

Heirloom Napkins

By Lauren Dahl

Finished napkins will measure approximately 16"x16".

Supplies Needed:

- 3 yards of pre-hemmed toweling
- 6 1/8 yard pieces of coordinating quilting cottons
- Coordinating thread
- Super Solvy Water Soluble Stabilizer
- Spray Bond Basting Adhesive (or Wash-Away Wonder Tape)



Tools Needed:

- Janome Memory Craft 8900QCP sewing machine or another Janome machine with decorative heirloom stitches
- Rotary cutting supplies (rotary cutter, cutting mat, cutting ruler)
- Iron
- Seam gauge or ruler



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Step-by-Step Instructions:

1. Using a rotary cutter, cut the coordinating quilting cottons into 4" tall by 17" wide strips.



2. Press under the long edges of the strips by 1/2" and set aside.



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3. Using a rotary cutter, cut the pre-hemmed toweling into 18"- long pieces.



4. Use basting spray to adhere the folded-under strips to the towel pieces about 1" away from one of the hemmed edges of each towel.



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5. Topstitch the strips in place about 1/8" - 1/4" away from each long edge. A stitch length of 3.5-4 is recommended.



6. Cut strips of stabilizer about 2" wide for the width of the napkins. The strip will be held on top of the napkin where the quilting cotton meets the toweling. This ensures even stitching in the next step.



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7. Align the right edge of the presser foot with the seam between the quilting cotton and the toweling. While holding the stabilizer strip in place, stitch a line of heirloom stitches on the toweling. In the samples shown for this project, stitches 83-87 on the Janome Memory Craft 8900QCP were used.



Presser Foot Alignment:



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8. Repeat for all napkins.



9. To remove stabilizer, soak napkins in cool water. Agitate them slightly to remove the stabilizer completely. If preferred, you may also cut away excess stabilizer before soaking to make the process easier. (Step is not pictured)

10. Fold the unfinished edges of the napkins under a 1/2" and then 1/2" again and press. Stitch in place and then you are all done!

