

Pouffe making instructions. You will need:

- 1.5 metres of denim, canvas or leatherette/pvc
- A reel of good quality sewing thread matching your fabric main colour e.g. Coats, Gutermann, Moon etc.
- Zip: 12 inch closed end plastic zip
- To fill: either 1-2 bags of bean bag filler polystyrene bobbles or lots of clean unwanted plastic bag recycling (the eco method!), the contents of some unwanted pillows or lots of fabric scraps or old clothes, shredded - you can leave this and discuss on the first week of the course as you won't need until the end
- A pot of good quality plastic or glass headed dressmaking pins
- if you wear glasses for close up work please bring them
- a sewing machine,
- Teflon foot or ordinary foot with magic tape on the bottom,
- Teflon zip foot or ordinary zip foot with magic tape on the bottom
- pins,
- masking tape,
- scissors
- a ruler
- the Pouffe pattern from Sew In Brighton (3 pieces: will make 16 side panels, 2 half circle base pieces and full circle one top piece)
- double sided tape if using PVC

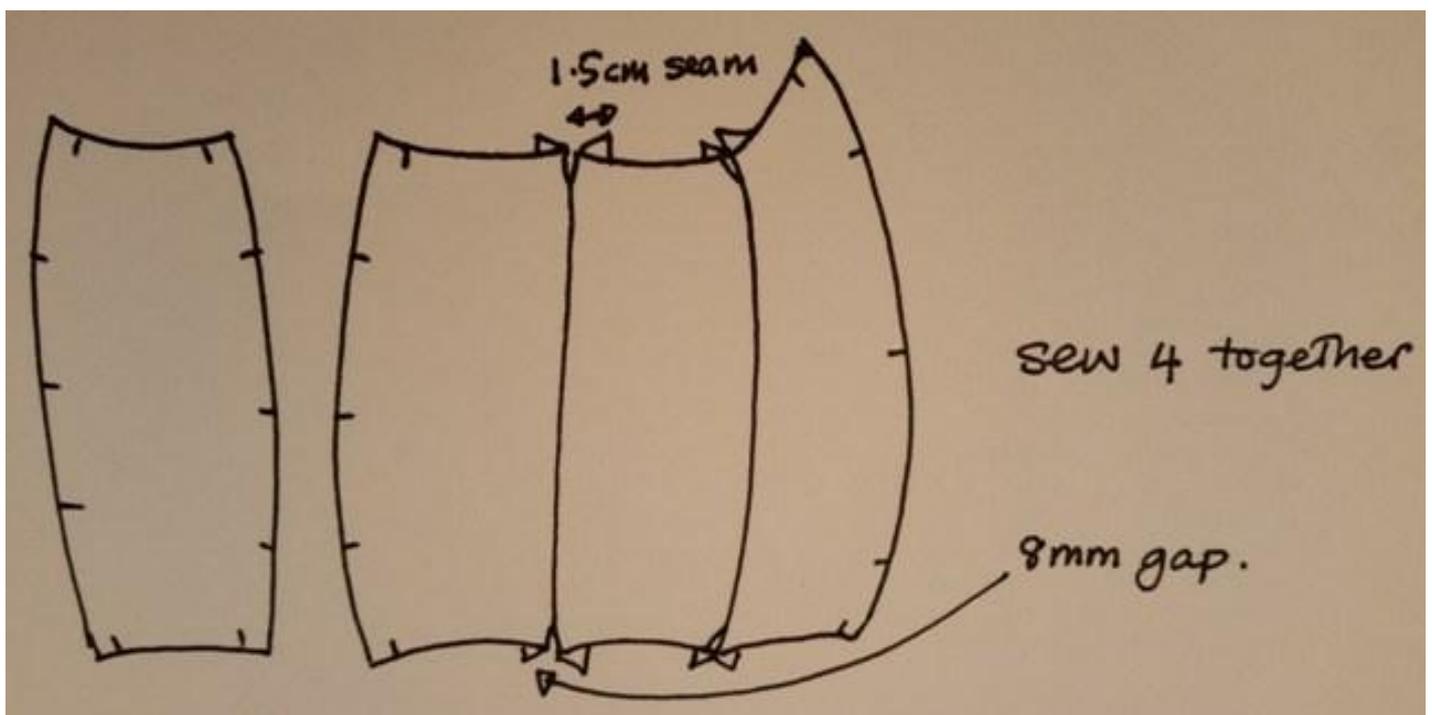
N.B. You could put the pattern onto card first if you are using PVC as is easier to draw it onto the PVC with a pen, then cut out on the pen lines. For fabric, pin the paper pattern to the fabric and cut out.

