

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

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FON Newsletter No 100, January 2013

Welcome to the 100th issue of our Friends of Nancy's Newsletter, that we have been sending out for over 16 years. We have seen many changes over that time: ownership,

premises, products, technology. But what remains constant is the passion for stitch and the anticipation each year for our class syllabus. We have put together a list of favourites and some exciting new classes so

grab your places. Keep a look out on our facebook page and web site for details of our City and Guilds exhibition and special Friends of Nancy's private tour.

**Meet the Tutors Evening and Display of Students Work
 Monday 11 February 6-8pm**

20% FON discount for class enrolments up until 8pm 11 February
You are welcome to bring a friend to share drinks and nibbles
 If you would like to display any piece you have made at a Nancy's class, please bring it in by the 9th of February

Classes starting in March

Going Troppo



Grandmothers Garden Paper Piecing



Tree of Life



Home Sweet Home



Crewel Intentions



Six Easy Stitches



PROJECTS

Update your Bedroom



We still have the lovely pink Jane Sassaman fabric in the shop.

For more colourful inspiration for using patchwork fabric see Jane Sassaman's blog <http://www.janesassaman.com/weblog/>

Pillow Case

Finished Size:70x48cm

This is very quick with an overlocker but can be done with either neatened or french seams on your

sewing machine. This ensures that the pillow cases will stand up to lots of laundering.

Fat quarter(50cm x 55cm) (no wastage)

Fat 1/8 (50cm x 25cm) contrast (no wastage)

5cm x 50cm of stripe or check

½ m sheeting for back of pillow case (enough for 3 pillow cases cut into thirds 90cm each)

Front of pillow case

Join fat quarter, 5cm strip, and fat 1/8th along 50cm edges with a 1cm or overlock seam.

Overlock contrast end and turn over 2cm and top stitch.

Turn over 20cm of sheeting on one 50cm side, turn under raw edge and top stitch down.

To stitch sides: Place front right side up, lay back wrong side up level at the closed end of pillow case, fold extra flap of contrast fabric over and seam the sides as in the photo.



Seam across bottom of pillow case.

Fitted Bed Sheet

In summer there is nothing more wonderful than cool crisp sheets. Our 200 threads to the inch percale sheeting remains my favourite after more than 10 years. When my next favourite fitted sheets from Household Linens are well over \$100 it is more economical to make my own. Sheeting - \$29.95/270cm wide

Materials

Cotton Sheeting - Measure and add together bed top and depth of mattress, add 30cm for tuck under.

Elastic the perimeter of the bed less 50cm

To Make

1. Measure in from corners, depth of mattress plus 15cm



2. Sew seam (either a neatened seam or with an overlocker)



3. Either fold over and sew casing for elastic or attach elastic with overlocker.

Wool Blankets

The love affair with vintage wool blankets is still going strong. I love my Owl Hotwater Bottle cover I bought at Craft 2.0 last year. Anna has a lovely pink plaid blanket she is going to make a bag with a belt for a handle (or maybe a fun monster?) We will have to wait and see. But for a simple repurposing, how about dying your own and binding them with colourful patchwork fabrics like these wonderful blankets on Jane Sassaman's blog.

When Kathy McLaughlan was down south, she went to the Milton Mill factory shop and bought me some wool blanketing. we have washed it and have it available for \$24.95/metre. It would be great as a picnic rug, as It is not as soft as our Australian merino which is perfect for babies. Kathy's hand dyed merino would be beautiful simply edged with fabric or delicious wool embroidery. \$49 for a cot size blanket



Lotta Jansdotter's designs are like little plants working their way through cracks in the sidewalk. Things of simple beauty that bring relief to the urban landscape. Lotta's aesthetic is deeply rooted in the Scandinavian landscape. Here is her description of the creation of her latest range of fabrics.

Bella is Born

Bella is my second collection that I have created for Windham fabrics.

It is a very exciting process to develop these collections. There are so many things to consider when you assemble it all: the scale of the patterns, the colors, the "feel" of the collection, among many aspects. It is a big puzzle of colors and patterns, and I really enjoy solving it.

