

Nancys Embroidery Shop
NancysTM
www.nancys.co.nz

your dedicated
BERNINA⁺
SEWING CENTRE
 passionate about sewing

Create with us

In our shop at 241 Thorndon Quay or on our websites:
www.nancys.co.nz - unique embroidery & patchwork kits
www.theyarnstudio.co.nz - gorgeous knitting yarns, patterns & needles
www.jenniferpudney.com - fun needlepoint, felt kits & fabrics
www.strandnz.com - for crewel yarn & kitsets

241 Thorndon Quay

FON Newsletter No 103, September 2013

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What is it about spring and colour that makes us feel so good? The flowers are bursting out and there is the promise of

lots of colourful bulbs. Time for spring cleaning and brightening up the house with new cushions. Start planning pretty summer

frocks for little girls and big girls and make matching sunhats to go with them.
Mary

Scandinavian Christmas Style



Scandinavian or Nordic style is very attractive and fashionable today because it's rustic, minimalist and cozy at the same time. Scandinavian style is amazing for Christmas décor as Scandinavian people know what a real winter is. Natural wood, black and white, fir tree wreaths and rustic lanterns compose a classical Nordic décor. Add red berries, fabric tree ornaments, stockings and carpets. Nature touches look amazing: natural wood accessories, tree branches, fir tree decorations, pine cone accessories and the place will get a cozy and inviting touch. Minimalism is the motto of Scandinavian Christmas design, get inspired!
 Because it is dark and cold the Scandinavian countries have all developed their own traditions to brighten up their mid-winter.

In Sweden, Christmas begins with the annual Saint Lucia Day on December 13. Lucia herself was Christian and died for her faith. Usually, the eldest girl in the family portrays St Lucia, puts on a white robe in the morning and is allowed to wear a crown full of candles. She serves her parents Lucia buns and coffee or mulled wine.
 Christmas Eve: Swedish locals form processions to the church with lit candles on Christmas Eve, in some places.
 A little before that, Christmas trees are set up, often about two days before Christmas. The trees and homes are decorated in seasonal spirit with gingerbread biscuits, Christmas decorations and flowers such as the Julstjärna (Poinsettia), red tulips, and red or white Amaryllis. A popular Christmas tradition in Sweden is to serve Risgryngrot, special rice porridge with one almond in it. The person finding it gets to make a wish, or is believed to get married the coming year (this varies between families).

After the festive Christmas Eve dinner, someone dresses up as Tomte (Christmas gnome) who according to Swedish myth lives on a farm or in the forest. Tomte looks a little like Santa Claus and hands out the presents while doing funny rhymes. Unfortunately, modern Christmas is quickly catching up in Sweden and Tomte is beginning to lose his original identity to the commercial "Santa" figures. Watch out when you spend Christmas in Denmark. During Christmas the mischievous Danish elf Nisse plays pranks on people. Nisse often lives in old farmhouses and wears gray woolen clothes, red bonnet and stockings and white clogs. As a good elf, Nisse generally helps people on the farms and is good with children but plays jokes during the holiday season. On Christmas Eve in Denmark, many families leave a bowl of rice pudding or porridge for him so that he is friendly to them and keeps his jokes within limits.

Norway's traditional Christmas customs include Nisse, a gnome or an elf guarding animals. It is said in Norway that Nisse can have goat-like features (Christmas Buck, or Julebuk in Norwegian). Children get bowls of a certain type of porridge ready for him - if they don't, he will play tricks on them.
 The idea of Julebuk is very old and was most likely known by the Vikings. In earlier times during Christmas in Norway, one person dressed in goatskin (carrying a goat's head!) would come to the Christmas celebration unannounced and act as if they were dying shortly afterwards.
 It did not take long for Christians in Norway (and the rest of Scandinavia) to associate the goat with the devil. They then used it only during celebrations and these customs were later forbidden by the church and government. A much tamed-down form of the tradition remains to this day.

PROJECT

Cushions

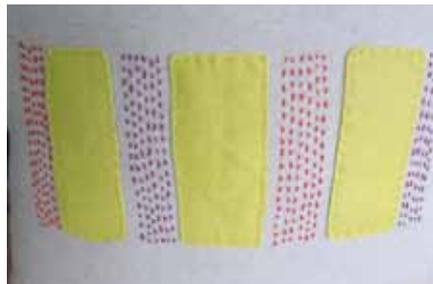
We have a lovely range of slightly heavier linen and cotton mix fabrics that would be perfect for cushions.



