



# Creative Living with Sheryl Borden

## 7100 Series - Crafts Section I



# Table of Contents

## Crafts

Ribbon Embellishment.....	I-3
Step-by-Step Nuno Felting .....	I-5
Tulip Fabric Markers .....	I-6
“Green” Jewelry .....	I-7
Cards and Scraps.....	I-8
Toppings & Backings for Creative Machine Arts, Embroidery, Sewing, Quilting & Crafting .....	II-10
Inked Embossing Folder Background.....	II-11
Double Slider Cards .....	II-12
Faux Opals with EasyCast .....	II-13
Making a Mold with Silicone Putty .....	II-14
Resin Tray with EnviroTex Lite .....	II-14
Kinkajou Bottle Cutter Kit.....	II-15
Making Duct Tape Rosettes & Pouches .....	II-15
Guests .....	II-16

**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, “Ribbon Embellishment” is in Section I on page 3, whereas “Toppings & Backings for Creative Machine Arts...” is in Section II on page 10.**

**Stitching memories!**  
**RIBBON EMBELLISHMENT**  
**What would you like to put on canvas?**



Add silk ribbon embellishments to your needlework! Even a novice can be quite creative with just a few simple stitches.

O.K... let's get started...

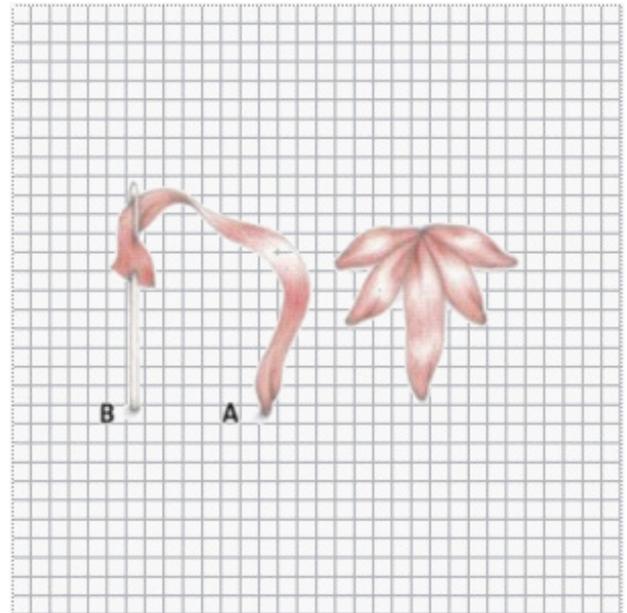
Three beginner stitches...be art smart! [practice these BEFORE adding to a project!]

### 1. Straight Stitch

This is a basic stitch and can be used for numerous effects.

Note: Do not pull too tightly!

- √ Bring up ribbon at "A", gently pull through canvas or fabric.
- √ Insert down at "B", gently pull through canvas or fabric.

