

Creative Living with  
Sheryl Borden  
**7200 Series**  
Sewing & Fashion - Section 1



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# Exotica Quilt Blocks

## Getting Started

The designs featured in this booklet utilize the Exotica stamp set from Laura Murray Designs, featuring curve squares in 1 3/4", 2 1/2" and 3 3/4" sizes. The stamps are used as texture for paintstik rubbings. A unique layered, raw edge, fusible applique technique results in seemingly complex original designs without the need for piecing.

## Supplies

In addition to the Exotica stamp, you'll need these basics:

- **Iridescent Shiva Artists Paintstiks** - oil paint in stick form, safe for use on fabric and washable. An assortment of light, medium and dark values work best for this technique.



Lite Steam-a-Seam2 and repositionable spray adhesive.

- **Lite Steam-A-Seam2** - heat activated pressure sensitive fusible web. This makes the web sticky and repositionable for easy placement, giving you the ability to play with your design before final fusing.

- **Repositional spray adhesive** - Sulky KK2000 or Spray and Fix 404.



Assorted paintstiks (from left to right) IR Light Gold, Gold, Leaf Green, Jade, Red and Sapphire.

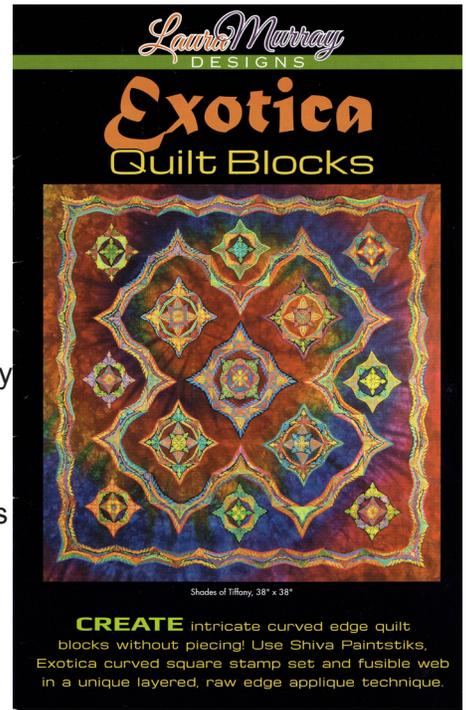
- **Fabric** - Solid color cottons and/ or subtle batik cottons in light, medium and dark values.

- **General workroom supplies** - Parchment paper or applique pressing sheet, iron, ironing board, erasable marking pencils or chalk, paper toweling, cutting mat, rotary cutter, quilt ruler, scissors, plastic for covering work surface, disposable wipes for removing paint from hands.

## Fabric preparation and care

### Select and prepare fabrics.

Select solid or subtle batiks in any colors you wish in light, medium and dark 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 paint will not flake off and no fixatives are required. Heat setting is required for laundering purposes only. The passage of time (about 2 months) will naturally heat set the painted fabric. 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 two month time frame 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.

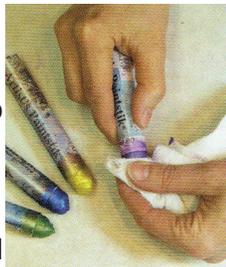
### Prepare work surface

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

### Paintstik Primer

#### 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, place the end of the paintstik into several layers of folded paper toweling, hold firmly and twist into it. Maintain a rounded tip. (figure A.)

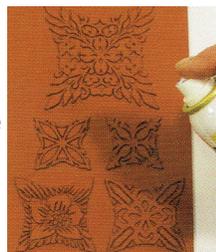


A. Remove film from paintstik tip

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. (figure B.) Follow the cautionary information on the spray can label for good ventilation.



B. Spray stamp

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

#### Paint the fabric

- Place the stamp on a protected work surface and place fabric over the stamp design. (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. (figure D.)



