

# DAY by DAY

wall hanging

sewing  
tutorial



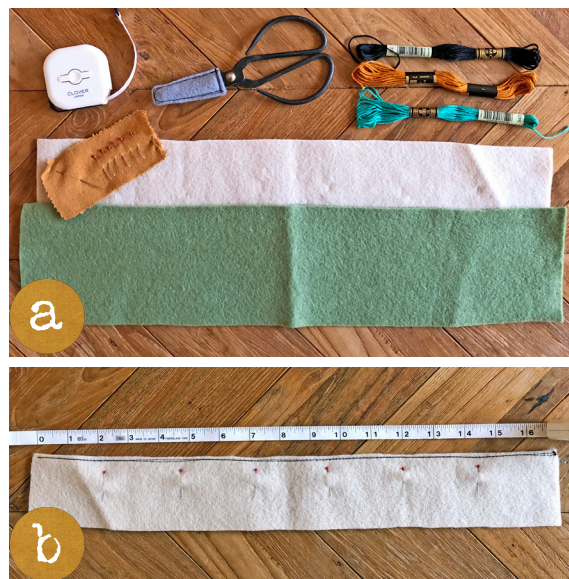
We are all just taking things one day at a time these days. Maybe you need daily creative prompts to keep you inspired. Perhaps you want to motivate your kids to power through their long days of remote learning by having daily words of encouragement or little rewards for making it through the day. You could also fill each pocket at the end of the day with notes of gratitude, bringing focus to moments of joy. The pockets fit 1/16th of a piece of standard copy paper perfectly.

## MATERIALS:

- 18.5 x 3.75" wool felt for back (I used moss green)
- 17.5 x 2.25" wool felt for front (I used off-white)
- sharp scissors
- measuring tape or ruler
- straight pins
- sewing needle
- cotton embroidery floss (I used black, ochre, and turquoise)
- sewing machine (unless you plan to hand sew)

## INSTRUCTIONS:

1. Refer to 'Notes and Stitches' on the page 2.
2. Cut your felt to size: 18.5 x 3.75" for the back piece (I used moss green) and 17.5 x 2.25" for front (I used off-white). [image a]
3. Using a sewing machine, sew a double line of stitching across the top long edge of the front (off-white) piece, about 1/8" in from the edges. You can also hand sew this edge with a 2-ply of black embroidery floss using the running stitch or double running stitch. This line of stitching will help your pockets keep their shape as felt tends to stretch.
4. Place straight pins spaced every 2.5 inches on the front (off-white) piece of felt [image b]. The pins define the placement of your pockets that you will stitch later.
5. Stitch a design on each pocket space. I used the double running stitch to write the letters of the week using 4-ply of black embroidery floss. The randomly placed starbursts are stitched with a single ply of ochre and turquoise cotton embroidery floss.
6. Pin the front piece to the back piece, with the top of the front piece 1" down from the top of the back piece and centered side to side. Leave the pocket pins in place as they indicate the placement of the stitch lines in step 8.
7. Machine stitch the short sides and the long base of the front piece with two lines of black stitching, about 1/8" in from the edges. You could also hand sew these edges with 2-ply of black embroidery floss using the running stitch or the double running stitch.
8. Machine stitch two vertical lines in the place of your pins to create the pockets. You can also sew this by hand with 2-ply of black embroidery floss using the running stitch or the double running stitch.
9. You may need to trim your back piece a bit if it looks off center. Then machine stitch the perimeter of the back piece with two lines of stitching 1/8" in from the edges, or hand stitch using running stitch, the double running stitch, or the blanket stitch.
10. Add decorative stitch marks to the back piece. [image c]
11. The pockets fit 1/16th of a cut sheet of an 8.5 x 11" sheet of paper.

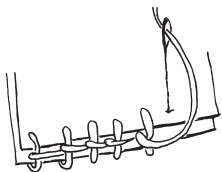


# GUIDE TO BASIC STITCHES:

## BLANKET STITCH

Note: these instructions are much easier to follow with your actual needle and thread in hand. The stitch is simple; the instructions sound complicated.

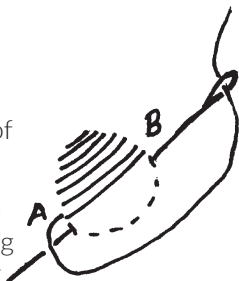
- Thread your needle and tie a knot at the tail.
- Starting between the sandwiched pieces, poke the needle through your top layer of felt about 1/8" from the edge. The knot will be between the two layers of felt where it will not be seen.
- Bring the thread around the edge of the two stacked pieces of the felt and poke it through the same spot as the first stitch.
- Pull your needle through the stitch you just made at the top edge. This anchors your thread but is not a true stitch.
- TO CONNECT TWO PIECES ALONG THE OUTER EDGES: Start a new stitch through the back side, 1/8" from your first stitch, and 1/8" in from the edge of the felt. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edges of your two pieces of felt. Continue your evenly spaced stitching (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.
- TO CONNECT TWO LAYERS ALONG A SINGLE EDGE: push your needle from the top down through both layers. Dip through the back side making a small stitch and bring your needle up through the single layer, just outside where your first stitch went in. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edge of your top piece of felt. Continue your evenly spaced stitching (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.
- To finish, connect your last stitch to your first stitch by sliding your needle underneath your first stitch and knotting it at the back. Push your needle between the layers and out through the front about 1 inch from the edge. The thread will be pulled inside, hiding the knot from view. Then cut off the excess thread very close to the top layer of the felt.



## SATIN STITCH

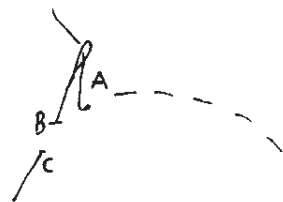
This stitch is used to fill in a space.

- Begin by stitching the perimeter of the space you plan to fill.
- Start with the threaded needle on the back side of your felt and bring it up through the felt (A) and back down into the front side (B).
- Place the stitches close together so that they create a solid shape.



## RUNNING & DOUBLE RUNNING STITCH

- Start with the threaded needle on the back side of your felt and bring it up through the felt (A) and back down into the front side (B).
- Pull it the whole way through, then bring the threaded needle back up through the felt from the back side (C).
- Try to keep the size of the stitches and the space between them consistent.
- A double running stitch is used to make a solid, connected line.
- Start with a running stitch. When you reach the end, reverse your direction and fill in the space between the stitches with another running stitch so you have a solid line.



## NOTES:

- Embroidery floss has 6 plies (threads) and the plies are easily separated. Most embroidery patterns use 1 to 3 plies. Long strands can get easily tangled, cutting them to 18-inch strands helps prevent this. It also helps to very gently separate the pieces from the center of the strand instead of starting at one end.
- If your thread becomes too short while you are sewing, attach a new piece of thread to the end with a knot. Tie it as close to the felt as possible and try to hide the knot.
- Keep stitches even and hide knots.
- Felt is very flexible to work with; it can be pulled and stretched as needed, and because it doesn't fray you can trim as you work if your pieces are not lining up.

### ABOUT KATA GOLDA:

Alison Kaplan is the creative force behind Kata Golda, a craft studio in the mossy seaside town of Port Townsend, WA. Kata Golda is a flourishing business that explores crafts such as needlework, letterpress printing, bookbinding, block printing, hand-thrown pottery, hand-dyed textiles, and jewelry making. Alison finds inspiration in the woods, farmlands, and beaches of her Pacific Northwest wonderland. See her work at [www.katagolda.com](http://www.katagolda.com).

