

# The Basics

## How to Free Standing Lace (FSL)

By Designs By Rhonda

Don't let FSL scare you. If you follow these steps, your FSL will turn out beautiful.

What is FSL?

It's a design that is created specifically for Lace. These designs tend to be dense with a lot of stitches. When washed, they retain their shape and will not fall apart.

Some lace comes in several pieces. To put the pieces together, hand sew or sew in a zig zag on your sewing machine.

Materials Needed:

A design that has been created specifically for FSL

Opaque Water Soluble Stabilizer

Embroidery Thread

Bobbin with the same embroidery thread.

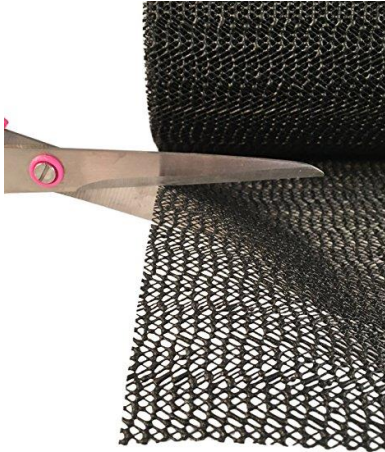
When FSL is finished, it should be very hard to tell the front from the back

The Hoop:

I use No Slip shelf lining on the bottom of the top hoop piece.

Cut small strips and with double sided tape, adhere it to the bottom of the inner hoop. This will keep the stabilizer from slipping. You want your stabilizer to be as tight as possible.

Any thickness, style or brand will work. I purchase mine at a Dollar Store.



### Hooing & Stabilizer:

Hoop 2 layers of the Water Soluble Stabilizer. Two layers give it more stability while stitching.



Be sure and remove wrinkles so that the stabilizer is nice and flat. Tighten hoop so that the stabilizers stays tight.

Note on hoop size: It is strongly recommended to use the hoop size that is closest to the design size.

### Stitching:

The upper thread and bobbin thread should be the same thread and color. This is because the bobbin thread will show. When finished you should find it difficult to tell the difference between the front of the design from the backside of design.

Finishing:

After you have finished stitching the design. Remove from hoop and cut around the design.

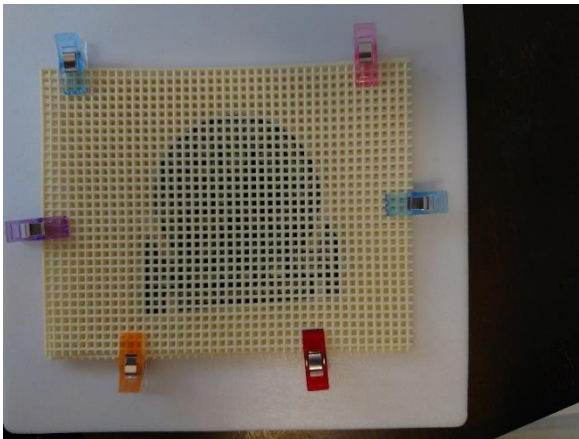


Place design on a piece of Plastic Canvas. Take another piece of plastic canvas and lay over the top of the design. Secure the pieces together with clothespins or clips. I have used the small clips for sewing and quilting.

Soak the piece in a bowl of warm water or hold under the faucet until the stabilizer is dissolved.