1. Plan how to lay all the pattern pieces onto the cloth in the most economical way. If fabric you could cut 2 or 3 side pieces at once.
2. Pin or draw the pattern pieces onto the cloth matching the direction of the Straight Grain arrow with the selvedge, marking the notches very carefully as you'll need to follow these to sew so that the circles fit the side pieces perfectly.

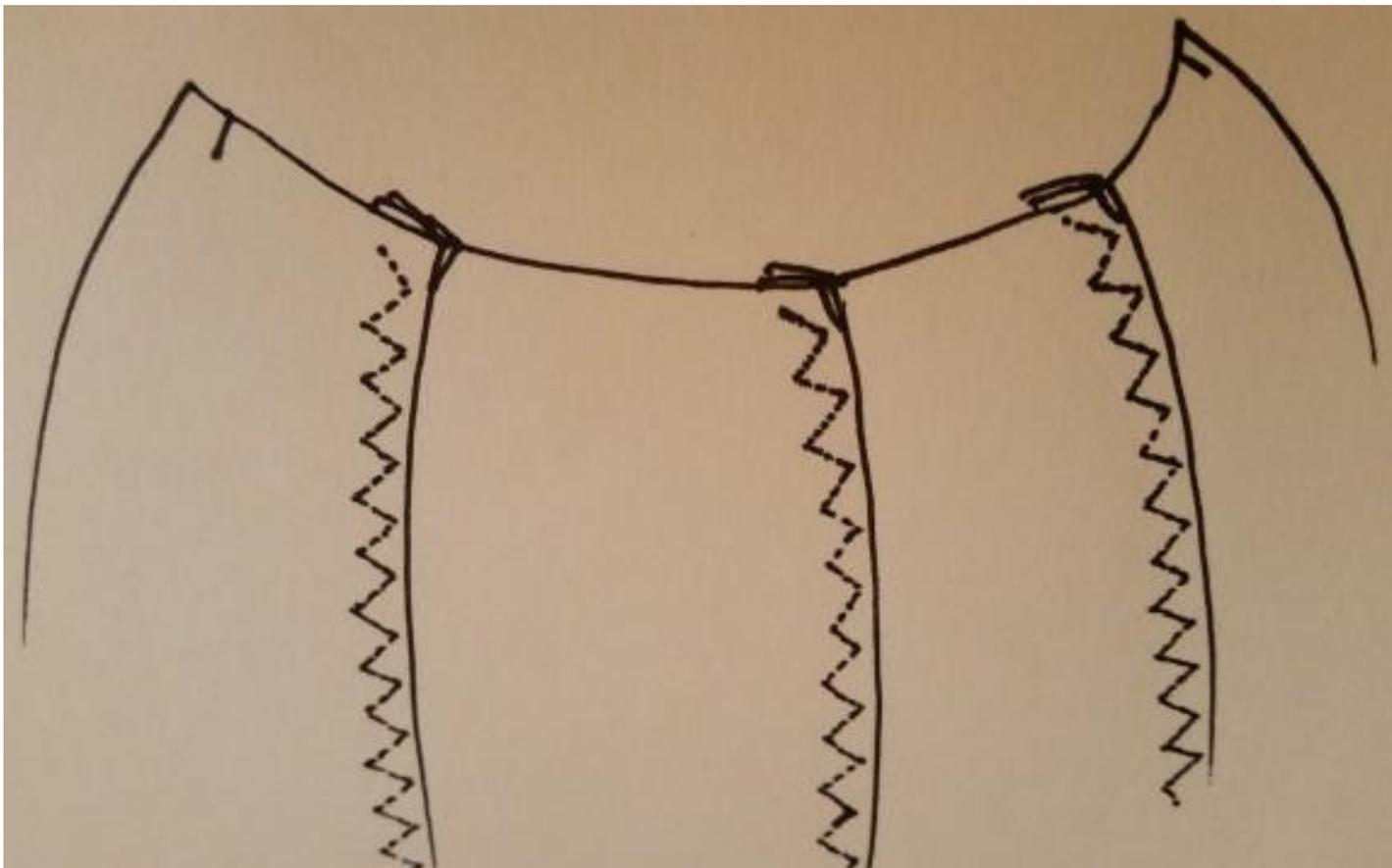
3. Set up your machine and put a Teflon foot on it or ordinary foot with magic tape on the bottom
4. If using fabric, overlock or zig zag (3-step zig zag) the raw edges to stop fraying. PVC will not fray
5. Stitch 4 side pieces together along the long sides with a 1.5cm Seam allowance, backstitching each end and leaving an 8mm gap each end un-sewn

****IMPORTANT: The notches at the tops of the seams show you where the 1.5cm seam allowance line is, so if you cut the pieces a bit too big or too small, this notch will be your correct reference. You must use this a guide for where to start and finish stitching, or the finished sections will not fit the top and bottom circle at the end ****

NB: the 8mm gap at top and bottom will help you when you attach the circular base and top at the end with a 1cm seam allowance to these pieces, as it makes the edge more flexible.



