

THE GREAT
SEWING
adventure
ACROSS
MINNESOTA



SPRING A-PEEL

10" x 24" Table Runner

By Bonnie Lundorff
Willow Wood Designs



Wool is so easy to work with. This sweet little table runner is a perfect project for beginners, and a great way to use up some of those scraps you've been saving! Need it to be bigger or smaller? Adjust the size of your background and the number of "peels"!

*Note - This project is made with 100% washed (felted) wool. Always make sure you use wool that has been washed and dried. Wool shrinks, and you never know if your project will get soiled and need washing!

MATERIALS & SUPPLIES:

Freezer paper, pencil, iron, fabric basting glue, a scissor that will cut through paper and wool, handwork needle, and 2 or 3 strands of embroidery floss or pearl cotton. (I use a size 7 embroidery needle and size 8 pearl cotton). Feel free to use whatever you like.

Background - 11" x 25" neutral wool. This will get trimmed down after stitching the appliques.

Appliques - 72 "peels". I used lots of scraps! I chose 6 color groups plus 3 multi colored wools. Pieces should be at least 3" x 6".

Backing/outer border - 11" x 25" or bigger if you want more border to show..

CUTTING INSTRUCTIONS:

1. Using a pencil, trace [72] "peel" shapes onto the dull side of the freezer paper. Cut around the shapes leaving about 1/8" around the traced line.
2. Iron the shapes onto the chosen wools using a medium hot setting.
3. Cut the shapes out on the traced line. Remove the freezer paper.

ASSEMBLY:

1. Find the center of the background by folding it in half and in half again. Mark the center. Measure straight out from the center to the edges and mark each edge, top, bottom and sides. Use the marks as a guide to help keep the peels straight as you position them.

2. Position [4] of the peels at the center with the points meeting at the mark. Continue placing the peels, points meeting until you have them all positioned how you like them.
3. Once placed, take a picture of it. Sometimes it's easier to see how the scrappy colors look in a photo.
4. Glue baste the peels in place. Let the glue dry for an hour or so. Fabric glue will not gum up your needle once it is set.
5. Stitch the appliques using a blanket stitch or a tacking stitch.
6. Trim about 1/4" - 1/2" from each edge of the neutral wool background.
7. Center the background on the backing so there is about 1/2" showing all the way around. Pin in place.
8. Stitch a blanket stitch or a running stitch through both layers, all the way around the edge.

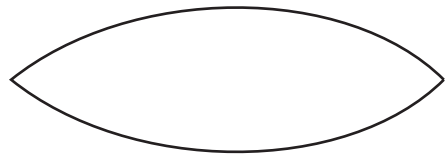
APPLIQUE:

I've never been crazy about fusible web. Sometimes it sticks, sometimes it doesn't. I find it hard to stitch through and even the lightweight ones seem stiff. If you iron it too long, it can scorch your wool. With many of my designs, I like to stitch down the middle of a leaf or a flower petal for a more dimensional look. If it's fused, you can't really do that.

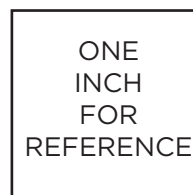
I use the freezer paper method for applique.

1. Iron the freezer paper onto the chosen wool pieces at a medium heat setting until it sticks. A few seconds is usually fine.
2. Cut the design out on the traced line and peel off the paper. The paper can be used over again, but I prefer to use the paper only once. It seems as though you get a nicer, smoother cut if you cut through the freezer paper and the wool.

3. Glue baste the appliques onto the background. (I use Collins Fabric Glue Basting Stick, but any fabric glue will work.) Allow the glue to set for a little while before stitching. You can pin baste, but since wool is so thick, pins sometimes distort how it lays. Besides, when you glue baste you don't have to deal with pins! The only time I do use pins is when I am stitching vines. Pin over them to hold a curve in place.
4. Stitch appliques in place. I primarily use a back stitch, blanket stitch, or a primitive tacking stitch. I use size 8 pearl cotton, wool thread or two or three strands of floss. I use a size 7 embroidery needle because it is long and narrow and goes through multiple layers of wool very nicely. I always back my projects.
5. Finish the project according to the pattern instructions. ENJOY!



PETAL TEMPLATE



BONNIE LUNDORFF

Bonnie Lundorff has been designing quilt and wool projects for over 3 decades.

25 years ago, she and her husband Tim opened Willow Wood Market on their property just south of Bemidji, MN where she shares her passion for quilting, wool appliqué, and rug hooking to her customers. Lundorff travels all over the upper Midwest teaching and presenting trunk shows, as well as vending at quilt shows.