

Bustle Sew

Love to Sew and Sew with Love

The Great British Seaside Issue.....

Blue House Crab Tote
Coastguard Cottages
Lighthouse Height Chart
Seagull Cushion

Plus:

Dandelion Bunny Cushion
Interview with Debi Birkin
Rosie's Recipes
Blog of the Month
And more....





Hello,

And welcome to the August 2012 issue of the Bustle & Sew Magazine. This month's project theme is the Great British Seaside... as August is the month for holidays, whether that's on a breezy British beach or a more exotic destination. We've stayed close to home though with a selection of coastal-themed projects that I hope you'll enjoy creating.

As well as this, I'm delighted to be able to bring you an interview with the amazingly-talented knitting designer, Debi Birkin, and a chance to win one of her creations - Betsy the bunny - hand-knitted by me. Rosie is back with some delicious chocolate recipes (yum!) and you'll find lots more too.

That's all from me - I hope you enjoy this month's issue - and have a wonderful August wherever you are and whatever you're doing!

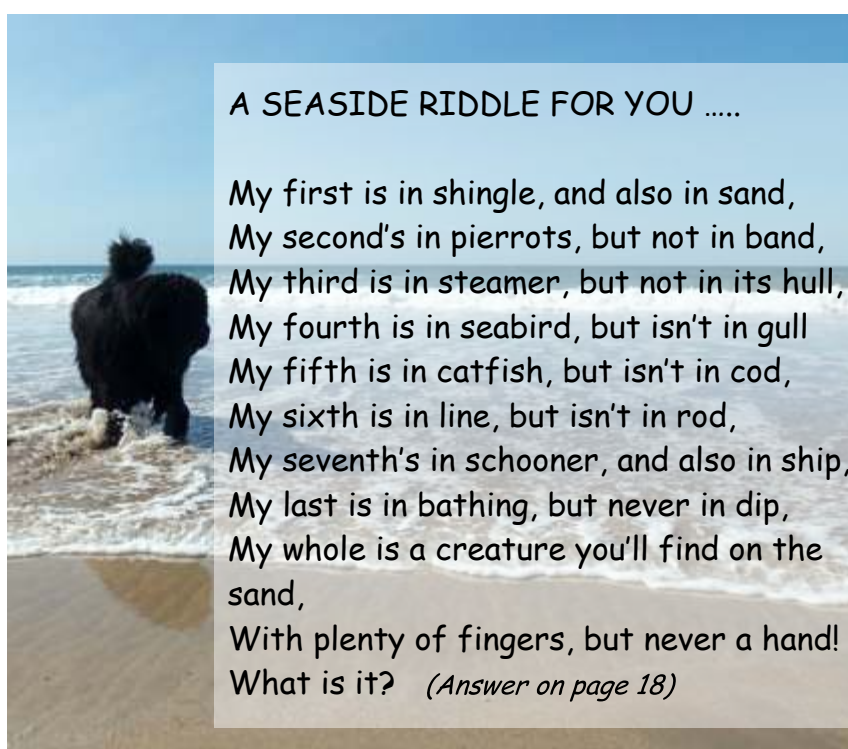
Best wishes

Helen xx



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A SEASIDE RIDDLE FOR YOU

My first is in shingle, and also in sand,
My second's in pierrots, but not in band,
My third is in steamer, but not in its hull,
My fourth is in seabird, but isn't in gull
My fifth is in catfish, but isn't in cod,
My sixth is in line, but isn't in rod,
My seventh's in schooner, and also in ship,
My last is in bathing, but never in dip,
My whole is a creature you'll find on the
sand,
With plenty of fingers, but never a hand!
What is it? *(Answer on page 18)*



Love to Sew and Sew with Love

A Bustle & Sew Pattern



Blue House Crab Tote





Keep your Handmade Quilts Beautiful

Nancy S Ball

Whether it was a gift, a family heirloom or your own creation, many hours have gone into the making of your handmade quilt. Much thought went into the selection of the colors and fabric. The pieces were no doubt cut with precision and sewn together with a great deal of care. Countless hours went into the quilting and then finally finishing off the binding.

