



Sarah Payne

Sarah's Scrappy Rug & Bowl by Sarah Payne

I love finding ways to use up scraps, because as a stitcher, it is something I have plenty of them!

Requirements:

- Fat ¼ bundle, or a roll of fabric strips or just a pile of bits!
- Bosal Katahdin On-a-roll 100 Cotton Batting White 2.5"x25yd
- Threads



Note – 5 fat 1/4s make approximately 15 yards of strips – so you will have approximately 10 yards of the Batting left over.

5 fat 1/4s makes a rug approx. 25 inches across



Preparing your strips

1. First prepare your strips! I found it easier to cut my strips slightly wider than the Katahdin On-a-roll 100 Cotton Batting, so if you are using fat $\frac{1}{4}$ s cut your strips $2\frac{3}{4}$ inches wide. If you are using fabric rolls then these are pre-cut anyway. Using fat $\frac{1}{4}$ s you will get 6 strips from each fat $\frac{1}{4}$.

Tip – Getting it to lie flat can be tricky because straight cut fabric doesn't like to be forced into curves. If you have bigger pieces of fabric to play with you could consider cutting the on the bias (diagonally across the fabric). Bias fabric will curve more easily.

2. You will need to sew the strips of fabric together end to end to create one enormously long piece. To do this, place your two strips pattern sides together but at right angles. Stitch a diagonal line from corner to corner and trim to $\frac{1}{4}$ inch seam allowance. Figure 1.
3. Open the two pieces and press flat. Sewing diagonally like this spreads the bulk across the piece.
4. Take the end of the Katahdin roll. This is basically a pre-cut strip of wadding measuring 25 yards long. You will not use all of it with a fat $\frac{1}{4}$ bundle but do not trim it until you have finished.

Place the wadding centrally onto the wrong side (not patterned side) of the fabric. Fold the outside edges of the fabric inwards by $\frac{1}{4}$ - $\frac{1}{2}$ inch and clip or pin the end



Figure 1 Stitch on the diagonal and trim.



Figure 2 Press flat.

(see figure 3). You do need to fold the edges into the centre because this will make your strips. Just fold them in far enough to cover the wadding strip.

5. Now stitch along the folded edge. Make sure that you keep close to the edge but that you trap all the layers. Figure 4. If your machine struggles moving all those layers, try using a walking foot. Keep sewing until you reach the last 4 inches of your fabric. Trim away the remaining wadding so that the fabric end is “empty”, fold the bottom edges inside end and stitch everything closed. This will give you a nice finish when you complete your rug because it will sit underneath the rug without creating a lump!



Figure 3 Fold the edges in and hold in place with a clip or a pin.



Figure 4 Stitch along the folded edge.

Starting the base

A bowl and a rug are both started in the same way, and whether the finished piece is circular, or oval, is determined by the size of your starting strip.

The longer the starting strip, the more oval your finished item will be.

1. Cut a centre piece from your prepared strip. 6 inches is a good size for an oval, 2 inch will make more of a circular piece. You can make it neater by folding in the ends of the strips inside so there are no raw edges underneath the rug or bowl.

2. Take the strip and pin it side by side to the start of the long piece – see figure 5. It is a good idea to pin the first few rounds before you begin stitching it all together. It is not possible to simply curve the end around the end of the short piece without it wrinkling, so fold the long strip over the top of the end of the short piece (figure 6).
3. Continue twisting and folding the strip until you have a few rounds in place, and the fabric strip begins to feel like it will happily lie flat (fig 7).
4. Up your sewing machine with a light thread and a wide zigzag stitch. Test your stitch on a strip of fabric first because it needs to be wide enough to easily span the parallel strips. If your fabric is too thick for your foot, try using your walking foot to cope with all the layers.
5. Start from the middle with a back stitch and slowly work your way around the spiral, removing the pins as you go. The stitching should hold the two strips together. See figure 8 & 9.



