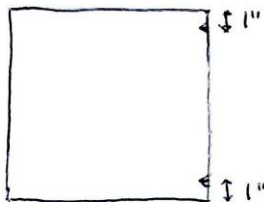


Beginners sewing project:
Making a zip backed cushion cover
 (using Kat's multi-sized pattern)

You will need:

0.5m - 1m of fabric (non stretch)
 Matching thread
 Sharp scissors
 Pins
 A chalk pencil
 A ruler (preferably a grader ruler)
 An iron
 A sewing machine
 A pattern: square of paper same dimensions as cushion i.e. for 16" sq cushion, a 16" sq paper - with notches 1" in from the ends on one side - see pic below

Where to notch the pattern:



Ask your teacher to explain:

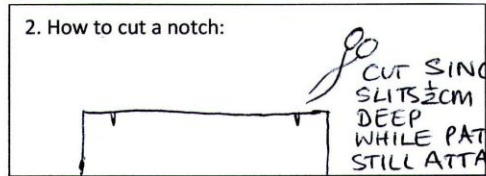
- How to lay a pattern on fabric
- How to pin for cutting
- How to cut accurately
- How to pin for sewing
- How to sew corners
- Normal and 3 step zig zag options for finishing edges
- Pressing
- Notches
- Grader ruler
- Backstitching
- 'Right' side and 'wrong' side of fabric
- Pushing through corners of cushion cover
- Using a zip foot

1. **Fold your fabric over so that there is enough to cut 2 of your pattern out economically** (i.e. you are not wasting more than 2cm round the edges). Pin pattern to your fabric, pinning through both layers at once and cut all the way round the edges of the paper (x2) to create 2 exact replicas of the pattern (seam

allowance is already included in the pattern).

2. **Notch edge where shown - this is to mark the zip opening.** Notches are 0.5cm deep slits into the fabric at a right angle to the edge - they help you match up different pieces of fabric ready to sew

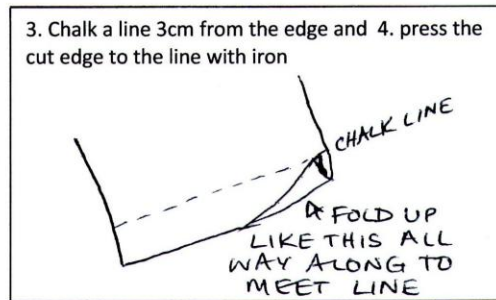
2. How to cut a notch:



3. Now we want to **fold back the edges that will have the zip between them by 1.5cm:** Using a grader ruler, draw a chalk line 3cm in from the notched edge all the way along on both pieces (see pic below)

4. **Fold and press** the raw edge to the meet the chalk line on both pieces using the narrowest part (the 'nose') of the iron (test iron heat on a scrap of fabric 1st - heat setting 2 or 3, steam is good but careful not too much or you could burn your fingers!).

3. Chalk a line 3cm from the edge and 4. press the cut edge to the line with iron

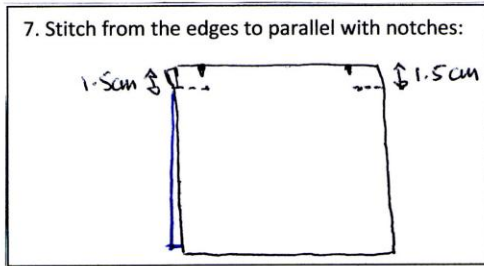


5. **Prepare machine:** Thread up your machine and bobbin with the same thread. Use 3 step zig zag (stitch D on Janome 525S), stitch width 4, length 2. Use square plastic foot.

6. **Now we're going to edge-zig zag the 2 notched edges (prevent fraying).** Zig zag them separately, not together (you'll zig zag round the other 3 outside edges later). When done, put stitch width back to 5, length 2.75 and stitch style A for the next bit.

7. **LOOK AT THE SAMPLE 'ZIP CUSHION COVER'** and see how the 2 pieces are sewn together for an inch at the edges to make a gap for the zip. To do this: using a 1.5cm Seam Allowance (or following the fold you just made if you were very accurate!), sew from

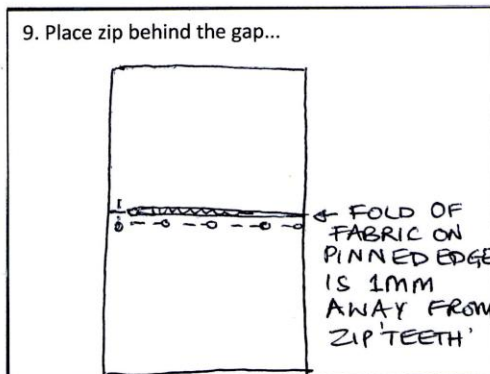
the edge of the fabric parallel with the notch, backstitching each end (see pic)



8. Press the folded edges back again where you've sewn, and place your cushion cover, right side up on the table, folded edges down, ready to insert the zip.

9. **Trim off the spare tape at the ends of the zip** as it can add bulk at your corners once sewn in.

10. **Place the zip behind the gap** and pin the left side so that the fold is 1mm away from the zip teeth (look at the sample cushion cover). Pin the tops in with horizontal pins so they stay down when you start sewing

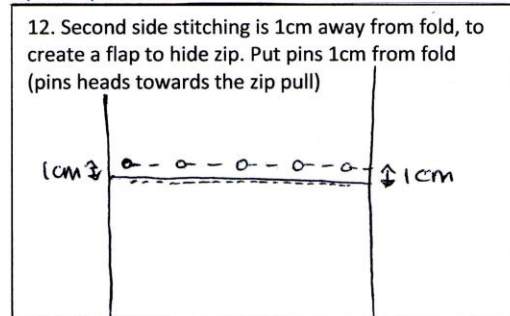


11. **Tack it??** When you tack a zip in place before sewing it doesn't move around as much when you machine sew it. If you don't tack & the fabric stretches when you sew it, stretch it out by holding fabric front and back and pulling taught against your own grip (don't pull on the teeth of the machine)

12. **Sewing the first side of zip once pinned/tacked:** Open the zip. Put the zip foot on the machine gripping the right side of the bar (leave all stitch settings as before) so the foot presses on the fabric not the zip. Stitch half way down the side you just pinned, stitching 1mm away from the fold. Stop with

needle down in cloth, lift presser foot, do up zip, put presser foot down and continue stitching (Backstitch each end).

13. For the 2nd side the 2 folded edges meet and the stitching goes across the bottom, up the second side 1cm away from the fold and across the top to meet where you started the 1st side. You can chalk a line or mark with pins to guide your 1cm stitching. Make sure you avoid sewing over the metal bit at the end of the zip when you sew across if there is one – put a pin in to mark where it is.



14. **Sew the second side**, starting with the zip closed, and stopping part way with the needle in to open it up (the reverse of what you did for the 1st side). Then press the zip from the wrong side gently.

15. **If you are adding appliqué** to the front, do it now before sewing the cushion closed.

16. **Undo the zip. Fold in half inside out**, pin edges together (pin heads sticking out) as evenly as possible, trim off any extra if they are not the same size.

17. **Put normal plastic foot back on machine then sew a 1.5cm seam allowance** round the entire (backstitching each end)

18. **Finish the edges** by edge zig zagging (settings as before) all round.

19. **Press seams to one side using the sleeve board**, so they look flat when you turn the cover through

20. **Fold corners into a point** and use to push the corners through as you turn your cover the right way out.

21. **Insert cushion pad, pushing into the corners and smoothing out the overlapped edges.**

CONGRATULATIONS – ENJOY!