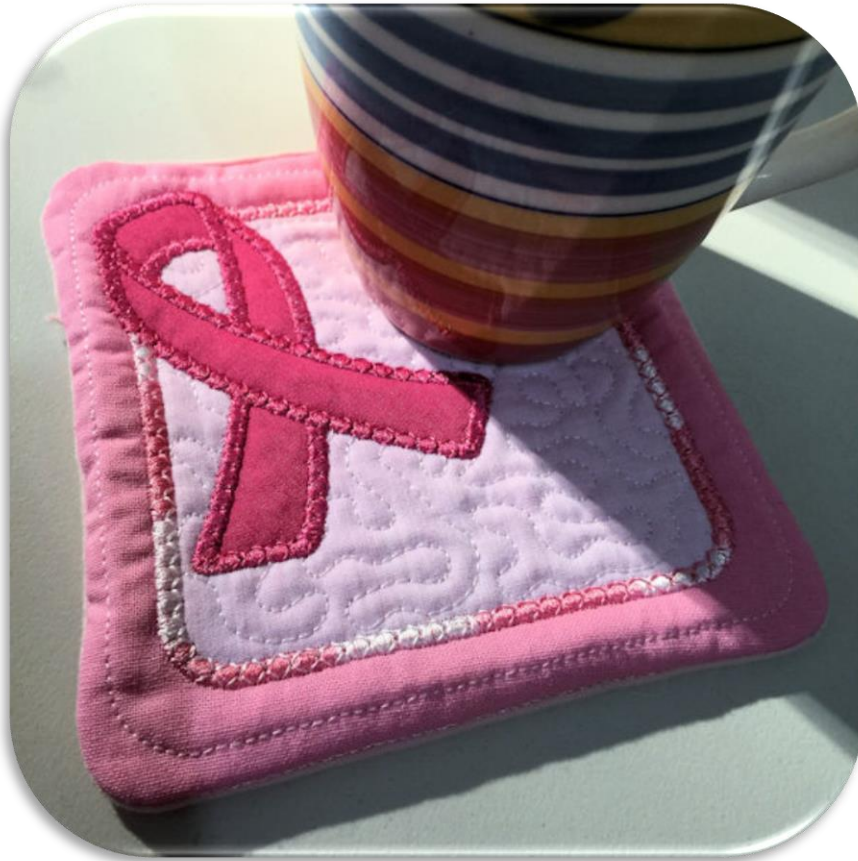




AWARENESS RIBBON - COASTER INSTRUCTIONS



Awareness Ribbon Coasters – 3 sizes 5x5 6x6 8X8



Thank you to Daryle who requested this Awareness Ribbon Design, and to Kim
for testing and writing the Instructions

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MATERIALS

	5X5	6X6	8x8
1 piece for Front	6x6 inch	7X7 inch	9x9 inch
2 pieces for Back	6x8 inch Folded to 6x4	7x10 inch Folded to 7x5	9x12 inch Folded to 9x6
Centre 1 piece	5x5 inch	6x6 inch	7x7 inch
Pellon/Batting**	6x6 inch	7x7 inch	9x9 inch

**Batting, Pellon, Wadding, (so many names for a similar product!) or other absorbent material such as crafters felt* or terry cloth. (*Make sure it isn't a fabric made of wool which will shrink in the wash!)

RIBBON

For ribbon you can do a couple of things.