I create my print designs by hand and by that I mean they are not created in a computer. I cut out shapes in paper, I glue them on paper..experimenting with scale using my copy machine. I draw motifs with india ink..using brushes, or simply use my Pentel pens to create some designs. I love how tactile this process is...feeling the paper, cutting with scissors, getting sticky rubber cement on my fingers or finding them black from the inks. This is such an important aspect of my process. I truly love exploring with the materials and having that hand eye connection.



Anna has made her pillow case from these fresh fabrics and we have used the free pattern from Windham to make some blocks of the Bella's Bird pattern. Come in and see it at the shop and pick up the pattern, I also played with red, white and navy fabrics with the same pattern.

INTRODUCING

Sarah

Hello all! I am Sarah Pederson and I hail from Fort Worth, Texas. My background consists, in part, of a Bachelor of Fine Arts from the University of Texas at Arlington as well as a Masters in Fine Arts from the University of Colorado at Boulder with a concentration on printmaking and installation arts received in 2010. My personal interests are in the areas of sculpture and multi-media art, craft and display. Prior to setting off to travel the world a year and a half ago, I spent two years as an in house artist for Anthropologie Inc. based in Colorado. From Japanese rice papers to wood and wool, anything can become my medium of choice.

Since joining the team here at Nancy's I have been overwhelmingly and delightfully drawn to the array of quilting fabrics and would say that my favorite times are when the fabric wholesalers arrive with their suitcases, yes, suitcases, full of the new seasons selections. Rather than quilting with these wonderful designs, I have begun to create lovable and plush creatures such as frogs, owls, and even an octopus named Terry. I look forward to where my future here in Wellington will lead as well as all the wonderful things I will learn here at Nancy's. Hope to meet you all soon!

Sarah

Rebecca

I am a recent Textile Design Honours graduate and appreciator of all things textile. During my years of study I have been developing my passionate interest in knitting, illustration, jewellery, sustainable design and the design and making of costumes for dance. Growing up my life has been coloured by an array of textile projects; from an early age I enjoyed creating unique patterns for my own lively outfits and puppets and toy characters drawn from my imagination. (Looking back I am especially appreciative of my mother's help in working out the logistics of these creations!)

I am excited by the opportunity I have been given to join Nancy's designers in developing garments using the abundant hues of the lustrous Strand Superfine NZ mohair/wool yarn. About to be an aunty for the first time, I have recently delighted in experimenting with making (classic to quirky and contemporary) babies knitwear!

I am enjoying working with a talented team of makers and meeting Nancy's Embroidery's creative customers.

Rebecca

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 30 January & 27 February

KNITTING

Knitting Stripey Handwarmers

I am always looking for inspiration for new ways to use our products and to have fun in the process. Last year I went through the process of getting another 400 kg of the Strand wool/mohair mix spun. Now my challenge is to turn it into exciting projects for you. Over my break between Christmas and New Year I started playing with stripes (inspired in part by Paul Smith – of the men's striped shirts fame, who has put stripes on everything) and quotes from women. Watch this space for needlepoint regency striped cushions with quotes from Jane Austen. These regency stripes then turned into long hand warmers that celebrate the over 170 colours of the Strand Yarn..... the stripes are now turning into knitted cushions and a striped child's jersey.....



Jane Austen quote and stripe colourway for Jane's colourway



Martha's colourway based on a Martha Negley fabric

Measurements: Sm Med
Hand circumference: 20cm 22cm
Length: 24.5cm
2.75 (3.00) mm knitting needles
Stitch holder
Stitch markers

Abbreviations

K - knit, P - purl, sts - stitches,
inc - increase by knitting twice into the next st, St St - stocking stitch, alternative rows of knit and purl.
LHS - left hand side

Stripe Pattern: 2 rows C, 2 rows D
4 rows E, 3 rows A, 5 rows F
3 rows A, 2 rows D, 2 rows E
3 rows C, 5 rows B, 2 rows E
2 rows A, 2 rows E, 6 Rows B

Left Glove

Cast on 60 sts with colour A
St St 3 rows starting with a knit row
With colour B St St 4 rows starting with a knit row
Continuing in St St work the Stripe Pattern until the work measures 15cm ending with a wrong side row*

Thumb Shaping

Next row: K 28 sts, place marker, inc once into next st, knit to end
Next row: P 32 sts, place marker, inc once into next st, k1, purl to end
Next 18 rows continue increasing 1 st after the first st marker on each

