

How to Make a Machine Sewn

Folded Star Hot Pad

Presented by Deborah Miller, Designer

★ THIS PRESENTATION IS AN OVERVIEW ONLY AND DOES NOT CONTAIN THE ENTIRE PATTERN. ★



Plumeasypatterns.com

PO Box 418, Salida, CA 95368-0148

How to Use the Foundation Template

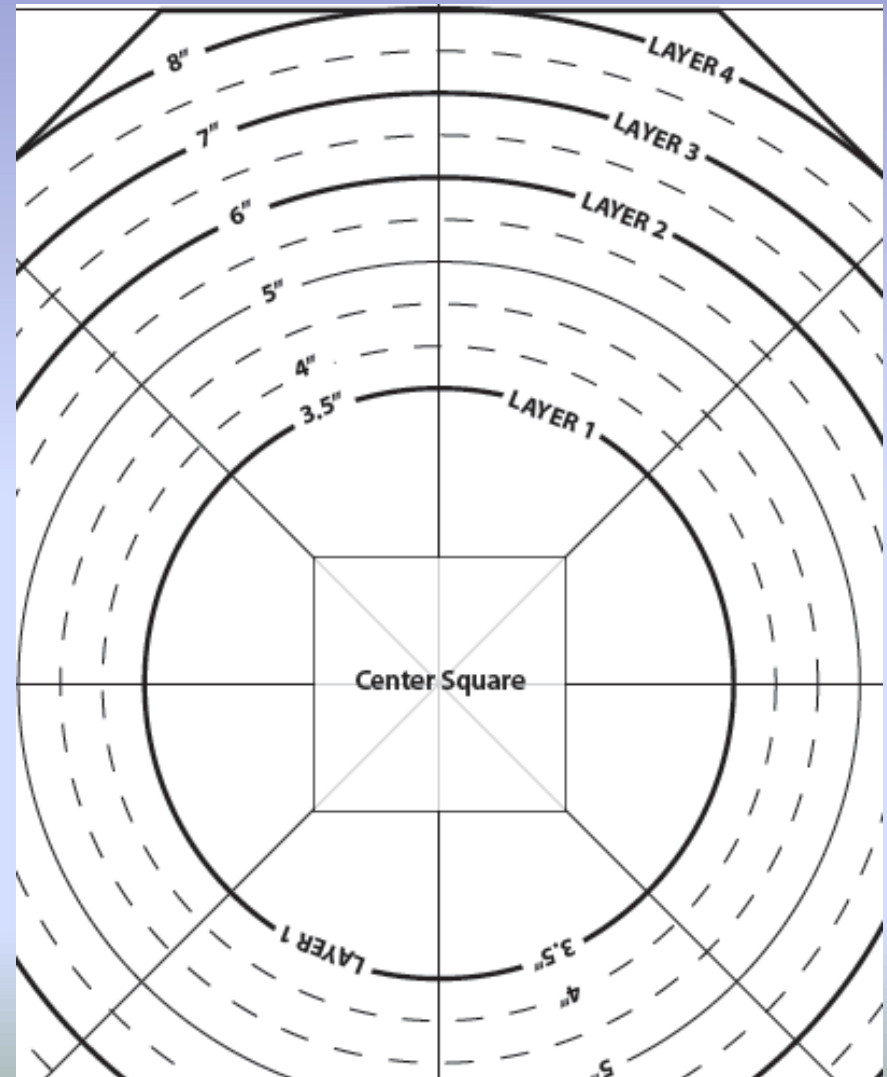
Items you will need:

- Folded Star Foundation Template
- Fabric sets folded and ready to use
- Tweezers
- Water soluble glue stick
- A walking foot, if possible
- Steam iron
- Spray starch
- Pins or Wonder Clips for the binding
- Normal sewing supplies



Labels on the Template

- The template is the foundation of the hot pad. It has a built-in ruler and will help you position each folded triangle correctly. The outer ring diameter is 8". The ruler has measurements in $\frac{1}{2}$ " increments down to $3\frac{1}{2}$ " diameter.
- The center of the template has a square to place the first piece of fabric.
- For each layer of fabric, align base of triangle on the Layer 1- 4 ring on the template, as applicable.
- Layers 2, 3 and 4 have eight triangles each that are placed onto the template, all on the same ring, aligned with the 90° and 45° lines. The ring spacing will result in a perfectly spaced star.
- To help you, the template has suggested what ring to use for what layer.



