



**BUSTLE & SEW**  
LOVE TO SEW AND SEW WITH LOVE



# *Farm Fresh Eggs*

Those of us of a certain age may remember that old  
1970's slogan - go to work on an egg!



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# Farm Fresh Eggs

Lovely fresh eggs and toast soldiers - favourite comfort food for childhood tea times, or perhaps an indulgent weekend breakfast?

Enjoy all week round with this quick and easy project combining machine applique with hand embroidery and mounted onto an artist's canvas block.



## Materials

A4 size canvas block (approx 8 ¼" x 11 ½")

17" x 5" rectangle fabric for lower background (yellow with feathers)

17" x 9" rectangle fabric for upper background (green stripes)

Three 2 ½" x 3" rectangles of patterned quilting weight cotton for egg cups. Choose fabrics with small patterns to keep the scale correct.

6" square brown felt

3" x 2" piece golden yellow felt

3" x 1" piece white felt ¾" x 2 ½" piece suitable fabric for toast finger (I used a textured upholstery fabric)

Dark green stranded cotton floss  
Bondaweb

Dark grey and cream thread

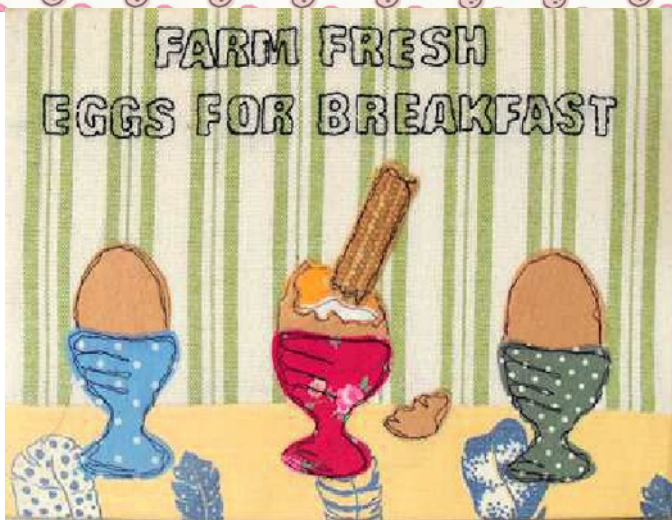
Staple gun to mount your finished piece onto the canvas block.

Temporary fabric marker pen

Embroidery or darning foot for your sewing machine







## Method

Join the two pieces of background fabric together along one long edge. Use ¼" seam allowance and press seam open to minimise bulk.

Place your canvas block on the fabric. Centre vertically and allow for 2" of the bottom fabric to appear on the front of the canvas. Mark the corners of the block with your temporary fabric marker. This will enable you to position your design correctly. The background fabric has to be quite a bit larger than the actual front of the canvas block to allow it to be turned to the back and stapled into place. Now is a good moment to turn it under the sides of the block and trim so that you have the correct amount of border to do this.

Transfer the lettering to the top of the background fabric, positioning it about ½" below the top edge and in the centre vertically. Stitch the lettering using back stitch and 2 strands of your dark green floss.

Trace the shapes for your eggs onto the Bondaweb. The template is given at the exact size. The dotted lines on the template show where you should cut to allow for overlapping of pieces.

Now build up your applique picture. Peel the paper backing off the Bondaweb, then start with the bottom pieces and work upwards, ie for the outside eggs, position the egg and then the egg cup and for the middle egg start with the yolk and work upwards to the egg cup. Trim the short ends of your "toast" finger so they are a little ragged, not square and geometric before positioning.

When you're happy with the positioning of your applique shapes, press into place. Don't press too hard or you'll flatten your felt - and if you're using acrylic felt be careful not to scorch or melt it!

Now for the machine applique. Fit the embroidery or darning foot. With dark grey thread in your needle and cream in the bobbin stitch around the edge of the egg cups. Go around twice - don't be too neat, and on the second way round make inward loops to represent the shading on the egg cup.

