

# FREE MOTION FLOWER PILLOW

Accessory of the Month October 2017



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### Free Motion Darning Foot



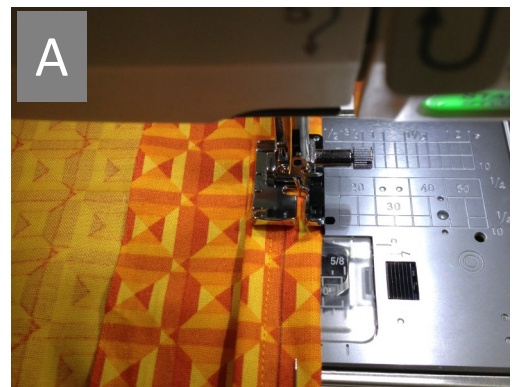
**This pillow has 2 sections**

#### Section 1: Pleated panel on the left of the cushion

1. Start with a 6'' x WOF strip of fabric.
2. Mark the fabric at 1'' increments down the length (42'' side) of the fabric. (Alternatively you could use a fabric that has markings at approx. 1'' increments such as a check or stripe as in the sample).
3. Attach the 1/4'' seam foot (O) to the machine. | Fig. A
4. Select 1/4'' stitch on your sewing machine.
5. Match up the first two 1'' markings so that right sides of the fabric is out. Sew across the 6'' piece with a 1/4'' seam allowance. Continue with this process until all seams have been sewn and the piece is now approximately 16 1/2''.

#### Requirements

- 6 1/2'' x 42'' strip of fabric for the pleated section 1
- 15'' x 20'' Background for appliqué section 2
- 10'' x 10'' square for main part of appliqué flower
- Scraps of fabric for the petals on the flower and stem.
- 2 x 2 1/2'' x WOF (width of fabric) for the flange of the cushion.
- 2 x 24'' x 16'' fabric for the back of the cushion.
- Sewing thread to match section 1
- Embroidery thread for the appliqué flower
- Heavy decorative threads for reverse bobbin work around the main flower and stem
- Variegated embroidery or quilting thread to stitch on the circles of the petals
- 6 buttons to embellish the petals of the flower
- 3 buttons for the back of the cushion
- Twin needle
- Empty bobbins
- Flower head Pins
- Vliesofix
- Fabric Marker
- Ruler
- 20'' x 20'' square of Tear away
- 1/4'' Foot (O)
- Open Toe Clear foot (F2)
- Free Motion Foot (PD-H)
- Button Sewing on Foot (T)
- Walking Foot
- Buttonhole foot (R)
- Print Template onto A3 or resize to 140% if printed on A4.





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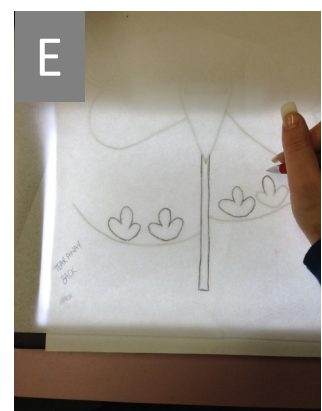
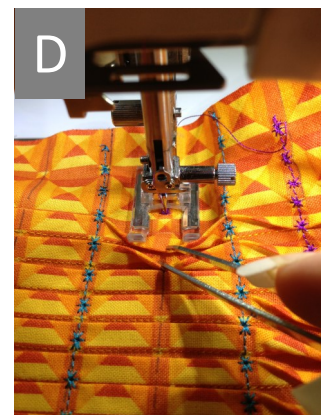
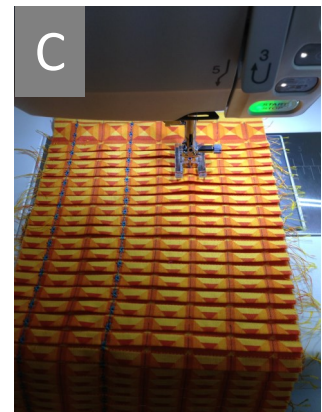
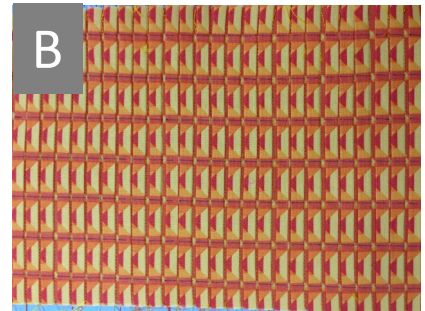
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6. Press the pleated fabric so that all the pleats are running in the same direction. | Fig. B
7. Mark the fabric down the length in 1" increments.
8. Select a decorative stitch on the sewing machine. Thread the machine with an embroidery thread on the top and bobbinfill in the bobbin.
9. Attach the Open Toe Clear foot (F2) to the machine. Align the first marking with the center of the F2 foot and sew the decorative stitch down the length of the fabric ensuring that all the pleats are going in the same direction. | Fig. C
10. Skip the next line and sew the same decorative stitch on the third line.
11. Repeat this process across the fabric skipping a line of stitching each time.
12. Once every second line has been stitched in the same direction turn the fabric around so that you are now stitching from the other end of the fabric. | Fig. D
13. Thread the machine with a different coloured embroidery thread. You may also choose to change the decorative stitch.
14. Sew the remaining lines of stitching in the opposite direction. The pleats are to be caught in the opposite direction in order to give the look of fractured pleats.
15. Continue stitching until all lines of decorative sewing have been completed.
16. Set this panel aside until section 2 has been completed.