Tips and Tricks

There are a few Do's and Don'ts for a hot pad project.

- **Read the instructions** completely before starting.
- Select fabric that has **high contrast** and does not have too large a print. For the inner layers, only ½" shows so consider that when selecting fabric. Solids or tone-on-tone are recommended.
- **Cut your fabric accurately**
- For a sharper star, make your triangles as perfect as possible. Using a Prairie Pointer Pressing Tool will help you a lot.
- **Trim frayed edges** on the triangles, if needed.
- **Spray starch the triangles** if they will not stay flat or are puffy.
- Use a **fresh washable glue stick** and not a rubbery one that is dried out.
- Consider the **over/under position** of the triangles and make them consistent.



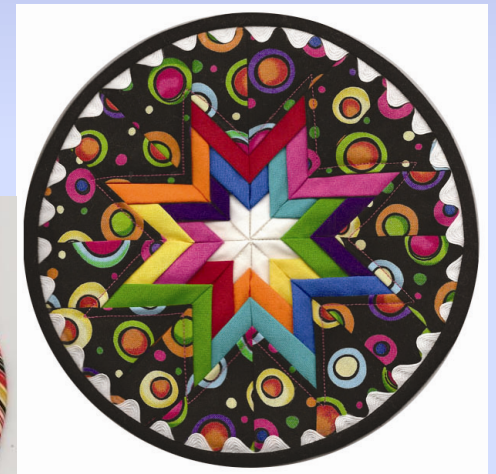
Tips and Tricks - continued

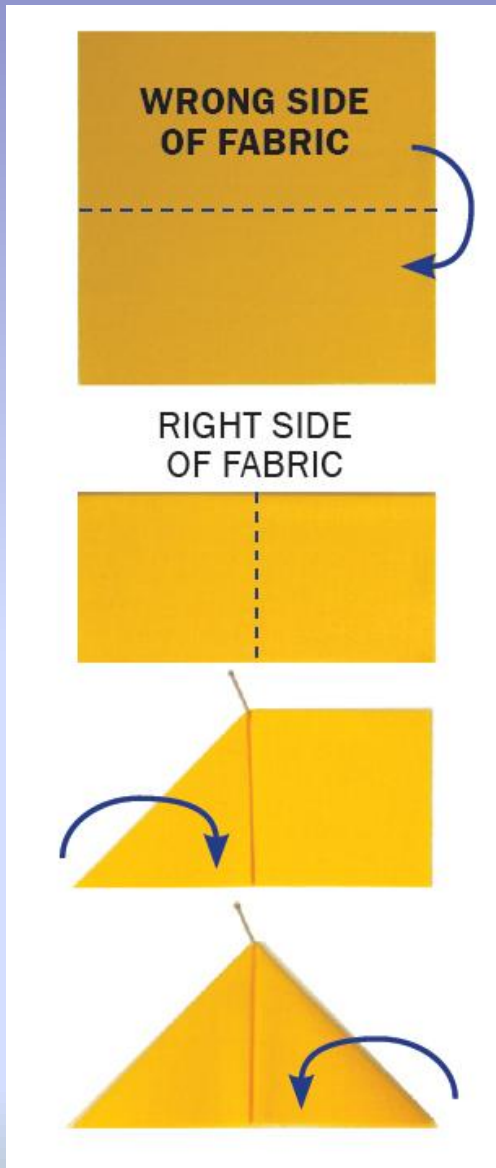
- Look at your hot pad before sewing it and **make sure you are happy** with it. You can tear it apart and glue it again if you made mistakes. It's washable glue, and it comes apart easily so don't be afraid to start over if you made it wrong. It goes faster the second time, trust me.
- If possible, **use a walking foot**.
- **Don't stretch the binding strip** at all, but pin it in place gently.
- Don't let your binding strip hang loose and sew it on as you go; **pin it in place** before sewing and it will not stretch. Sewing it on with it hanging loose will cause it to stretch as you try to ease a straight strip into a circular shape. If you sew like that, the round hot pad will not lay flat. I now use Wonder Clips instead of pins for this step.