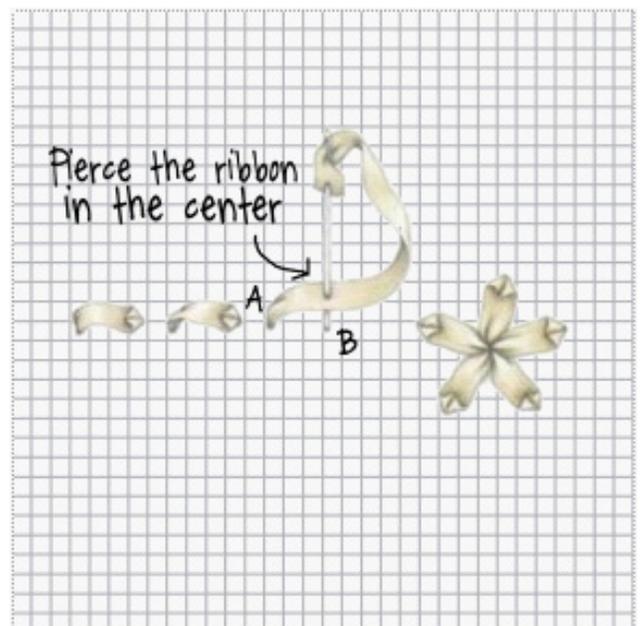


### 2. Petal or Leaf Stitch

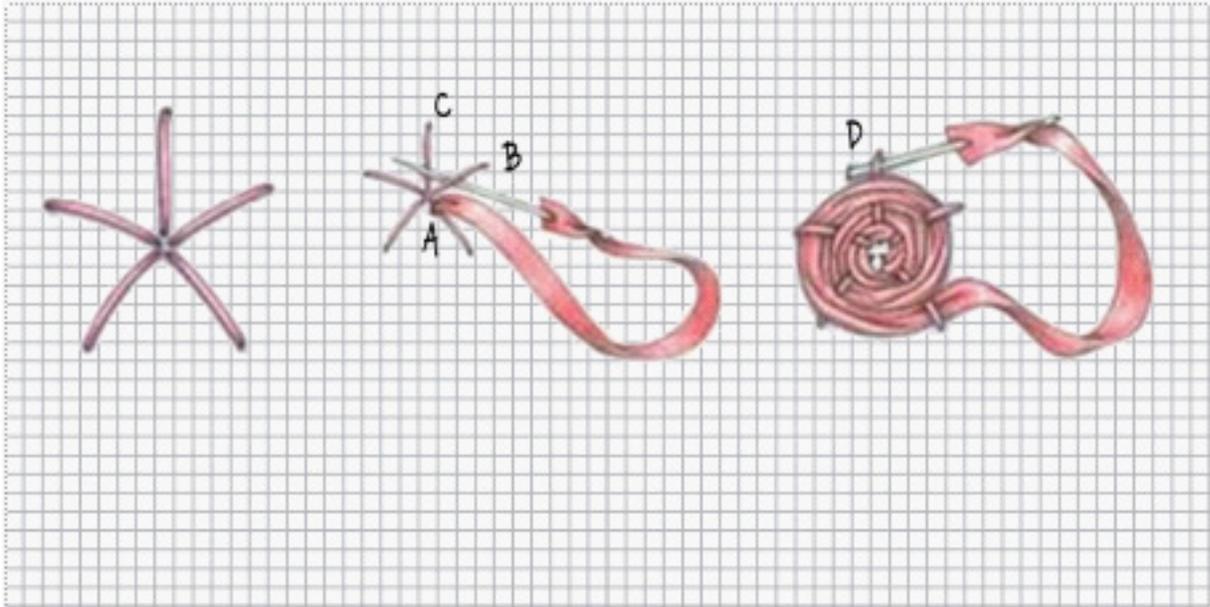
An easy stitch to make petals or leaves.

Do not pull too tightly!

- √ Bring up at "A", gently pull through canvas or fabric.
- √ Lay ribbon flat on canvas or fabric. Insert Needle at "B", pierce ribbon and pull through gently. Ribbon will curl into "B", so do not pull tightly.



### 3. Woven Rose



This is a very easy flower to make. It is very versatile as it can be created using ribbon or even narrow strips of fabric. Additionally, it can be made very tiny or quite large. Use it to embellish needlework accessories (such as a tote bag), or a decorative pillow.

This type of flower can be stitched onto needlepoint canvas or a sturdy fabric!

- √ First, using a sturdy thread that will match your rose, stitch a foundation of five straight stitches that look like the spokes of a wheel. If you plan to make a huge rose, you may want to have more than 5 spokes, just be sure that you have an **UNEVEN NUMBER** of spokes.
- √ Next, thread your needle with the ribbon and, working from the center out, bring the needle up at “A” and gently pull through. Put one twist in the ribbon, slide the needle over “B”, then under “C”, alternating spokes all around the wheel. Be sure to twist the needle each time before weaving it under a spoke. This will help form the petals. **NOTE: This part is stitched on top of the canvas or fabric. DO NOT PIERCE THE CANVAS OR FABRIC!**
- √ Continue weaving around until you have filled the spokes. Pull the ribbon loosely, allowing the twists to form petals.
- √ Bring the needle down at “D”, gently pull through and attach to backside with tiny stitches.

