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October 28, 2008

Pincushion Cuff Tutorial



Easy to print PDF version is here:

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UPDATE: Diane sent me this very nice tip for adding a piece of plastic behind the flower to keep pins from poking through. Thanks Diane!

"I cut a two inch square of plastic and slipped it in the cuff under the cushion and sewing on either side to keep it in place. No more pin poking through, and the cuff stays in place on my arm. And if you stick the cuff together with the Velcro, it's stands up perfectly to use on a table top. An old credit card or the cover from a cottage cheese carton could be used."

Supplies

1. Fabric
2. 2" piece of VELCRO
3. Thread
4. Polyfil
5. Button
6. Embroidery floss or wool thread

1. Cut Pieces



Cuff

- (2) strips 9" long x 2.75" wide
- (1) Iron-on interfacing or other stabilizer (optional)
- (1) 2" piece of VELCRO

Pincushion

- (2) circles 3-4" in diameter for the outside fabrics (a coffee cup, yogurt container lid or packing tape works great for a circle template).
- (1) extra layer of scrap fabric for the bottom of the pincushion. This will be on the inside so it doesn't matter what it looks like.

2. Sew Pincushion

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- Lay the two circles cut for your pincushion RIGHT SIDES TOGETHER. Place the scrap fabric circle on the side that will be the bottom of your pincushion.
- Stitch around edge using the edge of your presser foot as the seam allowance guide. Leave a 1" or so opening to turn it right side out. *Tip: Sew the opening area closed first by back stitching, then lengthening your stitch and sewing about an inch, and then back stitch again where the opening ends. Then you can press the seam open in this area and remove the stitches. This will give you a nice crease to follow when stitching the opening closed.*
- Clip all around the circle and press your stitches to shrink them up.
- Turn the pincushion right side out through the opening.
- Stuff the pincushion with polyfil. Make sure to stuff above the bottom extra layer of scrap fabric.



- Slip stitch the opening closed.

3. Sew Cuff

- Apply iron-on interfacing to the WRONG SIDE of one cuff piece.
- Lay cuff pieces RIGHT SIDES TOGETHER matching up edges and pin in place
- Sew around perimeter of cuff pieces using edge of presser foot as the seam allowance. Leave an opening for turning along one of the longer sides.
- Press stitches to shrink them
- Turn cuff right side out
- Slip stitch opening closed
- Topstitch around perimeter at 1/8"-1/4"

4. Make Flower



- Thread needle with embroidery floss or wool thread.
- Insert through the middle of the bottom of the pincushion and come out in the top of the center.

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- Wrap thread around outside edge and push needle through the bottom center again coming out on top.



- Repeat making four quadrants and then divide each quadrant again with thread.



- Sew button onto center of the top.



5. Attach Pincushion to Cuff

- Center pincushion on cuff and hand stitch the bottom side to the cuff. These stitches won't be visible so feel free to not worry about them being perfect. Go around a few times to secure the pincushion to the cuff.



6. Attach VELCRO Tabs

- Take one side of the VELCRO and sew it to the top side of one end of the cuff
- Take the second piece of VELCRO and sew it to the BOTTOM of the other end of the cuff.

7. Trim threads and add pins--you are done!



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