



*Margaret Moorehead's*

## Virtual Sewing Guild Video Series

# Candy Canes and Holly



## Contents

What You'll Learn .....	2
Supplies You'll Need .....	2
Equipment You'll Need .....	2
Fabric Preparation .....	3
Section 1—Machine Embroidery .....	4
Section 2—Attaching the Borders .....	9
Section 3—Add the Binding .....	16

## What You'll Learn

- ❖ Unique Binding Technique with Decorative Stitches
- ❖ How to Miter Corners on Binding
- ❖ Why “Preparing” your Fabric is Essential
- ❖ Assembling a Project that is Already Quilted

## Supplies You'll Need

- ❖ Christmas Candy Cane Design Version 1
- ❖ Fabric (See Fabric Preparation instructions below)
  - Fabric 1 for the center front, back, and binding
  - Fabric 2 for the front and back borders and the sleeve for hanging on the back
- ❖ Batting:
  - Double-sided fusible batting
  - Single-sided fusible batting
- ❖ No-show mesh stabilizer or knit interfacing
- ❖ Cut-away stabilizer large enough to be hooped
- ❖ Embroidery thread
- ❖ Painter's tape
- ❖ General sewing supplies

## Equipment You'll Need

- ❖ Equipment in good working order
- ❖ Presser feet:
  - Regular sewing foot
  - ¼” foot with a guide
  - Decorative stitch foot
  - Stitch-in-the-ditch/edge joining foot
- ❖ Empty bobbins
- ❖ Sharp pair of scissors
- ❖ Thread snips
- ❖ Rotary cutter, mat, ruler
- ❖ Iron

## Fabric Preparation

Prepare the following fabric pieces before beginning:

<b>Fabric</b>	<b>Purpose</b>	<b>Size</b>	<b>Batting/Stabilizer</b>
#1	Binding	2" x 50" <b>Cut on Bias</b>	None
#1	Center Front	8" x 10"	No-show mesh stabilizer or knit interfacing
#1	Center Back	8" x 10"	Single-sided batting
#2	Sleeve on Back	2 ¼" x 10"	None
#2	Borders	Two each: 2 ¼" x 8" 2 ¼" x 12"	Fuse double-sided batting between one piece each of front and back fabrics

## Section 1—Machine Embroidery

### *Margaret's Hint:*

*Always “prepare your fabric” by fusing a knit interfacing, no-show mesh, or similar product to your fabric. When you’re doing embroidery, the needle is going in and out of the fabric thousands of times, moving the fibers of the fabric to the left or right, or even shearing the fibers. This will weaken the fabric and cause puckering on the finished project. Preparing your fabric with the fusible knit interfacing or the no-show mesh ensures that the fabric can hold more stitches than it originally could.*

Make sure that you’ve prepared:

1. Single piece of fabric for the sleeve, or holder, that will go on back of the project
2. Front center fabric fused with no-show fusible mesh
3. Back center fabric, fused with single-sided fusible batting
4. Four border pieces fused with double-sided fusible batting

Load the design into the embroidery machine.



Hoop one piece of cutaway stabilizer, and put the hoop on the machine.



“Float” (just lay on top) the Center Front fabric piece on top of the hooped stabilizer. Center it in the hoop, under the needle. You don’t need to be exact, because the piece is larger than needed, and we’ll be cutting it down.



Stitch the first color stop to baste the fabric into position onto the cutaway stabilizer.



Next, the embroidery design will be stitched. It starts with the candy cane, doing the red stripes, white stripes, and then the outline. It will start at the bottom, then move to the top, to get the best results. When you have a design with an outline, it’s best to complete the outline on each section so that it lines up as it should.



Once it's finished with the candy canes, it will do the leaves, then the bow.



The inner part of our design is complete.



We're ready to start the quilting on the design. The stitching will show on both the front and the back.

Remove the hoop from the machine, but **don't remove** the stabilizer or fabric from the hoop.

We're going to put the center back piece of fabric over the stitches on the back, covering what you've already stitched.



Before attaching the fabric, though, wind a bobbin with the same color of thread as you're using on the top stitching for the quilting.

Put the newly wound bobbin into the machine.



Now we're ready to put the center back fabric piece onto the hoop. Center it over the stitching, on the back of the hoop.



Using painter's tape, attach the center back fabric onto the back of the stabilizer, covering the stitching you've already completed. Attach the tape at the top and bottom, making sure that the tape is close to the edge and out of the way of the embroidery.



