

## WORKSHOP: "MUG RUG"



**Summary:** We will stitch together strips of assorted fabrics and fuse a fabric heart shape on the top. Decorative machine or hand stitches will be added around the shape. Batting will be sandwiched between this stitched layer and backing fabric. We will stitch around the edges to hold everything together, and add machine or hand quilting stitches. Finally we will add a mug of hot chocolate and a snack.

### Materials and Equipment:

assorted similar tone fabrics strips 2.3/8" x 7.1/2"

fabric for the back 9.1/2" x 12.5/8"

batting 7.1/2" x 10.5/8"

sharps sewing needle

pins

small sharp sewing scissors

sewing shears

paper scissors

water soluble marker

tape measure

pattern

ruler

instructions/ideas sheet

optional: pencil, eraser, sharpener

optional: sketch paper

double sided fusible

polyester or cotton thread – spool and bobbin

iron and ironing board

press cloth

pin cushion

needle case

optional: between/quilting hand sewing needle

optional: thimble

optional: needle threader

optional: bias binding (not provided)

### Class Plan: Mug Rug

1. Sketch your own pattern and embellishment shape or use the pattern provided.



2. Preshrink your fabrics by washing them in a regular cycle washing machine and tumble drying them if you plan to tumble dry your mug rug when finished. Hang dry your fabrics if you plan to hang dry your rug.

3. Cut out the pattern pieces provided with paper scissors.



4. Cut out the pieces for your mug rug by pinning your pattern pieces to the appropriate fabric/batting and using small sharp sewing scissors for tight areas and fabric shears for long straighter cutting:
- a. Choose an assortment of similar toned woven fabrics.



- b. Iron your fabric pieces first if they are wrinkled. Pin the fabric strip pattern piece to each and cut out a fabric strip  $2.3/8'' \times 7.1/2''$  long from each, for a total of 7 strips.



- c. Cut out your backing fabric placing the edge marked "Place on Fold" on the folded edge. If there is a pattern to your fabric place it at the bottom edge so it is upright.

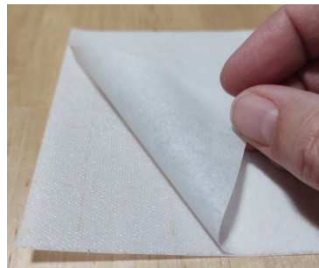


- d. Cut out your batting layer. Do not iron this layer. The silver side reflects heat and goes face up



5. To cut out your embellishment shape:

- a. Peel the backing off of your square of double sided fusible.



- b. Stick it to the wrong side of your shape fabric. Press in place with a medium hot iron with no steam.



- c. Sketch a decorative shape or use the heart shape provided. Trace your shape onto the back fusible paper side and cut it out.



6. Select the thread colour matching the overall colour tone of your fabric pieces. If in doubt or if you don't have an exact match, choose a slightly darker colour.
- a. Wind a bobbin of the same colour of thread for your sewing machine.



7. Line up your fabric strips, deciding what order you want them in. Place the fabric strip that matches your embellishment shape fabric, so they don't overlap.



8. Stitch your fabric strips together:
  - a. Take the first two fabric strips, place right sides facing each other.



- b. Pin the edge to be stitched together to stop fabric layers from slipping.



- c. Stitch  $\frac{1}{2}$ " in from the edge along the long edge to join the first two fabric strips. Stitch back and forth at the beginning and end of each seam to anchor your stitches.



- d. Press the seam open on the back and front using a cotton iron heat setting for cotton fabrics.



- e. Repeat adding the next fabric strip to the edge of the previous one.



- f. Continue until all seven are joined together in a row forming a piece of fabric the same size as the batting. The two end fabric strips will be  $\frac{1}{2}$ " wider than the others because of the seam allowance.



9. Attach your embellishment shape to the top:

- a. Position your shape on top of your fabric strips, keeping it at least  $1\frac{1}{4}$ " from any edge. Avoid placing your shape over the fabric strip that is the same fabric. Mark the edges with pins for a guide.



