

Designer Quartz™ | 29

Sewing and Embroidery Machine



Apron Instructions

CREATE AN APRON FOR ALL OF YOUR COOKING AND FIKA PREPARATIONS

Fika is a Swedish word meaning to have a coffee break with pastry, but it's so much more than that. It's a daily reminder in the morning and afternoon to slow down and appreciate three of the most important things in life: rest, coffee, and pastries.

This apron will help you keep clean and hold your most handy cooking utensils while you create the Fika of your dreams!

MATERIALS NEEDED:

- 1/4 Yard (23 cm) pocket fabric
- 1/2 Yard (45 cm) center & strap fabric
- 2/3 Yard (60 cm) side fabric
- Tear-away stabilizer
- Embroidery thread for design
- Bobbin thread
- Sewing thread that matches center fabric
- D ring
- Fabric marking tool
- Straight edge

CUTTING GUIDE:

Pocket fabric

- One 10" (25 cm) square

Center & strap fabric

- One 10" x 36" (25 x 90cm)
- One 2" x 25" (5 x 64cm)
- One 2" (5cm) square
- Two 2" x width of fabric

Side fabric

- Two 13" x 26" (33 x 66cm)
- One 10" (25cm) square - then cut across one diagonal for 2 triangles

Note: use 1/2" (1cm) seam allowance

EMBELLISHMENTS:

1. Choose an embroidery design that's built-in or explore mySewnet™ Library
Tip: You get a free trial of mySewnet software, including Library.
2. Take your 10" x 36" (25 x 90cm) center fabric and mark on your fabric where you want the design to be centered.
Tip: If you are unsure, mark the center lengthwise and gauge how far down you want it when you go to hoop.
3. Open the hoop and place stabilizer behind your fabric where the design area will be.
4. Align the raised center lines of the inner hoop with the lines you marked.
Tip: If you didn't mark the horizontal center, line up vertically and then make sure your fabric can be fully hooped with some fabric hanging out the top of the hoop. This will line up the design fairly close to the top and be easier to hoop.
5. When your fabric is hooped, load the design, go to embroidery stitch-out, attach the hoop, and stitch the design.
6. When the design is done remove the hoop and unhoop your fabric.
7. Remove the excess stabilizer from the design.



8. Take your 10" (25 cm) square pocket fabric and mark a line 2" (5cm) along one edge of the fabric.
9. Place stabilizer behind this line.
Tip: Consider using some of the scrap stabilizer from your embroidery.
10. Remove your embroidery unit and switch to sewing mode.
11. Select a decorative stitch and stitch along your marked line.
Tip: Add more lines of decorative stitches here to add more interest.
12. Fold over the opposite edge of the pocket 1/2" (1cm), press.
Note: Fold the fabric towards the wrong side of the fabric.
13. Sew over this fold with a decorative stitch.

CONSTRUCTION:

1. Take your center fabric 10" x 36" (25 x 90cm) piece and your pocket.
2. With wrong sides together, place the bottom (unfolded edge with decorative stitch) of the pocket about 12" (30cm) from the bottom of your center piece.
3. Pin in place and sew.
Tip: After the seam is sewn, switch to a zig-zag stitch and sew over the raw edge to prevent fraying.
4. Press the pocket up and pin in place.
5. With your side fabric, sew one short edge of a triangle to the short edge of a rectangle.
6. Repeat with the remaining side fabric, make sure the triangle is facing the opposite direction than the one you just did and this will frame our center piece.
7. Take the long side of one of the side panels you just sewed, and pin it to one side of your center piece right-sides-together.
8. Sew in place and repeat on the other side.
9. Fold over all edges 1/2" (1cm), press, and fold again.
10. Stitch in place.
11. With right-sides-together, sew along the long edge of both 2" x width of fabric pieces.
12. Sew one short edge of each peice and clip the corners.
13. Turn right-side-out and press for both pieces.
14. Fold over the open end of these straps 1" (2-3cm) and press.
15. Place on the corner of one of the side pieces and pin in place. The folded piece should be facing the wrong side of the fabric.
Note: Make sure the open edge of the strap is completely covered.
16. Sew the overlap and repeat on the other side.
17. Repeat steps 10-12 for the 2" x 25" (5 x 64cm) and the 2" (5cm) square.
18. Take your sewn 2" x 25" (5 x 64cm) strap and fold over the unsewn side 1" (2-3cm).
19. Place the folded side against the wrong side of the center piece at one of the top corners.
Note: Make sure the open edge of the strap is completely covered.
20. Sew the overlapped pieces together.
21. Take your sewn 2" (5cm) square and the D ring; place the sewn piece inside the D ring so the ring is centered.
22. Fold this piece in half so the D ring is in the fold crease.
23. Pull one side slightly longer so it can fold over the raw edge of the other side.
24. Pin to the opposite top corner and sew with the raw edge of the folded side against the wrtong side of the apron.
25. Slip the neck stap into the D ring and adjust to your liking.
26. Now you are ready to make the Fika of your dreams!