With all that done, the finished project was a beautiful handmade quilt. This lovely creation can last for years, even decades, but proper care is essential. The following suggestions for tender loving care will assure that your handmade quilt will be as beautiful for years to come as it was when the last stitch of the binding was tied off.

o Be especially careful not to store your quilt in a place where there could be a problem with bugs or unwanted visitors that would like to eat away at it. Some brands of fabric softener sheets have been credited with repelling these unwanted critters. In addition, the fabric softener sheet will keep it smelling fresh. A cedar chest is an ideal storage place for your handmade quilt.

o By all means, display your lovely handmade quilt to give your home a personal touch. You can be creative in the way you show off your handmade quilt for decoration in your home.

o Display your handmade quilt in a place where it is not exposed to direct sunlight for long periods



Love to Sew and Sew with Love

Seagull Cushion

A Bustle & Sew Design



Enjoy the seaside even when you're home from the beach with the easy machine applique cushion featuring a bright-eyed seagull and some sassy seaside bunting.

Sized to fit 16" cushion pad.





SHOVEL



TURTLE



PAIL



BOAT

Childhood seaside memories



 **Debi Birkin Designs**
Knitting patterns to treasure

Welcome to the wonderful world of English knitting designer Debi Birkin...

Hi Debi,

Thank you so much for agreeing to be interviewed by Bustle & Sew. I love your creations, and have purchased many of your patterns from your website. I haven't knitted them all yet, but they're certainly on my to-do list, and I'm so pleased you agreed to join us here in the Bustle & Sew e-zine...

I'd like to start by asking if you could tell us a little about yourself and when you learned to knit?

Hi - and thanks for inviting me to appear in your e-zine this month. I'm in my 50s and learned to knit as a child of about 5 or 6 years old. My Granny taught me to knit as she was a knitwear and crochet designer for Marks and Spencers in the 1960s and 1970s. In fact she designed a lot of those hippy crochet dresses and waistcoats with tassels that were so popular back then.

I have a vague memory of being at infant school (I would have been about 6 or 7 then), knitting a string horse blanket in strips on massive broomstick needles. My friend, Kim, and I were making it for her pony!



[Click here for Debi's homeware patterns](#)





Betsy the Little Knitted Rabbit Competition

Betsy has been made by me from pure new Shetland wool. Her body is knitted to Debi Birkin's Bunty Bunny pattern and her dress, which is made from pure cotton is my own design.

Betsy is all ready for a lovely day out in the sun with her new family - all she needs is someone to love her and give her a kind new home.

If you'd like the chance to adopt Betsy, then please email me:

helen@bustleandsew.com

With your answers to the seaside puzzle below before Tuesday 28 August 2012. The winner will be announced in the September issue of the Bustle & Sew e-zine.





Love to Sew and Sew with Love

Dandelion Bunny Cushion

A Bustle & Sew Design



This little bunny is simply stitched, then applied onto a quilted patchwork background. The spiral text and fluffy dandelion seed that's escaped from the main design make this cushion really special. The patchwork back is not quilted and has a simple envelope closure.

Dimensions given to fit 18" cushion pad.



All Buttoned Up!

These days we all take buttons for granted and use them for all sorts of purposes, apart from their original use. But it wasn't always like this ... learn some little-known facts about the humble button - and make sure you know the best ways to attach them to your creations so they'll never get lost.

Did you know that

- Button-like objects dating back to around 2000 BC have been found in the Indus Valley of ancient Pakistan. They were not used for fasteners, but for ornaments. Before buttons began to be used as fasteners, pins, leather lacing and belts were used to secure clothing.



- Before buttons could be used as fasteners, the button hole had to be invented! Evidence dates the first button and button hole closure systems to 13th century Germany. This may have been a solution to the problem of how to secure clothing that was becoming more and more form-fitting, without having to resort to sharp pins that might prove at best uncomfortable and at worst a positive danger to the wearer!
- As with almost anything that is new, they became a craze. Buttons and button holes covered the clothing of the wealthy. The number and composition of the buttons themselves became a status symbol and it's believed that King Louis XIV of France spent over \$5 million on them in his lifetime.
- Have you ever wondered why men's suit coats have non-functioning buttons sewn on the sleeves? They may be simply decoration, but there is also the story that King Frederick The Great of Prussia started the fashion in the 18th century. The story is that, after an inspection of his troops, he ordered that buttons be sewn on the sleeves of their coats to discourage them from wiping their noses on them!
- As the cost of ivory increased during the 19th century, button manufacturers began to make their products from a nut from a specific kind of palm tree in South America. This is called vegetable ivory, or corozo. When the nut is dried, it is a very reasonable facsimile for genuine ivory, and is still used today.
- The first buttons made from celluloid, one of the first types of plastics, were made in the 1860's.



