



# Applique Taster Course

This is intended to act as an introduction to distance learning  
We hope you enjoy it!





# Taster Course

**Hello there – thank you for your interest in our distance learning courses.**

We know it can be a problem for some prospective students to decide if this method of learning is right for them and also what level may suit them best.

To try to help out, along with the usual written details on our site, we regularly put mini 'taster' courses together on different subjects for you to download for free.

The present one is based around basic appliqué and machine making skills, but please bear in mind that, whilst this bag is an interesting and useful project in itself, it is not intended in any way as a level indicator for City & Guilds courses, simply as a way of letting you assess how distance learning may work for you.

## **What's in the Taster Course?**

The taster course has 3 basic elements:

- q A quiz about your individual learning styles to help you decide if distance study would suit you and at what level you may be best to start.
- q A practical exercise on making a small felt sample (shown on the first page)
- q An excerpt from one of our distance learning modules so you can see how the courses work and the presentation style



## What are the Benefits of our courses?

- § A new Career
- § The ability to teach textiles at further and adult colleges
- § New Skills
- § Contacts with like-minded people
- § Exhibiting your work
- § Learning without leaving home

## How do I know if distance or online learning would suit me?

- n Our quiz would be a good start, as would chatting to one of our experienced tutors if you're still unsure
- n On the next few pages there are some multiple choice 'quiz' questions that you can check your skill levels against, with answers at the end to help you interpret your answers. Also at the very end of the pdf there are actual excerpts from our Level 3 embroidery course modules so you can see how the course is delivered.



## Short Quiz for General Distance Learning Suitability Is Distance Learning for you? Try the Quiz below as fun indicator .....

Note by the side of the question number which answer is closest to your situation and then add up your scores

My need to take the course is:

- A. High – I need it immediately for a job or other important reason
- B. Moderate – I could take it later or substitute another course
- C. Low – it is a personal interest that could be postponed

Having face-to-face interaction is:

- A. Not particularly important to me
- B. Quite important to me
- C. Very important to me

I would classify myself as someone who:

- A. Often gets things done ahead of time
- B. Needs reminding to get things done on time
- C. Puts things off until the very last minute

Classroom discussion is:

- A. Rarely helpful to me
- B. Sometimes helpful to me
- C. Almost always helpful to me

When a tutor hands out directions for an assignment, I prefer:

- A. Thinking through the instructions by myself
- B. Trying to follow the directions on my own, then asking for help as needed
- C. Always having the instructions explained to me



I need to be constantly reminded of completion dates and assignments

- A. Rarely
- B. Sometimes
- C. Often

Considering my professional and personal schedules, the amount of time I have to work on a distance learning course is:

- A. More than for an attended course
- B. The same as an attended course
- C. Less than for an attended course

When I am asked to use e-mail, computers or other new technologies presented to me:

- A. I look forward to learning new skills
- B. I feel apprehensive, but try anyway
- C. I put it off or try to avoid it.

As a reader, I would classify myself as:

- A. Good – I usually understand the text without help
- B. Average – I sometimes need help to understand the text.
- C. Below average – I often need help to understand the text

If I have to go to college to see my tutor or complete work:

- A. I have difficulty getting to college, even in the evenings and on weekends
- B. I may miss going on occasions if the college is not open at evenings and weekends
- C. I can attend college at anytime.

## Answers for the Distance Learning suitability quiz...

- § If you have scored mostly A's, distance learning is a good choice for you.
- § If you have scored mostly B's, you may need to adjust your lifestyle or consciously re-establish new work patterns to succeed in an online course.
- § If you have scored mainly C's, distance learning is probably not the format for you to succeed



## What level would be best for me?

A short quiz could help provide an indication.

Below there is a set of multiple choice questions that you can check through followed by a set of answers to help your interpret the quiz.

Note by the side of the question number which answer is closest to your situation and then add up your scores.

I would describe my interest in textiles as:

- A. Artistic – I love to create and work my own designs
- B. Traditional – I have a reasonable grasp of quite a number of textiles techniques but usually work from books or kits.
- C. Beginners – I like the idea of creating my own designs, but don't have the know how at present.

How often have you taken day classes or workshops in textile topics?

