (Romantic florals. Dramatic abstracts, etc.).
- Silk scarves tie easily and drape beautifully. Only the finest polyesters even approach silk's beauty.
- Wool and rayon challis scarves look great in cool weather, but can be bulky to tie. Drape them over a shoulder instead.
- Economical cotton bandanas can add pizzazz to very casual sportswear for just pennies.
- Straight-grain scarves tie crisper bows; bias-cut scarves fall more softly.
- Good scarves never go out of style, so invest in scarves you love and wear them for years.
- Try folding larger square scarves into versatile oblong shapes like this:



## Tie One On

Entire books are written about “50 Nifty Ways to Tie a Scarf,” but this versatile favorite works 6 different ways and isn’t tied at all.

### You’ll need:

\* A rectangular scarf (or large square folded diagonally to a triangle.)

\* A tiny rubber band or 1/2” plastic curtain ring.

1. Drape the scarf around your neck with the ends hanging evenly in front.



2. At about bustline level, tuck a little bit of each scarf edge through the rubber band or ring.



**Look #1** - Gradually pull through more and more fabric to form a mock bow.



**Look #2** - Rotate the scarf around your neck, bringing the bow to the shoulder. Secure it with a fine silk pin or a bit of double-stick fabric tape.



**Look #3** - For variety, use the same technique EXCEPT pull the scarf edges through the rubber band toward the inside - next to your body.



**Look #4** - Rotate the rubber band to the shoulder, draping one scarf tail to the front and the other to the back.



**Look #5** - Rotate the rubber band to the back. The front forms a graceful cowl. Tuck the tails into the back neckline of your blouse or jacket.



**Look #6** - Or let the tails hang down the back for a fashion-forward look.

COURTESY: Nancy Nix-Rice  
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# FELTED FLEECE SCARF

It's amazing that you can needle felt on fleece!  
It's a great project for gift giving or for charity.  
You can get a lot of scarves out of a yard of fleece.

## Materials:

- Fleece 8 1/2" by 60" (color of your choice) You may shorten the scarf at this point.
- 1/8 yd (color of your choice) fleece for dots.
- White yarn (or choose a variety of colors)
- Scissors
- Felting machine (I used Simplicity Deluxe 12 needle Felting Machine as shown below)

## Cutting Instructions:

Cut out circles:

Eighteen 1 1/2" circles

Eighteen 1 1/4" circle

Eighteen 1" circle

## Instructions:

1. Randomly felt all sizes of the circles onto to the base color.
2. Spiral the white yarn around a few of each of the various sizes of your colored circles.

The color choices are endless and so much fun to experiment!



## 881482001 Deluxe Felting Machine

Simplicity 12 Needle Deluxe Felting Machine creates felting with ease. Removable needles & foot pedal allow felting with greater speed and precision.

Available for shipment within USA only.

\$249.99

COURTESY; Michele Muska  
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