

Nancys Embroidery Shop  
**Nancys**<sup>TM</sup>  
 www.nancys.co.nz

your dedicated  
**BERNINA**<sup>+</sup>  
**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 104,

October 2013

04) 473 4047

0800 783 639

PO Box 245, Wellington 6140

nancys@nancys.co.nz

Congratulations to Anna and other graduating students who are coming to the end of their studies. I know a number of you

answered Anna's call for stitched samples to be transformed in to her Fashion Design Degree final collection. I hope you

enjoy the story of the journey - Metamorphostitch. Enjoy the Gift Voucher and give the other one to a friend. **Mary**



### Metamorphostitch

My concept for this collection was to use craft as a reaction to the mass market and challenge stereotypical views of craft as a domestic hobby by using all second hand materials, and transforming them into a decorative and thought provoking collection using tradition and contemporary craft techniques.

The act of crafting these days is participated in for the pure love of it, as a calming way to slow down for a second in this fast paced society, as opposed to crafting out of necessity to clothe a family. Although the craft revival from the past decade has helped bring craft into the modern spotlight there are still some forms of craft that are almost forgotten.

The aim for this collection was to make consumers aware of how much waste there is, whilst trying to inspire them to learn a new craft technique: grabbing their attention through colour and texture, as well as evoking an emotional response to the garments by pulling up nostalgic memories of their mothers or grandmothers using the techniques, therefore creating a personal involvement with the work.

The target market involves inspiring different groups of people. The first being people who are already craft activists, the intention being to make them aware of how much waste there is from fashion and craft industries and inspire them to start using their own second hand materials or perhaps a new technique they hadn't tried. The second target group is people who don't know how to craft, aiming to inspire them to learn how to craft.

To reach these markets I have planned a basic business model around branding myself as a fashion textile artist and how I would reach these audiences. The initial plan is to get as much exposure as possible through channels such as competitions, exhibiting, and giving talks and teaching particular techniques through my current job at Nancys Embroidery Shop. I have already been asked to talk at the Capital Quilters Guild about my collection which is very exciting. *more....*

**Spoil yourself and a friend with the Nancy's Gift Vouchers inside**

*they must be spent before 30/11/13*

**Need a dollar for the parking meter? - We are always happy to give you one**

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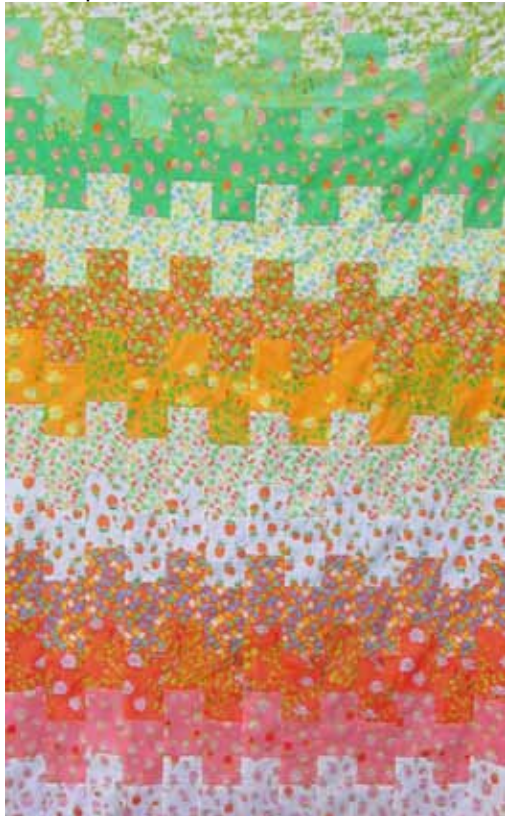
# PROJECT

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## Nancy's Baby Bricks Quilt

When I first saw the Heather Ross fabric I wasn't sure about it, but when I saw the picture of the Briar Rose quilt and saw the way the pinks, oranges and greens sparked off each other, I had to get the range and make a sample using our Baby Bricks pattern.



## Instructions for Heather Ross Shop Sample

These instructions will produce a quilt 80 cm x 130 cm

### REQUIREMENTS

You will need

Twelve 5 inch x 42 inch strips of fabric for the rectangles or twelve fat quarters.