**COURTESY: Sandy Grossman-Morris  
Crafter & Designer  
[www.SandyGrossman-Morris.com](http://www.SandyGrossman-Morris.com)**

# Step-by-Step Nuno Felting

**N**uno is Japanese and it means fabric. Laminated felting is another name for Nuno Felting.

The key to successful Nuno felting is: HMPA - Heat, Moisture, Pressure and Agitation. All these things are required to produce Felt and to Nuno Felt.

Traditionally, nuno felting is done with bamboo mats and a lot of rolling with the arms.

However, we have added our own twist to this artform and that involves bubble wrap, noodles, panty hose, music and our feet. Not only does the pressure from using our feet outweigh the arms, it's a great way to combine making fabric and exercising.

The best fabrics to use are silk gauze, chiffon and even some organzas. The point being, it needs to be a loose or open weave. So, if you have an open weave boucle or wool, try it; what's the worse that could happen? My guess is that it will work just fine.

Pressure and agitation are the keys to working your wools into your silks. Along with rolling and moisture, the wools are worked into the silk to create a drapery and lightweight fabric that is easy to sew, and makes beautiful clothing items such as scarves.

Working to music is a more pleasurable way to keep count on the rolling. It's upbeat and you know when the song is done, it's time to check your roll to see if the fibers are going through. It needs to be something that is fast paced and enjoyable.

Butt rolling is probably the fastest way to nuno a silk piece. Not everyone can do this because it is tougher on the back. If you can't, then hold on to the sides of the chair, and you might as well hold in your abdominal muscles and wait and get the benefits of rolling and sitting on the roll and begin rolling it to the music.

Try adding in other objects. For instance, if you find paper such as the sandwich papers from McDonalds that are coated, they can be used in your work and they add significant interest. You might also like to try using paper money.

This is one technique that you can go minimally or go crazy and add in a ton of stuff as long as you have the glue and the glue is the wool.

For more ideas and information, go to Barbara's website.



Samples of wool rovings

**COURTESY: Barbara Crawford  
Crawford Designs and Sewing Made Simple  
[www.crawforddesigns.net](http://www.crawforddesigns.net)**

# Tulip® Fabric Markers™

Tulip® Fabric Markers™ are nothing less than the best quality fabric marker available, with the richest pigments to provide true, intense and vibrant colors on fabric – resistant from fading through multiple machine washings.

Tulip® Fabric Markers™ are available in:

- **Six-Pack Bullet Tip** – three color combinations (Primary, Neon and Brights) packaged in a reusable storage pouch.
- **Six-Pack Dual Tip** - Three color combinations (Primary, Neon and Pastel)
- **Fine Writer Tip Pack** with 20 Assorted Colors
- **Fine Writer Tip Pack** with 12 Assorted Colors.
- **Fine Writer Tip 6 Packs** in two color combinations (Primary and Neon)

## Joy to the World of Sparkle T-Shirt



### Instructions

1. Wash T-shirt without fabric softener and do not dry.
2. Cover work surface with plastic table cover. Lay damp T-shirt on work surface.
3. Wearing gloves from kit, mix Lime dye according to package instructions. Fill bowl with water.

4. From bottle, apply dye along top one-fourth of T-shirt. Working quickly, wet paintbrush and brush dye downward toward bottom of T-shirt. Dip brush in water as needed to move the dye and blend color, creating a darker look at top to lighter at the bottom. Continue until desired gradient is achieved. Cover with plastic table cover and let dye set 6-8 hours.
5. Rinse shirt in cold running water until water runs clear. Wash and dry shirt as directed.
6. Iron freezer paper to inside front of shirt to create stable drawing surface and prevent ink seepage to back of shirt.
7. Use Fabric Markers to write out holiday words, using different writing styles and drawing doodles around each word.
8. Use Tulip® Heat-Setting Tool to embellish design with crystals as desired. 2. Cover work surface with plastic table cover. Lay damp T-shirt on work surface.
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**COURTESY: Shannon Bielke  
Sha & Co.**  
[www.tulip.com](http://www.tulip.com)



# Sha & Co.

## “Green” Jewelry

This project involves using recycled products along with



paints to create beautiful jewelry. The base of the jewelry is chipboard, or a piece of cardboard (not corrugated.) You can use pre-cut chipboard pieces or cut your own – or use both.