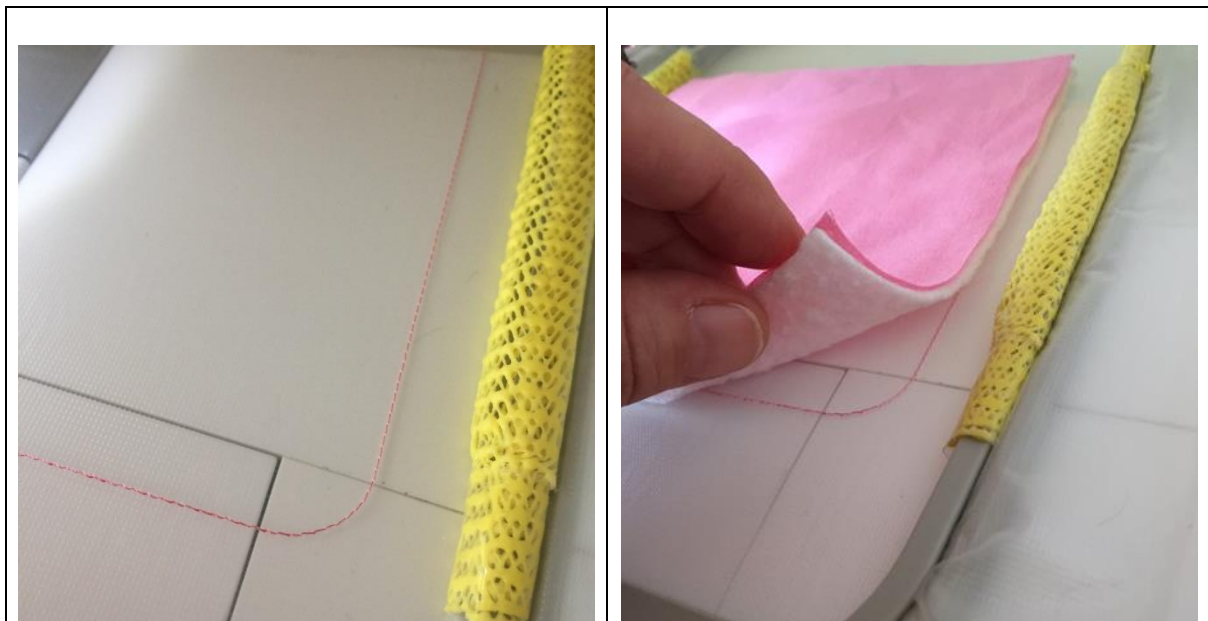
	5X5	6X6	8x8
One Color	3x4 inch	4x5 inch	5x6 inch
If you're confident with placement for applique, you can use Satin Ribbon cut into 3 separate pieces as follows:			
2 pieces	1 x 4.5 inch	2x5 inch	2x6 inch
1 piece	1 x 1.15 inch	1.5x2 inch	2x2.5 inch
These will need to be carefully placed and secured over Guidelines in Step 7			

Other Tools

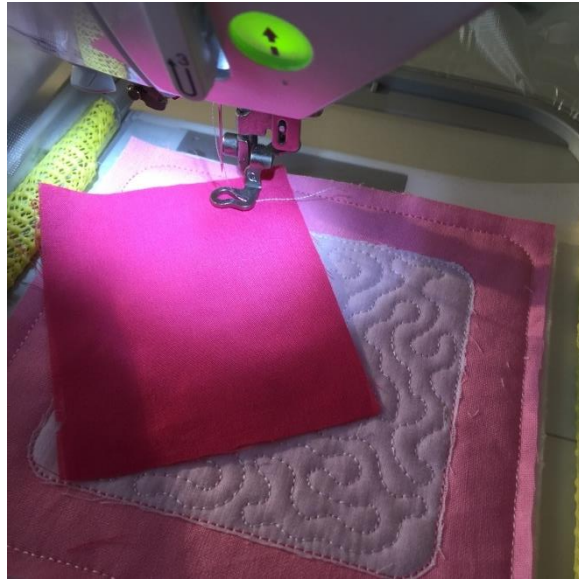
- Neutral thread for guide stitching
- Thread of choice for satin stitching
- A full bobbin
- Sharp pointy scissors
- Duck bill or similar stronger scissors
- Tape or your preferred method of securing fabric for applique. (Note, it's not recommended that basting spray be used to secure backing in place)

METHOD

1. Hoop tearaway stabiliser.
2. Run first stitch which will be your guide for placing batting and fabric.
3. Place your batting and top fabric down, making sure they cover the stitch guide line. Secure with tape to keep your fingers safe. Stitch 2nd color This will attach them and then stitch the placement line for your centre fabric.



4. Place your centre fabric (4"x4") over the guide stitch. Once again tape in place to keep your fingers clear of the needle while stitching. Stitch 3rd Color to secure centre fabric in place.



