

FLORAL UTERUS PINS

sewing tutorial



This pin is a reminder of your body and your choice. Take a stand and show solidarity. Make one for yourself, make one for a friend. Make one for a Supreme Court Justice.

MATERIALS & TOOLS:

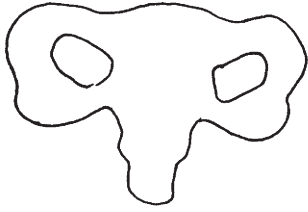
- (2) 2 x 2" pieces of wool felt: I used off-white for the front sides and coral/pink and eggplant/purple for the back sides.
- embroidery floss: I used shades of pink and green for embroidery and off-white for assembly.
- sharp scissors
- hand sewing needle
- collarless French pin or safety pin

1. Refer to "Notes & Tips" on page 2 and the guide to basic stitches on page 3.
2. Gather your materials. **(photo a)** Cut out the paper templates from page 2 and use them to cut out the felt pieces. **(photo b)** You can reduce or enlarge the pattern pieces if you want a different sized pin. Because the pattern pieces are small, I prefer to hand hold as I cut as opposed to pinning the template to the felt. Making the cut outs for uterus flower #1 is a little tricky. Referring to the template (but not cutting through the template), pierce the felt with your scissor tip and cut out little irregular circle shapes. The perimeters of the front and back sides are the same.
3. Use the paper template pieces as a guide for embroidering your flower using 2 ply of embroidery floss. I began by defining the flower shape with the running stitch **(photo c)** and then I filled in the space using the satin stitch. **(photo d)** For smaller spaces (the center of the flower and the little buds on the sides) I satin stitched without a perimeter stitch line. I used the back stitch to create the green lines for the stems. **(photo e)** Uterus flower #2 has three little French knots on the top of the flower using 2 ply of embroidery floss (knotted at the end so it made a 4-ply strand). Tie off all ends on the back side as you work.
4. Place the top of the flower on the back piece of felt. For uterus flower #1 the perimeters should match up. For uterus flower #2, there is intentional space where the back side shows. Trim your pieces if needed.
5. With 1 ply of off-white embroidery floss, blanket stitch the perimeter of the top piece to the back piece **(photo f)** For uterus flower #2 you will blanket stitch along the single edge of the white section where the color from the back shows below. For uterus flower #1, whip stitch the perimeter of the irregular circular cutouts. **(photo g)**
6. If you have a collarless French safety pin, work your safety pin through the flower centered on the back side. **(photo h)** For a regular safety pin, attach the non-opening length of the safety pin centered on the back side with the whip stitch (making sure to only go through the back layer of felt so it does not show on the front) and tie it off securely. Your pin is complete. **(photo i)** Now wear your pin and use your voice.

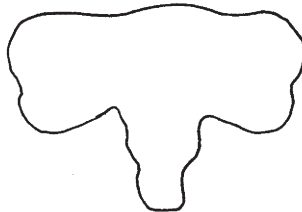


TEMPLATES

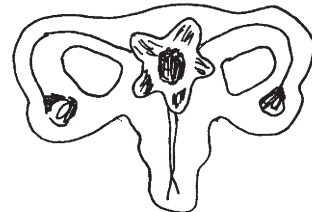
You can reduce or enlarge the size of the templates if you would like different sized flowers.



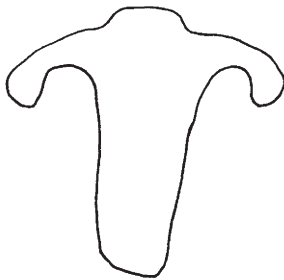
UTERUS FLOWER #1 (front)



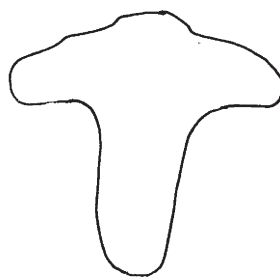
UTERUS FLOWER #1 (back)



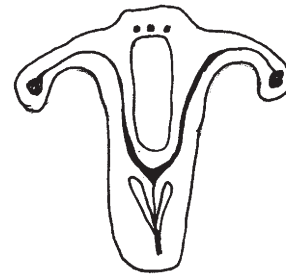
UTERUS FLOWER #1 (stitch marks)



UTERUS FLOWER #2 (front)



UTERUS FLOWER #2 (back)



UTERUS FLOWER #2 (stitch marks)

NOTES & TIPS

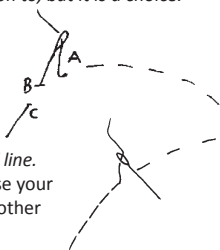
- Embroidery floss has 6 plies (threads) and the plies are easily separated. Most embroidery patterns use 1 to 3 plies. Long strands can get easily tangled, cutting them to 18-inch strands helps prevent this. It also helps to very gently separate the pieces from the center of the strand instead of starting 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 close to the felt and hide the knot.
- 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.