Embellishments & Alternate Designs

Have fun with your fabric and design by doing the unexpected!

- Add rick-rack before binding
- Mix up your fabrics, for example, try a rainbow effect
- Try moving the spacing between layers to add or subtract for emphasis
- Make the hot pad scrappy
- Use crazy fabric on the back.





Folding the Triangles

The hot pad is made with folded triangles (also known as Prairie Points) that need to be ironed with care, made from squares that are cut accurately.

If triangles are sloppy or not symmetrical, the hot pad will not look as nice as it could.

1. Fold square in half; press.
2. Place a pin in the center of the folded edge and push it into your ironing board. With it secure, fold one corner to the middle and press;
3. Fold over the other side of the triangle and make sure there is a small space between the triangle edges. The sides should not overlap. The point is on the folded edge, not the raw edge. Trim any threads off the bottom edge.

When you add all four layers the hot pad will be very thick and can have difficulty fitting in your sewing machine if the fabric is puffy. Starch the triangles to make them as flat as possible.

After ironing, each Layer set should be put together neatly to get ready to start.

Getting Ready to Begin

- To start creating the star you will need to get your glue stick, your triangle sets, and the Folded Star Interfacing Template ready.



Layer 1



Layer 2



Layer 3



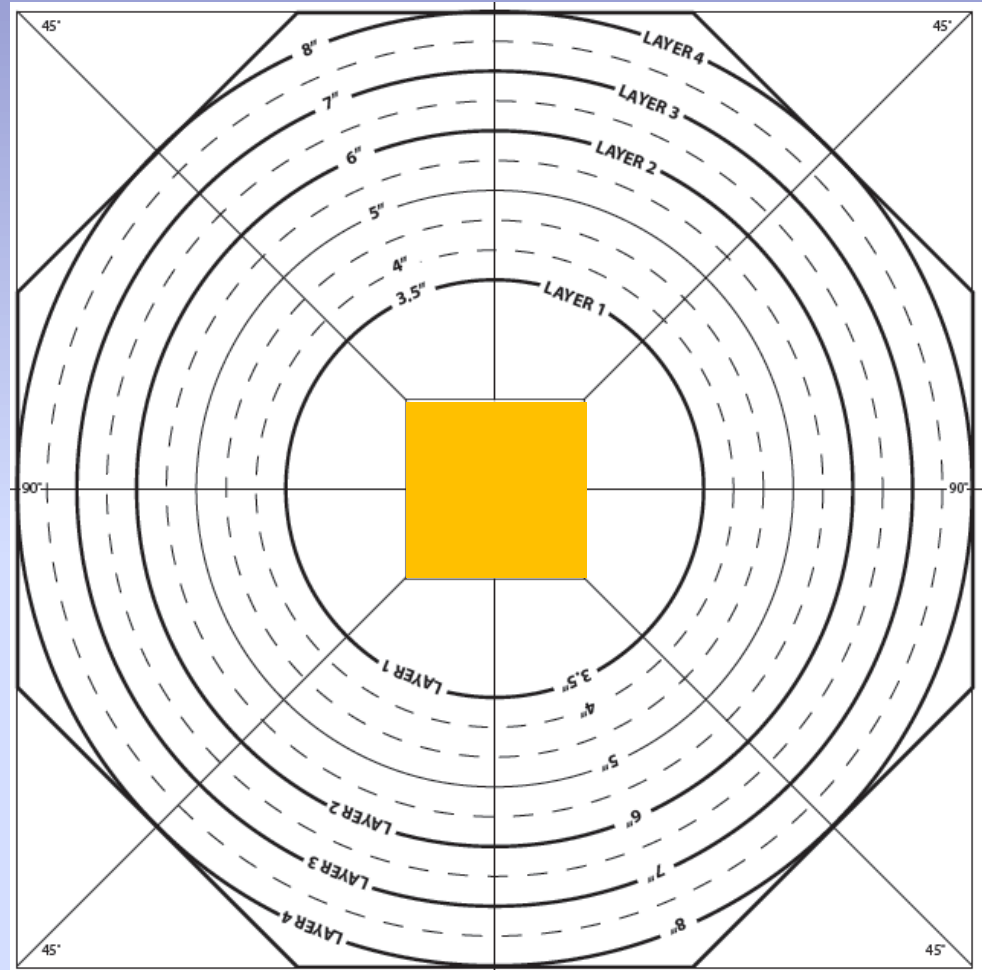
Layer 4

You will use all triangles folded side up.