C. Place fabric over stamp

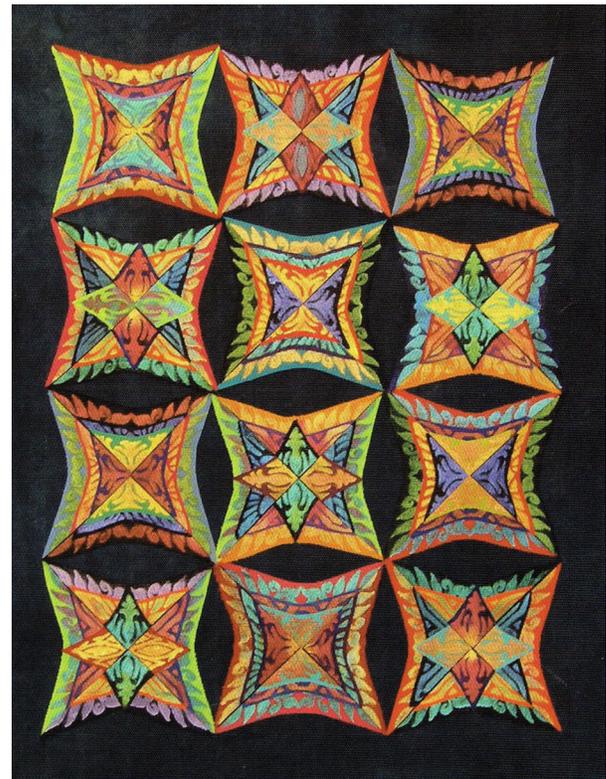
- Before moving the fabric, check to make sure paint covers the entire design into the corners.

\*Laura's booklet includes tips for successful rubbings, color strategies, paint, fuse and cut instructions, layering techniques, center options, and working with borders.



D. Apply paint

Make an easy sampler with 3 3/4" layered blocks cut into quarter-square triangles (below). Mark 3 3/4" squares on a background fabric using a horizontal and vertical grid. Each block is assembled with contrasting pairs of quarter-square triangles.



Painted Gems, 16" x 20"

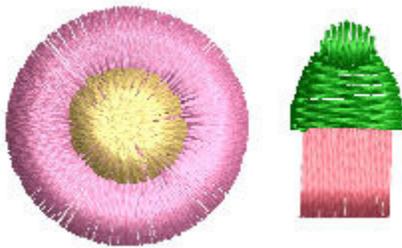
**COURTESY:** Laura Murray  
Laura Murray Designs  
[www.lauramurraydesigns.com](http://www.lauramurraydesigns.com)



## Fringe Flower Machine Embroidery

Fringe flowers add additional dimension to embroidery designs. There are several types of fringe flowers that can be made with an embroidery machine.

One type of fringe flower that is the easiest is shown in Illustrations 1 and 2. After sewing all of the design, flip the hoop over. With small sharp scissors, cut away the bobbin thread to the long satin stitches that made the fringe. Don't worry as there is plenty of other stitching to hold one side of the threads in. Brush away the clipped bobbin threads. On the front side of the design, use tweezers to pull the thread loops to the top. Trim any unruly fringe threads on the front side. There always seems to be a few.



*Illustration 1*



*Illustration 2*

Another type of fringe flowers is shown in Illustration 3. It is created by cutting each side of the satin stitch bar on the backside creating a short stubby fringe.

These are tiny little things so be patient with them. Trim along each side of the satin stitch bar cutting the bobbin thread even with the fabric. This is a tight area so snip away at them patiently until they are cut. Leave the bobbin stitches and the embroidery thread "fuzz" in the center of the satin stitch bar. Do not brush that off the backside as it must remain to keep the front stitches in place.

On the front side, use tweezers to gently loosen the stitches on either side of the satin stitch bar. Gently rake under the stitches. Cutting the fringe this way creates more of a fuzzy fringe rather than loopy fringe like the other fringe flowers.

Trim any unruly fringe threads on the front side.



*Illustration 3*

For an added measure of security add a small piece of fusible interfacing to the back side of the fringe on this second type for fringe flower. I recommend "Fusi Knit" brand fusible because it is light weight, not scratchy, and stays fused.