6. Now turn the sections of 4 side pieces to the right side and stitch a 3-step zig zag (stitch length 1.5. stitch width 5) to hold down the seam allowances to one side – push the seam allowances to the same side on each seam,

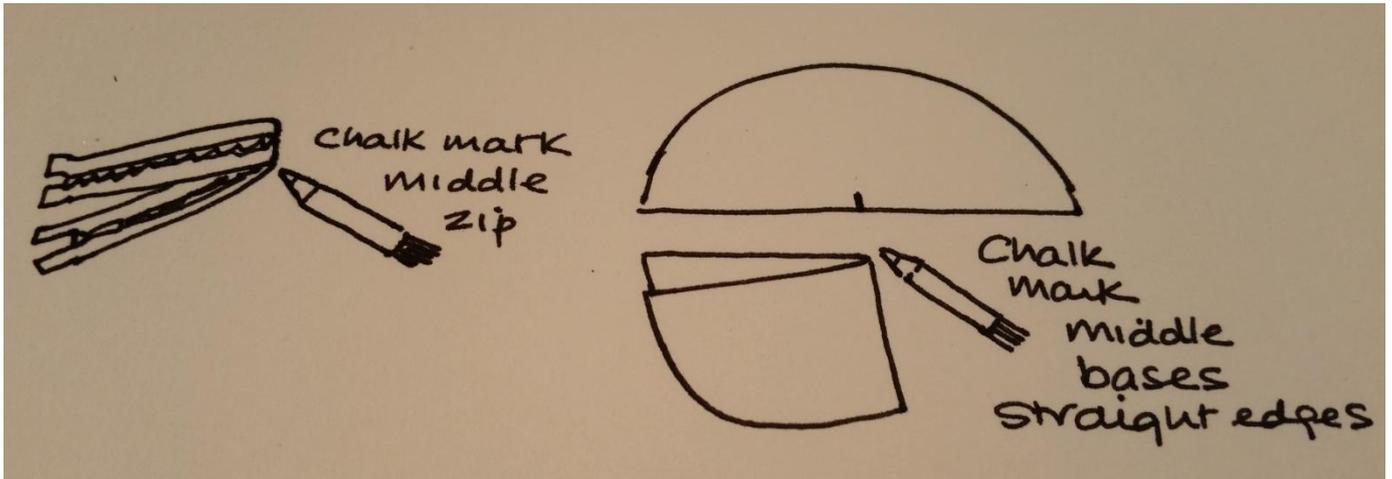


7. When you have done all the sections into sets of 4 like these and zig zagged the seams down, attach them together to form a closed circle, and zig zag the remaining seams. Zig zag all but the last seam before closing it into a loop. Zig zag the last seam with the item inside out as