Center Square



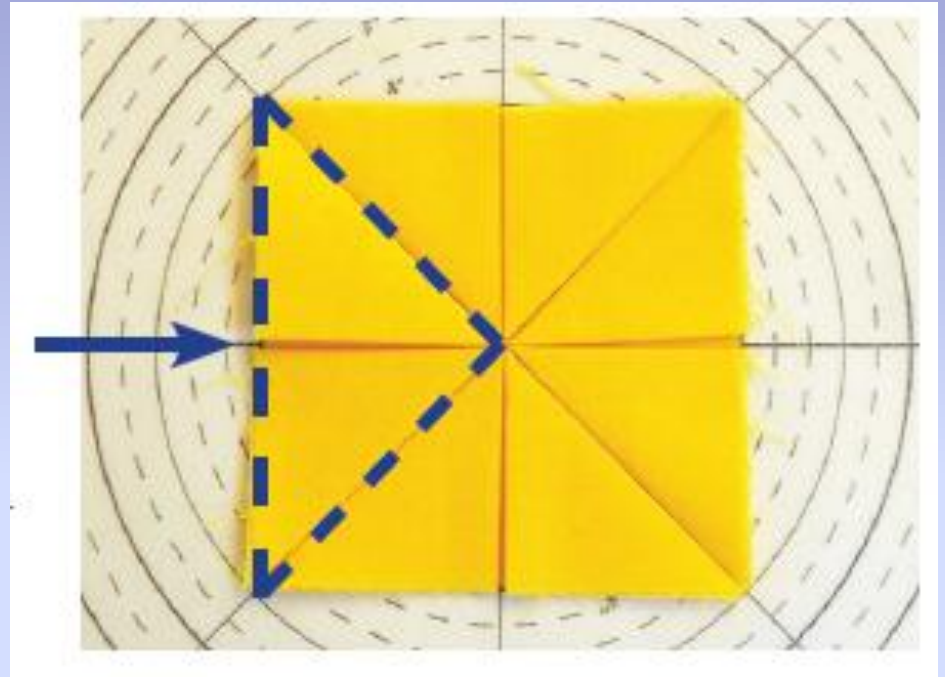
- Put a dab of water soluble glue on the back of the 2" square of Fabric 1. Place it in the middle square of the template, right side of fabric facing up. This will keep the template lines from peeking through the fabric folds.
- This square matches layer 1 fabric.



Layer 1



- Put a dab of glue on the back of the first triangle then place the **base of the triangle** on the 3 ½" line of the template, with the middle fold aligning with a 90° line.
- The points of the four triangles should be touching at the center but not overlapping. The bottom edges should form a perfect square. Press.



The middle base of each triangle should align with a ring on the circle.
The tips should meet in the center.

Stitch Now or Later?