To add the fusible, keep the design in the hoop. While adding the fusible to the backside of the work, the concave side of the hoop protects the design from getting crushed during the fusing process.

**COURTESY: Laura Waterfield**  
**Laura's Sewing Studio**  
[www.LaurasSewingStudio.com](http://www.LaurasSewingStudio.com)

# Teaching Kids to Sew with FunStitch Studio

Our FunStitch Studio imprint offers a variety of books for young crafters to learn new skills, find new projects and get inspiration. Our authors have great tips and tricks to make learning to sew fun and easy for the next generation of makers.

Annabel Wrigley is the owner of Little Pincushion Studio and she has taught hundreds of kids to sew. She's written three books for children of how to sew and of sewing projects You can find her at [www.littlepincushionstudio.com](http://www.littlepincushionstudio.com).

Here are some of her top tips:

- Focus on introducing one skill with a project.
- You know your kid, don't be afraid to help with steps that would cause frustration and make the entire experience un-fun! Often, kids are just not good cutters. If this is the case for you, consider doing some or all of the cutting in advance.
- The first skill kids need to master with a machine is how to control their speed - canvas and lines. By about the 5th line they are usually starting to get it.
- Look under the table. Be sure that you thoroughly examine their setup to ensure that they can effectively work. If their heel can't touch the floor they can't control their speed and sewing will be nothing short of a drag race.
- Relate the basics of sewing in terms that they get. It's like driving; too fast and you'll end up in



a sewing crash, slowly and carefully and you'll end up okay. They are just steering the fabric, not pushing or pulling. You can't push or pull a car, you just steer it in the direction you want it to go.

Choices. They will be more excited if they have a choice in selecting their own fabrics. It means that they are creating something they will be proud of.

- The idea of perfection should be chucked out the window. Let them learn to love it first and each project will get better.
- Quit while you are ahead. End each session while your kid is still enjoying themselves or take a fun break and come back later.
- Don't overlook digital tools. Pinterest is a wonderful tool to help kids envision the possibilities of sewing and for you to get a good picture of what it is that they really want to sew and what sorts of colors and fabrics they actually like. It can help open up discussions of the skills involved in various projects and help frame new projects in a way that makes them both more compelling and more realistic.

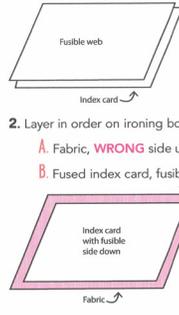
How about starting with the project on Wildcards on the next page?



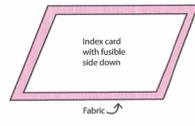
## WILDCARDS

These cards can be used as invitations, greeting cards, get well cards, or postcards with a first-class stamp. Discover a new fusing technique and how to stitch along an edge rather than on a line.

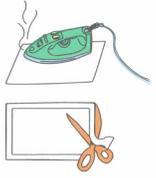
- READY?**  **SET?** 
- index cards: 5" × 8" (14 cm × 20 cm)
  - scrap of fabric: 6" × 9" (16 cm × 23 cm)
  - clear plastic: 6" × 9" (16 cm × 23 cm)
  - paper-backed fusible web (page 29): 5" × 8" (14 cm × 20 cm)
  - wildcard fillers: flat treasures such as sparkles, stickers, award ribbons, and photos
  - thread
  - sewing basket (page 23)



2. Layer in order on ironing board:
- A. Fabric, **WRONG** side up
  - B. Fused index card, fusible side down



3. Fuse the fabric and card together. Trim the fabric even with the index card.

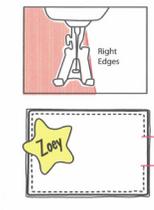


4. Place stickers, photos, ribbons, and other flat treasures on top of the fabric. Overlap the edges of the card if you want any of these sewn into place.



5. Center the clear plastic over the fabric side of card.

1. With the clear plastic on top, stitch the layers together. The right-hand edge of the presser foot should be even with right-hand edge of card. Pivot at the corners. Begin and end the stitching as shown, leaving a few inches open.