Materials

Following is the number of Strand 10m skeins you will need. If you would like to do them in a plain colour you will need 2 x 25gm balls

	Jane	Emilie	Martha	Anna	Flora
2 skeins Colour A	516	195	255	255	123
4 skeins colour B	125	142	392	383	392
2 skeins colour C	123	202	312	371	121
2 skeins colour D	484	495	125	385	315
4 skeins colour E	375	445	374	154	373
3 skeins colour F	304	025	314	373	311
2 skeins colour G	455	141	483	132	453



Emilie

Flora

Jane



Anna's Colourway

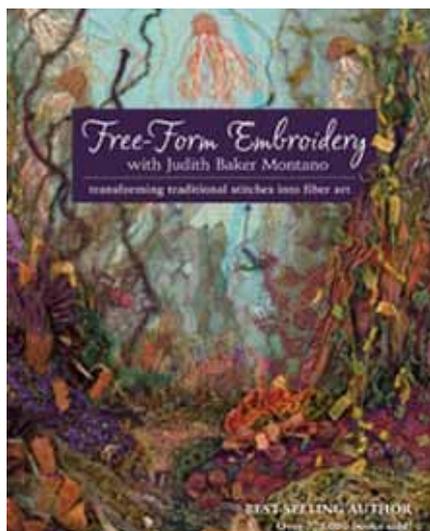
Next row: K 48 sts, turn k 20 sts, turn and work on these 20 sts for thumb
Work 6 rows in stripe sequence
With A k1 row, p 1 row
Cast off
Rejoin yarn to LHS of thumb and k 32 sts
Continue across all 60 sts for hand in Stripe Pattern for next 16 rows or until required length is reached ending with a wrong side row
With A knit 2 rows, p 1 row
Cast off

Right Glove

As for Left Glove to *
Thumb Shaping
Next row: K 32 sts, place marker, inc once into next st, k to end of row

Next row: p 28 sts, place marker, inc once into next st, p to end of row
Next 18 rows continue increasing 1 st after the first st marker on each row
There should now be 80 sts
Next row: K 52 sts, turn k 20 sts, turn and work on these 20 sts for thumb
Work 6 rows in stripe sequence
With A k1 row, p 1 row
Cast off
Rejoin yarn to LHS of thumb and k 28 sts
Continue across all 60 sts for hand in stripe pattern for next 16 rows or until required length is reached ending with a wrong side row
With A k1 row, p 1 row
Cast off
Sew up side and thumb seams.

WHAT'S NEW



Free-Form Embroidery with Judith Baker Montano Transforming Traditional Stitches into Fiber Art

Bestselling author Judith Baker Montano is back with a new comprehensive stitch guide that will take you beyond traditional embroidery. She'll show you how to create stunning landscapes and seascapes by applying fine art principles to your fabrics, threads, and fibres. Learn how to use these materials with other embellishments to convey anything from seaweed to shells, pine trees to pond lilies.

- Create lifelike trees, flowers, ocean corals, and more with 60 stitches and 67 stitch combinations
- Learn artistic embroidery techniques for building layers, creating dimension and perspective, and blending shapes.



S is for Stitch by Kristyne Czepuryk

Do you have a baby shower coming up? A baby of your own? Or – a little one that is learning their letters?

The alphabet has long been a staple of a child's room, and for good reason: it is educational and it can be magically transformed into a work of art.

Kristyne's book has TWO complete A is for... type of embroidered alphabets, a girl version AND a boy version! (personal favourite: F is for Fort)

With 2 full quilt designs and projects ranging from soft blocks to wall art for the nursery, this book not only provides the embroidery designs but gives



Swan in the Willows

There is always something quite magical about swimming swans. I have a beautiful wooden Swan decoy that I got in America nearly 30 years ago, and it still gives me pleasure and inspiration.