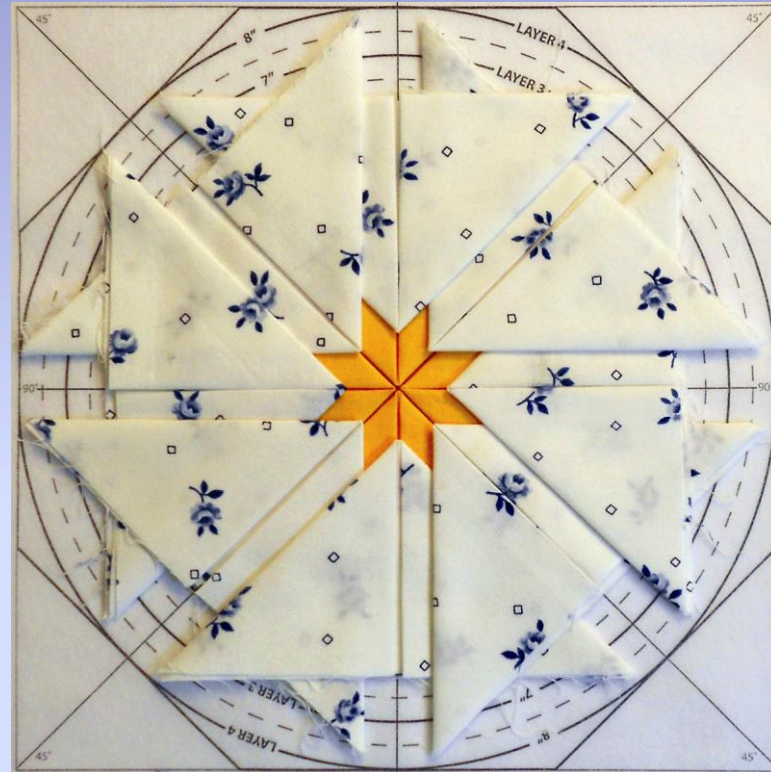
- I stitch my hot pads to the interfacing after all layers are down, and use a walking foot to sew in the middle between the folds, in the tips of each layer.
- However, if you prefer to sew as each layer is added, then you should do that before the next step. Sew right in the middle, inside the fold using matching thread; backstitch to lock; clip your top threads.
- If your sewing machine has a hard time with thick fabrics, it is best to sew as you add each layer. Some people have found this is better for them but I am more anxious to get to the next step than to stop and sew!



Layer 2



- Put a dab of glue on the back of a Fabric 2 triangle then place the base of the triangle on the Layer 2 line of the template, aligning with a 90° line. The tip should rest on top of Fabric 1 and the folds align.
- Rotate the foundation interfacing so it is in front of you for each triangle so you can see the lines clearly.
- Continue to place the remaining Fabric 2 triangles using the 90° and 45° lines as a guide. When all eight triangles are down, press to set glue.
- Arrange the triangles so they overlap each other consistently or go over/under in a sequence.



45° lines are corner to corner.

90° lines are straight up and down.

Layers 3 and 4

- Begin each layer on another ring of the template, to create distance between the layers and form the star. The star emerges perfectly, without any measuring when you use the template rings as a guide.
- As with Layer 2, put a dab of glue on the back of a Fabric 3 triangle then place the base of the triangle on the Layer 3 line of the template, aligning with a 90° line. The tip should rest on top of Fabric 2 and the folds align.
- Rotate the foundation interfacing so it is in front of you for each triangle so you can see the lines clearly.
- Repeat these steps to add the additional layers of triangles using Fabrics 4.



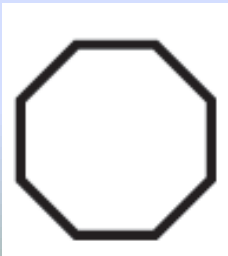
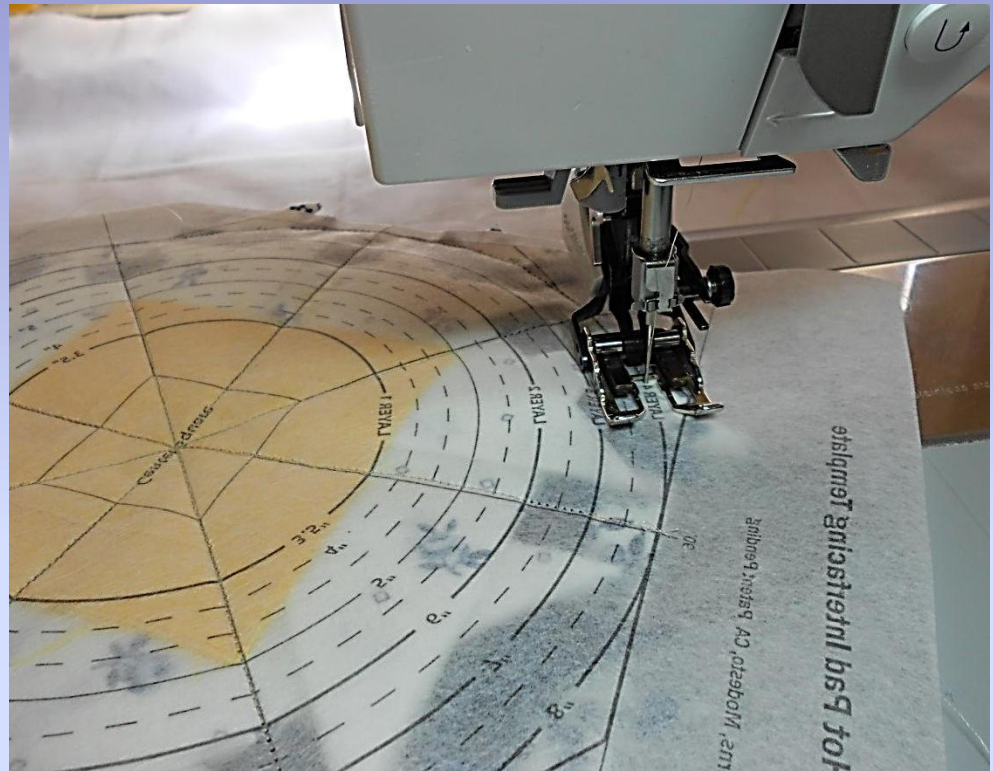
Sewing Down the Layers