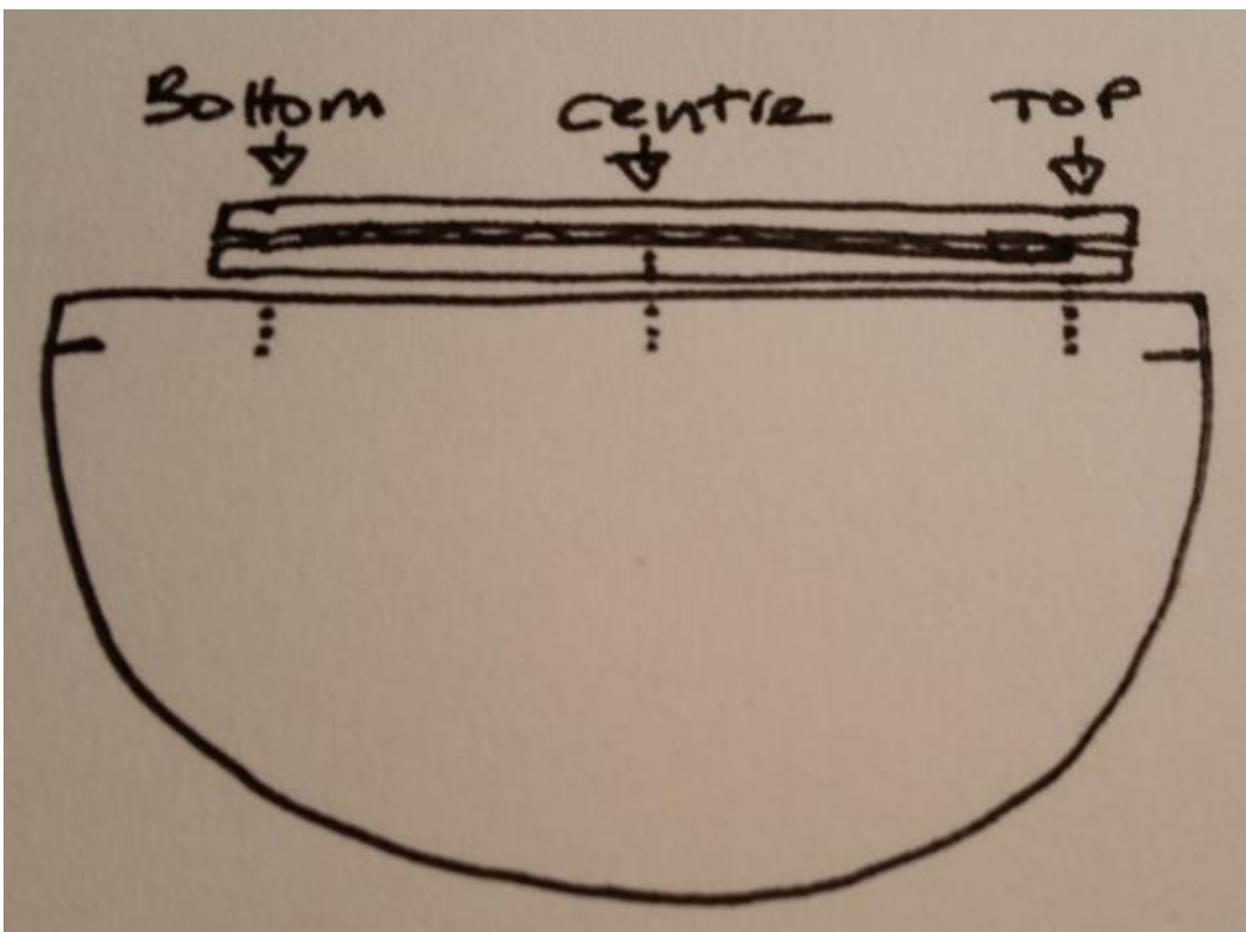


you'll find it easier.

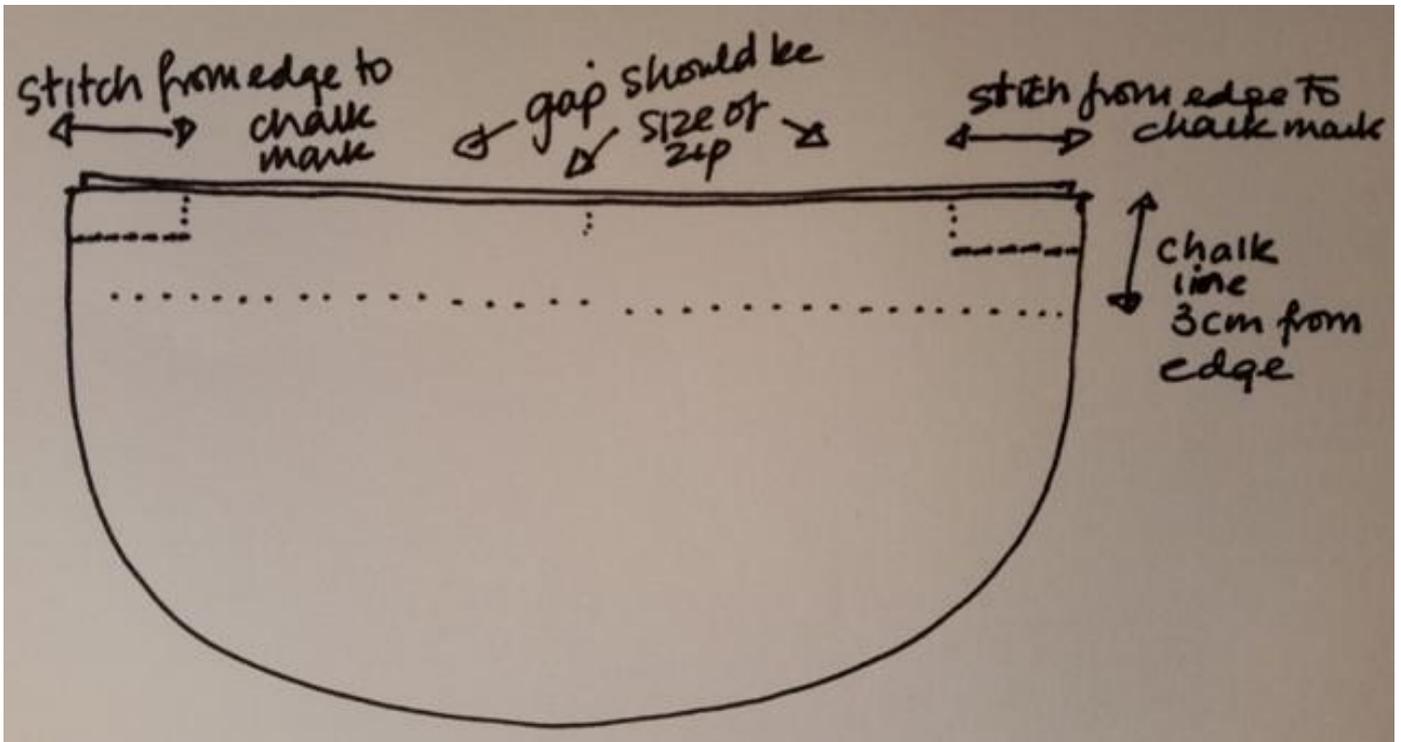
8. Now put that to one side and take the 2 bottom pieces and your 12" zip. Mark the middle of the zip with chalk (mid way between the top of the zip head and the metal or plastic bit that stops the zip at the end). Then mark the middle of the straight edge of the bottom pieces