Love to Sew and Sew with Love

Lighthouse Height Chart

A Bustle & Sew Design



A lovely idea for a gift - this Lighthouse Height Chart is perfect to record a little one's growth, from those first baby steps upwards. Just stitch a date against the scale to record height at that moment - or if you don't want to stitch, then use a fabric marker pen instead. This chart is marked in centimetres, but it's easy to use feet and inches instead.

Finished measurements 15" x 36"





Blog of the Month

Gingerbread Snowflakes (don't you just love the name!?) is the wonderfully eclectic blog created by Pam Harris, to celebrate art, craft, cooking, homemaking and traditional celebrations from all over the world.

As well as her own designs, recipes and crafting, Pam showcases other artists and crafters in her colourful posts, seeking out the best of the web for us all to enjoy...





Love to Sew and Sew with Love

Coastguard Cottages

A Bustle & Sew Design



Five little coastguard's cottages stand guard on the edge of the sea, looking out across the great curved expanse of the bay But really they're an unusual - and oh, so easy to create, draught excluder to keep your home cosy and warm during the winter months. Or just make one to act as a door stop - sure to be a talking point when friends visit.

Finished row of 5 cottages measures 30" x 6" (approx)



THE FREE MOTION QUILTING PROJECT

Leah Day



This month - how do you stitch right up close to the edge of your quilt and still control the quilting?Here's Leah to tell us how:

This is a really good question because the edges of your quilts are potential minefields of issues.

You might be quilting along just fine in the middle of a quilt, but get right on the edge and suddenly your design will go out the window along with stitch quality as the edges shift and wiggle under your hands.

But this is NORMAL!



You're on the edge of your quilt so you should have a few inches of batting and backing fabric under your hands, but the quilt will end and stabilization of all 3 layers stacked together ends with it.

So here's a few solutions. There are probably hundreds of ways to circumvent or fix this issue, but we'll start with just 2:

#1 - Don't quilt to the edges - Just don't to it. Add an extra 2 inch strip of fabric all around your quilt and mark a line right through the middle of it. Quilt to that line leaving 1 inch of fabric between you and the raw edge of the quilt at all times.



As you can see from my fabric samples of designs, this is how I quilted each 4 inch square - within a 6 inch quilt sandwich so I always had 1 inch of fabric all around the edges.

This extra inch of fabric gives you the added stabilization you will need. All three layers stay together beautifully and there's hardly any issues of the design going crazy because the quilt remains stable.

2. Cut wider borders - This is basically the same answer as #1, but an alternative method. Instead of adding an extra 2 inch strip to your quilt, which most quilters simply won't want to do, you can instead simply cut your borders 1 inch wider.

Again, mark 1 inch inside the edge of the quilt top and take your stitching to the LINE, not to the edges of your quilt.

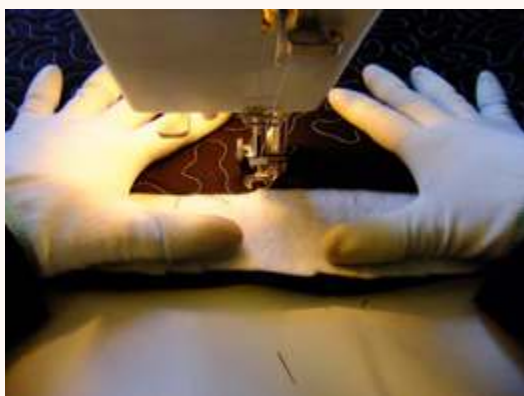


This is my favorite solution because I can't count the number of times I've quilted my free motion foot over and under and INTO my quilt top. I can't count the number of times I've gotten so stuck on a quilt edge I had to break thread, usually ready to tear my hair out the whole time.

It's annoying and frustrating and just not necessary. Make your life easier and less complicated by NOT quilting to the edges of your quilts.

Note to Extra Stubborn Quilters:

If you absolute, positively, MUST quilt to the edges of a particular quilt top, use your hands to really flatten out the space you're stitching, then quilt OVER the edge of your quilt top into the batting.



This area will be cut off when you apply your binding, but your design will remain more consistent and you should be able to maintain more control, but only if you really FLATTEN everything with your hands.

I work from right to left, always smoothing the quilt out, flattening out the edge so it's squished down and not flipping up for my foot to catch on. Then I carefully stitch over the edge and into the batting, then back over the quilt, keeping the design simple, but consistent.

This month's Free Motion Quilting Video is:



STARFISH

[Click here](#) for the free video to see how to create this seaside pattern ...