GUIDE TO BASIC STITCHES

the running & double running stitch

Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

- Start with the threaded needle on the back side of your fabric and bring it up through the fabric (A) and back down into the front side (B). Pull it all the way through, then bring the threaded needle back up through the fabric from the back side (C).



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.

the back stitch

The back stitch is often preferred to a running stitch when sewing through multiple layers or thick fabric. You can use this technique to create a running stitch or a continuous line, like the double running stitch. It is perfect for outlining or filling in space. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

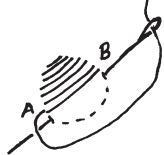
- Pull the thread up through your fabric (A) and back down (B). This is your first stitch.
- Pull your thread up through your fabric one stitch length away (C) and pull it back down through your second stitch (B), creating a stitch by taking the thread backward. Repeat.



the satin stitch

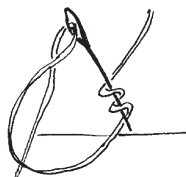
This stitch is used to fill in a space. If you like, you can begin by stitching the perimeter of the space you plan to fill.

- Start with the threaded needle on the back side of your fabric and bring it up through the fabric (A) and back down into the front side (B).
- Place the stitches close together so that they create a solid shape.



the french knot

- Work with 2 or 3 plies of thread that you have doubled and tied at the base (4 or 6 plies total).
- Bring your needle up through the fabric where you want to place the knot.
- Wrap the thread around the needle very close to the fabric. Wrap once for a small knot, twice for a larger knot.
- Push the needle back through your fabric, close to the place where the needle came out, keeping the wrap snug. Slowly pull the needle and working thread down through the wraps to complete the French knot. Hold the working thread taut as you pull the needle and thread through; this tension helps create nice, even French knots.



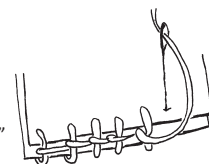
the blanket stitch

This stitch is used to connect two pieces of fabric along the outer edge or two layers along one edge. These instructions are much easier to follow with your needle and thread in hand. The stitch is simple; the instructions sound complicated. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

- Thread your needle and tie a knot at the tail.
- Starting between the sandwiched pieces, poke the needle through your top layer of fabric about 1/8" from the edge. The knot will be between the two layers of fabric where it will not be seen.
- Bring the thread around the edge of the two stacked pieces of the fabric 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.

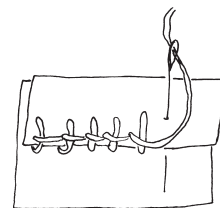
TO CONNECT TWO PIECES ALONG THE OUTER EDGES:

Start a new stitch through the back side, 1/8" from your first stitch, and 1/8" in from the edge of the fabric. 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 fabric. 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:

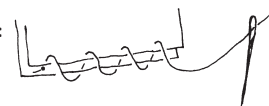
Push your needle from the top down through both layers. Dip through the back side making a small stitch and bring your needle up through the single layer, just outside where your first stitch went in. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edge of your top piece of fabric. 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.



the whip stitch

This stitch is used to connect two pieces of fabric along the outer edge or to connect two overlapping pieces. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

- **TO CONNECT TWO PIECES ALONG THE OUTER EDGE:** Thread your needle and tie a knot at the tail. Start your first stitch between the two layers of fabric to hide the knot. Wrap your thread around the two lined up edges and push your needle up through the two layers of fabric. Repeat.
- **CONNECTING TWO OVERLAPPING PIECES (ie: attaching an inner ear piece to an ear cutout or adding a nose or eye piece on top of a larger piece of fabric):** Thread your needle and tie a knot at the tail. Starting at the back side, poke your needle up through both layers of fabric, 1/8" in from the edge and then push your needle through the single layer of fabric, directly across from your first stitch and close to the overlapping edge. Continue your next stitch up through both layers, and then straight down through the single layer again. Make sure you are not pulling the stitches so tight that you cause the fabric to bunch.



ABOUT KATA GOLDA:

My studio, the home of Kata Golda, is nestled snugly in the small, mossy seaside town of Port Townsend, WA. I work with organic, sustainable, and plant-dyed fabrics. Much of the inspiration for my designs comes from the subtle details in the woods, farmlands, and beaches near my home, where nothing is straight and nothing is perfect. I create slowly and with intention, with a commitment to reusing supplies as much as possible and using up every little scrap of fabric. Find more at www.katagolda.com