2. Fill the card with your sparkles, confetti, and other flat treasures. Be careful not to rip out any stitches.

3. Finish the card by stitching the opening closed. Stitch over a few of your stitches at beginning and end to keep your threads from pulling out. Trim the plastic even with the card. Clip the thread ends close to the plastic.



## Use Your Wildest Imagination!

Make a special one-of-a-kind Wildcard.

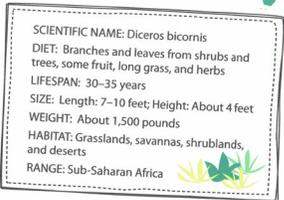
### Add to the Fun:

- BALLOONS
- CONFETTI
- GLITTER PAINT
- PHOTOS
- STICKERS
- TICKET STUBS
- GUM WRAPPERS
- SMALL ARTWORK
- RIBBONS
- PLAYING CARDS
- GIFT TAGS



### Decorate the Back:

- STICKERS
- PERSONAL NOTES
- RUBBER STAMPINGS



# SEW A BELLA STASH BAG



This little beauty is the perfect on-the-go carry case. From ballet shoes, books, or electronics, this stash bag is a sweet treat for mom, tween, or little one. The bag pattern and instructions are easy to put together for beginning sewers. With help from a grown-up, this bag is the perfect project for tweens and teens too!

Depending on your fabric choice, the bag can be made in many different styles, for different occasions and embellished in various ways. Notice the decorative flower accenting some of the bags.



COURTESY: Roxane Cerda  
C & T Publishing  
[www.ctpub.com](http://www.ctpub.com)

COURTESY: Carina Gardner  
Carina Gardner Inc.  
[www.carinagardner.com](http://www.carinagardner.com)

# On a Roll

## On A Roll

By Patty Dunn



How to set up a rolled hem on the sewing machine and add wire to make ribbon.

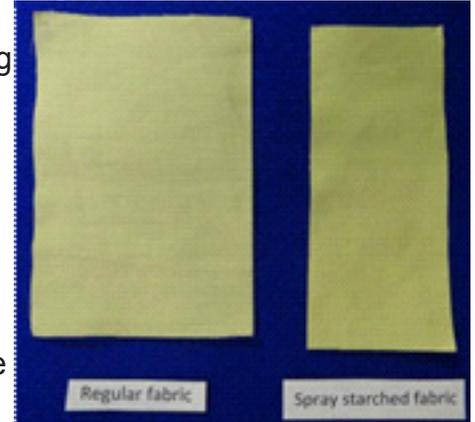
*All Dunn Designs*

### Fabric:

Fabric should be light to medium weight woven. Cotton is more agreeable to rolling naturally. Spray starch is helpful in handling fabric. Be sure edge of fabric is cut straight and on grain.

### Make a test:

Due to weight and weave, fabric behaves differently and basically will determine how it will roll. Weight of the thread and the machine setting will determine the finished success. In order to know what will happen always do a test sample. Log your settings on the sample or tape sample to cardstock and write setting on it.



### Sewing Machine foot and set up:

The sewing machine foot is critical to the results. A cording foot, which is hollowed out in the middle, will allow the fabric to roll. An open toe or 3 groove pintuck foot will also work on some machines.

### Fabric placement:

Place raw edge of fabric at the point of needle swing on right side (looking at machine). This will be slightly to the right of center of the foot. You should see edge of fabric roll up and raw edge turn toward the left. If this is not happening adjust where you are placing the fabric. Once you determine the fabric is rolling then adjust stitch setting and thread weight to make the best results.



### Machine set up:

Once you determine fabric is rolling, begin adjusting stitch width. I have found 3.5 to 4 width is about right for a light to medium weight fabric. The heavier the fabric, the wider the stitch needs to be to roll the fabric over. Length plays coverage part. If you want this to look like a hand-whipped hem, take a longer length. For full coverage, adjust length to a lower number.





