

WHAT YOU WILL NEED

Janome Sewing Machine (low shank) we used DC6050
Janome Flower Stitch Attachment
Zig Zag Foot A
Janome Purple Tip Needle
Janome Plastic Bobbins x 2
(1 pre-wound Janome Bobbinfil, 1 for sewing thread)
Quilting Pins / Quilt clips
Erasable Markers / Dressmakers Chalk
Dressmaking Scissors
Tape Measure
Cutting Mat / Rotary Cutter / Quilt ruler
Ironing Board & Iron

FABRIC & NOTIONS

(We made a small size with 1m x WOF 150cm)
Main Patterned Fabric - cotton (1m x WOF 150cm)
(Larger size use 2M, whether 112cm or 150cm wide)
Plain fabric 2m x WOF (we used cheesecloth)
Tearaway stabilizer 1m x 50cm
1 x Reel of Sewing Thread (match main fabric)
4 x Reels Embroidery Thread (for flower stitch patterns)

CUTTING INSTRUCTIONS

Main Fabric Cut 1: 1m x WOF (100cm x 150cm)
2nd Fabric Cut 2: 5" (13cm) x length of fabric
(one edge is to be selvedge)
Cut 1: 3" x 32" (8cm x 82cm) small size
Larger size 3" x 36" (8cm x 92cm) or measure neckline
and cut during garment construction.
Tear-away Stabilizer Cut 8: 5" x 20" (13cm x 50cm)
*Piece of scrap fabric and tear-away to sew test different
stitches with Flower Stitch Attachment.*



Setting up Flower Stitch Attachment

Drop machine feed dogs.
Set bobbin of Janome bobbinfil in bobbin holder.
Thread machine with decorative embroidery thread.
Attach the Flower Stitch Attachment - refer how-to
instructions supplied with accessory. Then sew test.



Tip: Feed top thread through the Flower Stitch Attach.

Tips using Flower Stitch Attachment

Maximum stitch width is 5.0mm

Before starting to sew, thread the top thread through the centre of the flower stitch attachment and under the finger on the right. See below.



Finish off the stitch when the needle is on the inside of the pattern. When locking off the attachment will continue to move forward 4 or 5 stitches.

Best to practise your stitch pattern including finish lock off, before stitching on your garment fabric.



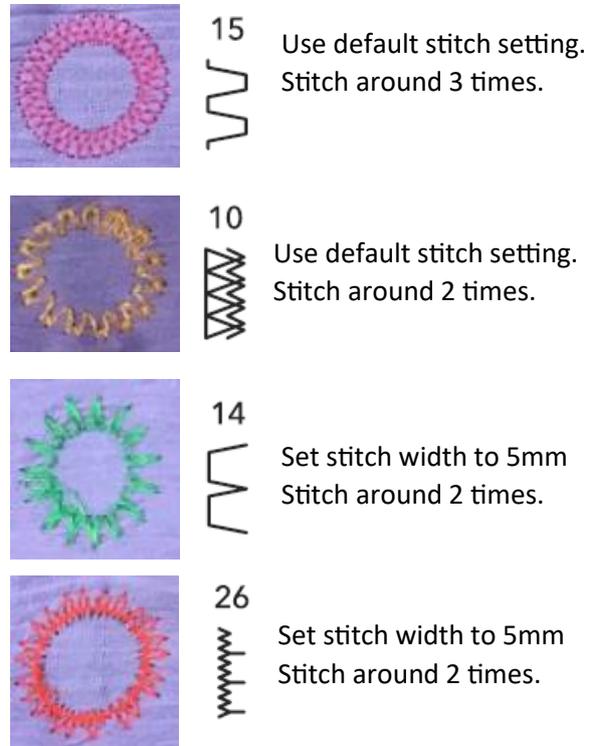
Important Note: Make sure you support and turn fabric as the Flower Stitch is operating. If the fabric is caught or snags, the flower stitch can move out of stitching alignment, and the pattern may stitch unevenly.