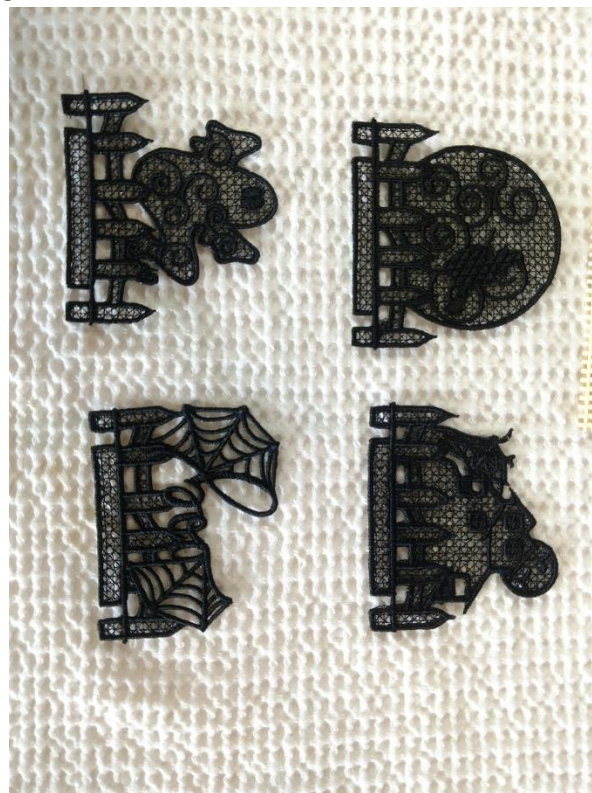
I only soak until it just barely dissolve so that the item remains sticky to the touch. This will make it stiffer when dried.





Drying:

Remove design from water. You can remove the design from the plastic canvas or leave it during drying. If you want a perfectly flat shape, let it dry in the plastic canvas.



Note:

Save all the clippings of water soluble stabilizer. When you need to freshen up your FSL, simply melt some in water. Dip the FSL into the water and lay flat to dry or place in a plastic canvas sandwich. If it isn't stiff enough, add more pieces of stabilizer to the water and dip again.

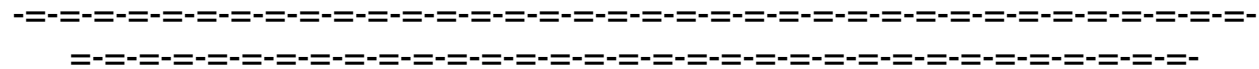
This works great with hand crocheted doilies too. Just let the cotton thread soak up the stabilizer water. Lay flat on wax paper on a piece of cardboard and pin into shape. Let dry.

I hope you enjoyed this tutorial on FSL.

Happy Stitching

Rhonda

DesignsByRhonda



## The Basics In The Hoop No Sew Mug Rug



Step 1: Hoop Stabilizer.

Glue batting down to stabilizer.

Rub or Spray glue to the wrong side of the fabric and press down on top of the batting.

Step 2: Follow the color chart for the design you are using.  
When design area is finished

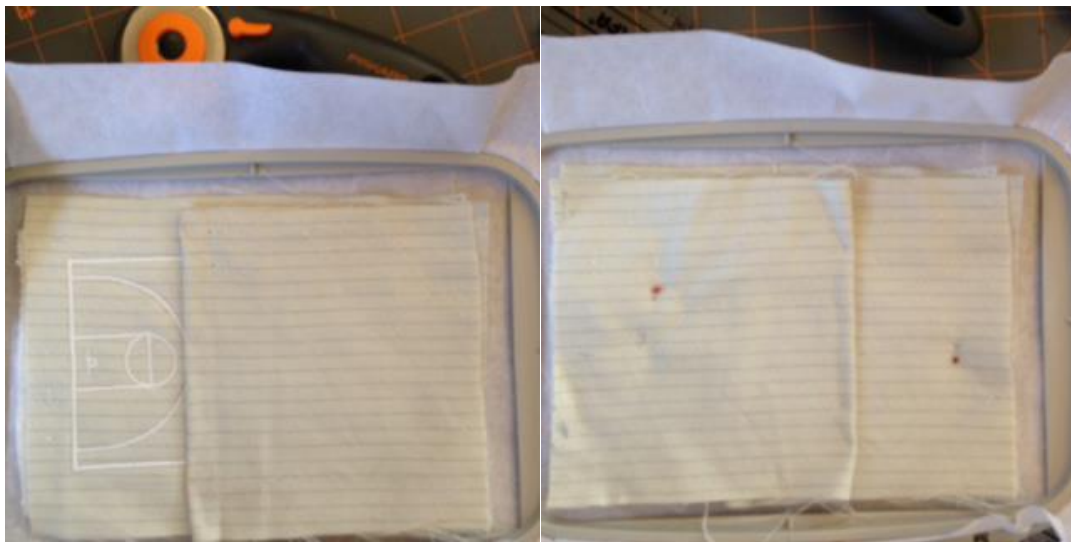
Remove hoop from machine

Step 3: Take the 2 remaining pieces of material and fold in half. Iron or finger press.