Figure 5 Pin the short strip alongside the long strip.



Figure 6 Fold the long piece over the end of the short piece and pin.



Figure 7 Continue folding and pinning.



Figure 8 Start sewing from the centre strip with a zigzag stitch.



Figure 9 Continue rotating the rug and stitching the outer strip to the edge.

6. Keep stitching and rotating, and as the rug gets larger it will lie flat more naturally.

Finishing

7. To make a nice neat finish, remove the wadding from the last few inches of the strip and tuck the ends in. Stitch closed.



Figure 10 Continue stitching and rotating the spiral, removing the pins as you go.

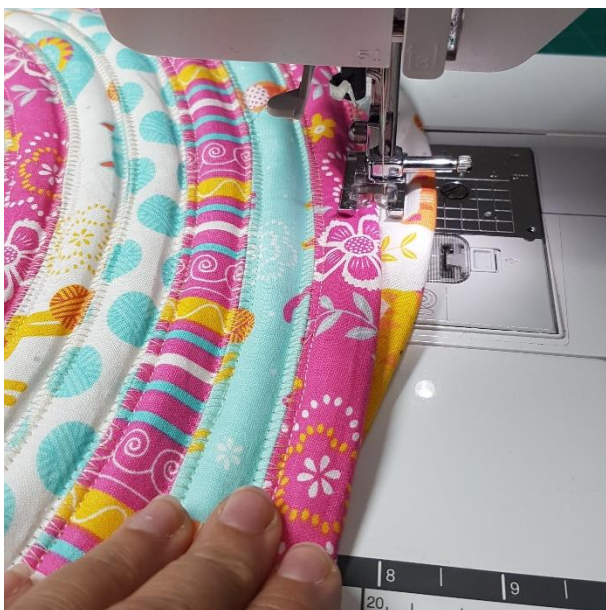


Figure 11 Tuck the 'hollow' end under the rug and stitch to finish.

This will make the end flat, so that when you tuck it under the rug it won't create a bulge.

8. Tuck it under the rug and zigzag stitch to the end to finish (figure 11).

Bowl Variation

1. The bowl is very similar to the rug, you just simply tilt the base upwards as you sew around the edge. The more you tilt the base of the bowl, the straighter the edges of your bowl will become.
2. To finish the bowl, remove the very end of the wadding as you did for the rug, but flatten with the seam underneath (so that it won't be visible on the inside or the outside of the bowl). Figure 13.
3. Pin and stitch. Figure 14.



Figure 12 Tilt the base of the bowl as you stitch.



Figure 13 Fold the 'hollow' end flat with the seam underneath.

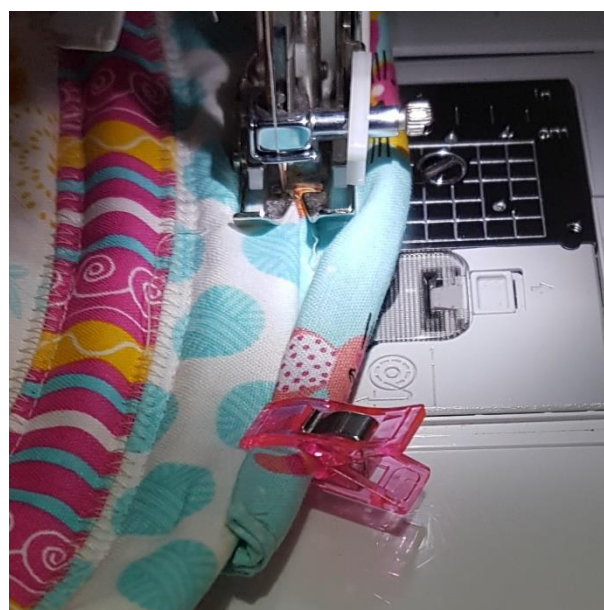


Figure 14 Tuck the 'hollow' end either side of the bowl edge and stitch in place.

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