#### Section 2: Appliqué flower with reverse bobbin work and thread painting

17. Trace out all components of the flower onto vliesofix and adhere to the wrong side of the fabrics you have selected for the flower and cut out. | Fig. E
18. Fuse the pieces onto the background piece.
19. Onto the piece of tearaway trace the outline of the flower and stem. This is required as the outline of the flower cannot be seen from the reverse side of the fabric thus we cannot see where to do the reverse bobbin work stitching. This can be done by using a light box ensuring that the appliqué piece is face down so that we are tracing the mirror image of the shape.



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20. Pin the tearaway onto the back of the main appliqué piece so that the outside of the traced outline is matching up with the edge of the flower on the correct side of the fabric. (This will be the guide when reverse appliquéing the flower).

21. Wind a bobbin with the heavy decorative thread. Place it into the bobbin area of the machine but bypass the tension on the bobbin holder.

22. Thread the top of the machine with a matching coloured embroidery or sewing thread.

23. Select Triple Straight Stitch.

24. Attach the clear open toe foot (F2).

25. Place appliquéed block right side down on bed of machine so that the appliquéed side is on the bed of the machine and the tearaway is facing up.

26. Leaving a tail of thread start sewing around the outer edge of the flower, if the appliqué line is not as heavy as you would like repeat the process to either the left or right of the original line. (The sample has three rows of stitching beside each other.) | Fig. F

27. Thread the machine with the variegated embroidery or sewing thread to stitch the circles on the petals.

28. Attach free motion foot to the machine. Drop the feed dogs on the machine.

29. Sew around the circles with free motion stitching. (The sample has been free motion stitched more heavily on the outer edge of the circle then coming into finer stitching in the center of the circle.) | Fig. G

30. Continue this process on all 5 circles.

31. Attach the twin needle and the free motion quilting foot.

32. Thread the machine with two colors of embroidery or quilting thread on the top of the machine and bobbinfil in the bobbin area.