Five 2 ½ inch x 42 inch strips for binding

140 cm Backing Fabric (110 cm or 42 inches wide)

Sewing thread in a co-ordinating colour or a neutral one

90 cm x 140cm batting in wool, cotton (Plunket recommends the use of natural fibres for new babies, so we suggest cotton, cotton/bamboo or wool)

Pins, scissors

Rotary cutter, mat and ruler OR ruler

Fabric marker or dressmakers' chalk

### PREPARING THE QUILT BLOCKS

Press the 5-inch fabric strips, trim off the selvages and cut into rectangles 3 inches wide. You will need 13 blocks of each fabric  
Bottom row fabric cut five 3 inch squares and six 5 x 3 inch rectangles

Top row fabric cut six 3 inch squares and five 5 x 3 inch rectangles

### ASSEMBLING THE QUILT TOP

Be careful when sewing the seams – that you don't veer off the ¼ inch seam allowance at the beginning and end of each seam.

The quilt top is to be constructed in columns, a column being 12 blocks laid out with their short ends touching. The columns will then be joined together.

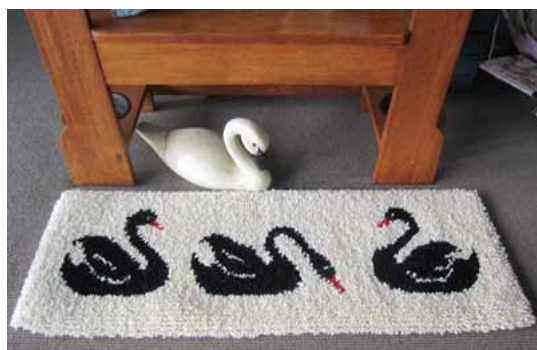
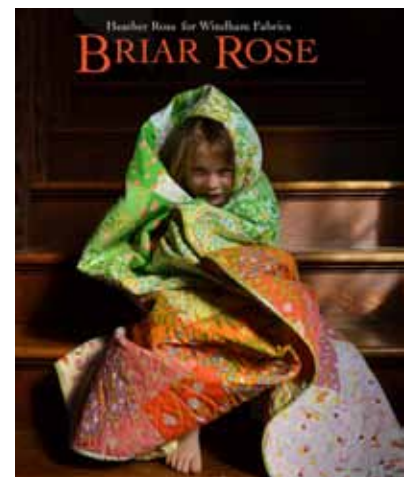
Do every column in the same order of fabric but start 5 columns with a 3 inch square and finish with a 5 x 3 rectangle. Start 6 columns with a rectangle and finish with a square.

Join the columns with alternative long and short blocks starting the column.

Quilt and bind as normal.



Heather Ross Fabrics - \$26.95/metre

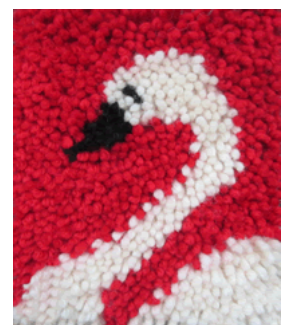


## Swan Song

Inspired by the Iconic Crown Lynn Swan, we have produced a pattern and have full kits available to create this 100% pure NZ wool rug in two colourways (watch for more)

The pattern, \$19.95, includes full instructions, colour image and A3 colour printed chart

The full Kit, \$240, includes charted pattern, rug wool, canvas and latch hook.



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## Metamorphostitch continued

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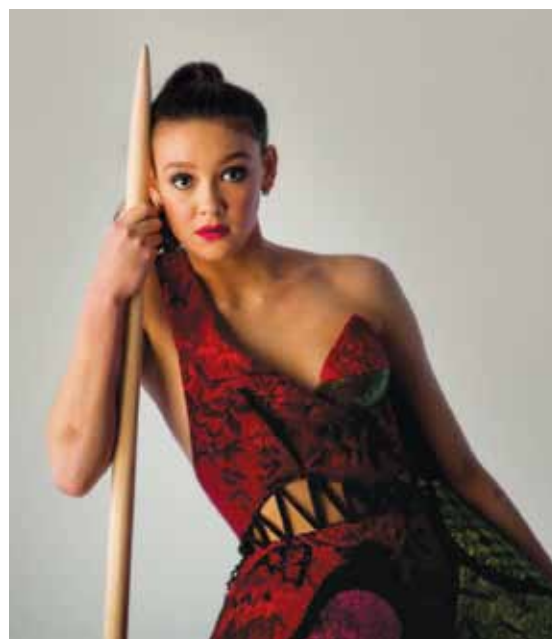
The process started with experimenting with different techniques and materials to find the best combination to work with both ideas. Wool was the most versatile and effective material therefore the majority of the collection is from 100% wool. The choice to use wool was also encouraged by the fact that using second hand wool helps promote the NZ wool industry, showing its versatility and quality. As well as this people are drawn to wool as it has a reputation for being a friendly, soft and inviting material.

