



Margaret Moorehead's

Virtual Sewing Guild OnLine Class

Kitchen Delight Placemats



Supply List:

- * Fabric for front of placemats (see chart on next page)
- * Fabric for Back of Fabric (see chart on next page)
- * Embroidery Thread
- * Bobbin wound with embroidery thread
- * 50 weight quilting thread
- * Double Sided Fusible Batting
- * Pressing Sheet
- * Glue Stick
- * Monofilament thread if desired for quilting.

Equipment List:

- * Sewing Machine in good working order
- * 1/4" foot
- * Foot for quilting, maybe free motion
- * Stitch in the ditch foot
- * Decorative Stitch Foot
- * Rotary Cutter. Mat and Ruler
- * General Sewing Supplies



Note:

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

Double Sided Fusible Batting

When working with double sided fusible batting you will need to be very careful to protect your work surface and your iron. I use several Teflon pressing sheets for this.

Placemat with Border			
Fabric and Batting	Quantity	size	prep
4 Different fabrics to form the border	1 of each of the 4 fabrics	2 1/2" x WOF	
Center of Placemat Fabric	1	10 1/2" x 14 1/2"	
Backing Fabric	1	18" x 22"	
Double Sided Fusible Batting	1	16" x 20"	

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Flip and Sew Placemat			
Fabric and Batting	Quantity	size	prep
Fabric1 for front	1	5" x 13"	
Fabric2 for Front	1	5" x 13"	
Fabric3 for front	1	5" x 11"	
Fabric4 for Front	1	5" x 9"	
Fabric5 for Front	1	5" x 9"	
Fabric6 for Front	1	6" x 24"	
Fabric7 for Front	1	6" x 22"	
Double sided Fusible Batting	1	16" x 20"	
Backing Fabric	1	18" x 22"	



Placemat with Border

Let's Get going!

Cut the strips of fabric for the border, the center rectangle of the placemat, the backing fabric and the double sided fusible batting



Creating the Border

1. Decide on the arrangement you would like for your strips of fabric
2. Thread your machine with a 50 weight quilting thread in the needle and the bobbin.
3. Stitch the strips of fabric together using a 1/4" seam allowance.
4. Press the strips how they were stitched and then press the seams to one side.
5. Cut that long strip of pieced fabric in half across all the strips and then stitch the two sections of pieced fabric together making sure you have them in the correct order. You will now have 8 strips of fabric stitched together
6. Cut the pieced strips of fabric in half again (across all the strips) and then stitch the two sections together, making sure all your fabrics are in the correct order. You will now have 16 strips of fabric pieced together.
7. Square up the sides of this pieced fabric so they are nice and straight and even using your rotary cutter, mat and ruler.
8. Cut this pieced section into 2 1/2" wide strips.
9. Stitch the 2 1/2" strips end to end to form one long strip, pressing the seams as you go. (Also make sure you have the fabrics lined up so they are in the correct order.).

Attaching the borders

1. Place a safety pin in one end of the long strip of border squares. This is the end we will NOT be counting from or removing squares from. We need to always work from the same end so our fabrics will always be in the correct order.
2. We are going to be removing stitches/seams so we can get the proper number of squares for each side of the placemat

Placemat with Border

Attaching the borders continued

3. For the first side we will need 5 squares. Remove the seam after the fifth square and press the ripped out seam allowance flat. Place this next to side 1.
4. For the top we will need 9 squares. Starting at the end without the safety pin count up 9 squares and remove the seam after the 9th square. Press the ripped out seam allowances at each end. Position this near the top of the placemat, making sure the fabric is in the correct order.
5. For the 2nd short side we will need 5 squares. Starting at the end without the safety pin count up 5 squares and remove the seam after the 5th square. Press the ripped out seam allowances at each end. Set this next to the other short side. (making sure the fabrics are in the correct order.
6. For the bottom we will need 9 squares. Starting at the end without the safety pin count up 9 squares and remove the seam after the 9th square. Press the ripped out seam allowances at each end, place this near the bottom making sure the fabrics are in the correct order.
7. Stitch the first short side of placemat center to the first border of 5 squares using a 1/4" seam allowance, and positioning the border so the seams will be facing down as they glide under the presser foot.
8. Stitch the other short side of the placemat to the other border of 5 squares using a 1/4" seam allowance and positioning the border so the seams will be facing down as they glide under the presser foot, and making sure the fabrics of the border are in the correct position. Press the seams the way you stitched them, and then press the seam allowance toward the center of the placemat.
9. When stitching the longer sides, pin the two end squares to the placemat making sure the seams will line up with the seams on the already stitched side borders.
10. The seam allowance of the long border should be going the opposite direction of the seam allowance on the short border, one will be correct, and one will need to be changed, or pressed in the opposite direction of the way we originally pressed it.
11. Pin in place and just stitch past the first square seam allowance on each edge. Open out the border and see if you like the way eh seams line up. If it looks good stitch the entire border in place. If it needs adjustment rip out that little part and try it again.
12. Repeat for the bottom border. Press seams toward the center.

