



Margaret Moorehead's
Virtual Sewing Guild
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Ruffled Towels

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Ruffled Towels

Note: These directions are designed to be used in conjunction with the videos

General Supply List:

Rotary Cutter, Mat, Ruler

Scissors

Iron and ironing surface

Fabric Marker of your choice (pen, pencil, chalk...)

Microtex size 80 or 90 needle or your favorite needle.

Recommended Machine Feet:

embroidery foot, regular sewing foot, ruffler attachment, gathering foot, edge stitching foot

Construction Thread

Embroidery Thread

General Sewing Supplies





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Supply List for Ruffled Towels Fabric

You will need strips to test with, and strips for the project. The number and sizes of your strips will vary depending upon how much testing and how you choose to embellish your project.

Test Strips:

1.5" by WOF (cut into two 20" pieces)

2" by WOF (cut into two 20" piece)

3" by WOF (cut into two 20" pieces)

Project Strips:

Strips finished with serger rolled edge: 1 1/2" x WOF

Strips folded, stitched and turned right side out: 3" x WOF

Optional: Ribbon to ruffle 1" x 45"

For towels without embroidery I used 3 rows of ruffles

For towels with embroidery I used 2 rows of ruffles

Swirly Leaf Embroidery Design: by Margaret Moorehead

Stabilizer: water soluble sticky stabilizer

Stabilizer topper: Clear water soluble plastic looking

Fast Turn tube turner: optional

Sticky templates for printing your templates (optional)



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Using your ruffler attachment:

How to get the results you want:

Ruffler settings:

Pleat Adjusting gauge: can be set to pleat every 1, 6, or 12 stitches (0 is also an option)

Pleat Depth Adjustment gauge: can be set to "long" or "Short" pleat depth, or anywhere in the middle.

Sometimes this adjustment is made by loosening or tightening a screw on the ruffler. The tighter the screw the more full the ruffles, the looser the screw the less full your ruffles will be.

Sewing machine adjustments:

Stitch: straight stitch

Needle position: Center

Stitch length: 6mm (Play with this to get the results you want)

Tension: 7.0 (I have always used a higher tension when using my rufflers, but check to see if it is necessary to do this on your machine to get the results you want.)



Adjusting gage
(pleat depth)



Adjusting lever
takes a stick every 1, 6, 12 or 0 stitches



Adjusting screw
(pleat depth)



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Hint: Record your results on a piece of paper and staple your sample ruffles to this paper. Place these in a clear page sleeve and insert into a 3 ring binder so you can use this information on future projects.

Here is how to find out how long your cut strip of fabric will need to be for your project.

- The length of your test fabric before it is ruffled (Example: 45")
- The desired length of the finished ruffle (Example 20")
- Multiply $A \times B$ to find this variable
- The length of the test fabric after it has been ruffled (Example: 28")
- The length you need to cut the fabric to create the correct length ruffle

Formula:
 $A \times B = C$
 $C/D = E$

Example
 $45 \times 20 = 900$
 $900/28 = 32.143$

According to this calculation you would cut your fabric 32.143

I recommend you add to that number just to be safe. I would personally cut mine about 38"

HINT: You can adjust the fullness of your gathers with your bobbin thread. This allows added versatility and accuracy to your project!



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Testing to get the results you want

Attach the ruffler to the machine.

Set up:

Adjustment lever: pleat or ruffle every 1 stitch.

Pleat depth: "L" (long) or adjust your screw to the tightest position

Stitch: Straight Stitch, Center needle position

Stitch Length: 6

Tension: 7



A. Stitch down the center of one of the 1 1/2" strips.

(press in half long ways to give yourself a line to follow in the center of your strip)

Evaluate your results

Measure the finished strip.

Record your settings, length of fabric when you started, etc and keep with your sample ruffle

Test other settings and record your settings and keep with your sample ruffle

B. Stitch near the edge of one of the 2" strips of fabric

Evaluate your results

Measure the finished strip.