I have tried to use as many different techniques as I could with these garments....



The first being the Knit Together Jacket. Made from chopping up and knitting together old jerseys and woollen blankets, with a needle felted panel on the front from offcuts of the same jerseys.

The second outfit is the Quilt Comfort Jumpsuit. Made from a quilt that my Mum made for me years ago. Dyed to freshen with a knitted binding trim and French knitting lacing up the front.



The third outfit is the Rugged Up Cape which has a rug hooked panel made from a second hand rug canvas and plenty of wool from my Nana's attic, with an appliqued and quilted panel from the left over jerseys and tapestry.

The fourth outfit is the Piece by Piece Tapestry Dress which is made entirely from donated and op shop tapestries which have been dyed, stabilized, blanket stitched and crocheted together.

The work will presented in both the Massey University Graduation Fashion Show and in the Exposure Exhibition, 9 -23 November, Massey University.

**Anna**

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## 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 date: Wednesday 27 November

## New Strand Patterns



### Classic Cardigan

Nothing is more classic than a finely stitched cardigan to wear over a summer dress or a merino top in winter. This pattern is inspired by a vintage Vogue pattern for a twinset. There is shaping from the waist and the front bands are knitted as you go. Matching or contrasting buttons, modern or vintage will complete the garment. Covered buttons can give a garment a real lift. Try a co-ordinating floral patterned cotton or a classic black velvet. The fabric flowers are made with a Clover Flower maker.

For real fun the garment can be embellished with knitted or crochet flowers, a little Peter Pan collar, or exuberant embroidery and beading. Use our ideas or come up with your own. Have a look at the embroidery ideas from English Embroiderer and Designer Karen Nichol and create your own original garment. [www.karennicol.com/pages/fashion1.html](http://www.karennicol.com/pages/fashion1.html)

I believe that if you are going to knit an adult garment you want it to last. The Strand yarn is a worsted spin so there is no pilling and it will wear well. Because the yarn is fine with 90m per 25 gm ball you will only need 11 balls for the first size. At \$9.50 per ball this is about \$110 for a beautiful classic garment.



### Castaway

Everyone loves the French nautical look and this pattern will fit your one year old right up to your eight year old sailor. Complete the look with a French Beret.

Strand patterns \$9.95

Thank you to Rita, one of our FONs for test knitting some of the samples for us.

### Little Knitted People

These little people are perfect for small hands and can be created to match hair colour or a favourite outfit. A Father Christmas one would be fun.



#### Materials

A 10m skein of Strand yarn each of: Hair colour and boy's shoes(A - 095) Skin(B - 141), Trousers and girl's shoes (C - 494), Top and dress(D - 392), Top(E - 151)

2.75 knitting needles  
Stuffing

#### Boy

With A cast on 6 sts (shoes)

\*\*\*St St 2 rows

Next row k1, \*m1 k1, repeat from \* to end of row (11 sts)

Purl 1 row

Next row k1, \*m1 k1, repeat from \* to end of row (21 sts)

Purl 1 row

Next row: k5, \*m1, k4 repeat from \* to end of row (26 sts)

Purl 1 row \*\*\*

With C St St 16 rows (trousers)

\*\*With D St St 2 rows (jersey)

With E St St 2 rows

Repeat from \*\* 3 more times

With B St St 6 rows (face)

With A St St 6 rows (hair)

Next row: \*K2tog, repeat from \* to end of row

Purl 1 row (13 sts)

Next row: k1 \*k2tog, repeat from \* to end of row (7 sts)

Break off yarn and thread through sts (use this thread to start stitching

up)

#### Girl

With B cast on 6 sts (shoes)

Work as for Boy up to \*\*\*

With B St St 8 rows (legs)

With D St St 24 rows (dress)

With B St St 6 rows (face)9k

With A St St 6 rows (hair)

Next row: \*K2tog, repeat from \* to end of row(13 sts)

St St 3 rows

Next row: k1 \*k2tog, repeat from \* to end of row (7 sts)

Break off yarn and thread through sts (use this thread to start stitching up)

**To make up:** Stitch lazy daisy flowers on dress

Stitch back seam, use ends of yarn at the edges to join the appropriate colour. Leave a gap in the middle and stuff (not too firm)

Use matching yarn stitch leg division and arm shaping as in the picture

Tie a thread around the neck tightly and finish off securely taking ends through figure

Do the same for the girl's top knot  
Stitch French knots for eyes

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# KNITTING

## zealana.

*The light, soft touch of new zealand*

We are very pleased to welcome the gorgeous Zealana range to Nancy's. Zealana yarns are something extraordinary—ultra soft, durable, pill-resistant yarns that are light and warm.