**Thread choices:**

For heavier coverage, test threads such as 12 weight cotton with a top stitching needle. Loosen top tension on machine. The more you loosen the tension the more top thread will show.

12 weight thread  
Top stitch needle  
Width: 4 - Length: 1

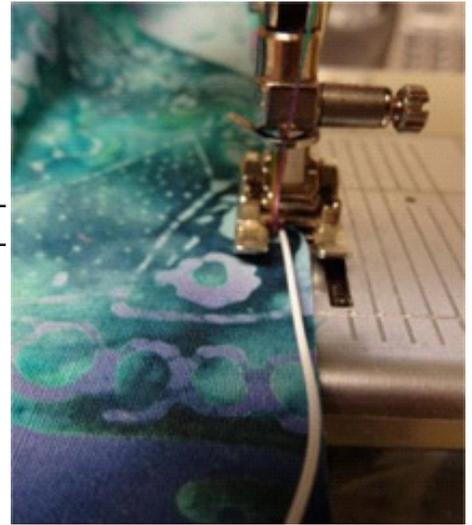
**Wooly Nylon** (a serger thread) works well in the bobbin. I recommend you purchase an extra machine bobbin case that you can adjust. Mark it with finger nail polish so you do not get it mixed up with your regular bobbin case. Adjust the screw to the left to loosen. Tighten the top tension of your machine 1 or 2 numbers to bring the bobbin thread around fully.



**Wooly nylon in bobbin**  
Width: 4  
Length: .9

**Adding wire:**

The wire displayed in the picture is insulated wire. It was purchased at Radio Shack. Regular wire, such as jewelry wire, can be used but is slick and does not grab the fabric and stay in place as well. Place wire under center of the foot, making sure the zig zag is wide enough to cover without hitting wire. If coverage is not what you like, go back over top with a slightly wider stitch.



**Cotton thread**

→  
Width: 4.5 - Length: 1  
Wire edge. Gather bottom to make a rose.



**Flute the edge:**

One more option is to flute (wave) the fabric edge. Fabric must be cut on the bias (45 degree angle) to achieve this. As you stitch stretch the edge. Be sure and keep edge in the correct place to roll, and, as you stitch, stretch fabric edge by pulling slightly on the fabric. (Below)



**COURTESY: Patty Dunn**  
All Dunn Designs  
[www.alldunndesigns.com](http://www.alldunndesigns.com)



MiniLou is a children’s company designed by Carina Gardner. The products are inspired by her own children and the sweetness of childhood.

The story behind MiniLou is a simple one. “Last summer, I started drawing these kitty paper dolls. I loved paper dolls as a girl. I remember dressing them up and playing house with them. I saw Siri and Felicity (my children) loving everything I was illustrating for them. I invented a story for the kitties that I would tell them at bedtime. Siri and Felicity started hand drawing their own little paper dolls mimicking the ones I made for them. We were all sitting around a table together. Drawing. Playing with paper dolls. I loved their creativity, and MY creativity when we were doing this together.”

And that was it. I loved the idea of a line of products that promoted creativity for kids. I knew the little kitties needed to become something.

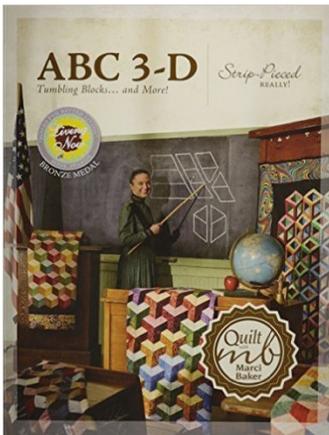
So MiniLou was born. Creative products for kids. Small, easy-to-handle products. Products that were easy for moms to deal with. Basically, anything that I would love for my own children to play with.

Slowly and surely, I gathered a wonderful team of illustrators. The little kitties turned into MiniLou’s first product category: Pocket Paper Pals—a small, reusable package of paper dolls and landscapes. Perfect for storing and playing with. Printed on textured paper. Bright, happy, sweet.



