



Margaret Moorehead's

Virtual Sewing Guild OnLine Class

Flip Flops and Flamingos

Important: The flip flop design for the Large Block at the bottom is NOT the same size as the flip flop design that is in the center top block.



Supply List:

- * Front and Back Fabric for 3 small top blocks
- * Front and Back Fabric for larger bottom block
- * Border/sashing fabric
- * Double Sided Fusible Batting
- * Embroidery and construction Thread
- * Tear Away Stabilizer
- * Sticky Tear Away Stabilizer (optional)
- * Spray Adhesive
- * Painters Tape
- * Jenny's Sheer Magic Plus or similar product
- * Wash away basting tape
- * Printable sticky template sheets
- * Embroidery Designs
- * Double Sided Tape
- * Glue

Equipment List:

- * Embroidery Machine in good working order
- * Iron and Ironing Board
- * Pressing Sheet
- * General Sewing Supplies
- * Stitch in the ditch foot



Note:

These instructions are to be used in conjunction with the video for this class.

Printing Templates:

When you print templates be sure you have your software and your computer set up so the templates will print the exact size that your design will stitch out. I like using sticky templates for this....they give me the best results.

Refer to the video for more information on this.

Fabric and Batting	Quantity	size	prep
Top squares: Front Fabric	3	11" square is the minimum size. It must be large enough to be hooped	Fused with Jenny Haskins Sheer Magic Plus
Top Squares: double sided fusible batting	3	11" square is the minimum size. it must be large enough to be hooped	
Top Square: Back fabric	3	11" square is the minimum size. it must be large enough to be hooped	
Large Bottom Square: Front Fabric	1	28" square	Fused with Jenny Haskins Sheer Magic Plus
Large Bottom Square: Double sided Fusible Batting	1	28" square	
Large Bottom Square: Back Fabric	1	28" square	
Sashing front strips	2	2" x 8 1/2"	
Sashing back strips	2	3" (generous) x 8 1/2"	folded in half so it is 1 1/2" x 8 1/2"
Border Fabric: Top and Bottom	2	4 1/2" x 27"	
Border Fabric: Sides	2	4 1/2" x 22"	
Binding	1	3 1/4 x 135" Can be made from 3 strips 2" x WOF	
Corner Hanger fabric	2	6" square	fold in half on the diagonal

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Top Blocks: Built in Quilting

1. Cut and prepare your fabric as listed on page 3. Remember that these fabrics will need to be large enough to be hooped (minimum size 11" square)
2. Mark the horizontal and vertical centers with perpendicular lines.
3. Hoop the front fabric only, being sure it is centered in the hoop, attach the hoop to the embroidery machine and call up your design. **NOTE: choose the designs from the folder called "Top Blocks"**
4. Float 2 layers of tear away stabilizer under the hoop.
5. Stitch out the design, changing colors as you go until you get to the built in quilting. Do not stitch the quilting.
6. Remove the hoop from the machine, but do not remove the project from the hoop.
7. Remove the stabilizer that we "floated" from the back of our project.
8. Place the batting on the back side of the hoop so it is touching the hooped fabric
9. Place the backing fabric on the top of the batting on the wrong side of the hoop, right side of the fabric facing up and wrong side touching the batting.
10. Use painters tape to hold the batting and backing in place.
11. Stitch out the quilting through all the layers
12. Remove the painters tape, and remove the project from the hoop.
13. Repeat for the next two embroideries.
14. **NOTE:** The flamingos are mirror images of each other.

Top Blocks: NO Quilting

1. Follow steps 1-4 above. **Note: The Flip Flop Design for the large bottom block is not the same size as the one in the "Top Blocks" folder**
2. Stitch out the design, changing colors as you go.
3. Remove the project from the hoop and remove the stabilizer.
4. Place the batting on the back side of the embroidered square.
5. Place the backing fabric on the top of the batting, wrong side touching the batting,
6. Fuse the batting to the front and back fabric and quilt as desired.
7. Repeat for the next two embroideries.
8. **NOTE:** The flamingos are mirror images of each other

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Cutting the top blocks down to the correct size

1. If you did the quilting in the hoop cut 1/2" out side of the straight stitch that forms the square around the edge (This will be an 8 1/2" square) (See video for more details).
2. If you used the smaller hoop and did the quilting without the machine, measure out from the center on all 4 sides 4 1/4" and cut an 8 1/2" square.
3. On the center block (RST) place the raw edge of the front sashing strip to the raw edge of one side of the block. On the back place the folded back sashing strip to the side of the block, raw edges of the folded strip lined up with the raw edge of the center block.
4. Stitch using a 1/2" seam allowance.
5. Press the front sashing to the finished position, but leave the back sashing folded away from the seam on the back side of the block.
6. Attach the correct flamingo to the front sashing only, of this block.
7. Open up the two blocks and the seam allowances will line up nice and neat and you have a sashing that is filled with the batting from the seam allowances.
8. Press the back sashing to cover the seam allowance and then hold in place with basting tape.
9. Stitch in the ditch from the front (using the stitch in the ditch foot) which will hold the strip in place on the back.
10. Repeat for the other side of the center block



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Large Bottom Block: Ring of Flip Flops