NOTE: Refer to the video for more details if needed.

Placemat with Border

Batting, Backing and Quilting

1. Fuse the batting to the back of the placemat following the manufacturers instructions, and using Teflon pressing sheets to protect your work surface and your iron. Remember this is DOUBLE sided fusible batting.
2. Square up the project and Trim the excess batting from around the placemat.
3. Fold your backing fabric in quarters and press it to find the horizontal and vertical centers.
4. Find the horizontal and vertical centers of your placemat and mark with pins.
5. Center the placemat on top of the backing fabric by lining up the creases in the backing fabric with the pins in the placemat, and fuse the backing fabric to the back of the placemat
6. Quilt as desired. (I used monofilament thread in the needle and 40 wt. Rayon thread that matched my backing fabric in the bobbin.)
7. Trim threads and press.

NOTE: See Video for more information on how to do free motion quilting.

Backing and Binding Combined Technique

1. Trim the backing fabric so it is 1" wider than the project on all sides. NOTE: I chose to cut mine 3/4" instead of 1" because I wanted a narrower binding, but if this is the first time you are doing this, 1" is going to be easier.
2. Press the entire project
3. Fold and press the backing fabric over the quilted project on all 4 sides. When you are folding make sure the backing fabric is "snug" against the quilted project. Be sure to fold your corners in neatly.

Placemat with Border

Backing and Binding Combined Technique continued

4. Working on one corner, unfold the backing fabric and notice the creases that have formed at each corner. Fold the corner in diagonally, lining up the creases with the cut edge of the project. This ensures that everything is lined up correctly.
5. Insert a pin in the very corner of the placemat and backing fabric. Fold in the backing fabric and make sure a nice miter is formed.
6. Remove the pin
7. Now cut off the “point” of the corners. When the corner is folded in and the creases are lined up with the cut edge of the placemat, cut from crease line to crease line on the backing fabric, so there is no longer a “point” on the corner.
8. Run the glue stick along the cut edge of the backing fabric, and fold in the raw edge of the backing fabric so it almost touches the raw edge of the quilted project.
9. Fold all the way to the corner...since the point of the corner has been cut off a “miter” will form.
10. Iron in place (NO steam)
11. The glue holds the fabric in place and makes the binding a bit stiffer so when you go to stitch the binding by machine, it will be easier to stitch.
12. Fold the “mitered folded corner” in at a diagonal again, and once again put a pin in the very edge of the project to hold things in place and to help fold this corner for the best results possible.
13. Now fold the sides of the backing fabric (that have been glued and turned under once already to the top of the quilted project.)
14. If any of the corner that is folded in is peeking out, trim it off.
15. Once you are sure the corner will look great, you will glue the corner in place and iron.
16. Next glue, fold and press the backing fabric in place, creating miters at each corner.
17. Machine stitch the binding in place. I like to use a “pin stitch” to do this.

Placemat with Border

Decorative stitching (optional)

1. Needle and bobbin should be decorative thread (40 weight embroidery thread)
2. Use the correct foot for the decorative stitch you want to stitch.
3. Do a test to make sure you like the length, width and density of this stitch. Record these settings for future use.
4. When stitching the decorative stitch you will most likely want it to be centered over the seam, so line up the foot accordingly.
5. A stitch with all forward movement is easier to stitch than a stitch that has both forward and backward movement.
6. Elevate your fabric as you stitch so the stitches will form correctly.
7. Pivot at the corners.



Stitch and Flip Placemat

Let's Get going!

