

RESOURCES:

Wool, Needle and Thread by Lisa Bongean—A guide to wool applique and embroidery

Wool Applique Heirlooms* by Mary A. Blythe – 15 antique inspired projects and techniques. Seasonal projects with unusual use of pennys; includes patterns and directions

Stitching for the Seasons* by Jen Daly – 20 quilt projects combining patchwork, embroidery and wool applique; includes patterns and directions

Cozy Wool Applique* by Elizabeth Ann Angus – 11 seasonal folk art projects- pillows and table runners – includes patterns and directions

Bright and Bold Wool Applique* by Angela Lawrence- applique patterns more modern than traditional

Simple Harvest by Kim Diehl – book of scrappy quilts and other projects incorporating fabric, wool and embroidery; includes patterns and directions

Zakka Wool Applique* by Minki Kin – Whimsical small projects using home motifs in projects

*books located in the Johnson County Library System



Wool Applique Outline

Please read through this outline ALL THE WAY THROUGH before the presentation AND preparing your kit for the presentation. I will be adding more information during the presentation, especially showing some stitches, how to adhere the adhesive and hiding threads when doing the final stitching around the entire table runner.

Your kit contains: 2 (8”X22”) pieces of wool- front and back of table runner, a rubber banded bundle of 10 (10”X3”) pieces of wool- for circles, another smaller piece of tan wool for large tongues, 3 pieces of colored wool for small tongues, transparency sheet, patterns for the 3 sizes of circles and 2 sizes of tongues and a piece of freezer paper. To complete the kit, you will need to get adhesive, needles, thread, applique pins (optional – only if not using adhesive), scissors, and iron (Teflon pressing sheet is very helpful.)

For the presentation, please cut out your circles, adhering 1-3 of the small to the medium circle, have your tongue pieces cut out and adhere 1 of the small tongue pieces to one large tongue. On my sample, I used 8 of each size circle stacked up with a small, medium, and large circle. You may choose how many circles you want and they do not have to be in sets of 3. **YOU ARE THE DESIGNER.**

You will be using your scrap pieces of wool to practice the blanket stitch and hiding knots. Please have thread, needle and scissors ready to use (floss will work for the practice as it is the easiest to find in stores).

1. Wool – types, where to get wool, how to prepare (felting)
\$ Repurposed wool- recycle garments – suit weight too light, coat wool too heavy

\$\$ New wool- flannel weight good for applique, needs to be at least 80% wool to felt

\$\$\$ Hand dyed- wool that is felted during dyeing; has a soft hand
To felt wool- Wash in hot water with some agitation; dry in hot dryer

2. Pattern sources- any applique design or own design will work; needs to be reversed for tracing
 3. Supplies –
 - a. Threads – heavy threads makes a statement; light threads less visible
 - \$ Floss- usually use 2 or 3 of the 6 strands
 - \$\$ Cotton Petites- wrapped cotton thread on spool
 - \$\$ Perle cotton - #5, 8, and 12 used – higher the number, finer the thread; usually #12 is used
 - \$\$\$ Valdani perle cotton – wide range of colors which compliment hand dyed fabrics
 - b. Needles – wide variety of choice depending on thread used and layers of wool to stitch through. This list is from book, I've not used some of these.
 - Doll needles – 4” long for filled projects (pincushion)
 - Embellishment needles- good for bullion and drizzle stitches; the shaft and eye are the same width
 - Basting needles – long and sturdy, good for layered projects
 - Chenille needles (#22 and 24)- preferred by 1 author
 - Big Stitch needle – like a quilting needle, but with larger eye for using perle cotton
 - Binding needle – fine, but sturdy; has a larger eye
- Example of needle & thread combination;
- #5 perle cotton - #22 chenille needle
 - #8 perle cotton - #22 chenille needle
 - #12 perle cotton - #24 chenille needle
 - 3 strands of floss- #24 chenille needle