Needlepoint Cushion Kit with Strand Yarn \$239

Mary

Friends in Stitches

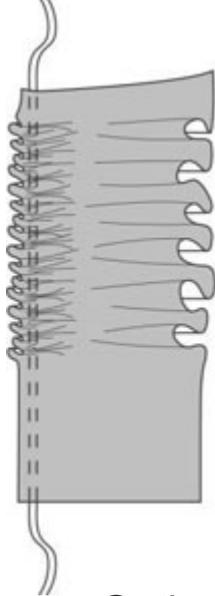
My New Year began as I journeyed to Canberra to represent New Zealand Young Quakers at Australian Yearly Meeting. There I was welcomed by a community of uniquely inspiring individuals with whom I stitched tapestries with; played music, danced around campfires and watched and painted the sunrise. I also attended sessions where I listened to stories that moved me, told by Friends who work for peace, promote environmentalism or have made a difference to the lives of those less fortunate in developing countries.

A lot of my time in Australia was enjoyed engaging in spirited conversation, humour and quiet contemplation with artists and embroiderers as we made contributions to the Australian Tapestries. These collectively worked tapestries are heavily influenced by the European Quaker tapestries -founded by Anne Wynn-Wilson– both as a means of recording history in stitches as well as in aesthetic (embroidered in the Bayeux technique). A favourite Australian panel of mine depicts a large group of Burundian people as they emerge from a taxi at the Queensland Meeting House in 2006, who, since their unannounced arrival, have "shared their spiritual insights from their evangelical tradition of Friends and songs from their homeland" (in Quaker stitch on the tapestry). (Quaker stitch is worked using a combination of the stem stitch and the split stitch, forming a cord or rope-like stitch -used for all lettering).

I assisted the artist in creating some drawings and selecting colours for a new Tapestry, illustrating similarly to the way in which I would work a batik design, clearly distinguishing sections in figures and florals to embrace the textures and tonal qualities of the crewel embroidery stitches. I learned that the germ of the idea of the Quaker Tapestry movement came from an eleven year old boy –who, bored with learning to draw and stitch during separate lessons, exclaimed why not stitch the histories instead? – capturing a form of outreach in the beauty and significance of the Tapestry panels. Like many textiles found across cultures and times, these works of art and meaning are treasured for generations.

Rebecca

Summer is the time for pretty summer dresses for big girls and little girls. Our quilting fabrics are perfect in a wide variety of prints and gather beautifully.



3 Ways to Gather

Used in sewing, the term gathering refers to two rows of stitching drawn up to evenly distribute fullness over an area. Here are three different methods for gathering fabric.

1. Loosened Tension

Select a straight stitch; adjust the length to 2.5mm and slightly loosen the needle tension. Stitching from the right side, sew two lines of stitching – one on or just beyond the seamline, the other inside the seam allowance (about 6-9mm apart). When attaching the gathered edge to an ungathered piece of fabric, place pieces right side together and pin at notches (or at each end of the section to be gathered). Pull on the bobbin threads to evenly distribute the gathers between the pins. Stitch between the two lines of basting stitches for a smooth seam with no puckers.

2. Single Cord

Zigzag over a single length of cord, taking care not to catch the cord in the stitching; the cord is encased in the stitching. Gather the fabric by pulling on the ends of the cord, taking care not to pull the cord out of the stitching.

Tip: Insert the cord into the guide in center hole at the front of BERNINA Embroidery Foot #6 or Clear Embroidery Foot #39; it will be positioned under the needle, exactly under the needle, perfectly placed for stitching.

3. Double Cord

Using a Gathering stitch (see your sewing machine manual for stitch availability), sew over a doubled length of cord, taking care not to catch the cord in the stitching. The cords are encased in the small zigzag stitches to the right and left of center needle position. Gather the fabric by pulling on the ends of the cord. The loop will keep the cord from pulling out of the stitching.

Tip: Loop the cord around the center toe at the front of BERNINA Buttonhole Foot #3; they will be positioned at each side of the needle, perfectly placed for stitching.



Angie Dress PDF Pattern for Women Downloadable from <http://www.sisboom.com/store/category/patterns/>

Gathering foot # 16 – for shirring and gathering



Gathering foot # 16 is suitable for gathering lightweight-to-medium weight fabrics. The fabric is gathered automatically while being sewn.

What's more, the special indentation in the sole of Gathering foot # 16 allows you to sew the material being gathered to a flat piece of fabric in a single operation. For this, the flat material is slipped into the indentation so that it isn't gathered at the same time. So clever!

Gathering foot # 16 is available in two different widths. The wider version is designed for use with sewing machines with a stitch width of up to 9 mm.