9. Place the zip and bottom pieces centre marks together and mark the ends of the zip (where you want the zip opening to start and stop) with chalk



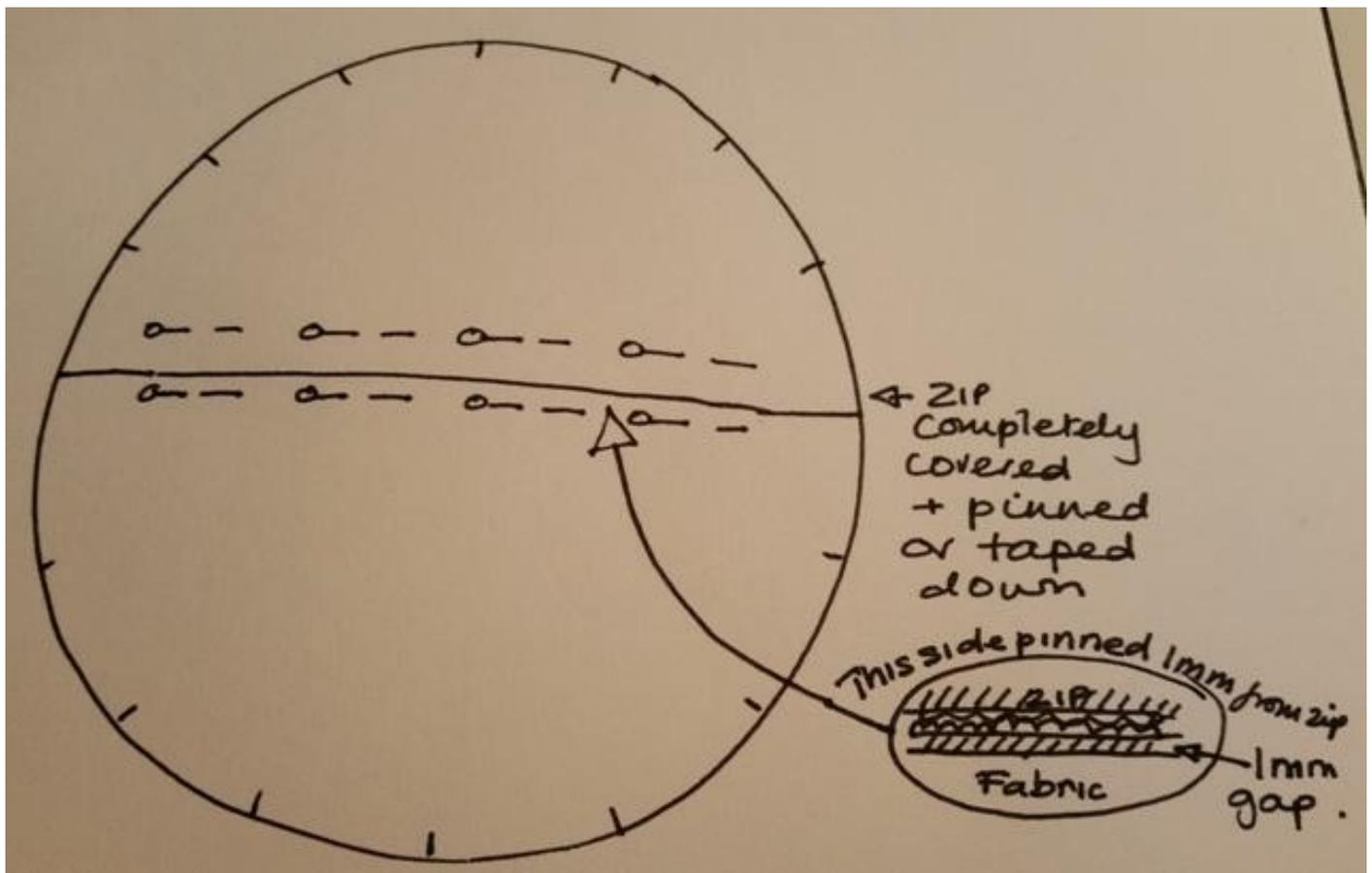
10. Set machine to straight stitch, central needle, stitch length 2.8
11. Now stitch the 2 bottom pieces together on the straight edge – just from the ends to this mark on each side, so 2 very short seams, backstitched each end – leaving an opening for the zip as marked. Then draw a chalk line 3cm from the edge all the way along so your pieces should now look like this:



