



## BUSTLE & SEW

Some readers may remember that 2014 was the year Rosie and Dan were married - and the year of the painted hoop! I think between us we must have painted over 100 hoops and I promised myself I'd never paint another! But that was 18 months ago, and when you can achieve such good results with a little chalk paint or emulsion then picking up your paintbrush is a no-brainer!

This is a 14" quilting hoop featuring a machine applique pocket with a touch of hand stitching - perfect for keeping my magazine collection in good order!

Magazine Pocket



#### Materials

- 18" square medium weight background fabric (I actually used an Ikea tea towel!)
- 18" x 14" plain fabric for front pocket
- Black stranded cotton embroidery floss
- Scraps of cotton and felt for applique
- 14" quilting hoop
- Chalk paint or emulsion to paint your hoop (optional but does look nice)

- Hot glue gun
- Bondaweb

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- Embroidery foot for your sewing machine
- Black and a light coloured thread



*Note:* Be sure to use a quilting hoop for this project and not a hand embroidery hoop. Quilting hoops are deeper, stronger and have a heavier weight screw mechanism which you will need to support the weight of your magazines.

### Method

- If desired remove the screw mechanism from your hoop and paint the outer ring with chalk paint or emulsion. Put to one side to dry.
- Transfer the design to your plain fabric The bottom flower should be 2 ½" up from the bottom edge.
- Embroider the text by hand. Use three strands of black floss and split stitch. Pay attention to the curves of the letters and make your stitches smaller to follow the curves more accurately and smoothly where necessary.
- I used Sulky Sticky Fabri Solvy to transfer my design, and before dissolving it away I ran a line of stitching up through the centres of the leaf garlands on either side to act as a guide when placing the applique shapes. (1)
- Trace the applique shapes on to the paper side of your bondaweb. Be sure to use the reverse template for the flowers, and then the leaves are mirror images.
- Cut the shapes out roughly and fuse to the reverse of your fabric/felt. I find it helpful to make a cut into the shape before fusing to the fabric this helps when I peel off the paper backing (2). Add a little extra to the flowers at the back so they can be overlapped by the shapes on top without leaving any ugly gaps (2).

- Notice that for the leaves I've cut the stalks and some of the leaves from felt and then added extra leaves in green fabrics for variety and interest.
- Leave the flower centres for the moment - you'll come back to those when you've appliqued your shapes.
- Position your shapes onto your background fabric and when you're happy with the positioning, fuse into place with a hot iron. Use a cloth to protect your work.
- Fit the embroidery foot to your sewing machine and drop the feed dogs. With black thread in your needle and a pale colour in your bobbin stitch around the edges of the shapes. Go around twice not too neatly - you're aiming for a sort of scribbled effect. Make little indents for the flower petals and stitch the veins on the leaves too (if you're not confident to do this freehand then use a temporary fabric maker to draw stitching lines first).
- Now add the flower centres and stitch I tried to make each flower centre slightly different. You add these after the main applique is finished as they do tend to slip around if you catch them with your embroidery foot while doing the other shapes (at least I've found this to be the case). You can see a large photo of the finished applique on the next page (3). When finished press your work lightly on the reverse.
- Fold the top edge of your front panel over to the back, with the fold approx ½" above the top of your design. You can stitch into place but I didn't do this as I didn't feel it was necessary - it will be held in place at the sides by the hoop.



- at the centre bottom of the hoop (3). • Make sure they're taut and tighten the compliments! hoop as far as you can. (The fabric will stretch a little with use).
- Hang your magazine pocket, fill with your favourite publications and wait for

#### Magazine Pocket

Templates full size and reversed to suit your preferred method of transfer. Be sure to trace your applique flower shapes and the first side of the garland from the reversed template - and then trace the other side o the leaf garland from the other template the sides are mirror images.

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Why do we love to stitch? After all you can purchase mass-produced textile items at many high streets stores for very little cost. These days handmade means something special - a unique item created with love, a gift from the heart, not one that can be bought. Hand stitching is also a great way to personalise an item, or perhaps to breathe new life into an old favourite that has seen better days.

# BUSTLE & SEW

Bustle & Sew offers my own unique patterns, designed to appeal to all skill levels and bring out all your natural creativity. And you can keep up to date with all the latest news from Devon where I live as well as the newest patterns and much more over on the Bustle & Sew Blog.



**PS** If you love stitching, then you're sure to enjoy my Bustle & Sew Magazine. It's delivered by email to your in-box each month and is crammed full of ideas, projects, features, articles, patterns and more to inspire you. Your family and friends will soon be queuing up to take delivery of your new Bustle & Sew creations. To learn more please visit the Bustle & Sew website.

Helen xx

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