- A. All the time
- B. Occasionally
- C. Never

I would classify myself as someone who:

- A. Was professional or semi-professional in textiles
- B. Has been interested in textiles as a hobby for a number of years.
- C. Has very little experience in textiles, but would like to learn

Magazines:

- A. I have a number of textiles magazine subscriptions every month.
- B. I subscribe to one magazine a month
- C. I sometimes pick up a magazine in the newsagents if I like the look of the projects it contains.



Groups and exhibitions:

- A. I belong to one or more local textile groups
- B. I occasionally attend a talk or visit an exhibition
- C. I have never been to a talk or exhibition on textiles

Do you own a sewing machine?

- A. Yes – and use it regularly
- B. Yes – but seldom use it
- C. No – but I like the idea of being able to work with one or have used a friend's.

## Answers for the Textile Level suitability questionnaire ...

- § If you have scored mostly A's, a Level 3 or even a diploma if you have existing samples and are very experienced, is your best option
- § If you have scored mostly B's, Level 2 or Level 3 is best for you, although you could always take a beginners course if you feel this would help your confidence level to begin with.
- § If you have scored mainly C's, its great that you're interested in textiles and a beginners course could really help you start off – alternately you may wish to speak with one of our tutors to determine in greater depth exactly which course you'd like to follow.



# What you'll need for the sewing / knitting bag shown

§ Fabric 1 Calico* - cut two squares	10"x10"	(25cm)
§ Fabric 1 Calico* – cut two pieces	17.5x20"	(43.75x50cm)
§ Fabric 2 Stripe* - cut two pieces	17.5x20"	(43.75x50cm)
§ Fabric 3 Large Print Chintz* cut two	4x3"	(10x7.5cm)
§ Fabric 4 Small Ditzzy Print* cut two	1.5X2"	(3.75x5cm)

\*These fabrics are suggestions only – use what you have available of a lightweight cotton woven fabric that suits your colour scheme

- § Embroidery Hoop – 8" - also used for the bag handles after the project is completed
- § Printer for printing out the template from this course material
- § 1 needle – crewel size 5 is good
- § Stranded cottons in matching colours to your patterned fabrics
- § Ribbon
- § Reel/s of sewing cotton in a matching colour to your fabrics and your sewing machine if you're using one for seaming the bag, otherwise the same hand needle as before.
- § Card and paper - for templates
- § Scissors, metal rule and a glue stick
- § Hb Pencil



## General Instructions\*

You may wish to try out this project in full, pick out ideas, or even just read through it to gain insight into how easy you think you would find remote learning – its entirely up to you.

As a rough guide we estimate the entire bag would take around 6 hours.

\*Please do read all instructions before starting to cut out or sew. You will also find it very helpful to refer to the coloured illustrations on the pack so do keep it with your sewing things

### What is Hand Embroidery?

A brief explanation of what constitutes hand embroidery would probably be useful here. It is the type of embroidery that uses a variety of differently formed stitches sewn onto a fabric background. There are lots of different stitches, hundreds of variations in fact, however only a few are commonly used and once you have gained confidence with these then you will probably want to purchase an embroidery book which lists some of the different variations so that you can extend your stitch repertoire.

**Hand embroidery threads** – these are stranded cotton which consist of 6 separate strands – you will need to strand these down to sew with – they should be split in half and 3 strands used at once. The thread should be no more than 18" (45cm) long.

Do use an embroidery hoop – its best that you use this to keep the fabric taut as you work, so that puckering doesn't occur.

### Transferring the Design

From the embroidery template at the back of these instructions you can lay the calico over the top of the template and easily see the design through it. Trace the design lightly using an ordinary HB pencil. This should be just enough for you to see but not so heavy that it is hard to cover with the stitches. If you have any difficulties seeing the design then hold up to the light at a window and trace it there.