Record your settings, length of fabric when you started, etc, and keep with your sample ruffle

Test other settings and record your settings and keep with your sample ruffle

C. Fold the 3" strip of fabric in half and stitch to form a tube using a 1/4" seam allowance

Turn right side out

Iron seam to center back

Stitch down the center of one of these strips.

Evaluate your results

Measure the finished strip

Record your settings, length of fabric when you started, etc and keep with your sample ruffle

Test other settings and record your settings and keep with your sample ruffle



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Gathering Foot:

Set up: **Stitch:** straight stitch recommended, however other stitches could be used

Needle position: Center

Stitch length: 6mm (Play with this to get the results you want)

Tension: 7.0 (Make adjustments to get the results you want)

Press your 1 1/2" strip in half long ways so you have a line down the center to guide you as you stitch.

Stitch down the center of your strip

Evaluate your results

Measure the finished strip

Record your settings, length of fabric when you started, etc and keep with your sample ruffle

Test other settings and record your settings and keep with your sample ruffle

Repeat for other strips to find out which method you would like to use.



HINT: Want to do a puffing strip? Stitch down both sides of your strip of fabric, straighten the gathers according to the video and steam



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Gathering with a regular sewing foot

Many sewers only use 2 rows of stitching, but I am recommending three rows

Set up:

Regular sewing foot

Straight stitch

Center needle position

Stitch length 4.0

Tension: 4.6 (default)

Fold strip in half and iron so you have a nice line to follow when stitching.

- A. Stitch down the center of the strip.
- B. Move the needle all the way to the right, line up the center of the foot with the center ironed mark of your fabric and stitch the next row.
- C. Move the needle all the way to the left position, and again stitch down the fabric lining up the center of the foot with the crease down the center of the fabric.
- D. Gather all 3 of the bobbin threads together, and gentle pull to create the gathers.

Repeat this on another strip of fabric but near the edge of the fabric.

Continue testing until you find the results you are looking for.





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Finishing the edges of your fabric

1. Fold under the raw edges of the strips and stitch down with the sewing machine. You could use a narrow edge foot to do this.
2. Stitch a “rolled hem” with your serger
3. Create a “tube” by folding your fabric in half right sides together and stitch along the edge, turn right side out, press the seam to the center back.

Attaching the ruffles to the towel

Create your strips of fabric the desired width and gathered fullness as you want.

Place them on your towel in a pleasing arrangement

Draw lines on your towel to line up your ruffles.

Pin in place

Turn under the short ends of your ruffle to finish the edges

Stitch the ruffles to the towel using a straight stitch, stitching directly on top of the stitches that were used to create the ruffle.

If stitching flat ribbon, stitch along all the edges close to the edge.





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E HINT: If you have a software and a large hoop you could combine the 3 leaves and stitch out in one hooping.

If you want to use templates, print out 3 leaf design templates on sticky template paper. Cut your templates out, and mark a "T" to indicate the top of the design. Arrange these in a pleasing arrangement, embroider following the directions on the video.

OR....

Mark a horizontal line 4" up from the bottom of the towel

Mark 3 vertical lines that intersect the horizontal line.

The first line will be at the exact center of your towel, the second one 4 1/2" to the right of center and the third one 4 1/2" to the left of center.

Hoop water soluble sticky stabilizer

Call up the design

Attach the hoop to the sewing machine.

Check to see that the needle is

centered over the hoop

Center the project in the hoop

Make sure when the needle is lowered it

will go exactly in the center of the marked

horizontal and vertical lines, or if using

templates it goes into the exact center of

the template

Place a piece of water soluble "topping"

on top of your towel

Baste

Stitch out the design

Remove basting stitches, topping and stabilizer

Repeat for all 3 leaves





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Attach the ruffles, wash the towels to remove the remaining water soluble stabilizer and

ENJOY!