Cut the fabric according to the chart on page 4 for the Stitch and Flip placemat. Also cut the backing fabric and the double sided fusible batting



Stitch and Flip Placemat

1. On the right hand side of the double sided fusible batting measure up 5 inches from the bottom corner and make a mark.
2. On the left hand side of the double sided fusible batting measure up 12 inches from the bottom corner and make a mark.
3. Connect those two marks to create a diagonal line across the batting.
4. Place Fabric 1 on top of the fusible batting, wrong side down, so the bottom of the fabric sits about 1/2" below the marked line on the batting and is at about the same angle as the line. There will be excess fabric extending beyond the top and side of the batting.
5. Stitch in place making sure the stitches are less than 1/4" from the cut edge.
6. Position Fabric 2 on top of fabric 1, right sides together lining up the raw edge on the side, and so that the bottom edge will cover the diagonal line we drew when it is pressed to the finished position.
7. Stitch using 1/4" seam allowance.
8. While using Teflon sheets to protect your surface, press the seam how it was stitched and then press it to the finished position.
9. Repeat for pieces 3, 4 and 5, all of them positioned so they will cover the drawn line when they are in the finished position.
10. Trim off the fabric that extends beyond the fusible batting.
11. Position Fabric 6 on the batting so it will cover all the raw edges of the first 5 pieces of fabric when it has been stitched and flipped to the finished position.
12. With right sides together stitch piece 6 onto the project with a 1/4" seam allowance, press as it was stitched and then press to the finished position.

Stitch and Flip Placemat

Stitch and Flip Placemat continued

13. Stitch piece 7 with a 1/4" seam, press how it was stitched, press to the finished position. NOTE: Be sure to protect your work surface and your iron with Teflon pressing sheets
14. Trim off the excess fabric from your project.
15. Press the entire project.
16. Cut the project down to 14" x 18"

Backing and Decorative Stitches

1. Fold your backing fabric in quarters and press it to find the horizontal and vertical centers.
2. Find the horizontal and vertical centers of your placemat and mark with pins.
3. Center the placemat on top of the backing fabric, matching the creases on the fabric to the pins on the placemat and fuse the backing fabric to the back of the placemat
4. Needle and bobbin should be decorative thread (40 weight embroidery thread)
5. Use the correct foot for the decorative stitch you want.
6. Do a test to make sure you like the length, width and density of this stitch. Record these settings for future use.
7. When stitching the decorative stitch you will most likely want it to be centered over the seam, so line up the foot accordingly.
8. A stitch with all forward movement is easier to stitch than a stitch that has both forward and backward movement.
9. Stitch over the seams that join pieces 1, 2, 3, 4, and 5. Starting at the center of the placemat and stitching out to the edge.
10. Be sure to stop exactly at the end of the placemat and tie off. You want the stitch to end at the end of the placemat and not end in the backing fabric alone.
11. Next stitch over the seam where fabric 6 meets fabric 1, 2, 3, 4, and 5 to lock in those decorative stitches. This is the long diagonal line.
12. Repeat the decorative stitching for where fabric 7 meets fabric 6
13. Elevate your fabric as you stitch so the stitches will form correctly. NOTE: See Video for more information on how to do decorative stitching
14. Trim threads and press

Backing and Binding Combined Technique

1. Trim the backing fabric so it is 1" wider than the placemat on all sides. NOTE: I chose to cut mine 3/4" instead of 1" because I wanted a narrower binding, but if this is the first time you are doing this, 1" is going to be easier.
2. Press the entire project
3. Fold and press the backing fabric over the quilted project on all 4 sides. When you are folding make sure the backing fabric is "snug" against the quilted project. Be sure to fold your corners in neatly.
4. Working on one corner, unfold the backing fabric and notice the creases that have formed at each corner. Fold the corner in diagonally, lining up the creases with the cut edge of the project. This ensures that everything is lined up correctly.
5. Insert a pin in the very corner of the placemat and backing fabric. Fold in the backing fabric and make sure everything lines up nicely.
6. Remove the pin
7. Now cut off the "point" of the corners. When the corner is folded in and the creases are lined up with the cut edge of the placemat, cut from crease line to crease line on the backing fabric, so there is no longer a "point" on the corner.
8. Run the glue stick along the cut edge of the backing fabric, and fold in the raw edge of the backing fabric so it touches the raw edge of the quilted project.
9. Fold all the way to the corner...since the point of the corner has been cut off a "miter" will form.
10. Iron in place (NO steam)
11. The glue holds the fabric in place and makes the binding a bit stiffer so when you go to stitch the binding by machine, it will be easier to stitch.
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13. Now fold the sides of the backing fabric (that have been glued and turned under once already to the top of the quilted project.)
14. If any of the corner that is folded in is peeking out, trim it off.
15. Once you are sure the corner will look great, you will glue the corner in place and iron.
16. Next glue, fold and press the backing fabric in place, creating miters at each corner.
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Stitch and Flip Placemat



**Enjoy your fabulous
projects!!**