



*Margaret Moorehead Presents...*

# Wind Beneath My Wings





## Wind Beneath My Wings

### Basic Supplies

Sewing/Embroidery Machine  
Minimum hoop size of 140mm x 225mm  
Software and Transfer device to load designs  
Rotary Cutter, Mat, Ruler  
Scissors  
    Shears  
    Thread snips  
Iron and ironing surface  
Press Cloth  
Fabric Marker of your choice (pen, pencil, chalk...)  
General Sewing Supplies



Microtex size 80 or 90 needle or your favorite needle for embroidery  
Machine Feet (These are recommended but not required)  
    Stitch in the ditch foot (narrow edge stitch foot)

### Stabilizers:

    Tear Away

Embroidery Thread

Construction Thread

Bobbins (wound with light weight bobbin thread, I use pre-wounds) and bobbins with construction thread

Embroidery Design "Wind Beneath My Wings" by Margaret Moorehead

Project Fabric and Batting

A. Frame Fabric: 18" x 12" fused with light weight knit interfacing

B. Batting Base for project: 18" x 12" fusible batting

C. Pillow Backing Fabric: Two 12" squares of fabric fused with light weight knit interfacing

D. Fabric for design in Center of Project: 10" x 6" rectangle fused with light weight knit interfacing

E. Heart Appliqué Fabric: 5" square fused with light weight knit interfacing



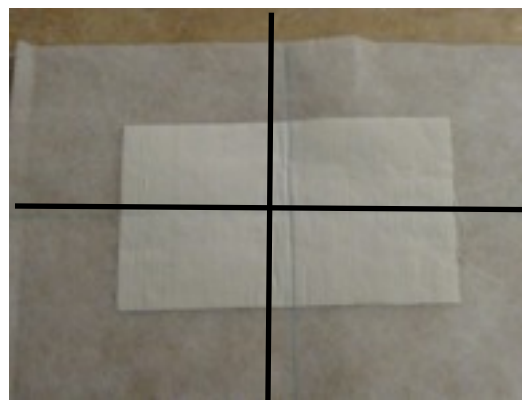
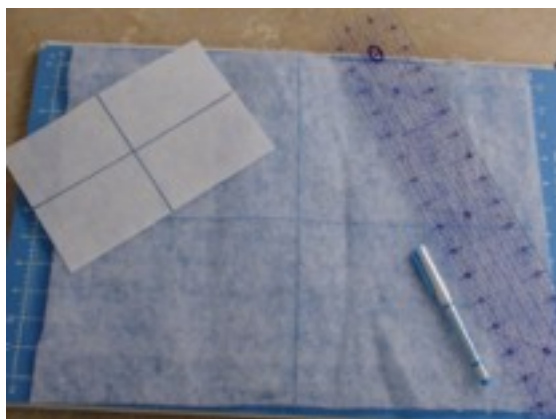
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### Preparation

Fuse the light weight interfacing to the back of all your fabrics.

Mark horizontal and vertical center of "B" (18" x 12" fusible batting) and "D" 6' x 12" design fabric

Place "D" on top of "B" lining up your marks and fuse together

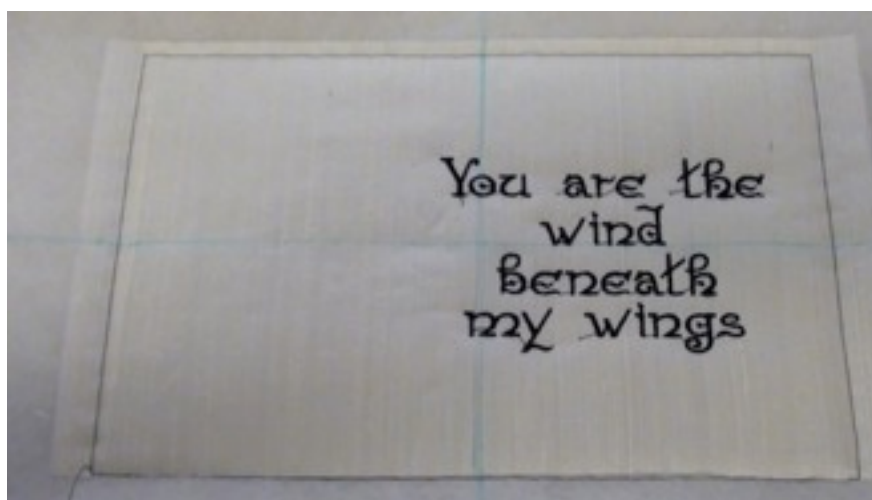


### Embroidery

Use tear away stabilizer

Thread with embroidery thread to stitch out the word part of the design

Center your project under the needle, baste in place and stitch out the word portion of your design







