



6700 Series  
Sewing & Fashion



# Creative Living with Sheryl Borden

6700 Series



# Table of Contents

## Sewing & Fashion

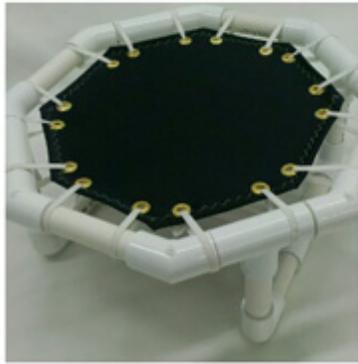
Doll Stuff by Jana .....	3
Sheer Jean-eous .....	5
Simple Curves Table Runner.....	7
Personal Electronics Cozy.....	8
Insertion Lace Machine Embroidery.....	9
Guests .....	10



Jana Bues is the founder and owner of Doll Stuff by Jana, and she has come up with the most amazing collection of doll furniture and accessories that are primarily made from PVC pipe. When Jana came to tape, she was accompanied by her husband, Jim (who assembled the furniture for the taping), and their granddaughter, Kylie (shown at the left) who not only appeared in some of the segments, she helped with the set up for each segment. Shown with Kylie is a triple bunk bed designed by Jana. Shown below is an oversized chair and a bed, along with a complete shower set-up. Jana not only designs and makes the furniture, she cleverly decorates them and makes all of the accessories. On the segment on this series, she demonstrated no-sew applique techniques as well as three-dimensional applique and talked about the type of fabrics to choose for these projects.

Although her website is just getting started, you can go to it and see additional designs. (See next page for additional pictures.)





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# Sheer Jean-eous

**F**or many women the search for that perfect pair of jeans is the Holy Grail of fashion. I can't share "The Perfect Jean" - because it isn't the same for every woman. But I CAN share some concepts that can guide each woman to her ideal choice. We'll look at color, fabric, leg cut and style details.

**Color** - or "wash" as it's called when you're talking about jeans - influences how casual or dressy a pair is, and also how slimming.



The most relaxed look is a slightly faded out and purposely distressed color. The sit-down lines - called whiskering - and the look of wear on the thigh are created by hand-sanding the finished jeans to make them look well-loved.

The darker color of this pair makes it a bit dressier, while the contrasting topstitching keeps it sportier. The darker wash is also a bit more slimming, and see how the hand sanding focuses attention at the center of the leg, while the darker color camouflages the actual thigh width — sneaky, huh?



This very dark wash is the most slimming, and also on the dressier end of jean styling - sort of a balance between traditional jeans and sporty trousers. Matching navy topstitching - rather than the traditional bronze color - avoids calling attention to horizontal design details like back yokes and patch pockets. If you like this dark, dark look, plan on washing these jeans inside-out in cool water to minimize fading.

Jeans in colors other than navy are also popular right now. If you decide to jump on that trend, choose carefully. Look for slightly muted colors rather than extremely bright ones. And balance that attention-grabbing bottom color with a riveting accessory high on your body — a great scarf or necklace, for instance.

Fabric makes a big difference in jeans too. Look for a mix of cotton with about 5% Spandex. That gives the fabric a bit of stretch, so you can wear a youthful, body-skimming fit without feeling uncomfortably squeezed into the pants. But don't imagine that if a little Spandex is good, a lot must be even better. Too much stretch fiber can leave you with pants that grow as you wear them and end up looking baggy.

The shape of the leg is also important to jean flattery. Unlike dressier pants that are designed to skim over the body, jeans are designed to fit snug through the thighs and actually hug the back of the leg below the fanny.



From the knee down, jeans can either get narrower or wider. Skinny jeans can be surprisingly flattering. I've seen lots of my clients insist they can't wear skinny jeans ... then do a complete turn-around when they actually try on a pair. And because skinny jeans have to end at the ankle rather than coming down over the foot, you can wear the same pair with both flats and taller heels.

Boot-cut jeans - with a flare at the bottom - are widely touted as being the most flattering - supposedly because they balance out hip fullness. But take that advice with a grain of salt. If the hem gets very wide it quickly makes legs look shorter, and makes your lower body look 10# heavier in the process..



