

# SUNFLOWER PIN

## sewing tutorial



My heart is broken for the courageous people of Ukraine. In times of devastation and uncertainty, I stitch. This week I have been stitching up a studio full of sunflowers. I know it is small, and I know the road ahead for this nation is unfathomably long - but it is *something*. Here is a simple tutorial so you, too, can show your solidarity. Pin it to your bag, your coat, your hat, or your pants.

### MATERIALS & TOOLS:

- two or three colors of wool felt in light yellow, ochre, burnt orange, cinnamon, brick red, black, and brown tones
- embroidery floss in similar tones to the felt, I also used shades of green
- sharp scissors
- hand sewing needle
- collarless French pin or safety pin

1. Refer to "Notes & Tips" on page 2 and the stitch guide on page 3. Gather your tools and materials. **(photo a)**
2. Cut out the paper templates on page 2 **(photo b)** and use them to cut out the felt pieces. **(photo c)** Because the pattern pieces are small, I prefer to hand hold as I cut as opposed to pinning the template to the felt.
3. Stack the three felt pieces. Adjust the position of the petal pieces so that the two layers of petals are visible behind the center circle. **(photo d)**
4. Decorate the center circle, which also connects the three layers of the flower. **(photo e & f)** You can use my designs on page 2 as inspiration, or get creative using a combination of French knots, the satin stitch, the whip stitch, the blanket stitch, and the running/double-running stitch. For the French knots, I used 3 ply of embroidery floss folded in half to make 6 plies of thread. For the other stitch mark designs I used between 1-3 plies of embroidery floss. Make all stitch marks through all 3 layers of felt. Tie off all threads on the back side.
5. If you have a collarless French safety pin, work your safety pin through the flower centered on the back side. **(photo g)** For a regular safety pin, attach the non-opening length of the safety pin centered on the back side with the whip stitch and tie it off securely. **(photo h)**
6. I go in with my sharp scissors and give a little 'haircut' so that petals on both layers are visible and so that the center piece is visibly centered. This is the beauty of felt!



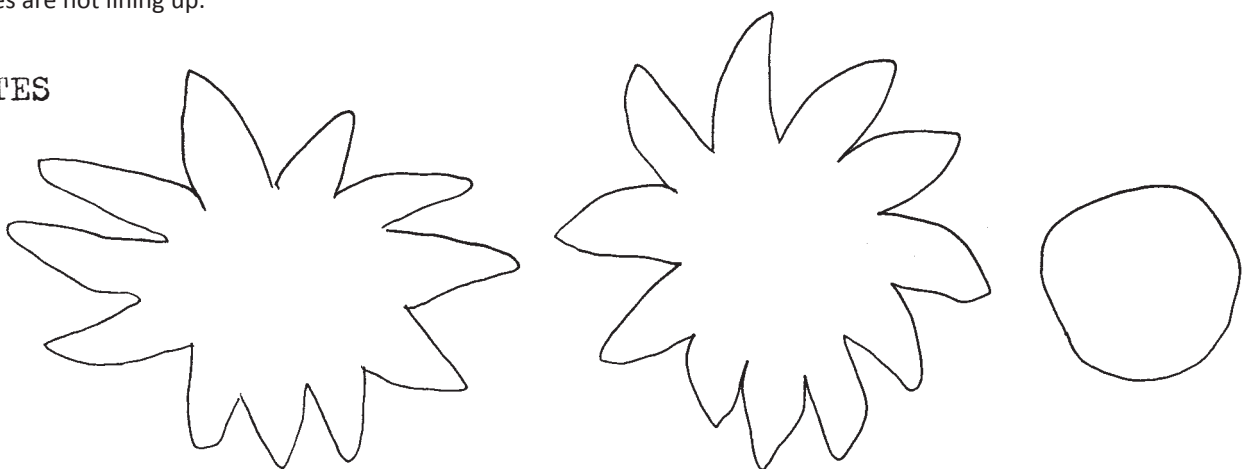




## NOTES & TIPS

- 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.
- 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.

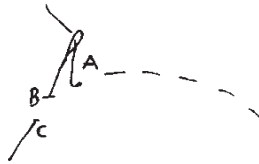
## TEMPLATES





### **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 all the 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.

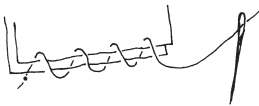


### **WHIP STITCH**

*This stitch is used to connect two pieces of felt along the outer edge or to connect two overlapping pieces.*

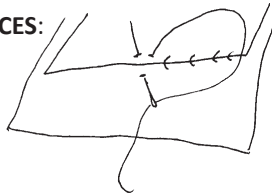
#### **• TO CONNECT TWO PIECES ALONG THE OUTER EDGE:**

Thread your needle and tie a knot at the tail. Start your first stitch between the two layers of felt to hide the knot. Wrap your thread around the two lined up edges and push your needle up through the two layers of felt. Repeat, spacing your stitches evenly.



#### **• CONNECTING TWO OVERLAPPING PIECES:**

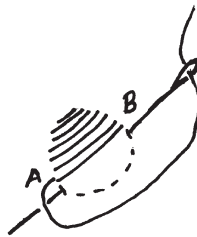
Thread your needle and tie a knot at the tail. Starting at the back side, poke your needle up through both layers of felt, 1/8" in from the edge and then push your needle through the single layer of felt, directly across from your first stitch and close to the overlapping edge. Continue your next stitch up through both layers, and then straight down through the single layer again with evenly spaced stitches. Make sure you are not pulling the stitches so tight that you cause the fabric to bunch.



### **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.



### **FRENCH KNOT**

- Work with 2 or 3 plies of thread that you have doubled and tied at the base (so 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.

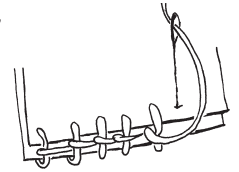
### **BLANKET STITCH**

*This stitch is used to connect two pieces of fabric along the outer edge or two layers along one edge. 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.

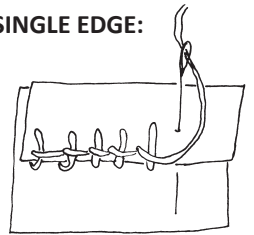
#### **• TO CONNECT TWO PIECES ALONG THE OUTER EDGES:**

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.

#### **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](http://www.katagolda.com)