- b. Peel the paper backing off of your fabric shape and place it on your fabric. It will stick right away, so avoid repositioning.



- c. Using a medium hot iron with no steam, fuse your shape with the iron in place and not moving for 4 seconds.



10. Stitch around the edges of your decorative shape by hand or sewing machine. Choose a contrasting thread like white. Have fun trying out a stitch that may be meant for something else but looks nice as decoration.



11. Place your fabric strips piece on top of your metal side up batting fabric and pin the layers together. Baste the layers together about 1/4" in from the edges all the way around. Basting is long running stitches.





12. Place your backing fabric wrong side up on your table. Centre your basted batting and fabric strips piece on top right side up. Measure and mark 1" in on all edges of your backing fabric to help with the centring.



13. Mitre each corner:

- a. Fold the backing fabric to the front on a 45 degree angle, against the tip of the basted layer on the corner. Trim the fold to 3/8" wide saving the cut piece. Press the fold in place.



- b. Use the trimmed corner as a template for folding, cutting and ironing the other three corners.



14. Finish the long edges of your rug:

- a. Fold the backing fabric to the front once along each edge, matching the raw edges of the fabric layers.



- b. Fold the backing fabric to the front again on the edges, with the crease where the raw edges met. This encases all the raw edges overlapping the front.



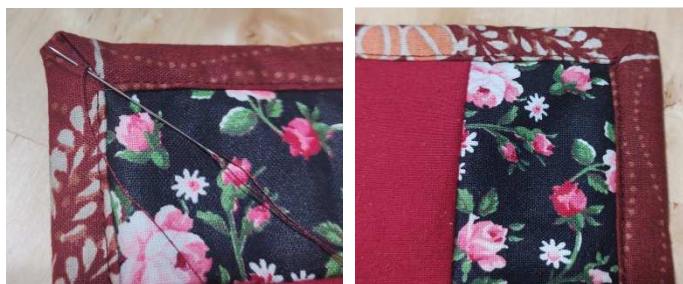
- c. Pin the folds in place.



- d. Top stitch through all layers just inside your rolled edge and a lighter presser foot pressure for more layers.



15. Hand slip stitch (alternating between stitching along the fold of one fabric edge, then the other) closed the mitre corners.



16. Add quilting to your mug rug by machine or hand.
- a. Choose a similar/contrasting thread depending on how visible you'd like the stitching.



- b. Stitch through all layers from the inside edge of the border and ending at an inside border edge.
- c. Use a medium length straight stitch, checking the back to make sure the tension is balanced.
- d. For hand stitching, use a between/quilting needle and thread and small running stitches.
- e. For the stitching lines we worked lines equal distance apart that echoed the heart shape, using the edge of the presser foot as a distance guide.



- f. Sew in the ends from your quilting. Pull the back thread and draw the top thread to the back for each end. Tie and knot and take a few stitches in place with each end. Trim threads flush with the fabric



17. Add your mug, some hot chocolate and a snack to your mug rug.
18. Happy creating, and please share pictures of your creations if you feel comfortable.

#### **Useful Information/Adaptations/Variations:**

- Add multiple shapes to the top of your rug or
- Replace some of the strips on one end with a solid piece of fabric to create interest.
- Add a folded over piece of fabric to the corner of your rug on top before sewing the edges but after quilting to create a pocket.
- Add a row of a few different stitches around the edge or shape by hand or machine embroidery.
- Hand stitch words, names or holiday messages and give mug rugs as a gift.
- The back, batting and top fabrics can all be cut to the same size and the edges finished with bias binding (folded over fabric strips) instead.

#### **Trouble Shooting:**

- If your stitches break or are loopy on either side of your fabric, try adjusting your thread tension. The thread tension changes when you change how many layers of fabric you are sewing. If your top thread shows on the back, tighten your top thread tension. If your bobbin thread shows on the top, loosen the top thread tension or tighten the bobbin thread tension.

- If you are hand stitching or embroidering and your thread breaks, try moving your needle along the thread more often so one area doesn't get all the wear from passing through the fabric while bent over the needle.