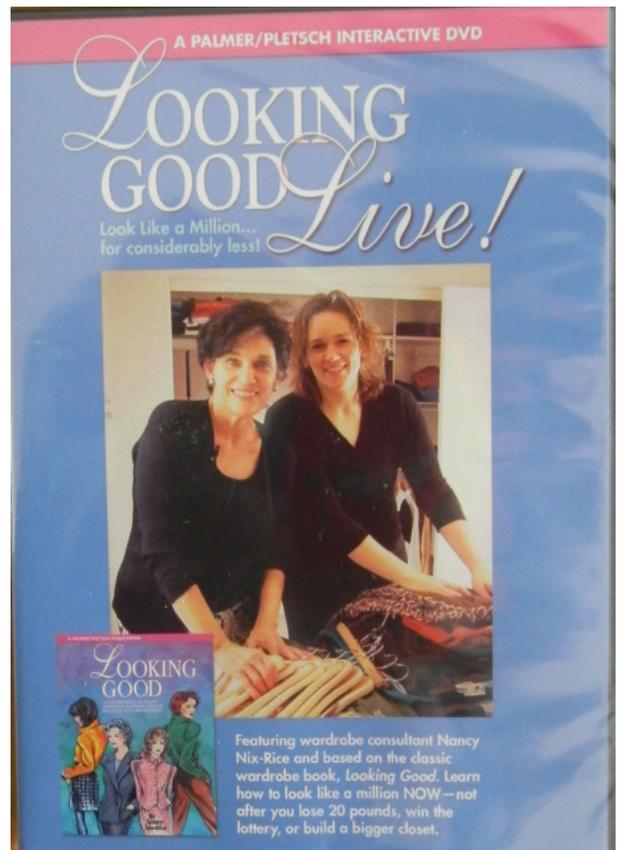
oops! Look for jeans with just the slightest bit of flare so you get the balance without the shortening effect.

One little-discussed but critical design detail can really ramp up the flattery of jeans - the waist cut. The most savvy designer jeans are cut higher in the back and lower in the front. A waistband that hits low in back instantly makes hips look broad. So look for a high cut in back, but a lower cut in front so your torso looks longer. The easiest place for a woman to look taller and trimmer is the space between the bottom of her bra and the top of her waistband.

And having that waistband run diagonally across your body makes the fit a lot easier too. Curvy gals usually have a problem - when the hips fit, the waistband is too big, and gap at the back. And straighter figures have the opposite problem - when the hips fit, the waistband's too tight. A diagonal band completely avoids the hip:waist ratio problems.

So decide which color, fabric, leg shape and waistline suit your figure, add a belt with a fun, focal-point buckle to visually whittle your waist ... and wear your jeans with STYLE, regardless of your age or pant size.

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# Phillips Fiber Art Cheryl Phillips

# Simple Curves Table Runner

[www.phillipsfiberart.com](http://www.phillipsfiberart.com)

Home



Yardage based on 40" wide fabric.

Block Amount Needed	Yardage Suggested
A	17" x 1/2 yd
B	17" x 1/2 yd
C	11" x 1/2 yd
D	14" x 1/2 yd
E	11" x 1/2 yd
Banner	23" x 21" 2 1/2 yd
Binding	23" x 21" 2 1/2 yd

\* If your fabric is over 40" wide, you only need 1 1/2 or 1 3/4 yd.

Finished size: 21" x 70"

Prepare the template by attaching either "This Grip" or rings or tape of other packaging tape to the tool.

Block	Number of strips	Strip Size
A	Three	5 1/2" wide x fabric width
B	Three	5 1/2" wide x fabric width
C	Three	3 1/2" wide x fabric width
D	Three	4 1/2" wide x fabric width
E	Three	3 1/2" wide x fabric width
Binding	One set	2 1/2" wide bias strips

\* If your fabric is over 40" wide, you only need 2 strips.

**Cutting**

© Sew strip sets:

- 5 1/2" x 5 1/2" (Cut 16 Smiles)
- 5 1/2" x 3 1/2" (Cut 20 Smiles)
- 5 1/2" x 5 1/2" (Cut 12 Frowns)
- 5 1/2" x 3 1/2" (Cut 15 Frowns)

**Sewing**

- Place 4 CDE Smiles on top of an AB Frown, right sides together.
- Match and pin the center points.
- Bring the Smile corners down to the Frown corners and match the edges.
- Pin at each side.
- Sew the curves together.
- This gentle curve is very easy to seal!