1. Print out 8 templates of the RingOfFlipFlops Design, making sure your templates will print the exact size your design is going to stitch out. **NOTE: use the design in the RingOfFlipFlops Folder...this design is the correct size for this part of our project**
2. Trace over the center marks of your templates so the center is highly visible.
3. Mark the center of your fabric with horizontal, vertical and diagonal lines that all intersect at the exact center of the fabric
4. Measure out on each line 6" and draw a line that is perpendicular to the original line. This intersection is the center mark for the embroidery.
5. Circle this intersection (Since you might end up with lots of intersections we want to be sure that we know which ones we really want to use to line up when we begin our embroidery.)
6. Repeat this until you have all 8 lines marked.
7. Rough cut around all the templates and remove the protective paper from the back.
8. When placing the templates on your fabric, have the toe of the flip flop facing out, and the heel of the flip flop towards the center of the fabric.
9. Put the templates on the fabric in the following order: Center Top, Center Bottom, Center Right, Center Left, Top Right, Bottom Left, Bottom Right, Top Left. (Or something similar to that....)
10. Line up the center of the template with the marked intersection of each line on the fabric.
11. Hoop tear away stabilizer (or sticky tear away stabilizer) and float a piece of tear away under the hoop. Call up the design. Note: If you are using regular tear away use double sided sticky tape to hold the fabric in place until it is basted. Refer to video for more details.
12. Start with the top design. Hold your fabric in your hands in the direction it is going to be placed on the hoop. Look at the screen and make sure that the design is facing the same way the template on your fabric is facing. When those both match, remove that one template.
13. Center the marked intersection under the needle,

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14. Sink the needle in the intersection and line up the drawn lines with the marks on the hoop to make sure everything is straight.
15. Press the fabric to the tape or sticky stabilizer. If the templates for the designs on the sides of the design you will be stitching now are in the way, gently peel up the portion of the templates that are in the way so they will not be stitched over.
16. Baste in place.
17. Stitch out entire design changing colors as you go.
18. Remove the project from the hoop, remove the stabilizer.
19. Repeat for each design moving from Center top to Center bottom, center right, center left. top right. bottom left. top left. bottom right.

Quilting the Large Bottom Block inside the Ring of Flip Flops

1. Place your project right side down on your pressing surface
2. Determine the “top” of your project
3. Cover the “top” section of your project with a pressing sheet because we do not want to fuse the batting to this area. (The area from the tip of the highest flip flop to the cut edge of the fabric along one entire edge)
4. Fuse the wrong side of the rest of the block (not that top section) with double sided fusible batting, being sure to use your pressing sheet
5. Fuse the backing fabric to the back of the double sided fusible batting with the right side of the fabric facing up and the wrong side of the fabric touching the batting....again being sure not to fuse the top section to the embroidered piece OR the backing piece.
6. Mark the top area with safety pins.
7. Quilt as desired....inside the flip flop ring ONLY. Refer to video for some hints.

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Attaching the Borders to the Large bottom block Quilting outside the embroidered Ring of Flip Flops, and inside the borders.

1. Mark your fabric 10" out from the center on all 4 sides.
2. Extend your lines all the way to the cut edge of the fabric.
3. Attach the side borders by placing the border fabric to the wall hanging RST, cut edge along the drawn line and bulk of the border fabric towards the center. Pin in place
4. Stitch with a 1/2" seam allowance.
5. Press as it was sewn then flip it to the finished position (right side showing).
REMEMBER: Do not press at the top, the area that is marked with the safety pins!!!
6. Attach the bottom border, press as it was stitched and then flip it to the finished position and press again.
7. Stitch the top border. Place a pressing sheet between the batting and the backing and the batting and the embroidered project, and now press the seam as it as stitched, then press it to the finished position
8. Quilt inside the borders and outside of the circle embroidery

Attaching the Top Strip of 3 Blocks to the Bottom Block

1. The bottom block needs to be the same width as the top strip of blocks. My top strip measured 25 1/4". (Half of that is 12 5/8 so that is the distance I will measure out from the center to mark my project.) Your measurement may be slightly different so use the measurement from your project. Measure out from the center in all 4 directions half of the length of your strip of top blocks (I measured out 12 5/8") and mark.
2. Measure from marked line to marked line to be sure your square measures the correct size and then cut along the marked lines.
3. Along the top of your project, fold the top fabric (2 layers) out of the way, and fold the back fabric out of the way, and cut 1" off the top of the batting only.
4. Place the top strip of blocks RST to the front border fabric and the embroidered fabric only...do not include the batting and backing fabric.

6. Stitch using a 1/2" seam allowance
7. Flip the project to the finished position and iron (press) making sure everything is laying correctly. Remember we have not fused the batting to anything before so we want to be careful.
8. On the back press under a scant 1/2"
9. Use basting tape to hold the back in place so the folded edge covers the seam line on the top strip of blocks.
10. Stitch in the ditch from the front

Attaching Hanging Corners and the Binding

1. Fold the 6" squares of fabric on the diagonal to form a triangle
2. Attach to the back of the wall hanging so the raw edges are lined up and the folded edge is at a diagonal on the back of the project.
3. Attach the binding using a 1/2 seam allowance. Refer to the video to see exactly how I attach my binding on my projects.