INSTRUCTIONS

Step 1 Embellishing Side Panels

Set Flower Stitch to (+) setting mark.

We used 4 stitches.

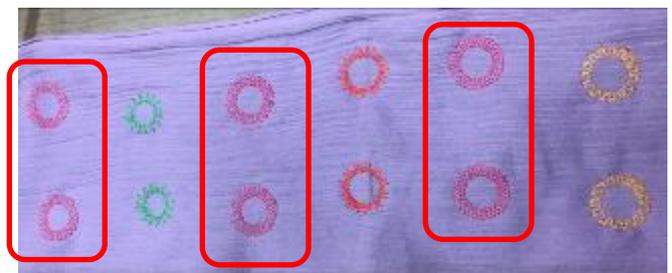


Start with stitch #15

Thread machine with required colour embroidery thread.

Take one of the side fabric strips, place the tear-away under the strip and move using the quilt clips or pins. Starting from one end, stitch #15 top centre and bottom centre at 4" (10cm) intervals along the strip.

Note: This strip will wrap around the side edges, best not to stitch in the centre of the strip.



Then, stitch other patterns alternatively in between pattern #15.

Note: Patterns do not have to be in straight lines.

Step 2

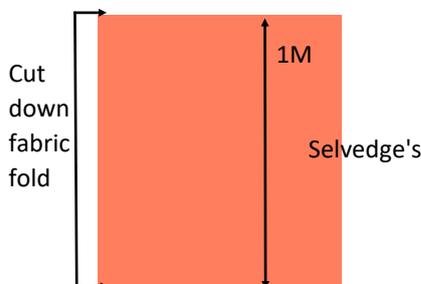
Remove the tear-away stabilizer from the back of the fabric.

Tip: Place your finger on the stitches and carefully remove the tear-away, so you do not snap the stitch thread. Also, remove the tear-away of the centre of the stitch patterns.



Step 3 Cutting neck hole

Take the main fabric (width 150cm), fold it width wise, so the two selvedge's are together. Pin selvedge edges together then cut down the fabric fold.



Neck back

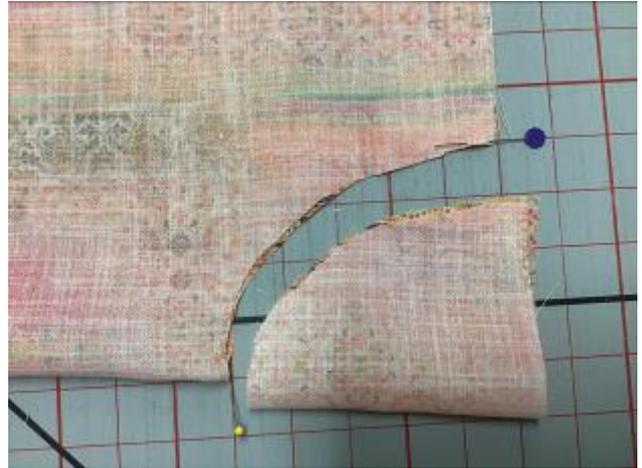
Take one fabric piece and fold in half across the fabric width. At the fold mark 1" (2.5cm) down the fold and 4" (10cm) across of the fabric edge. Mark a curved line and cut.



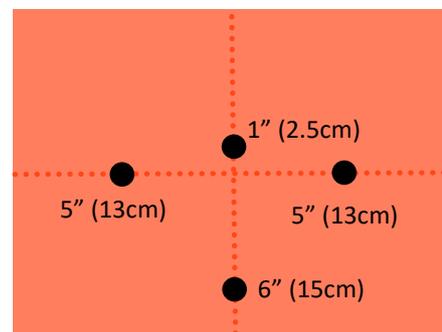
Neck Front

Take other fabric piece and fold in half across the fabric width. At the fold mark 5" (13cm) down the fold and 4" (10cm) across of the fabric edge.