- c. Pins – applique pins These are used in place of using an adhesive to keep pieces in place. Please try this project with adhesive before purchasing these pins.
 - d. Scissors – small, sharp scissors (5' or 6" blade) for cutting pieces; embroidery scissors for cutting threads, paper scissors to cut adhesive and freezer paper
 - e. Freezer Paper – used to make templates for pieces not needing to be adhered down (e.g. background and large tongues). When using, draw on flat side and place waxy side onto wool. Cut out, leaving a ¼" border outside drawn line. Press with a dry iron at medium heat (#4). Avoid sliding the iron- only go up and down. Cut on drawn line. This piece can be re-used several times.
 - f. Marking tools – use a Sharpie (ultra-fine point) to trace patterns onto adhesive (be sure to let ink dry before ironing). A chalk marker (which can be brushed off) or a Clover White marking pen (iron to remove marks) can be used to draw stitching lines for decorative stitches
 - g. Iron – need steam for adhesive application
 - h. Adhesives – One book recommended Lite Steam A Seam 2 and another recommended Heat n Bond Lite. To clean the “sticky residue” off needles, scissors and rotary cutter (if used), rub with a cotton ball dipped in rubbing alcohol. I recommend also using a Teflon Pressing sheet to prevent getting any adhesive on iron or ironing pad.
 - i. Transparency sheet or vinyl- medium to transfer design onto to aid in the placement of pieces on base fabric
4. Embroidery Stitches – hand out included. Many of you may have used different stitches than these in projects which is acceptable.
5. Construction steps for Penny Rug table runner
- a. Your kit contains pre-cut background and backing wool (8"x22")

- b. You need to trace the 3 sizes of circles onto your adhesive (you decide how many sets of circles you wish to have on your background. Cut out, leaving at least $\frac{1}{4}$ " of adhesive outside drawn line.
- c. Press circles onto wool and cut out on drawn line (use the 10"x3" pieces).
- d. Remove the paper backing from the smallest circle and place on top of medium circle. Press in place. Do either the blanket stitch or stitch of your choice around the smaller circle. Use a small knot which will be on the underside to anchor thread.
- e. Remove the paper backing from the medium circle and place on top of large circle. Repeat pressing and stitching directions around edge.
- f. Remove the paper backing from the large circle and place on background. Repeat pressing and stitching directions around edge of circle.
- g. Cut a piece of adhesive to cover the back of the table runner front. You may do 2 different steps after this:
 1. Cover entire back with adhesive and heat to adhere, leaving a paper side on until adding the backing. This makes a very stiff/stable project.
 2. After cutting a piece of adhesive to cover the back of the table runner, you may draw a line $\frac{1}{2}$ " or $\frac{3}{4}$ " inside drawn line and cut out the inside. Adhere this "open" rectangle around the outside back edge of the table runner base, again leaving the paper side on until adding the backing. This makes for a softer project in the middle as only the edges will be "firm".
- h. Trace the large tongue pattern onto freezer paper and cut out 6-8 tongues (you can decide how many you want on each short end).

- i. Trace the small tongue pattern onto the adhesive, cut out leaving $\frac{1}{4}$ " and adhere to the wool. Cut out the same number as the large tongue pieces. Adhere the small tongue onto the large tongue piece, keeping the straight edges even. Stitch around the small piece, using the hidden stitch (shown on the presentation) to keep the pieces together. Also do the blanket stitch around the curved edge of the large tongue.
- j. Cut a $\frac{1}{4}$ " or $\frac{1}{2}$ " piece of adhesive to press onto the BACK side of the large tongue, again leaving the paper on one side.
- k. Be sure your backing matches the front side. Adhere the tongues on the two short sides of the BACKING fabric
- l. Layer the backing fabric, with tongues on top on ironing board. Remove the paper from the tongue pieces. Remove the paper from the back of the front piece. Place the front wrong side down onto the backing, making sure all edges are touching each other. Be sure that both pieces are lying flat. (Personally, I would put a few regular pins in the corners - through the ironing pad - and along the side to ensure correct fit, removing them as I press.)
- m. If using the whole adhesive for the back, start in the middle and press out, using only an up and down motion. If using the narrow strip of adhesive on the back, press from one end toward the other making sure to keep the edges even.
- n. To finish the project, you must stitch around the edges with the blanket stitch. When you get to the tongues, you will be stitching through all the layers.