Leah Day is the author of the [Free Motion Quilting Project](#), a blog project dedicated to creating new free motion quilting designs each week and sharing them all for FREE!



Rosie's Recipe Corner

Choc-o-late: *noun* – a food preparation in the form of a paste or solid block made from roasted and ground cacao seeds, typically sweetened. *Origin* – early 17th Century (in the sense ‘a drink made with chocolate’): from French *chocolat* or Spanish *chocolate*, from Nahuatl *chocolatl* ‘food made from cacao seeds’, influenced by unrelated *cacaua-atl* ‘drink made from cacao’.

Sweet white chocolate, creamy milk chocolate and bitter dark chocolate – I love them all! For as long as I can remember chocolate has been my favourite food. When asked what food I couldn't live without the answer is *always* chocolate. I recently recovered my baby book from a box in the loft and upon closer inspection found chocolate listed as one of my favourite foods (unsurprisingly) – when I was only 18 months old!

Over 20 years later and it is still my favoured treat (perhaps I should mention that as I write this I am nibbling on a bar of dairy milk!). It is official – I am a **chocoholic:** *noun* – a person who is addicted to or very fond of chocolate.

I am positive I am not alone in my love of chocolate. Indeed, “*Nine out of ten chocoholics are women*” – Oxford Online Dictionary. So this month I have decided to share some of my favourite chocolate recipes – I hope you enjoy them as much as I do!

Chocolate Chip Cookies



Happy Days Beach Hut Pillow



You will need:

Piece of plain fabric for embroidery 11" x 9"

Scraps of fabric for applique

Embroidery floss in 3 colours to tone with your fabric choices plus very dark brown and sandy orange

3 small buttons

Piece of ticking or deckchair strip fabric 12" x 10" (optional)

3 pieces of dotty fabric (or pattern of your choice) 1 piece 18" x 18" square, 2 pieces 15" x 18"

18" cotton ribbon (optional)

1 cushion pad 18 x 18" square

Fabric spray adhesive or Bonadweb, whichever you prefer using. Air-fade or washable fabric marker

Pinking shears



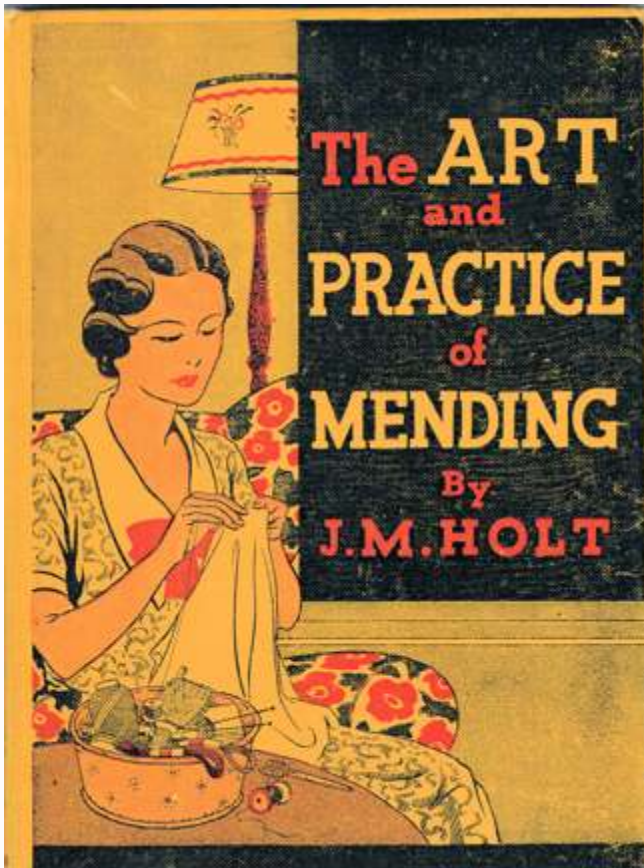
CHAPTER 1

GENERAL REMARKS ON MENDING

THERE is an aesthetic pleasure in all forms of handicraft which lies in creating form and beauty from the formless. For this reason alone, drawing, needlework, and any other kind of self-expression that requires a combination of physical movement and imagination should be accorded a high place in any system of education.

It would appear that mending and renovation in general will take a much lower place as a definite pleasure, and yet their utility is so obvious that to neglect them is a deprivation. It will be found too, that there is a certain satisfaction involved in mending, a call upon the ingenuity of the worker, which may be strengthened if one or two general principles are remembered.

