

209-3

Cookie Gaynor demonstrates piecework to create fabric from scraps with an easy crazy quilt project.



Please continue to page 2 for project instructions.

Partners

brother
at your side

<http://www.brothersews.com>

Creating Fabrics from Scraps - Cookie Gaynor

Objective

How many times have you stared at your fabric stash filled with strips, fat quarters and odd pieces of fabric you can't make yourself throw out? Do you have a tub filled with odd pieces of ribbons, lace and rick rack crying to be used up? Let's put an end to this guilt-ridden attitude once and for all, releasing our creativity and freeing up workspace as we transform old scraps into new, fresh fabrics using a variety of innovative methods.

1. Gather pointers to make fabric selections from your stash as you work through it
2. Flip (fold) and sew pieces of leftover fabrics to create new and inspiring fabrics for clothing, home decor and accessories
3. Add left over ribbons and lace during the flip and sew process, incorporating them as additional design elements
4. Use the cording foot to stitch in left over specialty yarns from previous projects
5. Have fun stitching all those decorative stitches that are on your machine to add more decorative embellishment
6. Optional: add embroidery designs to become a part of the overall design of your fabric



Materials

- Sewing Machine (with embroidery capabilities, if desired), and accessory feet.
- Fabric stash & optional ribbons, lace, yarns, drag it all out: the pieces, the bits, the jelly roll left overs, the fat quarters that you are saving like trading cards!
- Starter Patch Template, included with these directions on last page
- 20" x 20" muslin for foundation fabric. The sample



shown uses muslin to make it easier for you to see the assembly. (alternative: any ugly fabric that will not bleed color through top fabric is acceptable as well.) TIP: In my studio, I often use up ugly fabric (which I swear I do not know how it ended up in my stash). Ugly fabrics with the wrong side facing up for the foundation fabric to reduce color bleed through top fabric.

- Neutral sewing thread, embroidery thread for the decorative stitches, 80/12 universal machine needle You may change your needle as you add decorative threads.
- Stabilizer for decorative stitches (optional: embroidery). Tip: For a pillow top, fusible thin batting or a heavy weight cutaway stabilizer. For clothing consider one of the newer battings made for wearable art to avoid excess bulk and warmth.
- Water soluble marking pen, scissors, pins, and if you need an extra set of hands to hold things in place, consider blue painter's tape!

Steps in the Process

- 1. Create a starter patch:** Cut out a five-sided fabric shape from your fabric using the template with this handout. This will become your Starter Patch (see picture below). A five sided patch is the most commonly used style with this technique, but you can experiment with this later once you have mastered the basics. TIP: A darker fabric for the starter patch usually works best, as it recedes into the back drop more readily.
- 2. Prepare strips or use left over jelly roll pieces:** A variety of widths is most pleasing to the eye, but it is not a firm rule. Vary the width of your strips from 2 1/2" up to 4". The assembly of the fabric uses 1/4" seams, and therefore your final strip widths will be 2" to 3 1/2". Cut them the length of the leftover pieces. TIP: You have the option to combine little strips into larger ones, if needed, as you move through the process of assembly.
- 3. Position starter patch on the foundation fabric:** Place it slightly off center for your first try at this technique. TIP: Keep the patch sides from being parallel to the foundation fabric for more pleasing results. Either way, it will be a beautiful fabric when you are finished.
- 4. Stitch starter patch on to foundation fabric:** Stitch it in place using a scant 1/8" seam from the edge to anchor it.
- 5. Let the fun begin with adding strips but here are a few simple guidelines to follow:**
 - ▶ Use 1/4" seams throughout the process
 - ▶ Do not add securing (locking/backstitching) stitches on either end of each seam. Each added strip will lock the stitches of the previously sewn strip automatically.



- ▶ Always work in a clock wise rotation around the starter patch. Remember these few guidelines and you be pleased with the results.

6. Adding your first strip: With the foundation fabric right side up, lay the first strip down, right sides together, along one length of the five-sided shape. Offset the fabric strip slightly so you can see the beginning and ending point of the starter strip. Give yourself at least a 1" overhang of excess fabric on both ends to avoid being short when you go to trim this section after stitching. Once you have positioned your starter strip, straight stitch along the edge of the strip (1/4" seam). TIP: A quarter inch foot comes in handy for this.