One idea is to take the pattern on the fabric and cut out felt shapes in the same colours (you can iron on fusible webbing such as vliesofix on to the back) and stitch on with a running stitch in a matching thread. Embellish with more felt and embroidery stitches such as french knots.



Another idea would be to take a pattern from one fabric as the inspiration for a felt and stitching design on plainer fabric. This lovely linen mix fabric comes with a natural or a black background. Three oblongs cut from yellow felt have been stitched on to natural linen with a running stitch between lines of running stitch in Strand yarn in Orange (365) and purple.



Linen mix fabrics 34.95/metre

Re-cover a Directors Chair

If you have never done a furniture "fix-up" project, this is a great one to start with. It's just some simple sewing.

You will be able to cover one chair with just 1/2 a metre of fabric. Usually, your director's chair will come with the seat and back pieces and you can use them as a pattern. To stop the chair back from slipping, make it like a pocket to go over the top.

Remember to add seam and hem allowances.

Sew the chair seat.

1. Finish the edges of your fabric first by using zig zag stitch, or overlock, around all 4 edges.
2. Fold the long edges over 1cm and using a straight stitch, sew your hem.



3. Fold over the side edges 7cm and sew one seam 1cm from the edge and another seam 2cm from the edge to reinforce. This creates the pocket for your dowel rod to go through.

Sew the seat back.

Finish all four edges by using the zig zag stitch or overlock around all 4 sides.

1. Sew a 1cm hem along both long sides.
2. Fold your piece in half (right sides together) and sew the short sides together with a 1.5cm seam.
3. Turn your fabric right side out and sew a 4 cm seam (that will be where the back seat "poles" will go).

Now it's time to put everything together. Slide your dowel rod into the seat "dowel rod pockets" and then slide into position. (Note: you will need slack in your fabric so do this with your seat slightly folded). Next slide your seat back into position.

Canvas Airplane fabric \$38.95/metre

Scandinavian Christmas Style continued

The first Sunday in December (also called the First Advent) starts the Finnish Christmas season. Many children use advent calendars that count down the remaining days to Christmas Eve.

December 13, the day of Saint Lucia, is celebrated in every town with a candle-crowned young girl. Essentials on Christmas Eve in Finland are Christmas mass, and a visit to a Finnish sauna. Many Finnish families also visit cemeteries to remember the dead and have porridge for lunch (with a hidden almond in it - the finder has to sing a song.)

Christmas in Iceland is an interesting experience as this country has many old traditions. Expect no fewer than 13 Icelandic Santa Clauses! In Iceland, they are called jólasveinar ("Yuletide Lads"; singular: jólasveinn). Their parents are Grýla, a mean old woman who drags off naughty children, and Leppalúði, who is not as mean. The origin of these "Santas" is centuries old, and each has its own name, character and role.

Nowadays during Christmas in Iceland, their function is to come to town bearing gifts and candy (and a prank or two). The first jólasveinn

arrives 13 days before Christmas and then the others follow, one each day. After Christmas, they leave one by one.

The Icelandic Christmas season lasts 26 days. A special Icelandic custom for children is to put a shoe in the window from December 12 until Christmas Eve. If they have been good, one of the "Santas" leaves a gift - bad children receive a potato.



We have a FREE pattern booklet with 3 different stocking patterns in to give away with the purchase of MillaMia wool.



Or make a Swedish inspired dress with this free pattern from MillaMia.com

Create your Own Scandinavian Style Christmas

To go with this look, we have some beautiful pure linen Christmas fabrics from Stof, a Danish company. The linen has a wonderful drape and would be perfect as a table cloth, but also great to piece as a simple long table runner for the centre of the table. To go with the red on natural linen, there is also black on natural, a plain natural and red to co-ordinate. Hearts, daisies, trees and reindeer are featured. \$36.95/metre 150cm wide

Horn Quilt Exhibition Taupo Symposium 2013

Congratulations to all the winners, especially our own FON's who have won prizes;

Lyn White for the Challenge "Make A Statement" with Speed Kills, the landscape was influenced by her class here at Nancy's with Sue Wademan. We are lucky to have Lyn's quilt here on display for you to see.

Isabel Hicks (Anna's Mother) for both Best Traditional Quilt and Best Hand Quilting with a glorious Golden Baltimore.

Jeanie O'Sullivan for the Group Collaborative category with Apron Strings.