### *Margaret's Hint:*

*For best results, slow the machine down when you are embroidering through fabric that has been fused with batting.*

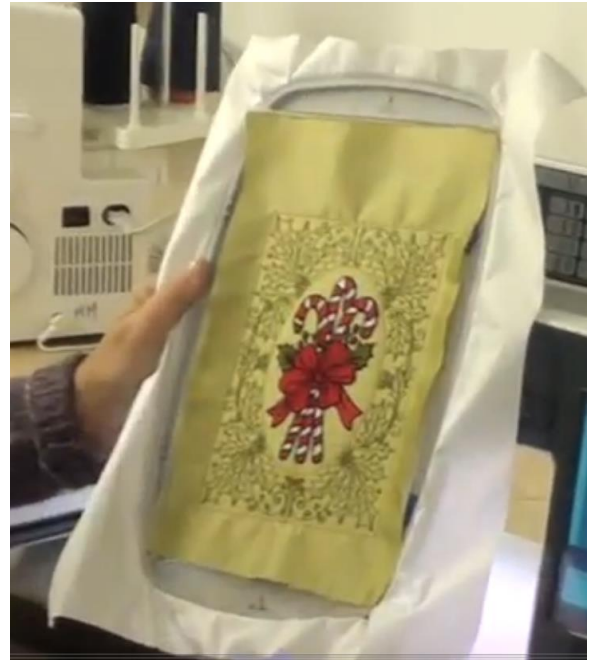
Attach the hoop to the machine. Remember to slow the machine down; it's now going through two layers of fabric, as well as batting.



Now stitch the quilting. It will show on both the top and the bottom!



The quilting is finished! It looks beautiful on the front...



...and the back!

Leave the tape on for now.



The satin stitch around the oval will stitch out next.

You may want to change the thread for the oval. Here, I've used a metallic thread on top of the design. But in the bobbin, I've used regular thread in a closely matching color.

After changing the bobbin thread, put the hoop back in the machine to stitch out the next step.





Remove the hoop from the machine, and the tape from the back. Look at this gorgeous design!



Remove your work from the hoop. Next, iron the design to make sure it's laying properly.

I like to iron from the back, using a pressing cloth.



After pressing the design, cut the edges off, right next to the stitched outline, on all four edges.



## Section 2—Attaching the Borders

Now, let's attach the borders, starting with the sides. You'll notice that the borders are a bit longer than the embroidered design. This gives us just a bit of a safety net so that we can cut it off evenly.



Set up your sewing machine for a zigzag stitch, using a length of 2.5 and a width of 2.5. I'm also using a presser foot that has a blade down the middle. This is sometimes called the "stitch-in-the-ditch foot," or a narrow edge foot.

Change the thread color on your sewing machine to a top stitching color that coordinates. Be sure your bobbin thread matches the top thread.

To join the two pieces of fabric together, we're going to stitch with the blade right in the middle between the two fabrics that we're joining together.

Stitch the zigzag stitch to join the two fabric edges together, all the way down.

Stitch the borders pieces to both the left and right sides of the center piece.



The zigzag stitching should look like this, using as narrow a zigzag stitch as you can, with one needle going into the center, one into the border, all the way down to the end.

Suggested zigzag settings: 2.5W x 2.5 L

You may have to adjust the zigzag settings for your machine.



Align a quilter's ruler along the straight lines of the project, lining up both horizontally and vertically. Cut along the unbound edge, cutting off only the extra pieces on the side borders.



Repeat for the other edge.



Next, prepare to stitch the bottom border on.



Stitch the border onto the bottom.



For the top border, we want to add the sleeve that will be used to hang the project.

Find the horizontal center of the sleeve, as well as the horizontal center of the border piece, and pin them together.



Pin the wrong side of the sleeve to the right side of the border that will be on the back of the project.



Find the center of the project piece. It's fairly easy here because the embroidered design shows where the center is.



With the sleeve *facing down*, align the project piece and the border at the horizontal centers.



Pin the project, border, and sleeve together.



Turn the project over to the wrong side.

In order to provide finished edges for the sleeve, fold over each of the short ends of the sleeve to the wrong side, a generous  $\frac{1}{2}$ ".

Press each of these edges.



Stitch the border and sleeve to the project piece, stitching with the sleeve side up to be sure that the edges are sewn properly.



Cut the excess edges of the borders from the project.



The project now has all borders and the sleeve attached.



The next step will be to cover the zigzag stitches. Choose a decorative stitch from your sewing machine. Before stitching on the final piece, though, test some of the built-in stitches from your sewing machine. You can use one or more of the pieces that were cut off of the border pieces. Make any adjustments necessary to get an attractive decorative stitch.



### *Margaret's Hint:*

*Use the presser foot designed for your machine's decorative stitches to ensure quality stitching.*

Start stitching on the vertical sides first. The horizontal stitching will cover the starting and ending points, making the project look much neater.