Zealana is a trademark brand of hand-knitting yarns produced by Woolyarns Limited in New Zealand. Woolyarns is a leading yarn innovator dedicated to elevating New Zealand's already superior, natural fibers with the exceptional properties of New Zealand Brushtail Possum fiber.

The yarns offer luxurious handle, high quality natural fibers and superior manufacturing making them some of the finest hand-knitting/crochet yarns available in the world.

Not only does Zealana yarn make a great project greater, its production helps make New Zealand's ecosystem a lot healthier.

### Air Lace Weight



Air is something extraordinary—an ultra soft, durable, pill-resistant yarn that is lighter and warmer than 100% cashmere. AIR features 40% down from the brushtail possum fiber, combined with 40% cashmere and 20% mulberry silk. AIR is our most luxurious yarn in six subtle colours.



This cropped cardigan pattern from the Zealana Air pattern book only takes 5 balls of yarn to knit. So although the yarn is \$24.95 per ball, it goes a very long way. A Cashmere/Possum/Silk garment for \$125 is very good value.

### Rimu Double Knitting



Zealana RIMU is a sumptuous, hardwearing yarn. Its unique makeup of 60% fine New Zealand merino and 40% brushtail possum make it the perfect choice for garments that need to go the extra mile and back again...with lots of gentle machine washings in between. We have 10 rich colours to choose from. \$14.95/ball

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### Finishing

Bring out the true beauty of Zealana brushtail possum yarns by properly washing and blocking your finished knitted pieces before wearing.

Washing brings the possum fibers to the surface of the fabric, creating a gentle halo effect, and relaxes the stitches to create a softer, more fluid fabric. It also binds the possum fibers into the garment, reducing shedding.

1) Fill a basin or sink with warm (86F/30C) soapy water. A gentle wool wash such as Eucalan, Soak or even Lux soap flakes is best.

2) Submerge the garment or knitted pieces and gently squeeze (don't wring!) water through the fabric.

This causes the stitches to relax (both in width and length) and further binds the possum fur into its merino or cashmere base, preventing shedding when the garment is worn.

3) Empty the basin and gently squeeze the excess water from the garment. Roll the piece in a clean towel to absorb excess moisture, then lay the garment flat to dry (out of direct sunlight), wet-blocking the piece to the finished measurements. Do not iron or steam possum garments; this can flatten the possum fibers, diminishing the halo effect.

### Patterns and Designs



Eight exquisite patterns including a sleeveless top, a lace edged cowl, lace scarf, beret and the cropped cardi pictured on the left. \$18.95



A luxury collection of nine hand-knits made in high performance RIMU DK yarn. The leaf yoke cardigan and the Save the Kiwi Hat caught my eye. But the Cozy Cabled Coat would be divine for next winter. \$18.95

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## WHAT'S NEW

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Nancy's™

*the yarn studio* create-play-relax

### KEY:

ch = Chain stitch  
ss = Slip stitch  
dc = double crochet  
dtr = double treble (triple crochet)

### COLOURS:

MANUKA BLUE 205  
MANUKA BLUE 204  
MATAI NAVY 071  
TITOKI PINK 491  
TITOKI PINK 495  
KAURI GOLD 433  
TOTARA RED 015  
CREAM 445

### JAPANESE BLOSSOM CROCHET FLOWERS

STRAND 3PLY

2.00mm hook

#### 5 PETAL FLOWER:

Rnd 1: 5 ch, join with ss into first ch to make ring

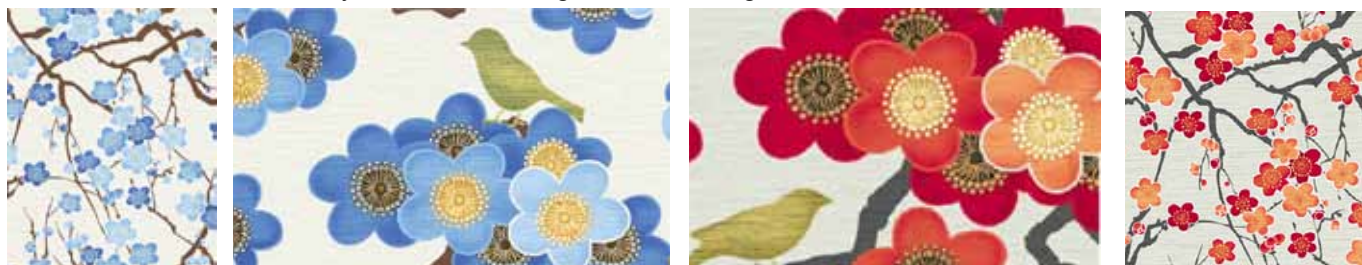
Rnd 2: 10 dc into ring

Rnd 3: 1 ch, 4 dtr into same ch, ss into next ch. Repeat 4 more times, making 5 petals. Cut off, stitch in ends.