The first of these is a psychological one. The mind revolts against doing something that is not worthwhile, such as mending a garment that is so worn and threadbare that the futility of the process is apparent. It is not suggested that such garments should go unmended, but that small stitches and lengthy processes should not be expended upon them, and that a full use of the sewing machine should be made in mending household linen that is worn to such an extent that every visit to the "wash" is bound to lead to further extensive mending.



“The Art and Practice of Mending” by Janie Maud Holt was published in 1933 - during times of economic hardship when every penny counted and textile items had to be made to last.

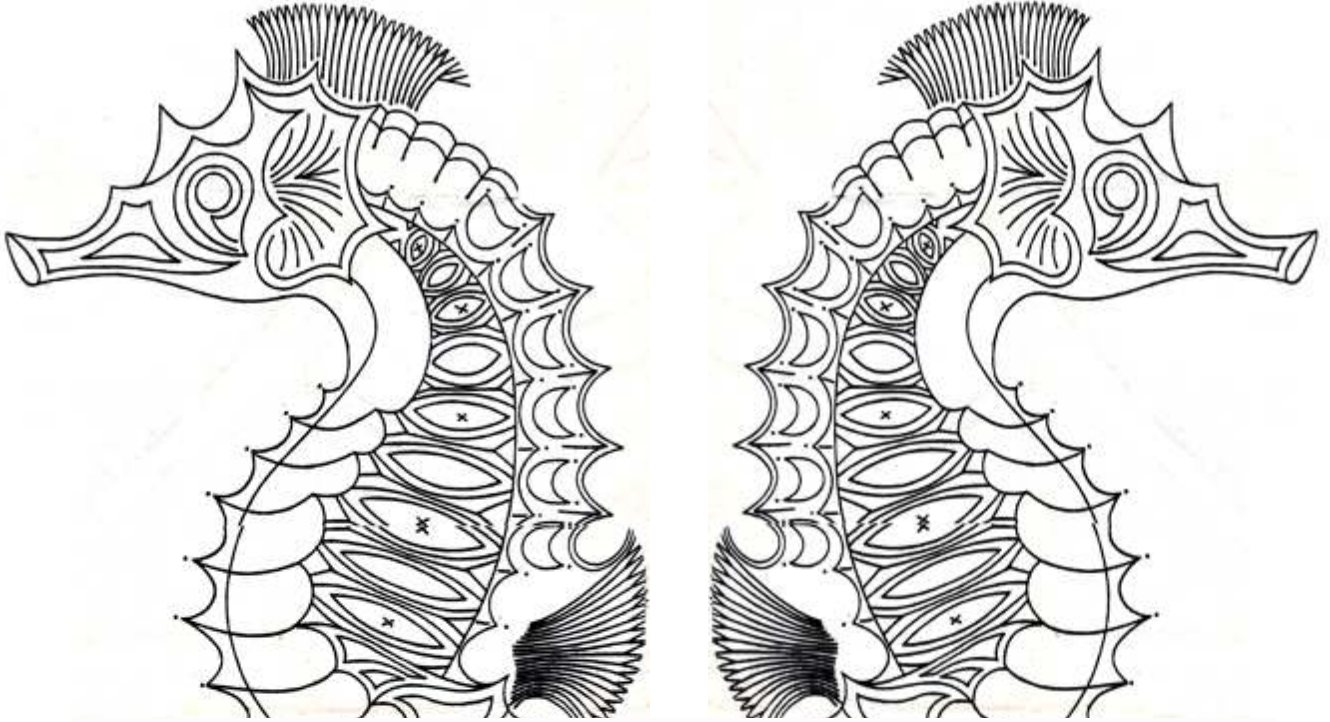
Today, economic times are hard again, and so the lost skills of darning, patching and general mending are enjoying something of a revival.

We also value vintage textiles, whether it's for their design, quality, or simply a wish to be a little “greener” when we can - so I thought it would be fun to take a journey into our grandmothers' and great-grandmothers' pasts with a mini-series of two extracts from this great little book.

This month we'll be looking at darning - general principles and materials, together with a couple of the techniques described by Janie Maud Holt.

VINTAGE SEAHORSE TRANSFER

And, as the Great British Seaside issue comes to an end .. I have one final pattern for you ... a vintage sea horse design. The original is enormous - about 18" long - here he's smaller - but I do hope you like him...



That's all for this month folks - I do hope you've enjoyed this, the eighteenth issue of the Bustle & Sew magazine. Next month is September - Season of Mists and Mellow Fruitfulness - and back to school as well - so lots to look forward to next time!

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