I added mini coloring books—5 inch x 7 inch that fit perfectly in my purse and in the hands of my little ones. Then came the sketchpads and the bookmarks. Objects that would inspire and uplift. My kids were excited for every sample to come home to them.

**COURTESY: Carina Gardner**  
Carina Gardner, Inc. and MiniLou  
[www.carinagardner.com](http://www.carinagardner.com)



# THE A B C'S OF QUILTING

## General Instructions

### Some Basics

Blocks vary in size and different size rulers can be used. Note that the diagrams in this section may look slightly different than your actual pieces. What is important is that you align the highlighted ruler lines and make similarly angled cuts.

the highlighted ruler lines and make similarly angled cuts.

Left and right half-blocks always have the triangle at the top. As you are cutting pieces, lay them out with the triangle at the top and the parallel sides at the sides, like the illustrations at the top of the next two pages.

### Want a Tip?

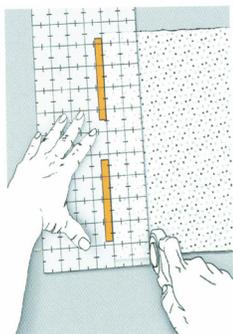
I recommend using sticky notes or bookmarks to keep your place in this section and the project section.

### Left-Handed Cutting

Throughout this section the steps are illustrated as right-handed cuts. For left-handed quilters, turn the book upside down and follow the diagrams which are now left-handed cuts. I haven't changed the words for left-handed, but as most of my left-handed students tell me, they are used to reversing the process and the visual seems to be enough.

### New Quilter?

To keep my place when cutting, I use Qtools Cutting Edge™ which creates a physical stop on my ruler. The cuts are consistent in size and faster and easier to align.

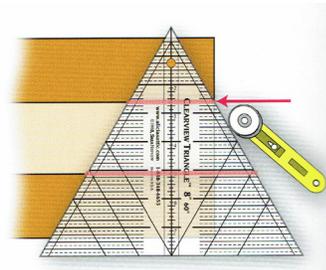
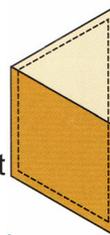


Qtools Cutting Edge™

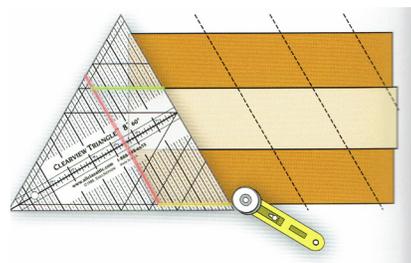
## Cutting Half-Blocks

### Left Half-Blocks

**Step 1.** Place triangle at right end of the strip-set with point up and ruler edge at right end of upper seam. Match ruler lines with seams. Cut along right edge of the triangle.

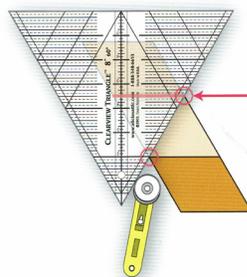


**Step 2.** Turn strip-set with angled end to the left. Cut slices the width of the size by 7 aligning the appropriate ruler line along the angled end and a horizontal line along the seam (best) or the strip-set edge. (OK).



After a few cuts, if ruler lines cannot be aligned to fabric, re-trim the angle as in Step 1. At the end of the strip-set, one more half-block can be cut, when the ruler is positioned for the next cut, if the top seam is at or extends beyond the edge of the ruler.

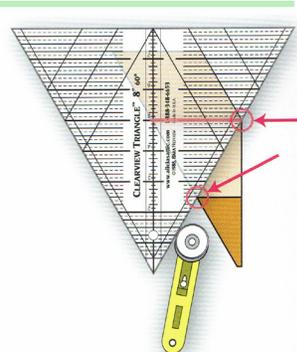
**Step 3.** Cut slice into two left half-blocks as follows:



With slice "leaning" to the left, place any ruler line along upper seam. Slide ruler along seam until ruler edge is at right end of seam. Ruler edge should also line up with left end of bottom seam.