12. Now fold back the straight edges to the chalk line creating a 1.5cm turn:
 - a. If your fabric is pvc, tape them down right on the edge with masking tape (you don't want the tape to get in the way of the next step, so stick just the edge down)
 - b. If in cloth just press with the iron (check temperature on a scrap of same cloth first), use a few pins if fabric won't iron creases well
 - c. To prepare to set the zip in place if using PVC, cut 3mm wide strips of double sided tape and stick them to the outside edges of the right side of the zip tape, rub with your nail so they stick well, then peel off the top of the tape to reveal stickiness.

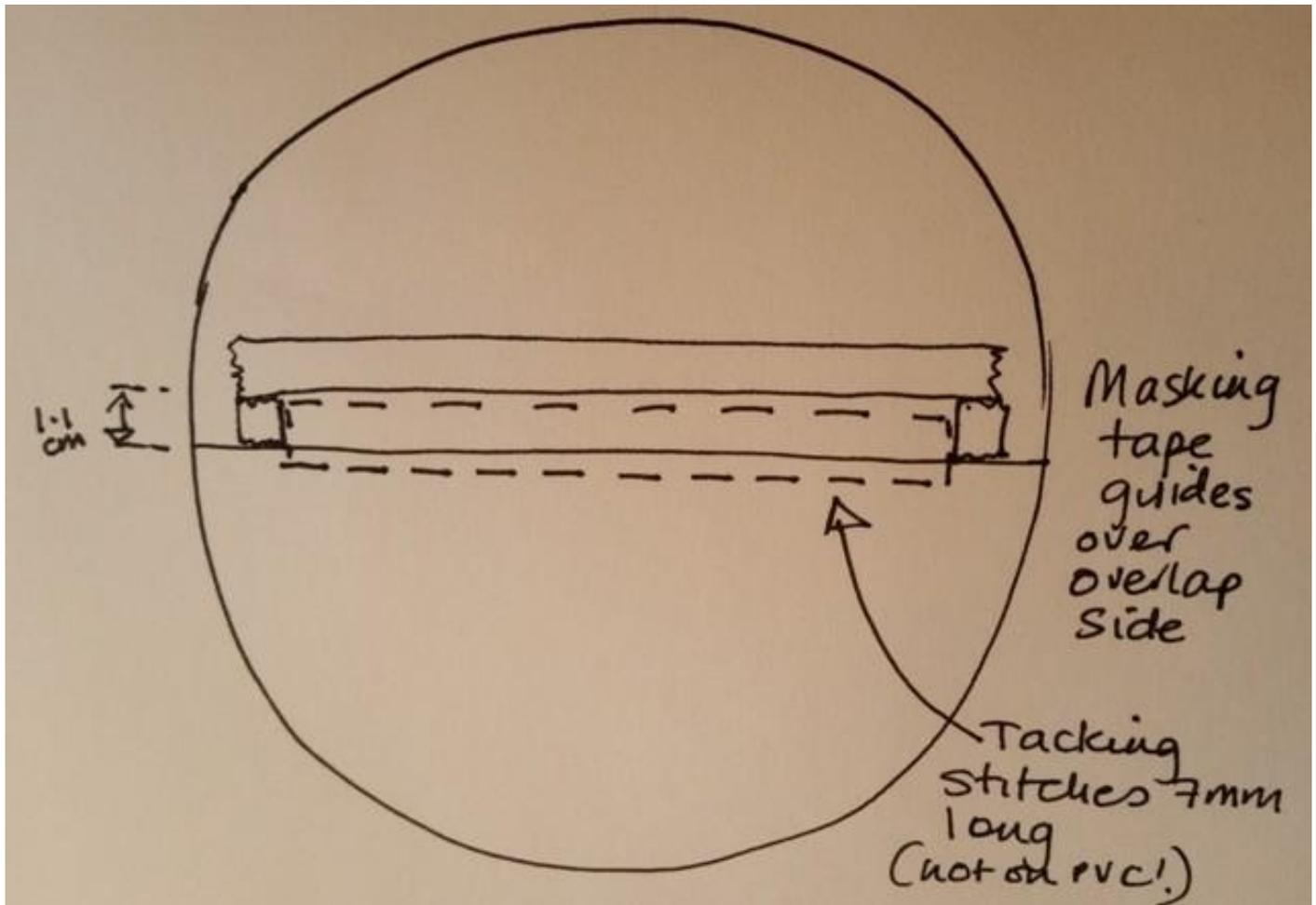
13. Place zip on table right side up and place bottom piece of the pouffe (that you just stitched with a gap and then folded the edges) right side up on top, with zip behind the opening. The left side of zip tape sticks with double sided (for pvc) or is pinned (for cloth) under the left side of opening 1mm from the left zip teeth (i.e. you can see zip teeth and 1mm of tape). The right side of the opening then meets the left to completely cover the zip. Stick it down by pressing (to PVC) or pinning about 1cm away from the fold (cloth).