Remember we still have Symposium Machines available at great prices: the Bernina 550 Quilters Edition at \$3,699 and the Bernina 350 Patchwork Edition at \$1,999.



Stitching Club for FONs

All Friends of Nancys members are invited to join us for Stitching Club, held on the last Wednesday of the month at 12.30pm. Come along for a social stitch with any type of embroidery or patchwork. It's also a good time to get help with any stitching problems you may have.

Next dates: Wednesday 25 September and 30 October

KNITTING

Happy Feet



To Make: With CC cast on 4 (5, 6) sts
 Knit 1 row
 Next row: increase by knitting into the front and back of each st, 8 (10, 12)sts
 Knit 1 row
 Repeat last 2 rows once, 16 (20, 24, 28 sts)
 Next row: k 2 (2,2,4) * increase by knitting into the front and back of next st, k 1 repeat from * until 1 (2,2) sts rem,
 k 1(2,2,4), 23(28)sts
 Knit 11 (14, 19) rows
 Join MC and knit 1 row
 Next row: Sl 1 purl wise, knit to end
 Repeat last row 24 (35,49) times (or until desired length is reached)

To shape heel:

For first size: Next row: sl 1 K 13 k2tog, turn (22 sts)
 Next row: sl 1 K 5 k2tog, turn (21 sts)
 Repeat last row 4 more times (17 sts)
 Next row: sl 1 K4, k2tog, turn (16 sts)
 Next row: sl 1 K3, k2tog, turn (15sts)
 Repeat last row 4 more times (11 sts)
 Next row: sl 1 K2, k2tog, turn (10 sts)
 Next row: sl 1, k2tog, turn (9 sts)
 Repeat last row 6 more times (3 sts)
 Cast off

For second size: Next row: sl 1 K 16 k2tog, turn (27 sts)
 Next row: sl 1 K 6 k2tog, turn (26 sts)
 Repeat last row 4 more times (22 sts)
 Next row: sl 1 K5, k2tog, turn (21 sts)
 Next row: sl 1 K4, k2tog, turn (20 sts)
 Repeat last row 4 more times (16 sts)
 Next row: sl 1 K3, k2tog, turn (15 sts)
 Next row: sl 1 K2, k2tog, turn (14sts)
 Repeat last row 4 more times (10 sts)
 Next row: sl 1 K1, k2tog, turn (9 sts)
 Next row: sl 1, k2tog, turn (8 sts)
 Repeat last row 4 more times (4 sts)
 Next row: Sl 1, knit to end
 Cast off

Here are baby and children size versions of our Strand ruby slippers finished with an icord edging.

Measurements:

Ages	0-6mths	6-12mths	1-3yrs
Foot Circumference	9cm	11cm	14cm
Foot length	8cm	10cm	13cm

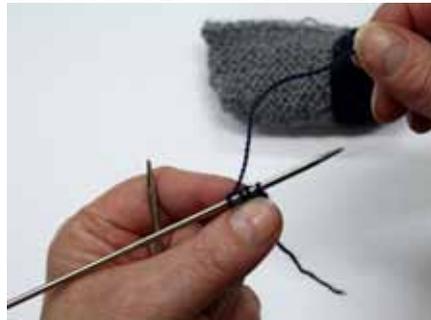
Materials

1 x 25 gm ball Strand Wool in Main Colour (MC)
 1 x 25 gm ball Strand Wool in Contrast Colour (CC)
 Size 2.75mm needles
 2 x 2.75 doubled pointed needles for optional Icord edging (DPNS)

For third size: Next row: sl 1 K 21 k2tog, turn (33 sts)
 Next row: sl 1 K 10 k2tog, turn (32 sts)
 Next row: sl 1 K,9 k2tog,) turn (31 sts)
 Next row: sl 1 K 8, k2tog, turn (30 sts)
 Repeat last row 4 more times (26 sts)
 Next row: sl 1 K7, k2tog, turn (25 sts)
 Next row: sl 1 K6, k2tog, turn (24 sts)
 Repeat last row 4 more times (20 sts)
 Next row: sl 1 K5, k2tog, turn (19 sts)
 Next row: sl 1 K4, k2tog, turn (18 sts)
 Repeat last row 4 more times (14 sts)
 Next row: sl 1 K3, k2tog, turn (13 sts)
 Next row: sl 1, k2, k2tog, turn (12 sts)
 Repeat last row 4 more times (8 sts)
 Next row: sl 1 K1, k2tog, turn (7 sts)
 Next row: sl 1, k2tog, turn (6 sts)
 Repeat last row 2 more times (4 sts)
 Next row: Sl 1, knit to end
 Cast off

To Make up: With a flat seam, stitch from the toe to the end of the contrast colour. Either sew buttons to the front or finish with an icord edging.