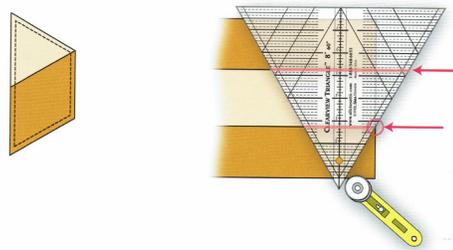
### Want a Tip?

If edges of ruler are not aligning to the end of seams, **do not twist the ruler and cut point to point!** Rather slide the ruler along the seam line and split the variance between left and right seam ends. This difference ends up in the seam allowance.



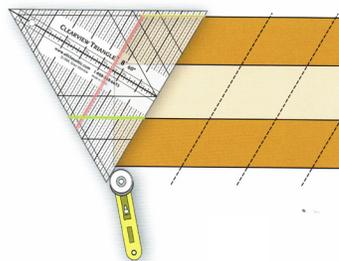
## Right Half-Blocks

**Step 1.** Place triangle at right end of strip-set with point down and ruler edge at right end of lower seam. Match ruler lines with seams. Cut along right edge of the triangle.



**Step 2.** Turn strip-set with angled end to the left.

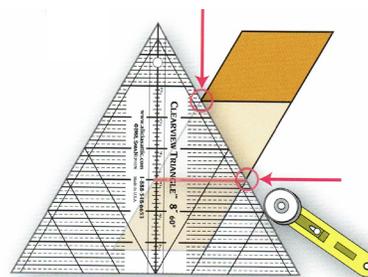
Cut slices the width of the size of the half-block by aligning the appropriate **ruler line** along the angled end and a horizontal line along the seam (best) or the strip-set edge (OK).



After a few cuts, if ruler lines cannot be aligned to fabric, re-trim the angle as in Step 1. At the end of the strip-set, one more half-block can be cut, when the ruler is positioned for the next cut, if the top seam is at or extends beyond the edge of the ruler.

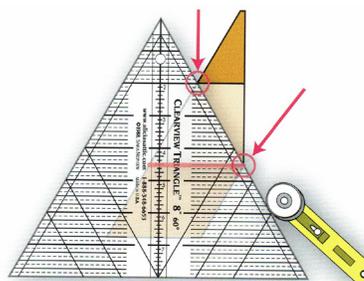
**Step 3.** Cut slice into two right half-blocks as follows:

With slice “leaning” to the right, place any ruler line along lower seam. Slide ruler along seam until ruler edge is at right end of seam. Ruler edge should also line up with left end of top seam.



### Want a Tip?

Once you have mastered cutting left and right half-blocks, you can stack strips to cut them faster. Place left and right strip-sets wrong sides together with left on top. Lock seams together so there are no gaps and no bulk where seams line up. Cut using the Left Half-Block cutting instructions, because left is right-side up in this stack. (If left-handed, put right strip-set right side up and use Right Half-Block cutting instructions.)



**New Quilter?** Here is a wonderful ‘tool’ that will save you thread, time, and money, and costs only a few fabric scraps! Startie-Stoppies are pairs of layered fabric scraps (about 2” across) which are sewn in between continuous chain piecing. When you sit down to sew, sew across a Startie to the front edge. Now chain piece your strips, or half-blocks, or whatever you are sewing. When finished, chain piece and sew across a Stoppie to the front edge. Clip your chain piecing off at the back of the Stoppie. This Stoppie becomes the Startie for the next set of seams.

**Here are just a few benefits from using these:**

1. A Startie holds thread when starting to sew and feed dogs are less likely to feed on fabric edges.
2. Save thread - no long threads hanging. Also save time because there are no threads to clip off.
3. Hand turning the needle or lifting the presser foot are not required. (These will be the hardest habits to break).

The sooner you make using Startie-Stoppies a habit, the sooner you will be sewing like a pro!

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# Sewing & Fashion Guests

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