



Love to Sew and Sew with Love

A Quick Look at “Stitch and Flip” A Bustle & Sew Tutorial



The twelve 12” squares in the quilted dog bed topper on the right were all created from scraps and left-over fabric using the stitch and flip technique. The squares were then pieced together really simply with some nice 3” wide red gingham sashing, layered with recycled twill as backing and an old blanket for the batting.

Then I stippled the topper all over for strength and durability, and bound with twill tape to make sure the edges would be hardwearing too.

So now my sandy, muddy dog has a lovely new washable topper for his bed which cost me next to nothing to make.

The stitch and flip technique is a great way to create stable, non-stretchy shape using all sorts of scraps of fabric.

It’s a really easy technique to use, but is best for light to medium-weight fabrics, I personally wouldn’t use it on anything heavier weight than a cotton duck. I also like to use it on squares and rectangles so that there is no risk of the base fabric stretching and distorting.

You will also need a nice firm cotton or cotton blend fabric to form the base of the squares, some temporary fabric adhesive, your sewing machine, quilter’s ruler or set square and nice sharp fabric shears.





Measure and cut your base fabric into the shape and size you require. Your base fabric should be firm and non-stretchy - here I have used a piece cut from an old cotton sheet.

This sample measures 8" x 12".



Then assemble your fabric scraps. I had some "Flora" by Lauren and Jessi Jung at Moda left over from my [Rosie & Bear Calendar Quilt](#) so used those.

Place your first piece on the corner of your rectangle right side up.



Stitch in place along two outside edges. This will give you a nice firm starting point. Here you can see the reverse.



Line up your next fabric scrap, checking that it is long enough to cover the base fabric from edge to edge.



Flip it over so the right side is downwards, aligning one edge with the edge of your first piece of fabric.

Machine stitch as shown $\frac{1}{4}$ " from edge.



Flip back over and press in place. Here you'll see that I made a mistake and my piece doesn't reach to the edges of the base fabric all the way along. But this isn't really a problem ...



I can just take my quilter's ruler and square off the fabric at the point it touches the edges of the base fabric. All this means is that this strip will be a little narrower than I first thought it would be!



Looks just fine! Secure in position with temporary fabric adhesive spray (saves basting or machining edges at this stage. Then trim edges so they align with base fabric.



And continue in this way covering your base fabric with your scraps



Until you can't see your base fabric any more. Then machine around all edges 1/16th" from the edge to secure in place and make a nice firm finish for piecing your top.



Back of finished piece.



Why do we love to stitch? After all, you can purchase mass-produced embroidered items at many high street stores. 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 personalize an item, or even 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 your natural creativity. And you can keep up-to-date with all the latest news 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 and techniques with other like-minded folk.

PLEASE SHARE THE LOVE: I am happy for you to circulate this short tutorial as widely as you wish – with just two conditions: Firstly that you leave all links to my website and blog in place. And secondly, it is not a commercial publication and must not be reproduced for resale in any form.

Best wishes

Helen xx



PS : If you love stitching then you're sure to enjoy my Bustle & Sew Magazine. It's my own e-zine delivered monthly to your in-box stuffed with ideas, projects, features, articles, patterns and more. Your family and friends will be queuing up to take delivery of your new Bustle & Sew creations.

To learn more, please visit my website.

<http://bustleandsew.com/magazine>