

#### WHAT YOU WILL NEED

Janome CoverPro 3000P (Cover Stitch machine)

Janome Sewing Machine CM17

Bias Tape Guide & Belt Loop Folder attachment

AcuFeed Dual feed holder & Foot (OD)

Zig Zag foot (A)

Janome needles: Sharp #14 or Purple Tip needle

CoverPro Needles: ELx705 #80/12

Janome plastic bobbins

Dressmaking scissors | Thread snips

Erasable fabric marking pen | Frixion Pen

Wonder clips | Pins | Safety pin

Cutting mat | Quilting ruler | Rotary cutter

Small ironing board and Iron



#### FABRIC & NOTIONS

Pink Fabric: 1m x width of fabric (40" x WOF) inc Bias strips

Silver Fabric: 50cm x width of fabric (30" x WOF)

Cotton Batting: 30cm x width of roll (12")

Insul-Bright Thermal Batting heat resistant: 30cm (12")

Pink bias binding 12mm x 2m (½" x 79") or cut own

Matching threads for construction

Matching Overlocker threads for CoverPro

Quilt Basting Spray

#### CUTTING INSTRUCTIONS

##### *Pink Fabric*

Cut 4 strips 1" x 42" | 2½cm x 107cm

Cut 1 x 10½" square | 27cm square

##### *Silver Fabric*

Cut 5 strips 1" x 42" | 2½cm x 107cm

##### *Cotton Batting*

Cut 1 x 10½" square | 27cm square

##### *Insul-Bright Thermal Batting heat resistant*

Cut 1 x 10½" square | 27cm square

##### *If cutting own bias strips*

Cut ½" (12mm) bias strips to make 2m (79")



## INSTRUCTIONS

### Step 1

Starting with the CoverPro 3000 Professional.

Thread the machine and all 3 needles.

See instruction book for correct threading.

Attach the Bias Tape Guide & Belt Loop Folder attachment using the 2 holes on the left front of the machine, screw down using the attachment screws.

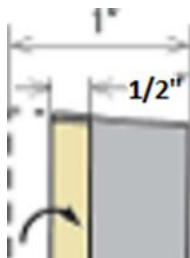
Be sure to set the attachment properly as shown on the instruction card.

Align the mark on the attachment with the centre needle position mark on the presser foot.



### Step 2

Using the iron, press a ¼" (6mm) fold to the wrong side of all the 1" (2½ cm) strips of the pink and silver fabric. You should have 4 pressed pink strips and 5 pressed silver strips.



### Step 3

With the presser foot up, insert the fabric strip into the belt loop folder with the folded edge to the left. Make sure that the CoverPro needles are in their highest position.

Slide and position the fabric strip to the rear edge of the press foot, then turn the handwheel towards you until the needles are in the fabric.

Make sure that the seam lines (left and right) are set at the proper positions for the finished width. Loosen the screws to adjust the alignment of the attachment as per instruction card.

Lower the presser foot and start sewing, slowly guiding the fabric through the folder. Stitch all 9 strips.



Once all the strips are sewn, cut as below.

#### *Pink Fabric*

16 strips x 10½" | 27cm

#### *Silver Fabric*

17 strips x 10½" | 27cm

1 strip 5" | 13cm

### Step 4

Using a small ironing board and some pins, lay out the 17 x 10 ½" (27cm) strips in vertical rows with no gap between the strips.

Secure each end with a pin.



## Step 4 cont.

Add a safety pin to one end of the pink 10½" (27cm) strip and begin to weave over the first silver strip and then under the second silver strip, repeat to the end of the row, secure the ends with pins.



Continue weaving pink, 10½" (27cm) strips, making sure to go under the first silver strip then over the second silver strip on every alternate row to form the woven pattern.



## Step 5

Once all the strips are woven, remove all pins and lift off the ironing board.

Using your sewing machine and matching thread, stitch around the edge of all four sides, to hold the piece together.

Trim back to a 9½" (24cm) square.

## Step 6

Take the 10" (24cm) pink fabric square and on the right side using the Frixion pen | fabric erasable pen to draw a diagonal line from corner to corner.



Continue drawing lines ¼" (3cm) apart from each diagonal line to create a cross-hatch pattern.



## Step 7

Using the Basting Spray, spray one side of the cotton batting, then lay the 10½" (27cm) marked pink fabric on top.

Spray the other side of the cotton batting and lay the Insul bright thermal batting on top.

You should now have layered:

Bottom: Insul bright thermal batting

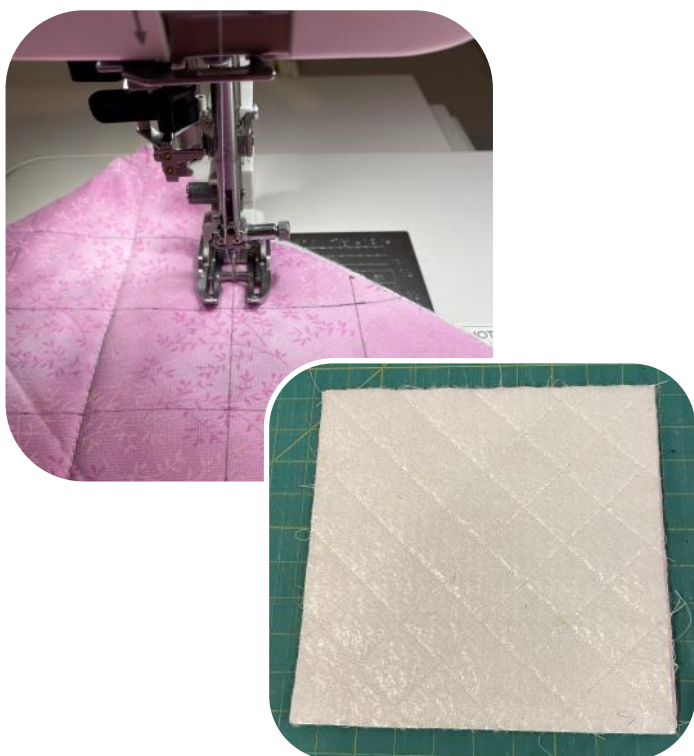
Middle: Cotton batting

Top: Pink cross-hatch marked fabric

Attach the AcuFeed Foot (OD) to the machine.

*Tip: If your machine is not compatible with AcuFeed Feet, use an Even Feed Foot | Walking Foot.*

With matching thread, stitch along the marked line to quilt the layers together.



## Step 8

Spray baste the underside of the woven top and lay it on the quilted Insul bright thermal batting. You should now have the woven top and the quilted pink fabric at the back, with the Insul bright thermal batting and cotton batting in the middle.

Use a plate or cup to mark curves on all four corners of the layered pot holder.

Cut off the marked curved corners.



Stitch around the outer edge of all four sides to hold the strips and layers together.

## Step 9

Fold the 6" (15cm) silver fabric strip in half to create the hanger.

Pin and stitch to the centre of the top edge of the pot holder. Stitch ¼" (3mm) in from edge to hold in place.



Starting at the hanger, sandwich the edge of the pot holder inside the bias tape. Pin it down all the way around.

When you get back to the start, sew the two ends of the bias tape together.

With it all pinned, sew the bias tape down ¼" (3mm) from the open edge of the tape.

Once complete bring the hanger to the front and slipstitch in place.

## FINISH