Icord Edging: With doubled pointed needles cast on 4 sts and knit 1 row
 Next row: Slip sts to end of needle with right side facing, do not turn, and pull the yarn and knit 1 row
 Repeat this row 15 times for a cross over or 25 times for a bow



Next row: K3, pick up first st at edge of bootie and k2tog with last stitch (Hint: it is easier to pick up the next stitch at the end of each row)
 Repeat this row right around the edge of the bootie



Next row: Slip sts to end of needle with right side facing, and pull the yarn and knit 4 sts
 Repeat this row 15 times for a cross over or 25 times for a bow
 Break off yarn and thread through the 4 sts to fasten off.
 Stitch down as a bow or a cross over.



New MillaMia Pattern book coming soon featuring two limited edition colours in Lime and Cobalt Blue. Both childrens and adult patterns are included in the book. \$27

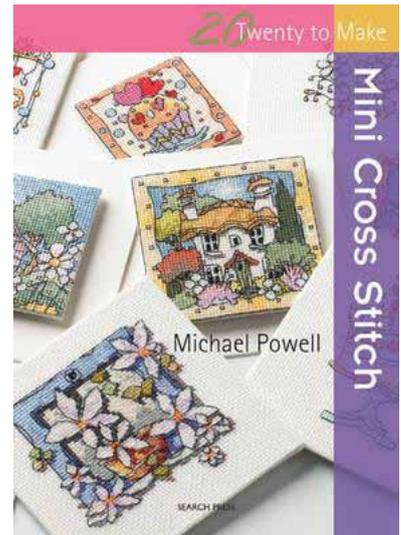
WHAT'S NEW



Here at Nancy's we are surrounded by lots of glorious prints that are perfect for fun play clothes for boys and girls.

The Children's Sun Hats book by Gill Stratton is a perfect example of what can be made. Now that children at schools and pre-school all have to wear sunhats outside here is an opportunity for them to choose a style and fabric and to enjoy the wearing.

Children's Sun Hats by Gill Stratton is a wonderful bright, bold, fun book with some lovely hats in to spoil your children with this summer. Out of the 20 patterns there are three baby hats, seven for boys, seven for girls and three recycled hats. The templates are half size over five pages at the back of the book which need to be enlarged by 200%. There are eight pages of photo-illustrated basic techniques at the beginning of the book: 'Using patterns to cut out the fabric', 'Using iron-on interfacing', 'Assembling a brim', 'Attaching the crown to the middle section', 'Attaching the brim to the crown', 'Making and attaching the lining', 'Making a six-part crown', and 'Making and attaching a peak'. Gill says in her introduction to the book 'Sun hats have become a summer essential to keep the sun from children's delicate faces. However if, like me, you spend most of the summer nagging your children to put their hats on, then this book is for you. I found that if I let my children choose the shape and colour of the hat, they were much more likely to wear it'. \$17.99



Each of Michael Powell's quirky, contemporary mini-cross-stitch designs are accompanied by a full-color chart, key, and instructions for completing the projects. All the designs can be worked on 14-count Aida or evenweave fabric and measure approximately 3 1/2 inches. There is a broad range of subjects to choose from, including country cottages, flowers, hearts, and Christmas trees, so whatever the occasion, there is bound to be a design that suits it perfectly. General instructions, simple stitch diagrams, and notes on fabric preparation are included at the beginning of the book, so even those new to cross stitch will be able to accomplish all of the projects. \$14.95



Come and see the sunhat that Marjorie has made from this fun bird fabric that is a light canvas weight. \$24.95/metre



Green Chevron Long Stitch Kit

Jazz up your sofa with this on-trend chevron design featuring Strand crewel yarn, a fabulous, hand-dyed wool from New Zealand. It has a wonderful sheen, and is a delight to work with. Stitched using long stitch, this design stitches up really quickly and you will have a contemporary cushion on display in your home in no time. \$140



Looking to fuse Japanese design and modern techniques in your quilting projects? With "Quilting Line + Color", you will explore colour, shape, stitching, and fabric ideas from internationally known weaver, dyer, fabric artist, teacher, and quilter Yoshiko Jinzenji.