This pic shows pins, which are only needed for cloth. No pins in PVC!:



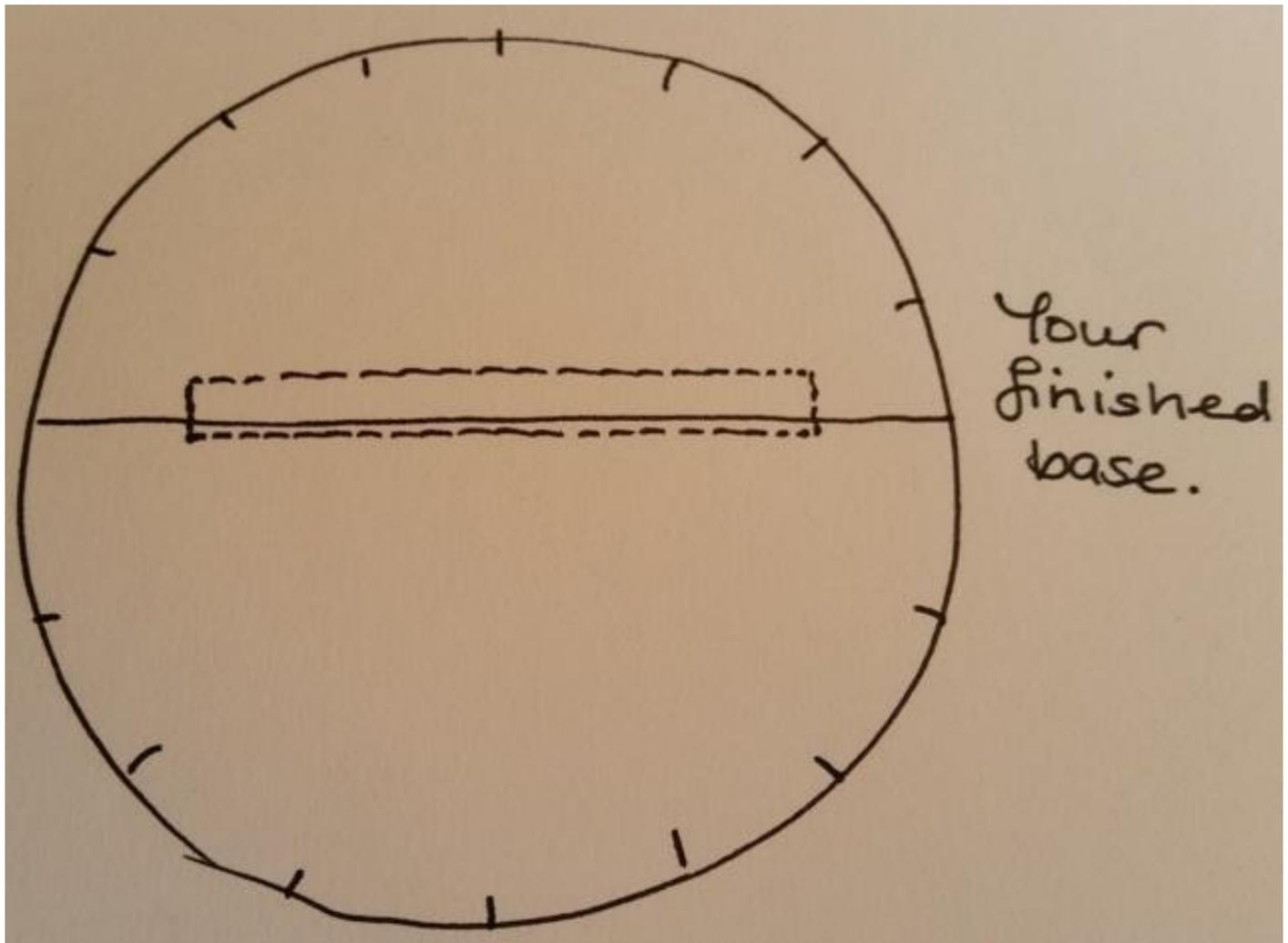
14. For pvc pouffes go to next step. If using cloth, you now need to use a contrast colour thread (so you see it easily to remove later) to hand-tack (baste) the zip in place, with 7mm long running stitches along the lines of the pins. Do 3 stitches on the spot at start and finish to secure it. Then remove pins.