### Making up Bag

The bag is made up using either hand backstitch or machine straight stitch – the choice is yours. Seam allowances are included and are always ¼"



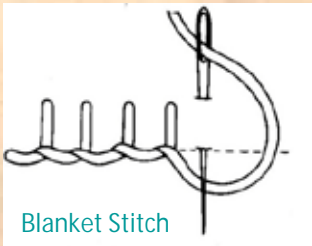
# Embroidery Stitches Used



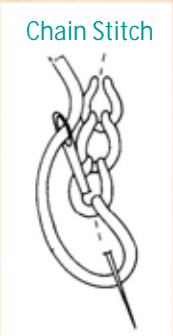
Straight Stitch



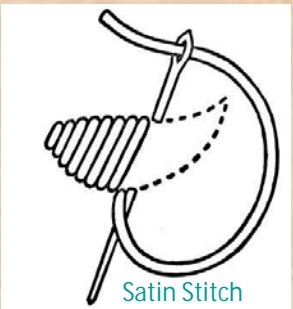
Detached Chain



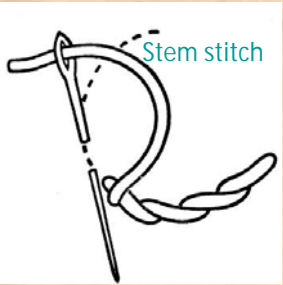
Blanket Stitch



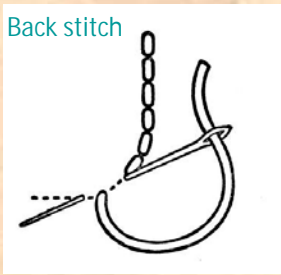
Chain Stitch



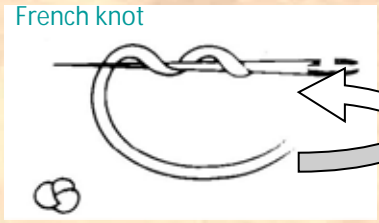
Satin Stitch



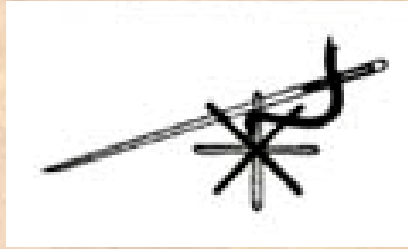
Stem stitch



Back stitch



French knot



Whipped Spider Web stitch

The straight and diagonal stitches are worked first. The web part of the stitch is woven over and under the first stitches.



# What to do first.....

- § The first job is to embroider the circular design for the front of the bag. Select the two 10" pieces of calico you have cut out. We used a 9" plate to draw around for this so that the design fits nicely into the hoop without having to move it when embroidering. It doesn't need to be exact – roughly that size will do. As usual with these applied motifs you'll need to cut 2 out of the calico – one to embroider onto and one to act as a backing
- § Trace template on slide 15 on to the centre of one of the circles using an hb pencil.
- § Trace the roof and door shape and transfer to some firm paper or lightweight card to make 2 separate templates to use as pattern pieces.
- § Cut 2 roof pieces from fabric 3 and two door pieces from fabric 4, remembering to add on a ¼" (0.65cm) seam allowance all around each of the pieces. Then with right sides together, seam them all the way around. Make a slit in the centre of one side and turn the pieces right side out and iron flat.
- § Apply the door and roof pieces ontop of your traced design and hold in place using either a few large tacking (temporary) stitches or a couple of pins. Then using blanket stitch – secure them all the way around to form a decorative edge.
- § Use backstitch for the edges of the house, the writing and the flower stems
- § Use Satin stitch for the chimneys, windows, flower leaves and the flowers – see next page for embroidery details and photo





- § The centre of the flowers are filled in with several French knots
- § Use running stitch around the edge of the circle as a final flourish if you wish. This has the added benefit of keeping the edges flatter – see finished item photo on page 1
- § When the embroidery is complete, iron and turn right sides together with the plain circle and stitch all the way around, turn right sides out by making the usual split in the centre of the back piece and press – see photo below



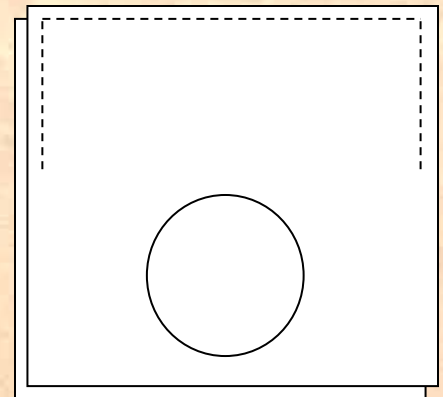
### Making up the bag

- Cut two pieces of fabric 2 and two pieces of lining material (calico) – all 4 pieces should measure 17.5" (height)x 20" (width)



