

THREE BEARS PRINTS



Tutorial



Hanging Pot Rest

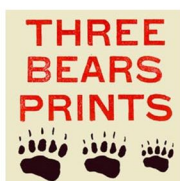


www.threebearsprints.com



Introduction to Three Bears Prints

Three Bears Prints is run by Marliese Richmond. She lives in Perth, Scotland, with her husband, daughter and dog. Her first passion is linocutting and printmaking, and she has also applied those skills to fabric design and pop ups. She lives in a beautiful part of the world, and this is often a source of inspiration. She enjoys running workshops and her tutorials are an extension of her teaching work.



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Project Description: Hanging Pot Rest



This project was devised as a way of using up small pieces of fabric - such as the 20cm test squares you can buy from Spoonflower. This project suits fabric with a small print, or a feature print, such as the hens featured in this project. It makes use of bias binding, and if you've never used bias binding before, this would be a good introductory project to bias binding as a technique.

The red hen fabric, as well as a brown hen version can be bought at my Spoonflower shop:

<http://www.spoonflower.com/profiles/threebearsprints>



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What you will need: Hanging Pot Rest



- Small piece of cotton or other heat resistant fabric cut to square or rectangle - in this case, 20cm x 20cm
- Backing piece of heat resistant fabric cut to same size.
- Cotton batting or wadding cut to same size - I used a scrap from an ironing board cover project.
- Bias binding 3cm width (when finished 1.5cm width) - you can go wider if you prefer. Length will be 4 sides of fabric added together + 10cm - for my pot rest, it was 90cm.
- Piece of ribbon 12cm long
- Cotton thread to tone in with bias binding (not pictured)

How to do it: Pot Rest



1. Cut your wadding and your backing fabric down to the same size as your square. Cut your bias binding to a size that will go all the way round with 10cm left over - if you're making a 20cm square potrest, then 90cm. Iron your fabric.

2. Line your squares of fabric up - backing fabric right side down, wadding, feature fabric right side up - and keep in place with a clip.



3. Using your round lid, draw round it and curve the edges.



4. Fold one end of your bias binding over 1.5cm and stitch into place - a little hem for the raw edge of your binding. Starting in the centre of the top of your feature fabric piece, line the edges of your bias binding up with the edges of your pot rest. Pin along the first fold of your bias binding.



How to do it: Pot Rest



5. As you come towards the other end of the bias binding, find out where the two ends will meet and fold the bias binding back at the other end by 1.5cm and stitch into place another little hem for the end of your binding. Pin into place.

6. Stitch this first side of bias binding into place using a long stitch - no-one's going to see it. I find it easier to start in the middle of a side. Take your time going round the corners.



7. Get a loop of ribbon about 10 cm long. Fold it in half. Position it as shown either side of the join of the bias binding just above the stitch line. Sew into place.

8. Fold the bias binding over. Pin it into place so that the back of the bias binding just covers the stitching line. I use lots of pins to keep everything in place. There are lots of ways to do bias binding - but personally, I machine stitch it with a small stitch, and I stitch it from the front, as I am more worried about what the front will look like!



How to do it: Pot Rest

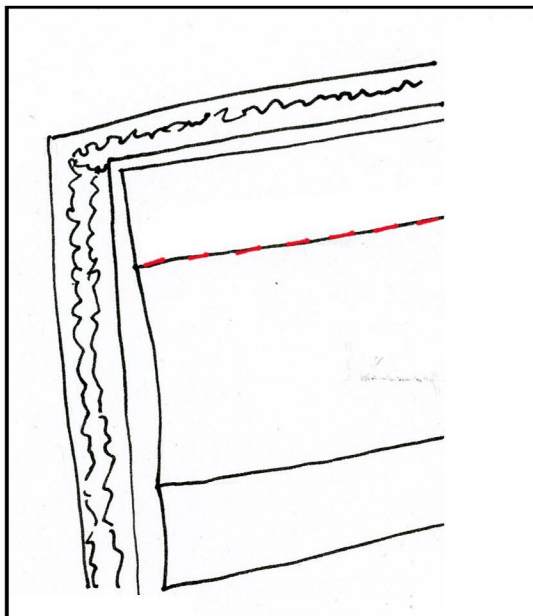


9. This is what your bias binding should look like stitched from the front....

10. ... and from the back.



11. Your finished pot rest, ready to hang up for when you need it next.



Bias binding is simply a way of sandwiching layers of fabric together.

The bias binding is lined up with top of your fabric sandwich and stitched in first fold (see left).

The binding is then folded over the sandwich and stitched again, making sure it catches the binding at the back (see right).