33. Select straight stitch with the feed dogs lowered.

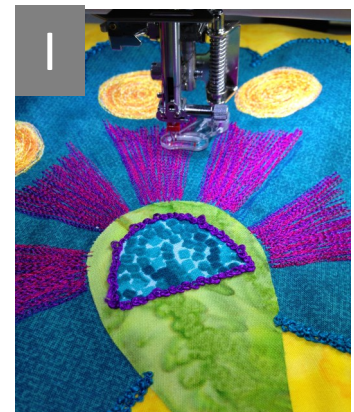
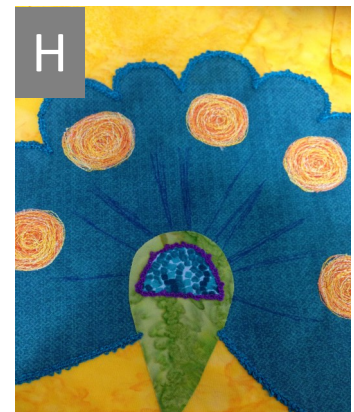
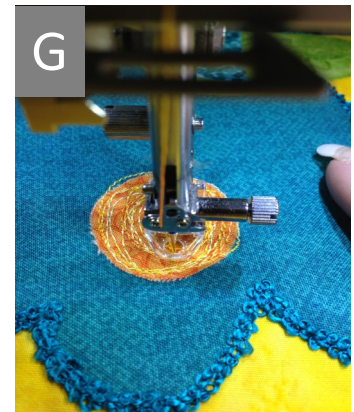
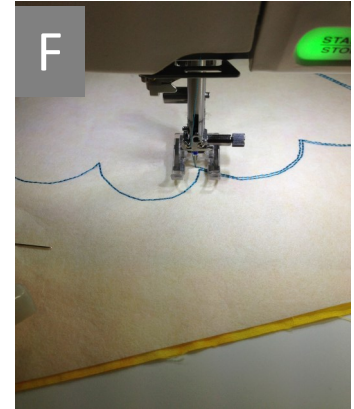
34. Using a fabric marker draw the shape of the 5 petals to be thread painted with the twin needle. | Fig. H

35. Starting near the center of the flower free motion out to the length that suits and continue this process until the desired look has been achieved. | Fig. I

36. Continue this process until all 5 petals have been created.

37. Attach Clear Open Toe Foot (F2).

38. Wind bobbin with heavy decorative thread to sew the stem with.





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39. Place bobbin in the bobbin area but don't put the thread into the tension of the bobbin holder.

40. Select a stitch to sew around the edge of the green area for the stem, leaves and middle of the flower. | Fig. J

41. At the start be sure to leave long tails of thread so that they can be pulled through to the back and tied off. | Fig. K

42. Place the buttons onto the petals that don't have an appliquéd circle on them. | Fig. L

43. Attach the Button sewing on foot (T).

44. Attach all 6 buttons onto cushion.

45.

46. Putting It All Together: Cushion Construction

47. Square the background piece to 14'' x 16''.

48. Cut the pleated piece to 6'' x 16''.

49. Select the ¼'' stitch.

50. Attach the ¼'' foot (O) to the machine.

51. Sew section 1 onto the left of section 2 with a ¼'' seam.

52. Cut 2 strips 2 ½'' x WOF. (This will be the flange of the cushion.)

53. Attach the two sides of the flange to the cushion with a ¼'' seam.

54. Cut off the remainder of the strip.

55. Attach the top and bottom of the strip to the cushion. | Fig. M

56. Cut off remaining strip so that the cushion is now square.

57. Take the two backing pieces 24'' x 16''. Fold the 24'' side down 1''. Then fold again so that the raw edge is inside the fold. Press.

58. Topstitch this edge on both pieces.

59. On one of the pieces mark out the buttonholes for stitching in the 1'' topstitched area.

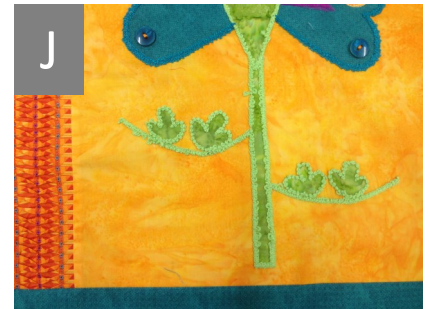
60. On the other piece mark out the positions for the buttons to be stitched in the topstitched area.

