



COATS

Pillow Talk

Skill level: Advanced

relax

Featuring: Coats Trilobal Embroidery Thread

Technique:	Appliqué
Designed By:	Rebecca Kemp Brent
Brand:	Coats
Crafting Time:	An evening

Pillows can talk when you add applique using a design created with your word processor. Whether a quote or just a word you can express your feelings with these pillows.

Supplies

Coats Machine Embroidery thread
Coats Dual Duty XP® All-Purpose thread
3/8 yd background fabric
6" x 12" piece of appliqué fabric
6" x 12" piece of fusible web
Tear-away stabilizer
12" x 16" pillow form

Additional Requirements

Coats SureLock thread for serging
Computer
Embroidery Sewing Machine
Basic Sewing Supplies

Tip: Sateen is the perfect fabric for this project. It's soft but has more body than quilter's cottons, and its twill weave gives it a subtle sheen.

We used FreeSpirit Designer Essentials Sateen, SAFSESS.8BAYX, SAFSESS.8PEAC

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Making Applique Patterns with Your Word Processor

If you have an embroidery machine – especially a newer model with a big hoop – it’s a cinch to appliqué words onto your projects. But if you prefer to appliqué with hand-guided stitches – or by hand – read on for a way to use the word processing software on your computer to make perfect letter patterns.

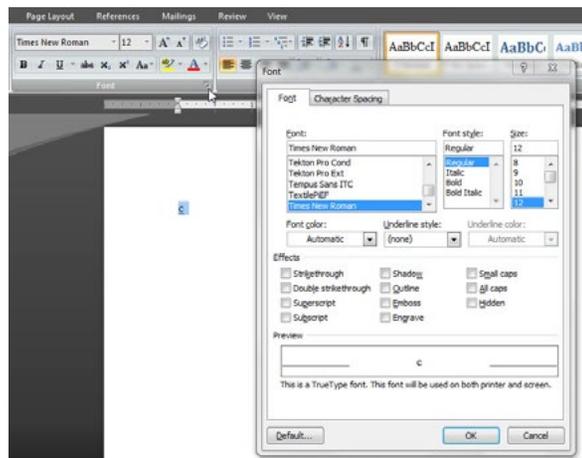
Making the Pattern

These instructions are for Microsoft Word on a PC. If you use a different word processor or a Mac computer, your layout and commands may be different, but the method is the same.

1. Open your word processing software and type the letter you'd like to use. The sample is a lower-case c.
2. Select the letter with your mouse. Locate the Font area in the toolbar and click on the arrow at the lower-right corner of the area. This opens a dialog box with lots of choices.

a. Font: Our sample is in Times New Roman, the default font on many computers. However, you probably have a wealth of different fonts available; experiment to find one that you like. Remember that, even if the overall look of a font is likeable, individual letters sometimes are less than perfect for appliqué.

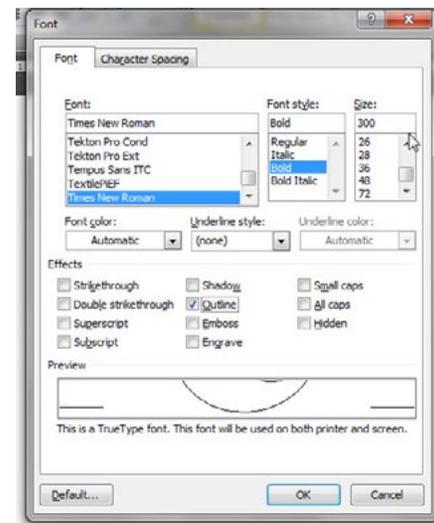
Avoid too-thin areas and shapes with lots of wiggle, as they may be difficult to stitch around.



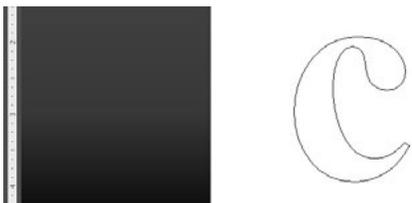
b. Font Style: For our purposes, the selection in this menu may not make a difference, but try choosing Bold to increase the size of the letter slightly.

c. Effects: Choose Outline so that only an outline of the letterform prints.

d. Font Size: The drop-down menu for this option gives us sizes up to 72 points. That's quite large for type, but still small for appliqué. Fortunately, we're not limited by the drop-down options. Type 300 into the box and watch what happens.



Now the letter is about 2" tall.



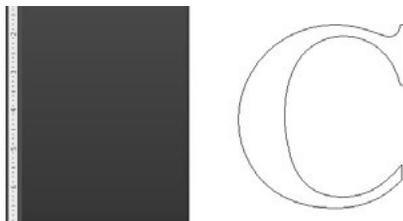
3. To refine the letter even further, close the dialog box and try some of these options.

a. Type in a capital C to compare the two. You can even retype the same letter, select one of the two, and change the font to see what various letterforms look like side by side.

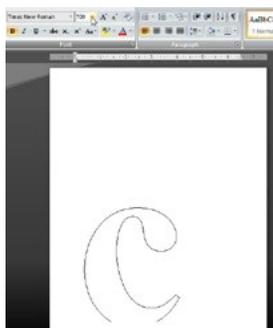


b. By looking at the ruler along the edge of the workspace, you can gauge the size of your letters.