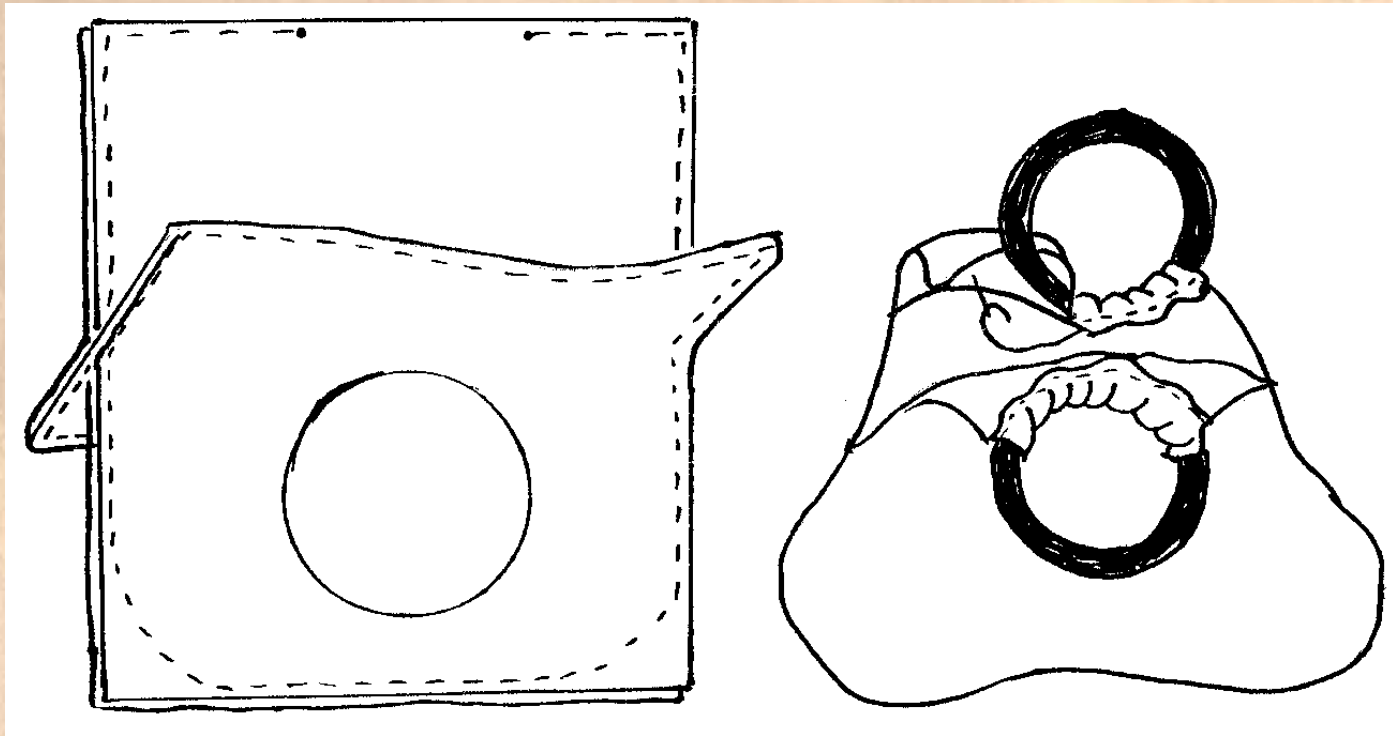
- Apply the circular embroidery to one piece of fabric 2, about 2" up from the bottom of the bag in the centre. Use blind hem stitch on the machine or whipstitch by hand - again you may wish to tack it in place to begin with and then remove the tacking.

- Place the lining pieces right side to right side with the striped/check pieces and sew them together along the top edge (the opposite edge to the one where you sewed the motif 2" from the bottom) and 8" down on each side, as shown. Fold the material and lining apart and place the two bags parts against each other so that material is against material and lining is against lining. Although this bit seems very complicated, just do exactly as the instructions say and it will work out! Use the same plate you used for drawing the 9" circle for the embroidery to draw rounded corners for the bottom edge lining and material. Sew around the edges and leave a reversing opening in the lining. Cut off the corners and surplus seam allowance and turn the bag right side out