15. Stick a piece of masking tape 1.1mm from the right side of the fold on the overlap side, to act as a guide for sewing 1cm from the fold. Also put bits of tape across top and bottom so you know where to sew to avoid metal bits at end of zip when sewing (check underneath to see where they are before putting tape on). Tip: use blue masking tape if your pvc is cream coloured

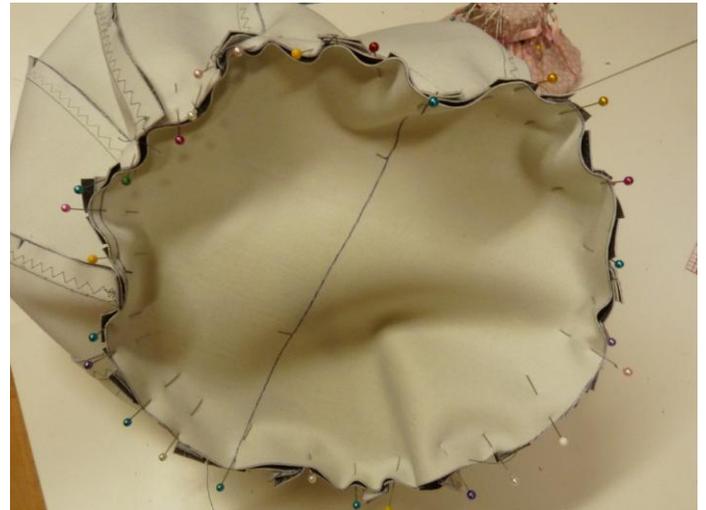


16. Now put your Teflon zip foot (or ordinary zip foot with magic tape on the bottom) onto the machine. Set machine to straight stitch, central needle, stitch length 2.8
17. Open zip. Stitch close to the fold of fabric on the non-overlap side of the zip, stopping half way with needle down and lifting presser foot up close the zip – this is so you never have to sew past the zip pull, as it will push you off course. Pivot across the bottom (keep needle down when you raise presser foot to pivot) of the zip, and up the overlap side (stop

halfway to unzip the zip again), stitching right next to the masking tape, so your stitching is 1cm away from the folded fabric on the overlap side. Back stitch each end of your stitching to secure. Remove masking tape and tacking



18. The next stage is to undo the zip, then attach your base and top piece to the circle of side pieces.
- Each notch on the base and top piece should correspond with a seam if you've sewn correctly!
 - Pin the base or top to the side section at the notches with fabrics right sides together. Pin in the seam allowance if using PVC – although check to see if pin marks show on a scrap first, they may not.
 - Then pin in between the notches – there will be a lot of pins! You could do some 0.5cm snips into the tops of the side panels if they won't stretch to fit the round pieces
 - They should fit together on the sewing line, which is 1cm in from the edge – not on the edge as the top and bottom cut edge will be longer than the sides cut edge as is different shape (concave/convex)



19. Now turn through and you're done – fill with polystyrene balls (from Fabric Land or online), clean recycled carrier or food bags (better for pvc as bit lumpy in fabric pouffes), old clothes, unwanted fabric scraps.....