- When all layers are glued in place, “stitch in the ditch” (inside the folds) to anchor the triangles. If possible, use a **walking foot** for best results. Sew slowly, especially at first.
- Start from the outside edge of Fabric 4, lift up one flap of the triangle to sew a straight line “in the ditch” from one side to the other. Press flaps back in place when you’re done sewing. Always backspace your stitches.
- Be careful to not catch any of the folded edges of the triangles. I use **long tweezers** to gently make the opening wider on Layers 1-3 to not catch the fabric. When folded, all of the stitching is hidden.



Basting the Circle

- After you've stitched your layers in place, adjust the over/under direction of the triangle edges.
- Press to flatten the fabric.
- Glue baste the corners that are on top so they don't move.
- Turn the hot pad over carefully and sew baste the circle by following the outer circle on the template back.



Optional Shape

In addition to the circle, the template includes the octagon shape. Baste around this outline instead of the circle, if that is the shape you desire.

Top Stitching

- Now that your hot pad is basted, it is safe to trim extra material from the template.
- Next, layer with the batting and backing fabric and pin in position.
- To quilt, top stitch through all layers along the edge of the points of Fabric 4, stitching $\frac{1}{8}$ " away from folded edge. When done, backspace stitches.
- After top stitching, baste the outer edge, then trim batting and backing $\frac{1}{16}$ " from stitching. It is then ready for binding.



Top stitch the three layers together sewing $\frac{1}{8}$ " from edge of Fabric 4. Remember to sew with a walking foot, if possible

Hanger for Back

- I always make a loop on back to hang my hot pads. It helps keep them in good condition.
- Take the 1-3/4" x 5" strip and fold down both long edges toward the center and fold again in half, then top stitch.
- You will have a 3/8" x 5" strip. Fold this in half and position it at a central spot between star points on the back (as shown) before sewing binding.
- Your star will not hang straight if the hanger is not put on at the middle point between two prairie points.



The Binding Strip

Pre-iron a 1/4" hem in the binding strip. Fold one end of the strip under 1/4" at a 45° angle so the fold will overlap the end. Trim flush with raw edge.



Sewing on the Binding

- With right side of binding to right side of hot pad, pin the binding to the hot pad before sewing. Pin it every $\frac{1}{2}$ " all the way around to eliminate any fitting issues.
- Stitch binding with $\frac{1}{4}$ " seam allowance. Sew slowly.
- To overlap the two edges, lay the end over the starting 45° angle-edge and pin in place, then sew the seam 1" past the end, then clip extra.
- Sew connecting edges with a blind stitch before sewing the binding down. Fold binding over to the back and press. For best results, stitch by hand with a blind stitch.



NOTE: Do not stretch the binding as you pin it, but ease it gently around and pin every $\frac{1}{2}$ ". You can successfully use a straight of grain strip to make the binding if you do not stretch it. If you stretch it or put it on tightly the hot pad will not lay flat. Straight of grain has a little stretch, which is great for when the binding is folded over to the back.

Your Finished Hot Pad!



I thank you for taking the time to study this lesson.

This tutorial is for the purpose of teaching our new technique. As mentioned on page 1, I have not included all information to make your hot pad, such as cutting requirements or yardage. Complete sewing instructions are contained in the pattern. Please refer to our website for retail locations.