Yoshiko brings a fresh, contemporary vision to the quilting scene with more than 30 gorgeous projects, accompanied by precise instructions and detailed illustrations. From bed-size quilts to bags and pillows. You will learn to create innovative pieces while trying out new and traditional techniques. In "Quilting Line + Color", Yoshiko delves into the interplay of shape and fabric, set off to striking effect with white fabric and stitching. Her asymmetrical and graphic use of colour takes on a fresh, painterly feel. She shares her artistry and philosophy with you as she teaches you how to cut, piece, and stitch a variety of designs—from patchwork and innovative uses of appliqué and reverse appliqué to layered transparent fabrics and handstitching. \$55

COLOURING IN



Ashford Wool Dye Collection

Anna introduced me to these dyes which she is using on all her recycled fabrics for her fashion collection. I love the fact that they use an exhaust dye system which means that the water is clean and safe at the end of the process. Our Strand crewel yarn is also dyed using a similar exhaust method.

100% concentrate

- safe and easy to use
- 10gm (1/3oz) dyes 1kg (2.2lbs)
- for protein fibres such as wool and silk

The Ashford dyes are very easy to use and the colours are clear and bright. They are weak acid dyes so white vinegar can be used to fix the dyes making them suitable for the home dyer. The dyes are for wool, silk and other animal (protein) fibres and are fully concentrated with only 10gm (1/3oz) dyeing 1kg (2.2lbs) of fibre or yarns.

There are 12 colours that have been carefully selected for compatibility and when mixed will produce a wide range of hues. Rust, brown, green, emerald, yellow, scarlet, hot pink, purple, teal, blue, navy blue and black.

Ashford Wool Dye Collection - 12 x 10gm tubs - \$111
Individual 10gm tubs - \$9.95

Ashford Dyes, if used correctly, are environmentally friendly and non hazardous to humans. It is very important to us that our products are environmentally friendly and safe to use. Fibre, yarn and textiles dyed with the Ashford dyes can be worn against the skin without risk.

Ashford's are in close co-operation with all their suppliers of dyes to ensure they are safe to use and wear. The dyes comply with the strict EU regulations and the manufacturers confirm that cloth dyed with the Ashford dyes can be certified under the Oeko-Tex Standard 100. This standard is the most widely known standard for certification of ecologically-safe clothing. Detailed information can be found under www.oekotex.com.

The dyes pose no risk the environment if the dye liquid is neutralized with baking soda before disposal in the waste water system. Full instructions for the safe use and disposal of the dyes are given.



DMC Colour Variations Art: 417, is a Stranded Thread that offers you a wide range of colours in only one Skein. Every 6 to 7 stitches, each thread from the DMC Colour Variations Line reveals a succession of colour changes, which are unique on each needlework project.

60 soft multi-coloured or tone-on-tone shades.
100% Cotton, 8 metre skeins.
Colourfast, Fade Resistant, and guaranteed Color Consistency from one skein to another.

The same beautiful 60 variations are also available in **DMC Pearl 5 Colour Variations Art: 415**

Available at leading NZ DMC Stockists
Distributed in New Zealand by:

CraftCo Limited

Christchurch, 0800 888 362, www.craftco.co.nz



PRIZE DRAW

5 sets of 60 colours of DMC Stranded Colour Variations - worth \$222.00 each.

To enter - Send your name, address and phone number along with a bar code tag from either a skein of Colour Variations DMC Art 417 Stranded or Art 415 Pearl 5 and the name of shop where purchased.

Post to: Threads Prize Draw, CraftCo Ltd, PO Box 9020, Christchurch, 8020.

Or email the above details to info@craftco.co.nz.
Subject line - Threads Prize Draw.
The bar code can be attached as photo (jpg or pdf -small file size please).

Entries close 30th November 2013.

