
Four Sided Placemat

Supplies

For each placemat:

- Two pieces of Floriani Heat N Sta Fleece 13" by 17"
- Four different fabrics 14" by 18"
- Thread and General Sewing Supplies
- Iron
- Pins
- Removable marker
- Hand Sewing Needle

Instructions

Cut two pieces of Floriani Heat N Sta Fleece the exact same size. Mark the centers of the long sides of the Heat N Sta Fleece with a mark or small clip. Fuse the Heat N Sta Fleece centered to the wrong side of two of the fabrics. Lay one un-fused fabric right side up and one of the fused fabrics right side down and centered on top. If the fabric has direction make sure both are orientated the same. Repeat with the other two fabrics. Place a pin in the seam where the center marks are on both sides. See photo for reference.



Set up sewing machine for straight stitch and stitch length of 2.5mm. Stitch just inside and catching the edge of the fleece by only 1/8". Starting at one of the center pins exactly, sew around to the second pin only and stop exactly at the pin. Repeat for second set.

Match the un-stitched side with fleece of one set to the un-stitched side without fleece to the other set. (If both fabrics have fleece, think again and re-adjust.) Align the centers and secure with pins. Starting at the pin exactly, stitch around and stop stitching at the other pin exactly. Align the final two sides and stitch as before, except leave an opening of about 5-6" in one side for turning.

Turn right side out, straighten and press edges. Orient the placemat with the fleeced fabrics on the top and bottom. The un-fleeced fabric will be folded inside the top and bottom fabrics. Using an erasable marker, draw a line from one center to the other down the middle of the placemat. Pin through the line, but gently pull the fold un-fleeced fabrics away from the center so that it will not be caught in the stitching. Stitch down the center on the line. Hand sew the opening closed or top stitch around each four sides. Each of the four sides can be top stitched from the center mark to the center mark.

*Really sharp corners:
Sew to the end of the side and cut thread.
Turn the work and fold along the seam line before stitching the next side. Trim excess fabric in the corners.*



Using the Narrow Hemmer Foot on Dinner Napkins

The narrow hemmer foot makes short work of a beautiful, tiny edge. Among the many uses of this hem are napkins, ruffles and shirttails. The foot does all the work, but we need to use some techniques to get any sharp corners just right.

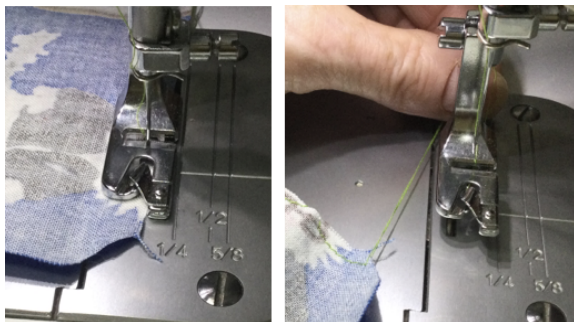
Supplies

- Cut cotton or linen fabric for napkins any size, but a good size for a dinner napkin is about 17" square
- Thread to match napkin, a thinner thread such as a size 40 works best
- Fray Check
- Best Press 2
- Small scissors for trimming

Instructions

Heavy or loosely woven fabrics are not suitable for this foot. The edge of the fabric should be cleanly cut without loose threads. Crisp fabric works especially well. Body can be added to fabric with stiffeners such as starch, sizing or Best Press 2.

Select a thin thread suitable for this tiny hem. Some narrow hem feet allow for a zig zag stitch, allowing for some decorative stitching over the hem. Always test the width of the swing of the needle when using a non-straight stitch. Some fabrics may stretch during stitching, especially on the cross or bias grain. This stretching will cause rippling along the edge. To avoid rippling, stay stitch 1/8" from the edge of the fabric before using the narrow hem foot.



The foot has a corkscrew like apparatus in the front that double turns the fabric just before it reaches the needle. Most narrow hemmer feet are designed to be used in the center needle position. The fabric feeds through the foot with the raw edge of the fabric fitting in the groove just to the left of the corkscrew and the fold of

the fabric just to the right of the corkscrew. See image for the proper placement of the fabric. Take care to keep the fabric aligned with these parts of the foot. While sewing use your left hand finger to keep the fabric fold in position and hold the raw edge almost vertical to the bed of the machine.

Turning corners is challenging unless the fabric is pre-prepared. The bulk of 6 layers of fabric in such a tiny hem is just a deal breaker. When making a napkin, prepare the fabric by clipping the corners about 1/4" and sealing with a seam sealant such as Fray Check. Allow the seam sealant to dry completely before stitching the item.

The underside of the foot has a groove for the narrow hem to fit in. When starting to stitch on the edge of the fabric, the fabric is in the front off the feed dogs and has no way to be pulled under the foot. Starting the fabric is easier with a thread handle to help pull the fabric under the foot. To make a thread handle, start stitching on the adjacent corner about 1-2" from the corner and 1/8" from the raw edge. Do not cut the thread and use it as a handle to pull the fabric under the foot and into the corkscrew. Using a knee lever to raise and lower the pressure foot allows you to use both hands to position the fabric. Place the raw edge at the corner of the fabric just under the needle and take two or three stitches by hand turning the needle using the fly wheel on the side of the machine. When starting to sew, gently pull on the thread loop directly behind the foot to pull the fabric into the groove and into the feed dogs. Stitch to the next corner and off the fabric. Don't cut the thread so you have another handle to start this corner.

Start to stitch this corner just as you did the first one, except position the fabric about 1/8" in instead of on the raw edge. Take a few stitches by hand just to set the thread and lock it into place. Use your thread handle to help position the corner and pull it through, but don't pull too hard or you will distort the corner into a point. After stitching, trim threads and reinforce the corners with some additional seam sealant.