Line up the seams on your machine, and stitch over the zigzag stitches on the left and the right sides of your project. Center the stitching under the center of your presser foot. Some presser feet have a red marker indicating the exact center of the presser foot. If you have this available, use the red mark to center your stitching over the center of the seam line.



***Margaret's Hint:***

*As you're sewing decorative stitches, hold the project up a bit as it feeds into the machine. The fabric will feed more freely.*

The goal of the decorative stitching is to center the stitch over the seam allowance.



Now stitch over the zigzag seams on the horizontal edges, using the same decorative stitches that you used on the vertical sides.



Stitching is completed!



## Section 3—Add the Binding

### *Margaret's Hint:*

*If you have joined your bias, try to place it so the joining seam will not end up in a corner.*

You will be working with a single layer of binding for this technique. You will be stitching your binding to the back side of your project.



Using your  $\frac{1}{4}$ " foot as a guide, attach the bias binding  $\frac{1}{4}$ " away from the edge. Start at the center of one side (not at a corner) and leave about 5" of excess binding. (This will be Binding A.) Using your  $\frac{1}{4}$ " foot with a guide, stitch the binding to the project. This excess bias will be needed to make a nice finished seam to join the ends of our bias together.





Stitch up to ¼” away from the edge of the fabric. Pivot the fabric so that the stitch direction is toward the corner.



Stitch off the edge.



Remove the project from the machine and clip the threads.

Fold the binding fabric straight back so that you have a nice, angled corner.



Holding the binding on the project with your left hand, fold the loose binding straight down and align the edges of the binding and the project.



Stitch from the edge of the fabric to the next corner.

At the next corner, pivot again, and stitch off the corner. Repeat for all four corners.



Once you've finished the last corner, stitch a few inches of the binding after the corner and leave about 5" extra. (This will be Binding B.) Remove the project from the sewing machine and set it in front of you.

The next few steps will ensure that the binding overlaps properly where the two ends are joined. The length of the overlap needs to be the exact width of the binding.

When you began attaching the binding, you left a few inches unstitched at the beginning. Cut off about three inches of this binding piece. (This will be Binding C.)



Lay Binding A down on top of the project.



Lay Binding C (the piece you cut off) on top of Binding A perpendicular to the attached binding.



Lay Binding B on top of Binding A and C.



You should have three layers: the bottom (A), the cut-off piece (C), and the top piece (B).



Cut the edge of the top binding (B) exactly where it meets the edge of the middle binding piece (C). This will ensure that the overlap of the two binding pieces is exactly the width of the binding.



Pull the two binding edges together, right sides together...



...and twist one side 90 degrees, so that they are perpendicular to each other.



Sew from corner to corner horizontally.



***Margaret's Hint:***

*Think of this as being like a pair of pants. Each piece of the attached binding is like a "leg" of the pants. The horizontal line from corner to corner is like the "waistband," and the vertical line from corner to corner is like the "crotch" of the pants. We want to sew across the "waistband" line.*

Stitch across the binding using your sewing machine and regular sewing machine foot.



Test the fit of the binding by laying the project down, and ensuring that the binding lays flat.



Trim off the extra fabric at the binding seam, leaving a 1/4" seam allowance.



Gently press.

Using your 1/4" presser foot, sew the rest of the binding down to the edge of the project.



Once the edge is sewn, press the binding away from the project. Don't worry about the corners.



Turn the project over. Fold the binding over at the seam, so that the binding is folded exactly at the edges of the border fabric. Approximately ¼” of the binding fabric will show on the back side.



Pin the binding down.



At the corners, the fabric will naturally fold flat.



Gently fold the binding over at the corner, forming a beautiful mitered corner.



Press.



Continue around all four sides, pinning as necessary from the front.



The pins extend off the edge of the binding intentionally, because the binding will actually be sewn on from the back.



Change the presser foot back to the “stitch-in-the-ditch” foot. We will be stitching right in the binding seam, where the binding meets the borders. That will hold the binding down on the front of the project.



Stitch in the ditch, pivoting in the corners as you come to them. Stitch all the way around the project.



On the front, the excess binding needs to be cut off. Using sharp scissors, trim away the binding close to the stitching.



*Margaret's Hint:*

*Hold the binding fabric taut, away from the cutting line, while cutting the fabric close to the stitches. Cut as close as possible to the stitching without cutting the stitches.*

The same decorative stitches used in the middle of the project borders will now be used to cover the raw edges of the binding. Be sure to match the needle and bobbin threads.



The project is finished!





The back has a “sleeve,” or “pocket,” used to hang it, with no extra effort!



*From my sewing machine to yours,  
Happy Creating!*