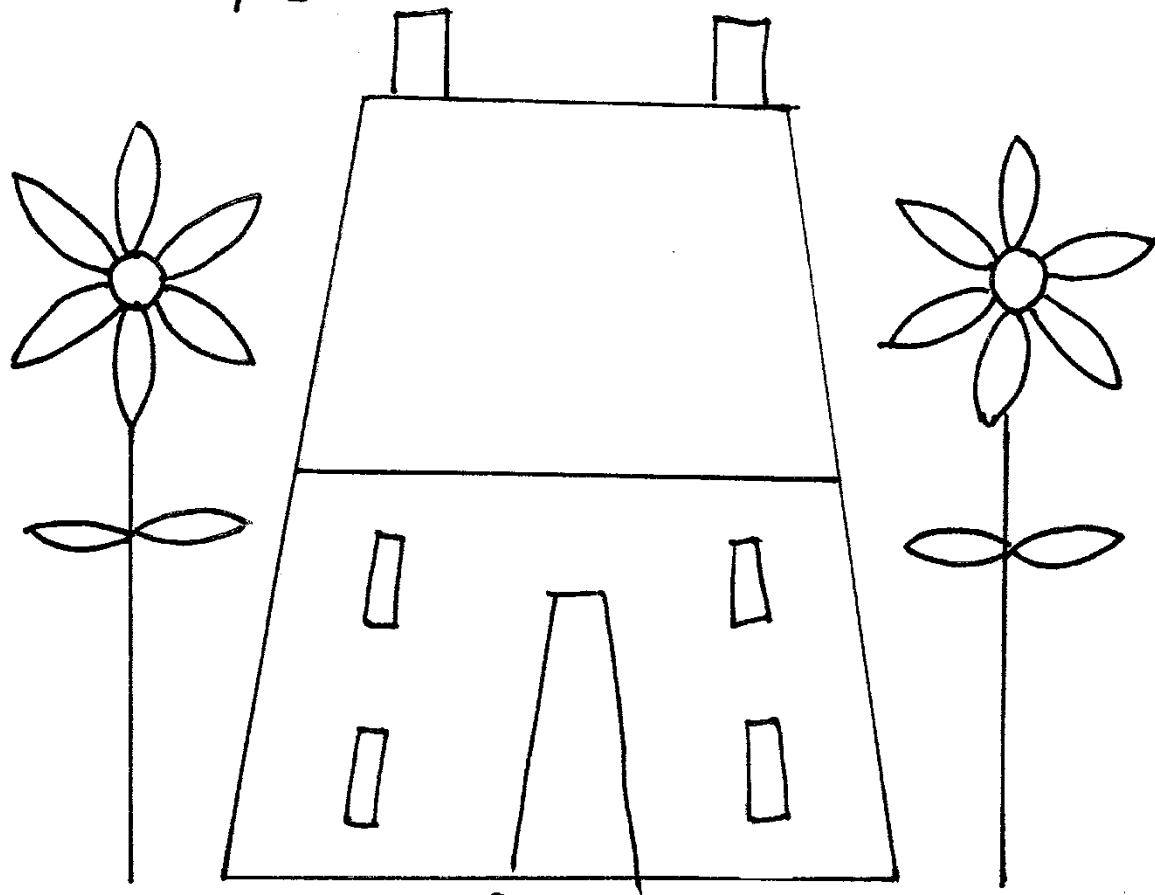


- Draw a line 3" from the top edge of the fabric on the lining side using an HB pencil. Separate the embroidery ring and use each hoop as a handle for the bag – make sure the screw is hidden in the fabric folds so it can't catch your hand. Fold the edge around the hoops and whipstitch it in place so that the edge coincides with the line you have drawn.





My Things



For Sewing



# Last but not Least!

- n The link below is for you to download our online brochure if you'd like to find out more about our courses and also see a choice of excerpts from our Level 2 and 3 City & Guilds distance learning modules. [SSTOnlineBrochure](#)
- n We do hope that you've enjoyed your taster course and that it has given you some idea of how learning at a distance works. We use email, downloadable course materials, printed materials, student forums and experienced tutors to help you through your chosen course. We also give you the choice between postal distance learning or online courses
- n If you still have questions or queries you'd like us to answer do contact us on (+44) 01257 463163 or via e-mail at [info@sofst.org](mailto:info@sofst.org) – we'll be delighted to hear from you.
- n You can also find further details, terms and conditions and enrol for one of our courses at our site at [www.sofst.org](http://www.sofst.org)