Browse through the versatile BERNINA sewing accessories catalog now, and discover the practical Gathering foot # 16 for yourself!



bernette sewing machines
from only \$299

We're open Monday - Friday 9.30am-5.30pm

NEW YEAR RESOLUTIONS

The newsletter from Superior Threads (makers of our popular King Tut variegated cotton and the Monopoly polyester invisible thread) is always a good read. Here are Bob's New Year Resolutions that struck a cord.

1. I will read my machine's Owner's Manual.
If it puts you to sleep, at least read the Tension chapter. If you do not have the Owner's Manual, go to Google and type in "machine brand, model number, owner's manual" and you should find it online.
2. I will use a thread I have never used before
If you like softer and muted colors, try a bright and bold colour. If you usually piece with only neutral colours, try matching the piecing thread to the main fabric color. If you applique with cotton, try silk. If you usually use fine or medium weight threads, try a heavier thread just to see the effect. If you use only solids, try a variegated.
3. I will take a class. There are opportunities to learn and improve skills and techniques at shows, online, at local quilt shops, and at guilds.
4. I will be understanding. Let's face it. Your husband or partner will never understand why you need so much fabric or thread or so many quilt magazines. It's borderline addiction. Just smile and be thankful that he really has no clue how much you really have. Encourage his hobbies.
5. I will finish a UFO. We all have them. Pull one out and commit to finishing it. If it isn't one of your favourites, finish it and then give it to someone who will enjoy it.
6. I will donate some of what I will not use. We all have some fabric that was bought years ago and we will probably never use it. Most guilds have a philanthropy or charity arm and would love to use it to benefit those in need. Heather had dozens of quilts she made in her beginning years. She said they were not good enough to use, show, or even give away. She offered some to our children and they were thrilled. One became a nice picnic quilt. Many were donated to the local quilt guild to use for charitable donations.
7. I will share my love of quilting or sewing with another person. Young children and grandchildren love to learn. They watch you and would like to try. A few words of encouragement and some patience from you may be all they need to discover why you love it so much. Or perhaps there is a neighbour or someone new to the sewing or quilting world who would like to learn.
8. I will step out of my box. Some people always use Civil War style fabrics; others always use only bright fabrics. Step out of the box and try something so . . . totally . . . not . . . you!
9. I will create a stitch book to learn the capabilities of my machines. Make a file of various stitches using different threads. Write a note next to each stitch stating what thread was used, what needle, and the perfect tension setting. Then try some decorative stitching in your projects.
10. I will organize my fabric stash. Whether by type, colour, motif, or project, it will be easier to find if well organized.
11. I will learn to use those tools I bought. We all have them – rulers, gadgets, and accessories that haven't been touched.

Handy Hints

"I love silk thread -- it's worth every penny. I hated that every time I had to re-thread my machine, pulling the thread out from the needle side I wasted more than 2 feet of thread. It also occurred to me that this is just about the length of thread that I need to cut when doing hand applique or other fine hand-sewing. So, I took a 3" x 5" card, folded it in half lengthwise, and cut notches about 1/4" apart along both long sides. I keep several of these next to my sewing machine now, and every time I pull that long string of thread through my sewing machine, I wrap it onto a card. I can mark on the card what colours the threads are. I can make individual cards for different colours. I can even keep a needle or two stuck in the card. Whenever I need thread for hand-sewing I grab one of these cards full of pre-cut thread and I'm ready to go. I can even travel easily with them."



We talked about the Superior Thread Holder a while back. Here is another great use for it. To stop binding from getting tangled while attaching it to the quilt, roll your binding onto an empty toilet paper roll and put that on the Superior Thread Holder. Worked great!

All prices quoted in this newsletter are current at the time of going to print but may be subject to change at a later date.

We're open Saturday 10.00am-4.00pm & Sunday 1.00-4.00pm

NOTICES

Days our staff work

Alana	Friday & Saturday
Anna	Thursday, Saturday and Sunday
Denise	Monday - Friday
Marilyn	Monday - Tuesday, Friday - Saturday
Marjorie	Wednesday & Friday

Mary	Sunday - Thursday
Rebecca	Monday - Thursday
Sara	Monday - Tuesday
Sarah	Monday - Friday
Tess	Thursday

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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