61. Attach the buttonhole foot (R) and place one of the buttons in the back of the foot.

62. Sew the three buttonholes.

63. Attach the button sewing foot (T).

64. Sew the buttons onto the opposite piece of fabric to the buttonholes.



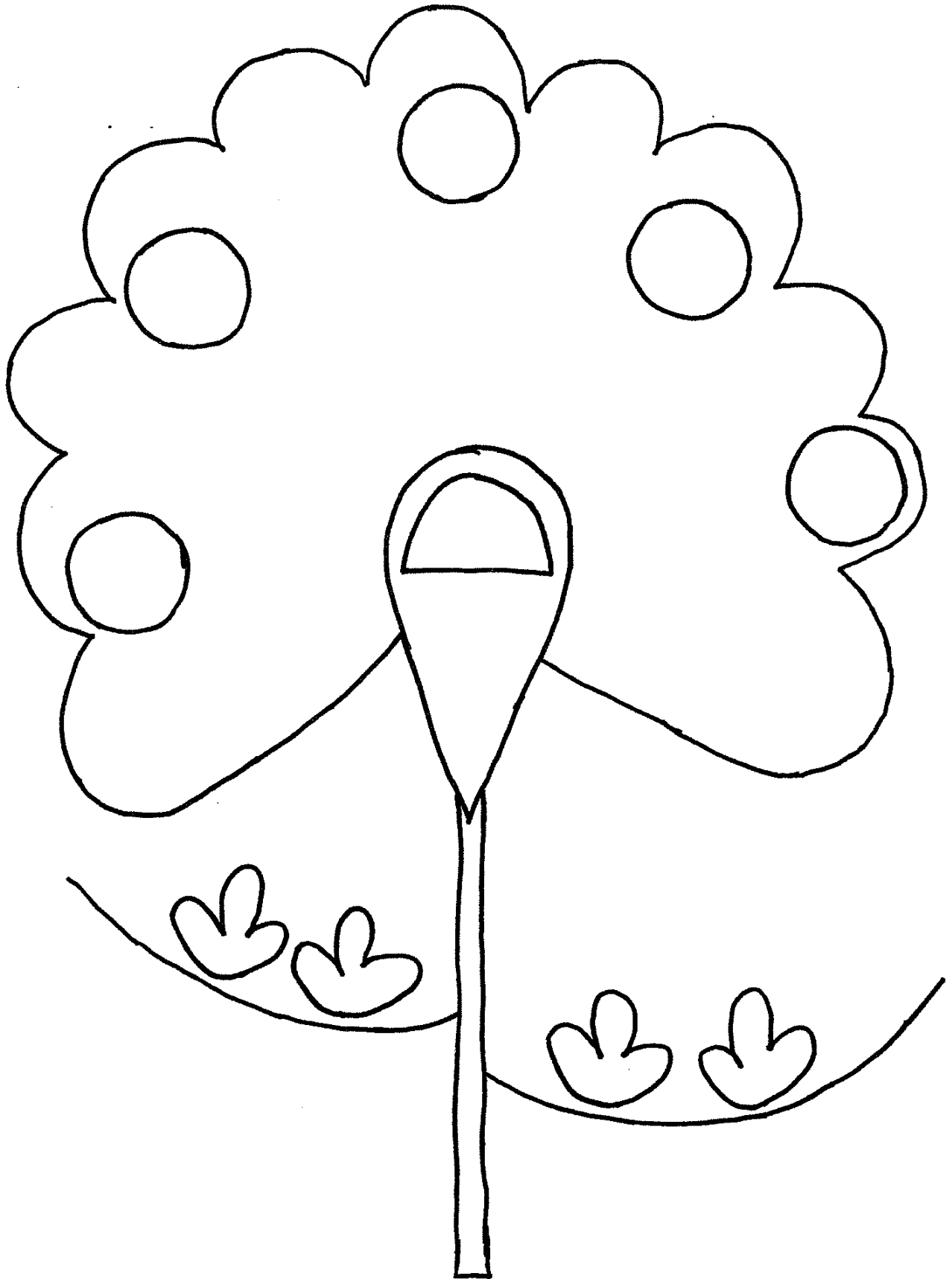
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65. Lay the front of the cushion on a flat surface facing up.
66. Take the backing piece that was just created and do the buttons up into the buttonholes.
67. Lay the backing piece right side down on top of the front of the cushion.
68. Sew around the edge with a  $\frac{1}{2}$ " seam.
69. Turn the cushion right side out and press all seams.
70. Attach the walking foot and sew in the ditch where the flange meets the center of the cushion panel.
71. Your cushion is now ready for the cushion insert to be added.





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