© Sew 4 Smile groups from 4 AB and 5 CDE Smiles.

© Sew 3 Frown groups from 4 AB and 5 CDE Frowns.

© Sew the seven groups together.

© Press.

© Layer and quilt as desired.

© Bind curved edges with bias strips.

For squared edges refer to the card back. For more detailed instructions see the FAQ page on our web site.

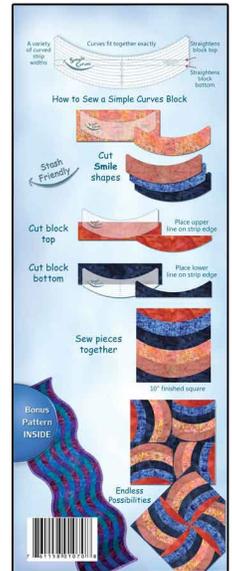
Option runner with squared edges.

Find instructions for cutting wider or narrower Smiles with the Simple Curves tool on the FAQ page. Tips for bias binding are also found there.

An assortment of patterns and free downloads are offered on our web site. New designs and helpful hints are added every month.

[www.phillipsfiberart.com](http://www.phillipsfiberart.com)

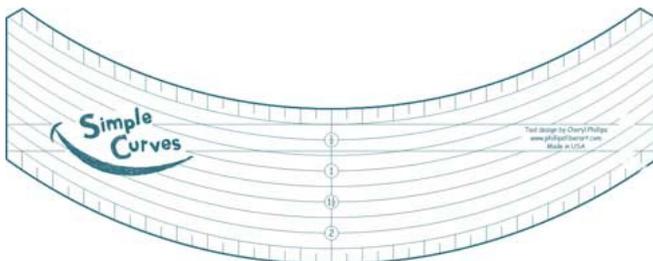
© 2011 Cheryl Phillips



## BONUS PATTERN

Open the packaging to find a bonus pattern for this 21" x 70" table runner made with five half yard pieces. Clear instructions and colorful graphics make the project simply a snap.

The packaging back shows you how to make a 10" square. Make four into a block and the fun begins.



Simple Curves Runner

This pattern comes right with the tool!  
It's in the package!

**\$14.98 for pattern,  
tool and bonus  
pattern.**

**Cheryl Phillips  
Phillips Fiber Art  
[www.phillipsfiberart.com](http://www.phillipsfiberart.com)**

# Personal Electronics Cozy

Everyone has technology to carry with them - phones, readers, tablets; the list goes on and on. You need to protect them from getting scratched when you take them on the road, but I've found that many cases on the market add weight to my already bulging purse and aren't very cute. I'll show you how to sew up a quick and easy cozy to carry your reader in, with a VELCRO® Brand Fastener to keep it safe and tidy. This project could easily be adapted to any electronic device you might have.

## Supplies:

- Felt for lining
- Felt for closure strip
- Fabric for cover
- VELCRO® Brand Fasteners - I used the Sew-On product
- Button
- Basic sewing supplies

## Technique:

1. Cut the felt lining into two rectangles measuring 6" x 9". If you would like to adapt this project to another electronic device, simply measure the device and add 1/2" to the measurement on all sides.
2. Sew together on three sides, leaving one short side open. Do not clip the seam allowance or turn it inside out.
3. Use the felt pocket as a pattern and cut out 2 rectangles of the fabric based on the felt pattern.
4. Sew together on three sides, leaving one short side open. Do not turn it inside out, but you can clip the seam allowances and corners.
5. You can now clip the seam allowances and corners of the felt.
6. Slip the felt pocket into the cover fabric pocket. Pin in place, and sew around the top edge with a 1/4" seam allowance. Leave a 2" opening for turning.
7. Turn out the fabrics and push the felt lining into the cover.
8. Fold opening down, press and topstitch around the top of the cozy.