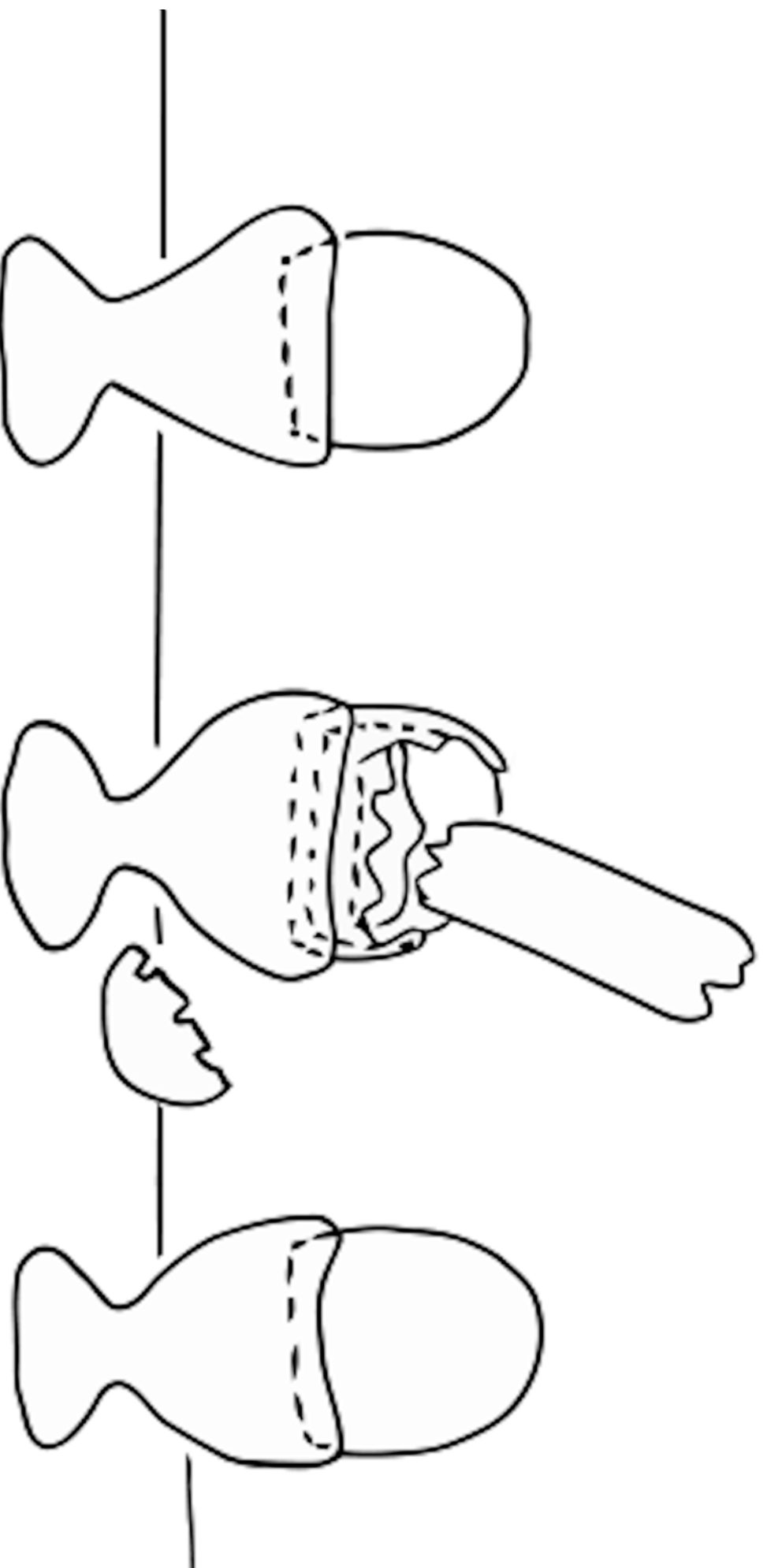
*Hint: don't forget to drop the presser foot on your machine before starting. The embroidery/darning foot doesn't press, but if you don't drop the foot the top thread won't be under tension and you will get a nasty mess (voice of experience!)*