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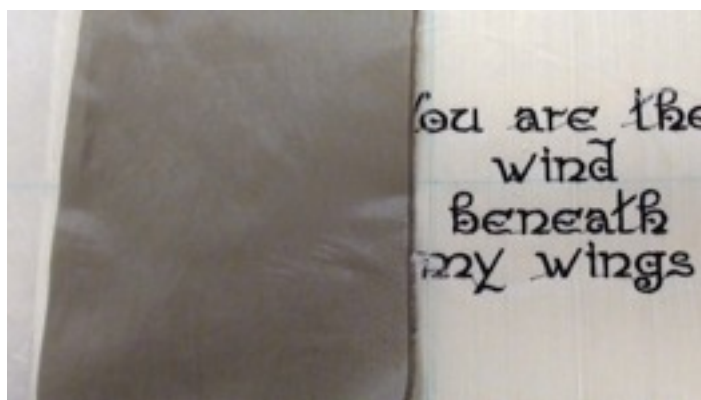
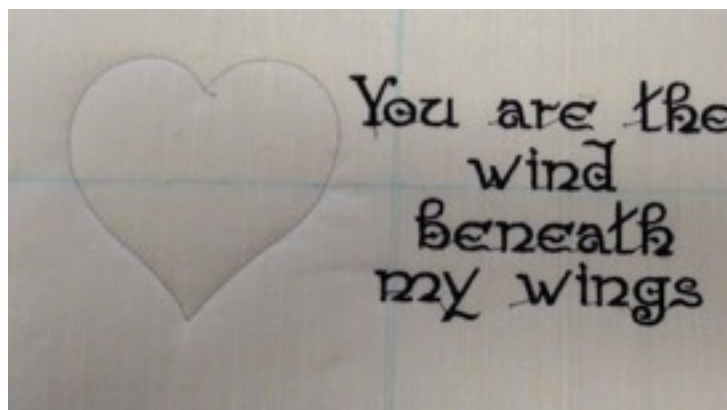
### Embroidery Continued

Appliqué Heart stitches next

The first thing to stitch is the outline of the heart that shows exactly where to place your appliqué fabric. Stitch this out and then place your appliqué fabric so it completely covers all those stitches

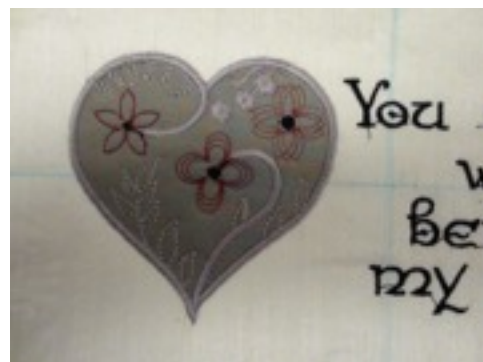
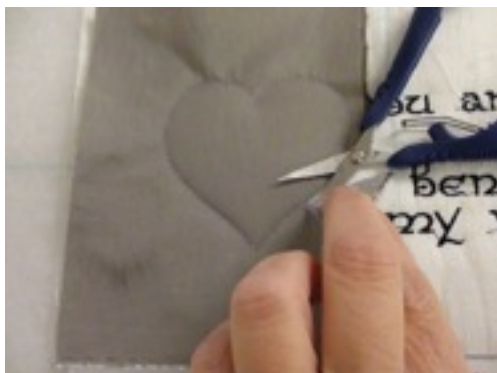
Note: Be sure your appliqué fabric is fused with light weight interfacing.

Place your appliqué fabric over the heart outline. The next thing to stitch is the outline again to hold the appliqué fabric in place.



Remove the hoop from the machine, but not the project from the hoop and trim away the excess appliqué fabric from around the outside edge of the heart.

Place the hoop back on the machine and continue stitching until the heart embroidery is completed.





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### Embroidery Continued

Place the "frame fabric" on top of your project lining up the edges of the frame fabric with the edges of the batting.

Note: Be sure the back of your frame fabric is fused with light weight interfacing.

The outline of the frame will be stitched

Remove the hoop from the machine and trim away the fabric from INSIDE the frame



Place the hoop back on the machine and continue stitching until the frame embroidery is completed.



Remove the Basting stitch, and stabilizer.  
Trim all your threads



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### Finishing your pillow

Fuse the frame fabric to the batting

Turn under one raw edge of one of the 12" square backing pieces 1/2"

Fold this edge under again to create a nice finished edge.

Stitch this edge in place

Repeat for the other 12" square of backing fabric.

Trim the cushion to 16" wide.

Note: To do this measure out from the center 8" to each side.

Place the backing pieces on top of the embroidered pillow top, right sides together with the stitched down finished edges creating an overlap in the center of the cushion, and the raw edges of the back even with the raw edges of the cushion front. You should have about a 3 1/2" overlap

Note: You may need to trim the back pieces if they are a bit larger than the front cushion from top to bottom.

You want the edges on all 4 sides to line up nice and neat.



Stitch all 4 sides using a 1/2" seam allowance.

Turn Right sides out

Edge stitch if desired





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**Enjoy!**