

Creating Custom Quilted Images and Letters

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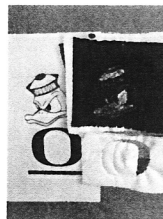
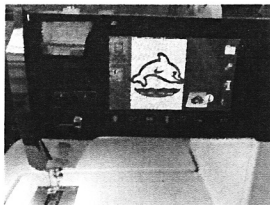
Create images and letters on your quilt or sewing project using "Press 'N Seal". This technique works for your longarm or domestic machine with or without a stitch regulator. I find this technique most useful for specific lettering or to create college/university logos. For small projects, if you are not comfortable creating a design on your own, I recommend tracing the design directly onto your fabric using removable ink (test ink on fabric first) instead of using Press N Seal. The Press 'N Seal technique is handy for creating designs on a quilt top.

Materials:

- Press 'N Seal
- Sewing Machine with free-motion/darning or stitch regulator.
- Thread colors of choice for your design. 60w thread or higher is optimum. 40w is okay too.
- Background fabric, batting and backing fabric.
- Template of the design you want to trace.
- Your favorite ink that doesn't smear, a pencil and or chalk pencil. Light ink for dark background. Dark ink for light background.

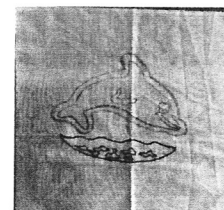
Step 1: Print design. Place a section of Press 'N Seal equal to or slightly larger than your background fabric. I use a pencil for designs on light fabric and a Streamline chalk pencil for designs on dark fabric. Do not use ink that smears. It will spread onto your background fabric when you remove the little bits of Press 'N Seal.

Note: I recommend clip art images online, print photographs in black and white or take a picture of images on my embroidery software. If I want to adjust the design size, I either enlarge/decrease the image size on my copier or copy and paste the image onto a word processing template (e.g. Word or Pages).



Step 2: Carefully remove the Press 'N Seal sheet and place it onto your background fabric. Your traced design will show up on the Press and Seal sheet. **Make sure that you are placing your Press 'N Seal with the sticky side down.** It will adhere to your fabric. Smooth it out as best as you can. If it's wonky, pull it back up and lay it down again.

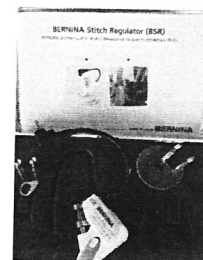
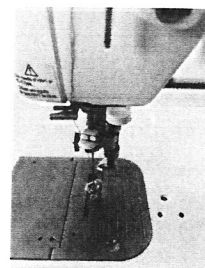
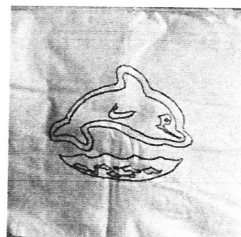
Note: The YouTube, "Hand Quilting with Glad Press and Seal" has a great technique for carefully placing this on your fabric. See last page of this document for link.



Step 3: Adjust your machine to the free-motion/darning mode. Be sure to use the appropriate foot for this purpose. Select your top and bottom thread. For this step, I use the same thread color on the top and bottom. This thread is a typically a contrast color from your background so your design shows up.

Create a "quilt sandwich" with these layers:

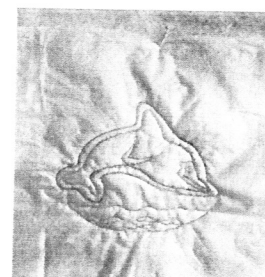
Layer 1: Press 'N Seal design
Layer 2: Background fabric
Layer 3: Batting
Layer 4: Backing fabric.



Step 4: Using a very small stitch length (faster pace if you don't have a stitch regulator), stitch over the outline of your design through all layers. 1.5-1.8 is ideal. You don't need to pull the bobbin thread up before you start unless your machine demands it.

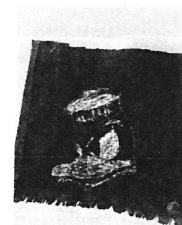
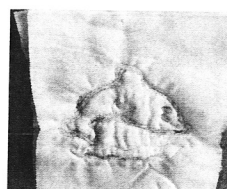
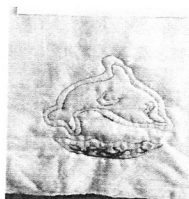
Note: The YouTube, "Beginner Free Motion on Your Sewing Machine" has a great video for this step. See the final page of this document for the video link.

If you are familiar with foundation paper piecing, the stitch length is similar because you need to be able to tear the Press 'N Seal off when done.



Step 5: Remove the Press 'N Seal by pulling down the corners and ripping it off. It should come off easily. For small sections with Press 'N Seal, use the rubber end of a seam ripper to help remove them. If it's still persnickety, heat sections one at a time with a hair dryer and remove them while still hot. If you have small pieces that are too hard to remove, it's okay to leave them there. They will come off eventually or will be covered if you thread sketch. Try to remove as much of the Press 'N Seal as possible.

Your design is ready unless you want to "thread sketch" inside the design. The YouTube, "Thread Sketching with Debra Wirsu" is helpful for this optional step. See the final page of this document for that video link.



Videos for Press and Seal Designs and Thread Sketching

There are many stitching support videos in cyberspace whether you are a beginner, intermediate or advanced. For this technique, I searched: "Glad Press and Seal Sewing Videos", "Beginner Free Motion Tutorials" and "Thread Sketching Videos".

Here are a few that I found that are easy to follow and have quality video images.

Thread Sketching with Debra Wirsu

<https://youtu.be/0zJUupPzjd4>

Debra teaches you how to trace a design using a free-motion method on your sewing machine and add how to add detail through thread sketching. Her videos increasingly become more complex as your skills develop.

Hand Quilting with Glad Press and Seal

<https://youtu.be/TXuCSZ2xGJA>

This video focuses on how to carefully remove and place your Press and Seal design onto your quilt top and is appropriate whether hand or machine quilting.

Beginner Free Motion Tutorial on Your Sewing Machine

https://youtu.be/_8np3fnQSGI

This is a beginner free-motion video that takes you step-by-step for doing free motion designs. The techniques are the same used for Press and Seal designs.