Mark a curved neck line and cut.



Note: If making a larger size using 2m of main fabric. Fold the fabric in half length ways and in half across the width. Iron fabric folds at the top centre so you can mark out the neck hole. No need to cut the fabric in half for a front and back sections.



Lay out the fabric, then mark the neck opening marks. Draw the neckline opening between the dots, then cut out. Check the hole is large enough. If larger hole required, cut accordingly, start with 1" (2.5cm) down the front, then trim shoulder section, if required.

Note: If fabric too wide trim back now, evenly on sides.

Step 4 Shoulder seams

Attach zig zag foot **A** Select straight stitch.

Thread machine and bobbin with sewing thread.

Note: Remember to raise machine's feed dogs.

Pin the 2 shoulder seams. Stitch a 1.5cm (½") seam. We will have an open seam, so zig zag raw edges. Press shoulder seams open.

Note: Skip this step if your fabric is one piece, with cut-out neck hole.

Step 5 Hemming

Measure 3cm (1¼"), fold up and pin.

Do this on both front and back sections. Press fold.

Then, remove pins, fold fabric under to create a hem and stitch. Press finished hem.



Step 6 Attaching embellished side strips

Take each strip, fold in half length wise and mark with a pin the halfway point.

Note: Make sure to use the raw edge side of the strip. Take one of the strips, then at the shoulder seam on the main fabric, measure from the outer fabric edge 4½cm (1¾"). Pin right sides together, the edge of the strip sitting at the 4½cm mark. Finish pinning the strip.

Next, stitch seam 1.5cm (½") on the strip.

From the edge of the main fabric, the seam stitching sits 6cm (2¼").



Step 7

Wrap the strip around the side of the main fabric to the underside and pin the selvedge edge from the right side. *Note: The folded side of the strip has the fabric selvedge, no need to fold under to hem.*



At the bottom hem of the main fabric, the strip will encase it. All ends to be encased prior to stitching down side strips.

Pin the strip to within 20cm (8") of the main fabric hem.

Turn the strip right sides together and pin with the edges offset, the top edge is 5mm (¼") longer.

Stitch from the bottom edge of the hem across to the fold of the strip. Cut off excess fabric.

Turn through to encase main fabric and pin.

Do the same on the other 3 strip ends.



Top stitch along the very edge of each strip.

Stop regularly to check you are catching the selvedge edge underneath. Press.



Step 8 Neck

Take the strip of fabric 8cm x 82cm (3"x 32")

Mark the centre front of the neckline. Fold strip in half wrong sides together, then start pinning to the neckline at the centre front, all raw edges together.

Leave a 15cm (6") gap at the back neck.



Step 9

Stitch around the neckline using the edge of the foot as a guide for the fabric edge.

Stitch until you have reached the open section at the back of the neck line.



Open out the strip right sides together. Measure and pin, ready to stitch a seam to close the neckline strip. Seam the strip together.

Now, pin the strip to the neckline and finish stitching the strip around the neckline.

Wrap the fold of the neckline strip to the inside and pin into place from the outside.

Set the machine to a 3 step zig zag.
Default stitch settings.



Starting from the centre back, stitch around the neckline, make sure the stitch is falling on both, the strip and the main fabric.



Step 10 Side seams

Starting from the bottom hem on one side, match the 2 hems together, then pin the side strips together.

Do the same of the other side.

Measure from the shoulder down the side strip 30cm (12") and mark spot with a pin. Same of other side.

From the hemline, measure up the side strip the same measurement 30cm (12") and pin position.

Tip: Try on the garment, to see if the pin positions are correct for you or need adjusting. The section between the pins will be the length of the side seam.



Select triple straight stitch, default settings.



Stitch the side seams approx. 2½cm (1") from the seam line of the side embellished strip.

Press garment.

FINISH.

