

### Personalised Placemats Sewing Tutorial

Finished size: Approx 44cm x 36cm

### Requirements

14 x 10cm squares of fabric

1x 20cm x 30cm rectangle of fabric for the centre of the placemat

1x 38cm x 47cm of fabric for the back of the placemat

1 x MAX 10cm x 25cm of fabric for your applique (name in the centre)

2 x 6.5cm x full width of the fabric for binding

1x 38cm x 47cm of H630 fusible fleece (Use H640 for a more padded feel)

1x 38cm x 47cm of H650 double sided fusible fleece

1 x MAX 10cm x 25cm of Heat n Bond Adhesive for your applique (use Heat n Bond Ultra for a no-sew option, Heat n Bond Lite if you want to sew your applique onto your placemat).

1 x 45cm x 55cm Pellon 820 Quilters Grid

## Instructions

Place your rectangle of Pellon 820 in front of you, adhesive side up (the grid will look fainter on this side).

Arrange your fabric squares on the Pellon, using the grid to help line up the pieces. Aim to get the raw edges butting up against each other but don't worry about gaps of the odd mm here and there.



When you are happy with the design, iron the two layers together. Trim away any excess Pellon, turn over and press again, making sure all the squares are stuck down.

Fold the right edge of the mat in towards the left. The resulting fold should run between the first two columns of squares (see image below). Pin the two layers together and then sew together, with your sewing machine foot running along the edge of the fold.



Fold the mat over again towards the left, with the new crease running down between the next columns of squares (and through the main rectangle in the centre) and sew again. Repeat this process working across your placemat until all the columns have been sewn. Then iron the placemat flat.



You now need to repeat this process working from the top to the bottom. Start by folding the top row down, along the gap between the first two rows of squares. Sew with your sewing machine foot in line with the fold as before.

Keep repeating this process, folding down a row, and sewing until you run out of rows.



BEFORE ironing your mat, trim the seam allowance on the rows you have just sewn, back by approx. half (this will reduce the bulk). Then turn over your mat and iron flat.



Put your placemat to one side and take your applique fabric, heat n bond adhesive and letter templates.

The letter templates are printed in mirror image, they will face the right way when you have finished! Place your heat n bond adhesive over the top of the templates, and trace the letters you need for your name (you will be writing on the smooth side of the paper).

Iron the adhesive (bumpy side facing the back of your fabric) onto the back of your applique fabric and then cut your applique shapes out.



Peel the backing paper off each of your letters and arrange them in the centre of your placemat. When you are happy with their position, iron into place. If you have used Heat n Bond Ultra, skip onto the next step. If you have used Heat n Bond Lite, top stitch your applique shapes.



The next step is to add the backing and wadding. Start by ironing your H630 or H640 onto the back of your placemat- REMEMBER – you cannot iron directly on top of the interfacing, you will need to iron on the placemat, with the interfacing behind, or place a cloth between your iron and the interfacing (the bumpy side of the interfacing should be facing the back of the placemat).

Now place your backing fabric in front of you, back of the fabric facing you, and then place your piece of H650 on top, followed by your placemat. Iron the three layers together until firmly fused.

Trim back your placemat to get rid of excess interfacing and ensure the mat is squared off.

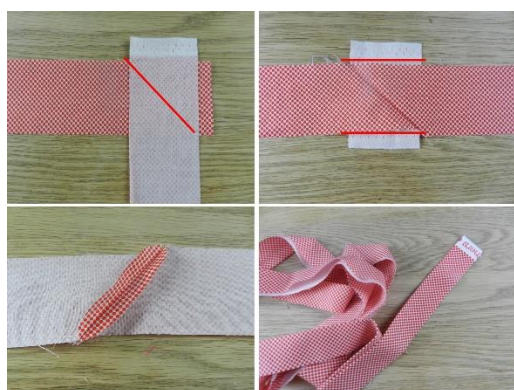


Almost finished! The next step is to make the binding tape for the edges and then sew it into place.

Take your two pieces of binding fabric and place them together, so that the right sides are facing each other, and they form a right angle, with approx. 1cm (1/2") of fabric sticking out on each side (see image below). Pin the two pieces of fabric together and then sew across the square where they overlap, from the top left corner to the bottom right (imagine you are cutting off the outside corner).

Open the binding out and iron the seam out flat, trim away any excess fabric from the top and bottom edges.

Finish your tape by folding in half so that the long raw edges lines up, and iron.



Pin your binding into place on one side on the back of your placemat (I pinned it on the wrong side in the first image!). You are looking to get the tape to start about 1/3<sup>rd</sup> of the way down the side, and you will actually start sewing about 12-15cm below the start of the fabric.

Sew down your tape STOPPING approx. 12mm (1/4") from the edge of the placemat. Move away from your sewing machine and fold the tape back into a triangle as shown in the image below. Then fold the tape back into position along the next side of the mat and pin into place.

Sew from the corner until you get approx. 12mm (1/4") from the next corner and repeat these steps.

Continue until you are approx. 12-15cm from the start of the tape.



You now need to join the two ends of the tape and sew the binding into place on the back of the placemat. I have copied the instruction written for our Little Ark quilt below to help you with this.

Lay the tape into position, overlapping the ends. Trim the end of the top tape, so that it ends 6.5cm over the start of the bottom tape.



Unpin the start of the tape and then open out both ends of the tape. Place the two ends together, right sides facing and at a right angle to each other (see image above) and sew together along the yellow line in the image above. Turn the fabric over and check that the binding tape falls flat on the quilt, adjust if necessary, when you are happy with the finish, trim the excess fabric away and iron the seam flat.

Fold the binding tape back in half and pin into place along the edge of your placemat and sew together.

Turn your placemat over and hand sew the binding onto the reverse (you may find the corners are easier to sew if you cut the tip of the placemat's corners away first – TAKE CARE NOT TO cut through the binding).

## Instructions Taken From our Little Ark Quilt Tutorial

Start half way down one side. Put a knot in your cotton and sew it into the edge of the quilt, don't go through to the front of the quilt, just down and back up through the quilt back and batting.

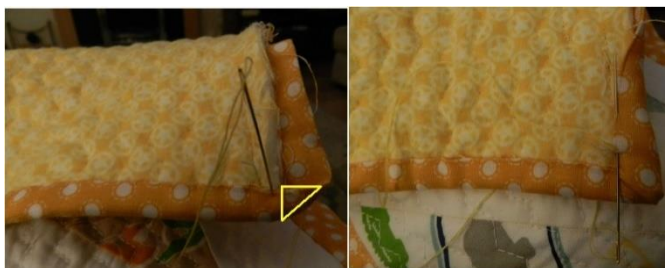


Take your needle up through the binding on the crease (fold) line.

Push the needle back down as close to the point where you just came through as possible (making an almost invisible stitch) pass the needle down through the backing fabric and batting (do not go through to the front, just the back and batting) and back up into the middle of the binding, stopping inside the crease. Then push the needle along the INSIDE of the crease, before coming back up out of the top of the binding (see image below). Repeat these steps to the corner.



When you reach the corner, finish with the needle pointing up out of the backing fabric, ready to go back into the binding tape. Fold the next side of the binding tape over to make a mitred corner (the fabric should be folded into a triangle as in the first image below, before folding over). Take the needle up through the point of the triangle (if you are using very wide binding you might want to add a few stitches along the mitred edge). Then turn the quilt and work the next side. Continue sewing sides and corners until you get back to the start.



Finished!

*Admire your handy work and don't forget to send us a picture – on Facebook ([Printstropolkadots](#)) or by tagging us in on Instagram [#printstropolkadots](#) – we love seeing your makes.*