#### BUD:

7 ch, 3 dtr into 2nd chain from hook, 3 dtr into each of the next 4 chain stitches. Cut off. Work into spiral when stitching in ends.

Here are the beautiful spring-like patchwork fabrics from the Kona Tomorrow Morning range that inspired Rebecca to create the crocheted cherry blossoms to bring life to bare twigs. \$30.95/metre



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### Watch out for Colourful Tess

At the age of 19, I am currently the youngest child of Nancy's embroidery. I've been lurking around the shop every now and then, doing the occasional odd job, for about three years, but the time has come for me to engage in adulthood and throw myself into something more substantial than eating tim tams and watching movies intended for ten year olds. I have just finished my first year of fashion design at Massey University, but my sewing journey began at 14, when I decided taking textiles would be a fun way for me to pretend I was Tim Gunn of Project Runway. Things quickly snowballed as I started to realize that I was spending every waking minute on my various creations, and I haven't stopped since, trying to challenge myself to create the most outlandish things I can conjure up. Sewing garments is my first love, but I have a deep-set respect for all the fabulous, impossibly detailed pieces I'm exposed to here. If you see me, be sure to tell me all about what you're doing. I'd love to live vicariously through you and whatever magic you're making with your materials!

**Tess**

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

Saturday 10.00am-4.00pm & Sunday 1.00-4.00pm

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.

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**BERNINA+**

made to create

**my BERNINA accessories****Mobile Applications**

Take BERNINA with you and always have the info you need at hand. Your perfect companion that will help you:

Explore the key features of each foot and accessory (including videos)

Keep track of the BERNINA accessories you already own  
Discover the latest presser feet and accessories as they become available

Find out what accessories fit your BERNINA machines (for models made since 1997)

Search for a foot and accessory based on a technique or keyword

Make a wish list of feet and accessories you need and more!

**Download the app today!**

Download the iOS version for iPhone® from the Apple app store

Download the iOS version for iPad® from the Apple app store

Download the Android version from the Google Play® store (coming soon)



Come in and see the entries in the Bernina Music Challenge. From 1 November to 6 November (only one week) you will have the opportunity to vote for the entries to go to Bernina as the Nancy's Choices so come in quickly before they go to Bernina for final judging.

The overall NZ winner will win a Bernina 550 sewing machine valued at \$4,699. There's also a People's Choice Award with the winner taking home a Bernina 380 sewing machine valued at \$2,799.

Each person who votes at Nancys will go into the draw for a \$30 Voucher to spend on Bernina products at Nancys.



Entries so far:

Clockwise from top left: Adrienne Howard - 'Baby Sings the Blues'. Anastasia Greenwood-Boot - 'Storms of the Heart in D minor'. Camilla Watson - 'Etude' (Study). Helen Beaven - 'The Backseat Band'. Fyvie Murray - 'Stockhausen Soundscape: Visualising Karlheinz's Music'.

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**Featured BERNINA Machine - The BERNINA 215**

***The BERNINA 215 will be on sale for only \$1299 in the BERNINA Christmas Sale beginning in mid November. The best price for a BERNINA Sewing Machine that we have ever had at Nancys.***

The BERNINA 215 offers the ideal sewing machine for price-conscious beginners who place value on quality and sewing convenience: a simple-to-operate, user-friendly machine which easily handles thick layers of fabric, and places a multitude of creative techniques at your fingertips. The BERNINA 215 is testimony to the fact that a sewing machine can be affordable and state-of-the-art at the same time: versatile, made-to-last and upgradable in a multitude of ways – the perfect introduction to sewing.

The BERNINA 215 offers a wealth of handy features in an affordably priced sewing machine for beginners: Thread cutter, built-in needle threader and ease of operation through direct-selection keys – so you can sew smoothly and comfortably from the first stitch forward. Stitch length, stitch width and needle position can easily be varied, and the backlit LCD screen provides clear information on your chosen stitch pattern and settings. What's more, a wide range of accessories are available that will allow you to upgrade the BERNINA 215.

# NOTICES

## Days our staff work

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

Nancys Embroidery Shop  
241 Thorndon Quay  
PO Box 245  
WELLINGTON 6140  
Tel: 04 473 4047