

LOVING BEAR PIN

sewing tutorial



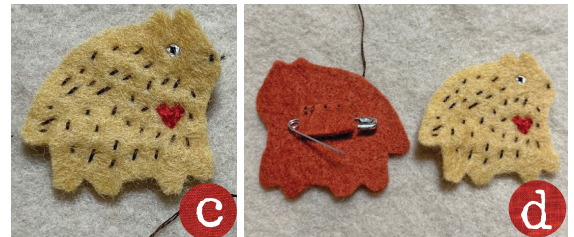
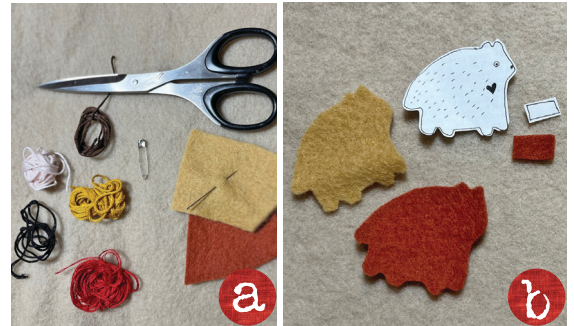
kata
golda
handmade

Everyone needs to be reminded that they are loved. This sweet and simple bear pin can be tucked into a love note, attached to a backpack, or pinned on to a coat. It is easy enough for the beginning crafter to find success, and equally delightful for all ages.

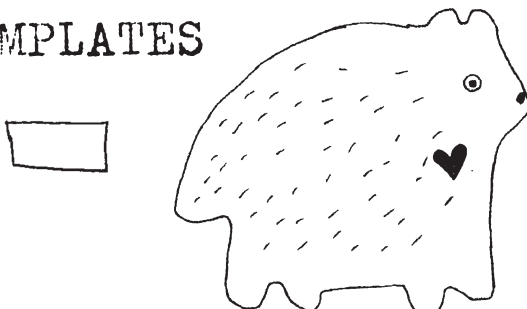
MATERIALS & TOOLS:

- (2) 2.25 x 2" pieces of wool felt: I used butter yellow and cinnamon
- embroidery floss: I used brown, off-white, black, ochre, and red
- sewing needle
- small (1") safety pin or collarless pin
- scissors

1. Gather materials (**photo a**) and refer to the "Notes & Guide to Basic Stitches" on page 2.
2. Cut out the paper templates below. Cut out one felt bear using the paper template as your guide. Use the first felt cut-out as the template to cut out the second bear shape. Cut out one felt rectangular to hold the pin. (**photo b**)
3. Using 2-ply of red thread (see back for a tip about separating the 6-ply thread) stitch a heart on the chest of your bear using the satin stitch (refer to the template for placement). (**photo c**)
4. Using 2-ply of the brown thread, stitch the details on the body and tail.
5. Using 2-ply black thread, stitch the eye and nose.
6. Using 2-ply of off-white thread, stitch around the black center of the eye.
7. Sandwich your two bear pieces together so you know which side will face out on the back/cinnamon side. Now separate them – you aren't stitching them together quite yet.
8. Place your small cinnamon rectangle in the center of the bear's back on the side that will face out and use the whip stitch, to attach the top long edge.
9. To secure the safety pin, set one of the long sides of the pin under the flap of the rectangle that you just sewed on. (**photo d**) Use the whip stitch to secure the bottom of the rectangle to the back side of the bear.
10. Put your bear pieces together with the stitched details facing out on the front and the pin facing out on the back.
11. Using 2-ply of ochre thread, use the blanket stitch to connect the front and back. (**photo e**) If your pieces aren't aligning perfectly, you may need to trim the felt as you go. (**photo f**)
12. When you have stitched the entire perimeter, secure with a knot and pull your threaded needle through the layers of the bear and out again. Trim off the end, it will sink in between the layers and disappear. Your pin is complete! (**photo g**)



TEMPLATES



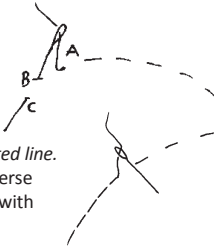
NOTES & BASIC STITCHES

- 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.
- 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.

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.

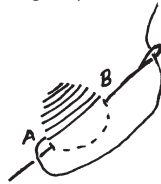
- Pull the thread up through your fabric (A) and back down (B). This is your first stitch.
- Pull your thread up through your fabric one stitch length away (C) and pull it back down through your second stitch (B), creating a stitch by taking the thread backward. Repeat.



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.



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



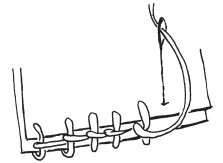
the blanket stitch

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.

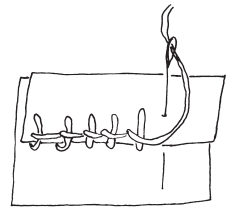
TO CONNECT TWO PIECES ALONG THE OUTER EDGES:

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.



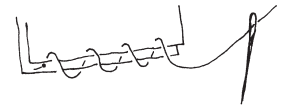
*unless you are intentionally choosing to make unevenly spaced stitches.

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.

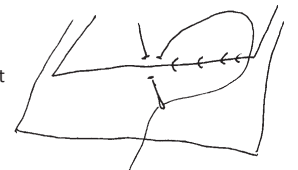
TO CONNECT TWO PIECES ALONG THE OUTER EDGE:

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:

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.



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.