7. Fold the fabric back (right side facing up) and press: Trim this strip to the same length as the starting patch following the angle as shown. If done correctly you should still have 5 sides.



8. Work in a clockwise manner: Lay the next strip right side down along the next length of the starter patch. Note: The starter patch is the original plus the newly added strip which forms the five sides. Repeat stitching process.



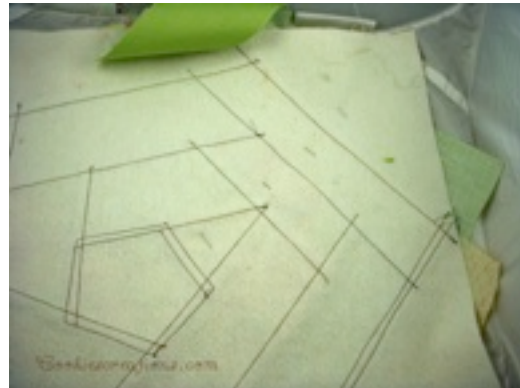
- 9. Fold the fabric back and press.** Trim this strip to the same length as the starter patch following the angle as shown. Repeat this process (steps 9 and 10) three more times to complete the first round. Tip: Continue to work in a clockwise manner in the next round of 5 strips. Working in a clockwise manner prevents raw edges of fabrics from being exposed.



- 10. Adding Ribbon:** (alternative choice: strip of lace) Position the ribbon (right side facing up) along the length of the newly formed edge of the five sided shape. Use the original angle that it is parallel to the first strip you added to the initial starter patch. Place a fabric strip right sides together to form a sandwich. Use pins or blue painter's tape to hold the pieces in place while you stitch the 1/4" seam line.



- 11. Press the fabric strip back and trim as before:** Continue the process in a clock wise manner as you cover the foundation fabric completely. Eventually, you will end up with **isolated** corners. Simply stitch strips into the corner areas, using the flip and sew method. Then trim off the excess fabric from the back.



- 12. Select the threads that will be used to embellish the newly created fabric.** TIP: Place thread choices on top of the new fabric prior to stitching. Check the overall effect of the colors in different lighting. Try to pick thread colors that stand out. If the thread colors match the fabric too closely, your fancy stitches will not stand out. Bold colors that contrast with background fabric do best in most instances.
- 13. Add decorative stitching to your newly created fabric with suggestions provided:**
 - ▶ Built in Feather and hemstitches were used throughout the project.
 - ▶ If the machine has the ability to combine patterns, give it a whirl! You are certainly not limited to the ones used here.



- ▶ Test out desired stitches on scrap fabrics. This is to ensure that the stitches and thread selected will achieve the desired results.
- ▶ Stitch directly on the seam lines as one option or just on the inside of each area, or combine both.



- ▶ Choose to sew down the center of the ribbons or simply trim them up on one or both sides.
- ▶ You have the option to leave areas simple and without further embellishments for a more clean, streamlined look.
- ▶ Be wild and add candlelight glittery thread or other bulkier weighted threads such as Pearl Crown with a cording foot and invisible thread.
- ▶ Consider adding optional embroidery or applique as a finishing touch to your fabric.

Be creative and enjoy all the features of your sewing/embroidery machine.

Products used in this original sample:

Fabrics by Amy Butler (Soul Blossoms), Anna Maria Horner* (Loulouthi) and Moda (Summer House), Doohikey Designs (Hoos in the Forest)

Brother Quattro 6000D

Brother Flip Pal for optional flower designs from fabric scan* for demonstration



Cookie's Creations

THE HOME OF EMBROIDERY DESIGNS & PROJECT IDEAS

Creating an 18" Decorator Pillow from Your Stash - Cookie Gaynor (cookiescreations.com)