Lay 1 piece on each end, of the design area. They will overlap each other in the center.

Secure with Pins or Tape.

Return hoop to the machine.



Step 4: Stitch around the design according to the color chart for the design. It should look like an outline stitch. Or stitch until you reach the end of the design. Some digitizers may add an extra color stitch.

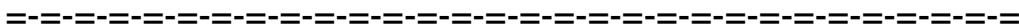
Step 5: Remove design from hoop

Trim around design, but not to close. Making sure that you clip the corners for easy turning.

Turn the design inside out. Pay attention to the corners while turning so that they look nice.



Tutorial made by Designs By Rhonda  
For Designs By SiCK



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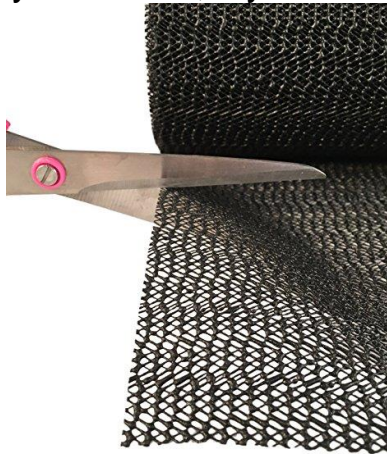


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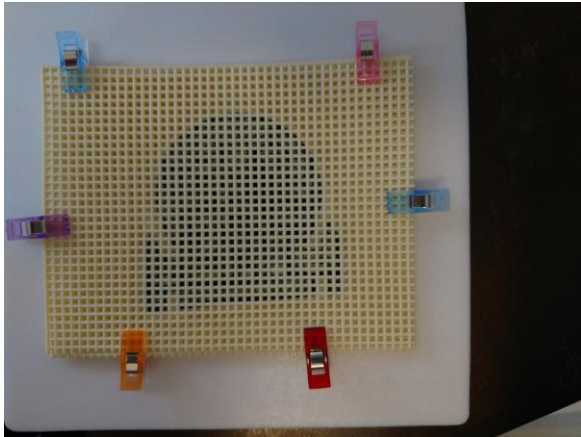
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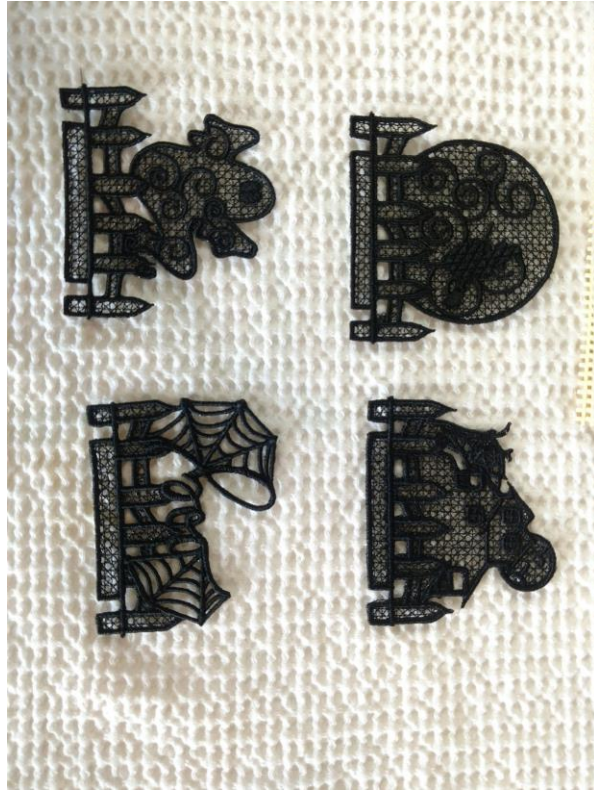
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