

# WHITE

## Mother and Daughter Sweatshirts



Step into spring with these charming mother and daughter sweatshirts that you designed yourself! Add a little bit of lace, some bias trim or piping, ribbon and covered-buttons and your sweatshirt is all your own. Or, make it a three-generational project and make one for grandma, too!

## SUPPLIES:

Two sweatshirts in appropriate sizes  
Assorted pieces of cotton edging lace – 24” or more in length of each; laces may be flat or gathered and from 1/2” to 1 1/2” wide  
Fat quarter of contrasting fabric  
1/4 yard green cotton fabric for stems and leaves  
1/8”-wide ribbon  
Two 1” covered or purchased buttons  
Jumbo piping  
All-purpose sewing thread  
Tear-away stabilizer  
Temporary spray adhesive  
Fabric glue  
Tracing paper and tracing wheel  
Rotary cutter, ruler, and mat

## PREPARATION:

1. Prewash and dry sweatshirts and all fabrics and laces.
2. To allow the sweatshirts to lie flat while sewing, open one side seam and, if necessary, up through the armhole.
3. Using the temporary spray adhesive, attach the tear-away stabilizer to the wrong side of the front of each shirt, then baste in place.
4. The flower pattern given here is a guide for placement and for the finished size of your flower. (Enlarge or reduce the size of the flower to fit your sweatshirt front. For this project, the flower on the adult shirt was at 100% and the child's was reduced to 75%.) Lay the pattern on the front and determine where the center of the flower will be. Place the tracing paper behind the flower pattern and trace the design using the tracing wheel. The circles will be your guide for the lace placement.
5. Experiment with your laces until you find a pleasing layout. The flat laces may need to be gathered slightly to fit around the circle smoothly. To gather, baste the laces in the header and pull the basting threads to gather as necessary.

6. Place the lace headed or finished edge toward the center of the flower. Use a small amount of fabric glue to hold the laces in place. Let the glue dry thoroughly.



## LET'S SEW:

1. Attach the laces to the shirt using a straight stitch or narrow zig zag (width—1.5-2, length—1) making sure the stitching falls in the lace header. Use a regular straight stitch presser foot or the embroidery foot for more visibility.

2. To add more interest, stitch a narrow bias strip over the edge of the lace header, From the contrasting fabric, using the rotary cutter and ruler, cut a bias strip 1 1/2"-wide. (The width can vary, but the wider the bias strip the more challenging it is to ease around the circle.) Fold the strip in half, wrong sides together, and press gently being careful not to stretch the strip. Place the raw edges of the bias next to the lace header. Stitch a scant 1/8" seam again being careful not to stretch it.



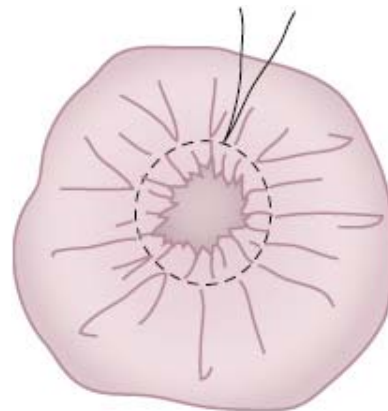
3. Press the strip in half over the seam and pin or glue in place. Stitch in place next to the fold using a straight stitch.



4. The perfect center for your flower would be a fabric yo-yo! Measure the area remaining in the center of the flower. From a single layer of fabric, cut a circle with a diameter twice this measurement (i.e. 3" center = 6" cut circle.)



5. With your sewing machine set for a long straight stitch, stitch around the circle a scant 1/8" from the edge. Be sure to leave long thread tails on each end. Pull the bobbin thread to gather the edges into a tight circle. Tie the thread tails together to hold the gathers.



6. Flatten the yo-yo being sure the gathered area is centered. Glue the yo-yo in place in the center of the flower. Secure with a covered button large enough to cover the raw edges of the gathered circle. Attach the button by hand or machine.



7. For the stem, cut a bias strip 1 1/2" wide by 10" long from the green fabric. Fold in half, wrong sides together, and press being careful not to stretch the fabric.

8. Using the flower pattern, trace three to five leaves on the wrong side of the green fabric. Place two layers of fabric, right sides together, and stitch on the drawn line with a straight stitch slightly shorter than normal, leaving the straight edge of the leaf open.

9. Cut out the leaves leaving a 1/8" seam allowance around the leaf and 1/4" on the



straight edge.

10. Turn the leaves right side out and press well. To add dimension to a leaf, select the straight stitch. Start sewing close to the point of the leaf. Stitch and reverse twice. Lengthen the stitch length to 3.5 – 4mm. Continue to the bottom edge of the leaf, slightly curving the stitching. Leave long thread tails at the end. Pull the threads to gather to the desired full-



ness and secure the threads by wrapping around a straight pin. Set the leaves aside.

11. To finish the stem of the flower, pin the bias strip to the sweatshirt front. Insert one to two of the finished leaves under the stem being sure the edges are under the bias strip.

12. Stitch along the raw edge of the bias strip with a very narrow seam. Slightly curve the stem for more natural shaping. Fold stem back over the seam and insert two to three leaves on the opposite side of the stem.

13. Tie the 1/8" ribbon into a bow and tack at the bottom of the flower petals.

#### OPTIONAL:

Instead of adding a bias strip around the inner edge of lace, add a piping accent before stitching the lace in place.

Following the line of the inner circle, baste the piping in place. Trim the piping seam allowance to 1/8" and lap the lace edging on top. Using a normal stitch length, stitch the lace to the sweatshirt front through all the layers.