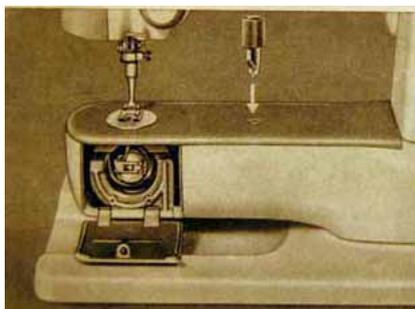
Jolly Red Christmas Stockings Tapestry Kits Dreaming of Christmas



Jolly Red's first ever Christmas stocking kit, never out of production in 12 years! Dreaming of Christmas has all your favourite festive imagery, wrapped up in one adorable design. Four different kit designs available. \$119 each

**Stop Press:
Just 3 Bernette 46's left at \$229**

SPRING CLEAN YOUR SEWING MACHINE



In order for you to get the most out of your sewing machine or overlocker a bit of good old fashioned TLC is called for. For your sewing machine take out the bobbin and shuttle area (just the bobbin if you have a top loading bobbin) and give it a good dust with a brush, we use a paint brush which is more efficient. This is really important if you have been sewing velvets or thermal backed fabrics, these produce lots of dust. Also some threads that you may use for embroidery shed a lot of fluff. Also lift up the stitch plate and clean under that. A good squirt of compressed air will get the last bit of dust away. Please don't blow as this gets moisture into this area which can lead to rust. Once you have cleaned the dust away, oil your machine as per the directions in your manual. Using a good quality sewing machine oil like our Bernina one means that you won't get staining on your sewing. Just put in a pin prick amount. This should be done every eight hours or so of sewing. Take this opportunity to change your needle, these can become blunt over time, especially if you sew across pins.

If you still feel that the machine is not purring along, for example you may be finding that you have to adjust the tension a little, it is probably time for a service. While we are a Bernina Dealer we provide servicing for all makes of sewing machines, so bring them in and see what a difference a good service will make. Keith, our service man, as part of his full service will strip down the machine, oil and grease all the moving parts under the cover and clean with compressed air. Then all the tensions are checked and re-calibrated using Mettler Metrasene thread as the standard, this also includes the tension on the bobbin case. The timing of the needle coming down and the rotation of the shuttle area are also checked to see that they all totally insync so that a perfect stitch can be made. Metal parts such as the CB hook in the bobbin area are checked to see that there are no burrs on them and any burrs are smoothed off so thread doesn't get caught. Keith always does a test sew on both straight and zigzag stitch. For those machines with an automatic buttonhole this will also be stitched to check that that it is properly calibrated. For the computerised Bernina machines there may be an update to be made to the software. A complete service is \$130 and Keith collects them first thing on a Tuesday morning and brings them back the following Tuesday.



Cycle Chic

From Ecouterre.com, an online guide to the best ideas, innovations and emerging trends in eco fashion, sustainable style, organic beauty and ethical apparel.

Laura Martínez del Pozo and Jaime Sevilla Moreno, co-founders of peSeta, launched upon the idea of a bicycle-powered sewing machine when two friends left a bike and an antique sewing machine at their shop. One day it occurred to them that they could hook the bike up to the sewing machine and make things. With the help of Charlie Perez Mayoral of Ciclos Noviciado, a custom-bike workshop in Madrid, they rigged up a bike stand and connected the back wheel to the sewing gears.

The group sent their proposal to New York City's New Museum, which now sells the bicycle caps exclusively.

The marriage of bicycle and sewing machine is one of raw power and unbridled creativity. It's also a sterling example of how ingenuity meets cooperation: The cyclist has to work with the sewer to pull the feat off, neither pedaling too fast nor too slow. Although it's far more complicated than plugging your machine into the wall, peSeta's bike-powered operation is an amazing example of ingenuity and teamwork. Maybe we should collaborate with Iride to produce power in their spin classes for our sewing class in the evening!

**We're open Monday - Friday 9.30am-5.30pm
Saturday 10.00am-4.00pm & Sunday 1.00-4.00pm**

NOTICES

Days our staff work

Alana	Friday & Saturday	Mary	Sunday - Thursday
Anna	Sunday	Rebecca	Tuesday - Friday
Denise	Monday - Friday	Sara	Monday - Tuesday
Marilyn	Monday - Tuesday, Friday - Saturday	Tess	Wednesday
Marjorie	Wednesday & Friday		

FON Subscriptions

The subscription of \$25 per annum offers newsletter, FON monthly Stitching Club, 10% discount off stock and class enrolment fees, and other special discounts. Discounts do not apply to framing, cushion, bellpull and wallhanging construction, sewing machines and overlockers.

Note: Membership is limited.

If your Friends of Nancys subscription is due for renewal the newsletter will have a highlighted 'R' by your name on the address label and a renewal form enclosed. Please pay promptly as FONs with unpaid subs are removed from the list and their number reallocated.

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