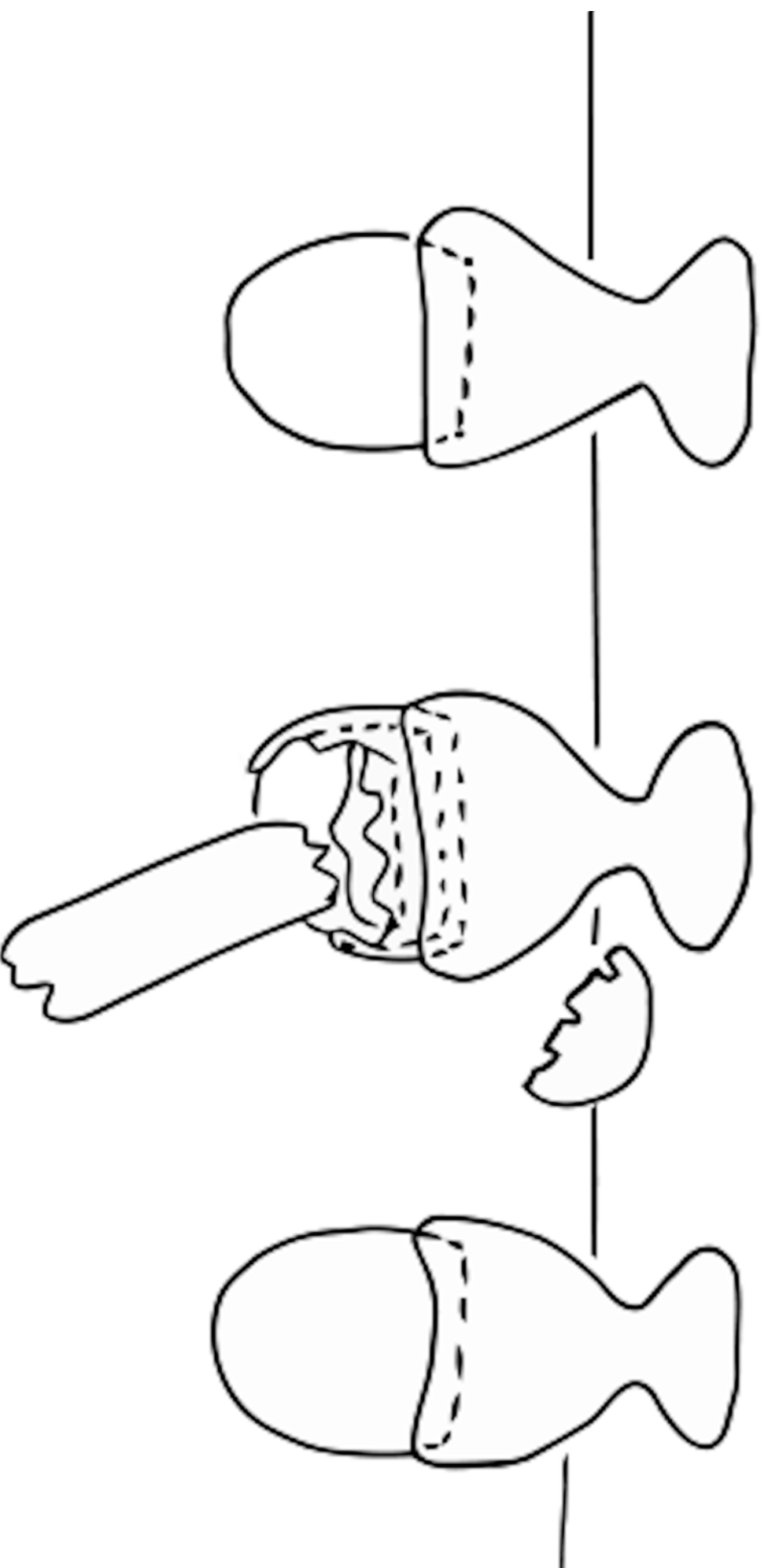
Go once around the egg with the soldier (see picture for guide) Stitch twice around the soldier making zig-zags at either short end to represent the ends of the soldier. Stitch twice around the discarded top of the egg, exaggerating the broken edges with zig-zag stitching.

Press on the reverse. Using the marks you made earlier as a guide, position your picture on the canvas block, then turn the edges underneath. Use your staple gun to secure the sides - secure the two short sides first, working from the centre outwards and then the long sides to within 2" of the corners. ?

Fold your corners carefully, trimming excess fabric then staple into place at the back. ? Trim any excess fabric away from the back

# FARM FRESH EGGS FOR BREAKFAST





EGGS FOR BREAKFAST  
FARM FRESH





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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](#) 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](#).

But none of this would mean anything without YOU, the stitcher. And it's lovely to be able to share hints, tips, techniques and patterns with other like-minded people. So ...

## PLEASE SHARE THE LOVE



I am happy for you to circulate this free pattern as widely as you wish with just two conditions:

Firstly, that you leave all links to my website, blog and other pages in place and ...

Secondly - it is NOT a commercial publication and must not be reproduced for commercial use including resale in any form.



**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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