1. Coat all pieces, front and back, with black acrylic paint.
2. When dry, coat all pieces with a mixture of gold and copper paints. Allow to dry. Gently rub a bit of the metallic paint off most pieces to reveal a bit of the black underneath.
3. Using the end of a small paintbrush, pound it over and over into the painted pieces to create the “old worked metal” look.

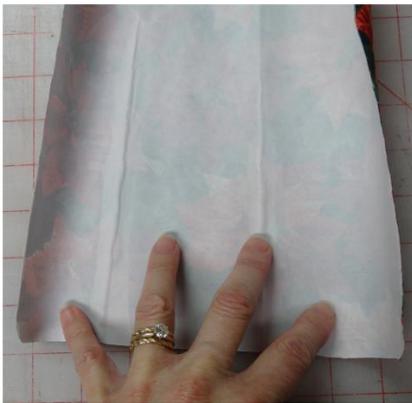
4. Using blue and green acrylic paints, dab a bit of each color on some of the pieces to create a patina effect.
5. Using needle nose pliers, separate pieces of old chains and connect them to individual pieces of jewelry with holes already pierced in them.
6. Build a necklace and bracelet by putting pieces together as desired, connecting with rings and chain sections. Create earrings to match.



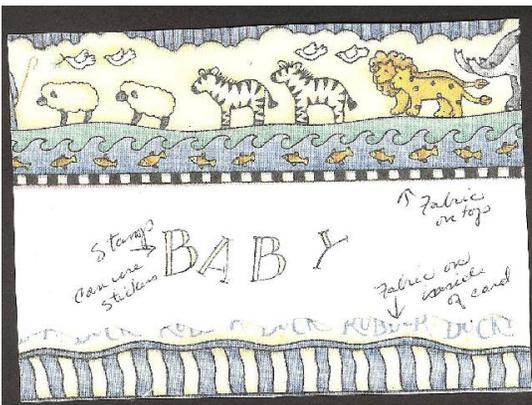
**COURTESY: Shannon Bielke**  
**Sha & Co.**  
[www.shaandco.net](http://www.shaandco.net)

# All Dunn Designs

# Cards and Scraps



- Fuse paper back fusible web to entire piece of fabric.
- With paper still on, cut shapes.
- Remove paper and press fused side to card.
- Stamp words.



- Iron fusible web to fabric.
- Peel off paper and iron to card
- Cut 1" from the bottom front with decorative blade.
- Fuse a strip to bottom inside of card.
- Use stamps for words.

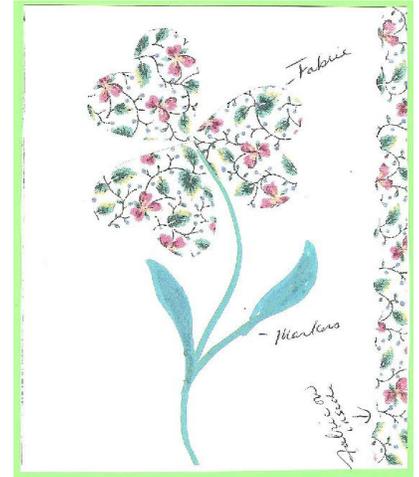
- Fuse fabric to card stock
- Stitch a decorative stitch on edge





- Poinsettia cut from fabric design
- Merry Christmas stamp
- Black is fusible ribbon
- Beads glued in center of poinsettia

- Iron fusible web to fabric
- Cut 3 hearts to size
- Peel away paper and place hearts with points together making a flower. (See card at right.)
- Iron fabric to card
- Draw stem and leaves with marker
- Cut 1/2" from side front (upright card)
- Fuse strip of fabric 5/8" X card length to inside edge



### Heart and stitches

- Fuse web on fabric—Cut heart shape.
- Iron to card front
- Stitch decorative stitch across paper and around heart
- Cut 1/2" from bottom front
- Cut a strip of fabric 5/8" wide x card width
- Fuse fabric to bottom inside

### Leaves

- Fuse web on fabric
- Fussy cut shapes
- Iron to card front
- Cut bottom corner with decorative blade
- Cut a strip of fabric a little bigger, then cut out
- Fuse fabric to bottom inside



COURTESY: Patty Dunn  
All Dunn Designs  
[www.alldunn designs.com](http://www.alldunn designs.com)