5. Next is your stippling or quilting stitch. You can choose a matching thread or a contrasting thread.



6. Remove hoop from machine and carefully cut away the excess fabric around the centre panel. Return hoop to machine.



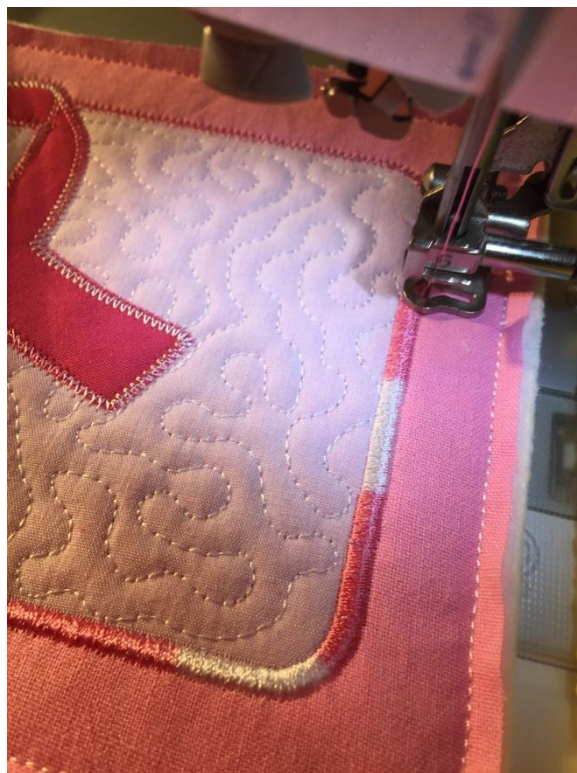
7. Stitch Color 6 which is the guide for the fabric placement for the ribbon.
8. Place fabric (or satin ribbon) over stitch guide. Tape in place and stitch fabric down.

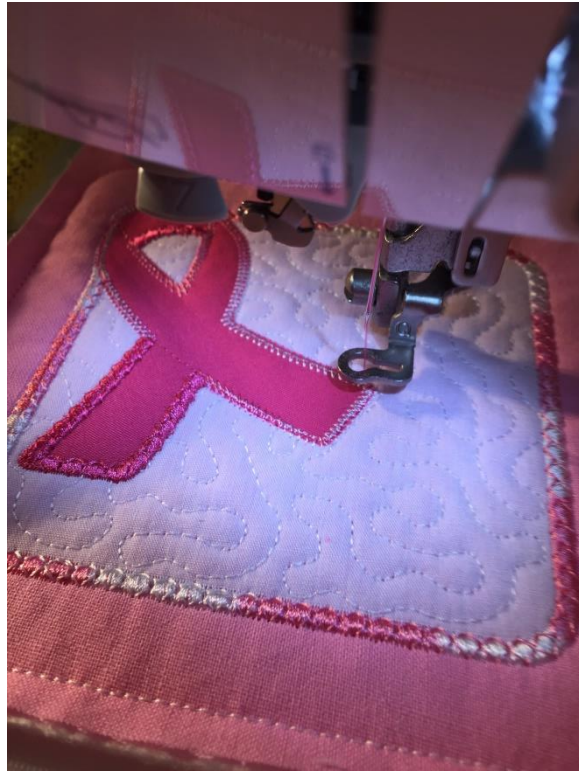


Carefully remove hoop from machine and cut away excess fabric from around the ribbon. I used sharp pointy scissors to carefully pinch the centre (hole) in the ribbon enough to enable me to cut the centre fabric away. **Be very careful not to put a hole in the underlying fabric.**



9. Return hoop to machine and zig zag stitch the ribbon (Color 7) and centre panel (Color 8) in place.
10. Color 9 is the satin stitch surrounding the centre panel. Use matching or contrasting thread, depending on your preference. I've used variegated thread which matches the outer and centre of my fabric.





11. Color 10 is the satin stitch surrounding the ribbon. The pink ribbon represents support for breast cancer research so I've used a nice bright pink and thread to match.

ADD BACKING

12. Carefully place folded fabric over guide lines. Note: I have placed them bottom and top, in that order, with the folded edge towards the centre. Secure in place and stitch Color 11



We're almost finished!

13. Take hoop from machine and remove excess stabiliser.

14. Using sharp scissors carefully cut around the outermost stitch line, leaving a $\frac{1}{4}$ inch seam allowance



15. Turn coaster right side out.





Have some fun with this design. Change the top fabric to something of interest to the person you're giving it to (including yourself). Maybe "fussy cut" your fabric to really show it off. Your options are endless.

Men also suffer from breast cancer. I've made a His & Hers set





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