9. Cut a 2" x 3.5" strip of felt. Sew a 1.75" piece of VELCRO® tape to one end of the fastener about 1/2" from the edge.

**TIP:** When you work with VELCRO® Fasteners, think about how your final product will be used and decide the best placement for the hook (rougher side) and the loop (softer) sides of the fasteners. The hook side can catch on other fabrics, and/or feel scratchy to the skin. By taking the time to consider the placement, your end result will be a more professional finish and easier to use. In the case of this cozy, I recommend that you place the hook side of the fastener on the flap, and the loop side of the fastener on the body of the cozy.

10. Sew the flap to the inside, back of the cozy, about 1/2" down; following the tip stitch line you stitched.
11. Sew the loop side of the VELCRO® Fastener to the front side of the cozy, by laying it just below your top stitched line.
12. If you wish, sew or glue a small button to the front of the felt flap.
13. Slip your Kindle™ in and go!

Tip: If you prefer not to make a flap closure, you can also sew strips of Velcro® tape around the inside edge of your cozy's opening to create a hidden closure.



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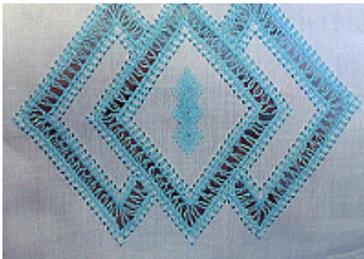


## Insertion Lace Machine Embroidery

Insertion Lace is heirloom designs that can be stitched on most fabrics. The designs require fabric, water soluble stabilizer, and an optional wing needle. They can be sewn all one color or in multiple colors. Ribbon can be woven through the 'lacey' areas much like heirloom insertion lace beading. (Shown at right).



### Materials Used



- Stabilizer – Recommend one layer Vilene water soluble stabilizer.
- Fabrics – Recommend light weight and medium weight cotton. Wovens work best

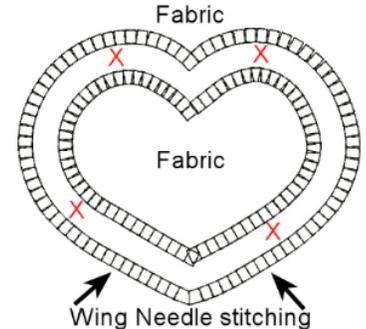
for wing needle areas. Pre-wash and dry all fabrics. Starch and iron all fabrics.

- Threads – Embroidery Threads: Recommend polyester embroidery threads but any 40 weight thread works with this approach. I used Madeira Polyneon.
- Bobbin Thread - Same thread in bobbin as used in the top for the wing needle and lace areas.
- Needles - Size 80/12 Topstitch needle and optional wing needle (size 100 or 120). If you do not have a wing needle use a large jeans needle - it will be just as pretty.

To find out if you can use a wing needle in your embroidery machine please visit the educational pages of the website for instructions. <http://www.laurassewingstudio.com/Educational/Wingneedle/wingneedle.html>

### Sewing the Designs

- To sew the design, hoop one layer of water soluble Vilene Stabilizer with 1 layer of fabric. The fabric will be on top. Use a balanced tension on the machine.



- The first part of all the hearts are wing needle areas. Use the wing needle or large jeans needle to sew these areas. Once sewn switch back to the regular needle.
- Insertion lace requires some fabric removal. After the wing needle areas are sewn, remove the hoop from the machine. Do NOT remove the fabric from the hoop. Lay the hoop flat on the table. Using small sharp curved scissors, trim away the fabric from between the wing needle areas – the areas marked with a red "X" in the diagram above. Thread snips are not appropriate for cutting fabric. Be careful not to cut the stabilizer or the stitching.

Once the entire design is sewn it can then be removed from the hoop and the water soluble stabilizer can be washed out. Use manufacturer's recommendations. Use a towel to absorb the excess water. Lay flat to dry. Using a thick terry towel folded into 4 layers, lay the project face down onto the towel and steam press the project. Please don't press hard or the embroidery will be pressed flat permanently.

**Heirloom Insertion Lace Beading** – The lace areas of these hearts can accommodate 1/8" or 1/4" ribbon to be woven in/out of the loops. Use a tapestry needle to thread the ribbon through the loops. Secure the ribbon ends on the backside with hand stitching. For instructions on how to cut fabric within the hoop please visit the educational pages of the website for more details instructions. <http://www.laurassewingstudio.com/Educational/CuttingFabric/cuttingfabric.html>

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