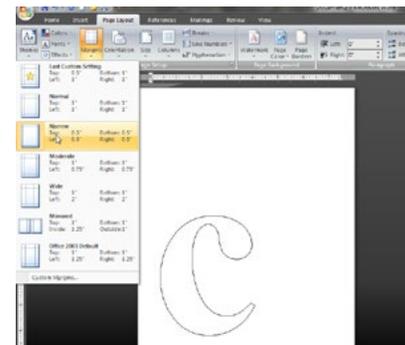
The capital C is about 4" tall. If you don't see the rulers, check your program's help function to learn how to turn them on.



c. Let's stay with the lower-case c, which has an interesting ball serif in this font. We can make it even larger; type 700 into the box in the Font area on the toolbar.



Now the size is good, but the bottom of the letter is cut off. To fix that, click on the Page Layout tab and select Margins. Choose or create an option that makes the page margins smaller and the entire letter settles into place on one page.



4. Print your outline letter onto plain paper. If you're using a fusible-appliqué technique, use the printer commands to reverse the letter, creating a mirror image, before tracing it onto the fusible web. You can also use a light box or sunny window to trace the letter on the wrong side of the printer paper, creating a mirror image. Read on for an appliqué technique that doesn't require reversing the letter.

TIP: You can also change the virtual page size in your word processing software to accommodate full words or phrases, then select "Tile large designs" in your printer options to print your patterns on letter-size paper. Bonus with this technique: The letters will be perfectly spaced and aligned when they start as a single pattern!

Appliquing the Letter

1. Cut a piece of appliqué fabric at least ½" (6 cm) larger on each side than the pattern. Back the fabric with fusible web.
2. Position the appliqué fabric on the background fabric, fusible side down, and pin in place. Do not fuse yet!
3. Place the printed pattern on the appliqué fabric and pin it in place. Slip a piece of tear-away stabilizer under the background fabric to support the appliqué stitches.
4. Thread the machine and bobbin with the thread you'd like to use for appliquéing the letter. Set the machine for a straight stitch, 1.8 mm long.
5. Stitch on the outline of the letter. Follow the pattern contours until you've stitched all the way around the outline, including any "eyes" inside letters such as **B** and **e**.
6. Gently tear away the paper along the stitched outline. Use a pair of small, sharp scissors to cut away the appliqué fabric outside the stitches, clipping as close as possible to the stitches.
7. After the appliqué is trimmed to shape, fuse it in place.
8. Set the machine for a satin zigzag stitch and appliqué the letter to the background fabric. The straight stitches that hold the letter in place will be covered by the appliqué stitches.

STEPS FOR MAKING PILLOW

Cutting

From the background fabric, cut:

- (1) rectangle, 12" x 16" (30.5 cm x 40.6 cm)
- (2) squares, 12" x 12" (30.5 cm x 30.5 cm)

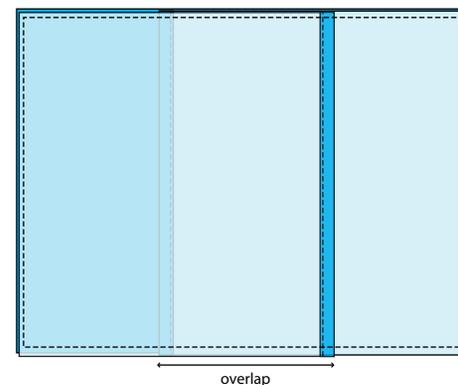
Note: To ensure a well-stuffed pillow, don't add fabric for seam allowances. This makes the pillow cover slightly smaller than the pillow form, making the project appear plumper.

Instructions

Seam allowance is ¼" (6 cm).

1. Following the method on page 1, create patterns for the letters **r-e-l-a-x** in your word-processing software (patterns for Times New Roman letters at 350-point size are included in the PDF).
2. Fuse the web to the wrong side of the appliqué fabric, following the manufacturer's instructions. Place the appliqué fabric on the 12" x 16" (30.5 cm x 40.6 cm) background rectangle, right sides up. Top with the letter patterns printed on paper.
3. Appliqué the letters to the pillow front as detailed under **Appliqueing the Letter**. Remove the tear-away stabilizer when the appliqué is complete.
4. Press ½" (1.3 cm) to the wrong side along one edge of each background-fabric square. Press ½" (1.3 cm) to the wrong side again, creating a double-folded hem. Stitch the hem in place.

5. Lay a hemmed square on the pillow front, right sides together, matching the raw edges at top, bottom, and one side. Lay the second hemmed square on the stack, again matching the raw edges, with the hemmed edges overlapping at the center.



6. Stitch around all four edges of the pillow. For security and neatness, stitch with a serger or use an overcasting stitch to finish the raw edges.

Tip: Thread the left needle of your serger with Dual Duty XP® All Purpose thread that matches the fabric. Use a coordinating neutral color of SureLock in the right needle and loopers.

7. Turn the pillow cover right side out through the opening in the back. Insert the pillow form.

Use a larger pillow form (14" x 28" (35.6 cm x 40.6 cm) and a longer phrase to appliqué this whimsical pillow. Add a second line with machine-embroidered letters in a contrasting font for a touch of extra fun – and support! Cut the fabric pieces 14" x 28" (35.6 cm x 40.6 cm) for the front and 14" x 18" (35.6 cm x 45.7 cm) for each back panel.

For a Designer look, combine Applique with a line of Embroidery



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