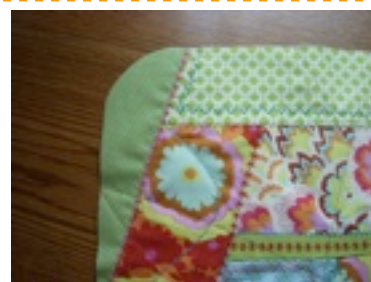
Materials

- Decorator fabric (or pieced fabric from Creating Fabrics from Scraps Lesson) cut to 19"x19" for pillow front
- 2 rectangle pieces of complimentary fabric or matching fabric for back panel: 19" x 12" (11.5")
- 20" zipper
- 2 1/4 yards of ready made piping or create your own piping
- 18" square pillow form
- Sewing machine, good quality sewing thread, scissors, pins, ruler, iron and ironing board, all purpose sewing foot and zipper foot
- Plate to round off corners
- Serger (Optional for finishing off fabric edges to prevent fraying)



Procedures

- 1. Creating Pillow Front Panel:** Use a plate as a template guide to round off the corners of your 19"x 19" fabric, zig zag or serge along the entire edge to prevent fraying. The sample shown has a fusible fleece backing and no other fray prevention was needed!



2. **Creating the zippered back panel:** Select straight stitch, and attach zipper foot.
 - ▶ Open the zipper.
 - ▶ Place zipper tape along the 19" side of 12" pillow back rectangle with right sides together. (Photo on right shows placement)
 - ▶ Move the needle position to sew along the coil but not too close to impede the teeth from closing properly.
 - ▶ Repeat the same zipper application method just outlined above to the remaining rectangle along the 19" side.
3. **Pressing:** Close the zipper and press the seam allowances away from the zipper teeth.
4. **Create the concealed zipper placket:** Change to an all-purpose sewing foot. With the zipper opening at the top. Mark a line 1.5" from the center of the zipper on the left pillow panel. (Photo 4A) Fold the marked line towards the zipper and extend past the zipper by 3/4". (Photo 4B) Press in place and top stitch 1 1/2" from the fold to secure. (Photo 4C)



Photo 4A

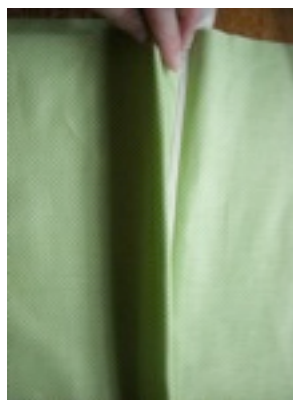


Photo 4B

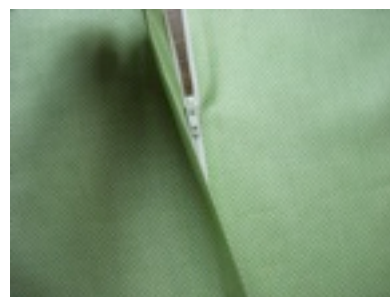


Photo 4C

5. **Final Sizing of Pillow Panels:** Lay the front panel on top of back panel with right sides together on cutting table. Square up, if needed, with rotary cutter and ruler. Round the four corners of the back pillow panel to match up with the rounded corners of the front pillow panel.

- 6. Adding welting to trim the pillow:** Change back to Zipper Foot. Pin welting to the front pillow panel and straight stitch in place, matching raw edges and starting 2" from beginning point. (Tip: Use a basting stitch length of 4.0)
- ▶ Clip curves and ease welting as you stitch into the corners.
 - ▶ Stop stitching 2" prior to ending point. Cut welting so that it overlaps by 1" where the ends need to join. (Photo 6A)
 - ▶ Remove stitches from one end of the welting and trim the ends of the cording so they just meet. (Photo 6B)
 - ▶ Fold under welted cording fabric by 1/2" on overlapping end of trim. Lap it around other end and stitch it in place. (Photo 6C)

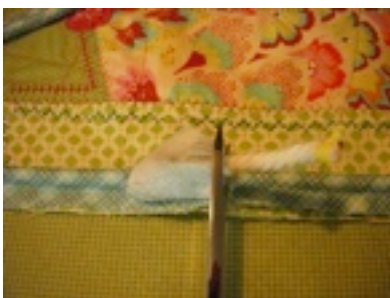


Photo 6A



Photo 6B



Photo 6C

- 7. Assembling the pillow:** Stitch the front pillow panel to the back zippered panel with right sides together and leave the zipper open 3" for turning right side out once stitched.. Tip: Baste the panels together initially and then use your zipper foot to stitch in closer to the welting.
- 8. Time to Smile:** Turn right side out, insert pillow form and smile!