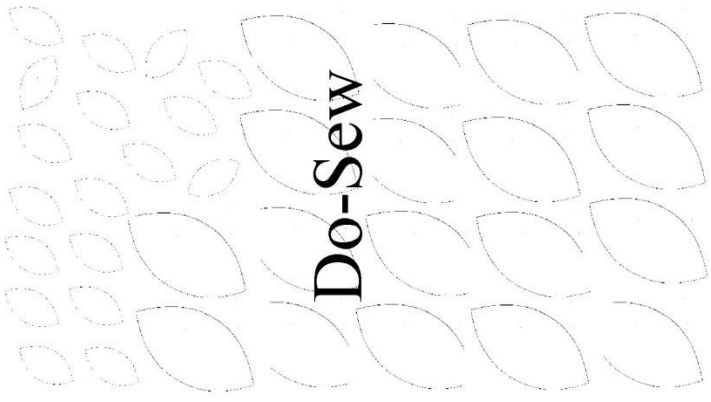


Inside Out Double Wedding Ring

What It Is And Why It Works – by Kim Montagnese

The curvy lines of “Inside Out Wedding Ring” are made possible by the use of Do-Sew. Do-Sew is a synthetic, woven material. It is usually used as a pattern tracing material, and is lightweight but very stable. It’s NOT EVER used as interfacing, because it SHRINKS when you use steam and heat on it. This is a really bad thing, for garments, but a great thing for quilts!!! Now, you can use Do-Sew, monofilament thread, and a blind hem stitch, to make beautifully curvy, appliqué pieces, without all the work of hand appliqué!!! You will be making 9 complete appliqué RING blocks. 5 blocks will use color A as the rings, and 4 blocks will use color B as the rings. I will refer to the arches of the wedding rings as FOOTBALLS (A) and EYEBALLS (B). I hope it will make it easier for you to understand the instructions.

Getting Ready

<p>1. On the Do-Sew....Trace 18 Footballs (A) and 18 eyeballs (B) Leave about ½ “between each shape</p>	
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2. Cut out the footballs and eyeballs. **DO NOT CUT ON THE LINE.** You will be SEWING On the line. Cut AROUND the line, leaving about ¼” around the outside edge. Pin the eyeballs together and set aside for **step # 21**

3. Cut 9-11 ½” squares of background fabric

4. Fold the background squares in half horizontally, then in half vertically. Press the fold lines in place. This will give you a large ± sign that you will use as the placement lines. Now, you can easily center the footballs and eyeballs without measuring.

Using Monofilament Thread

When using monofilament in the needle, it's important to sew SLOWLY. When you come to the end of the piece you are sewingSlowly and gently, pull the thread from under the foot. Allow the thread to relax before cutting it off. If it is pulled out from under the foot too quickly, it can become tangled in your machine. When winding the bobbin, only fill it 2/3 full and wind it SLOWLY.

5. Slowly wind monofilament thread onto about 3 bobbins. REMEMBER.....Only fill the bobbins about 2/3 full.

Making the FOOTBALLS

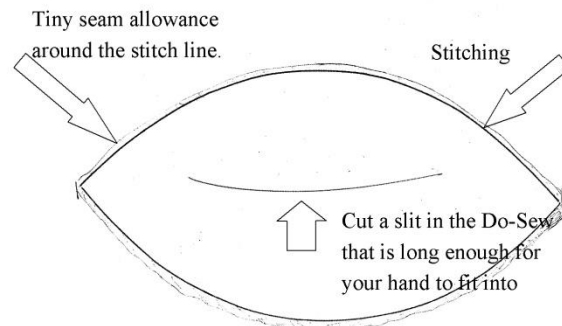
6. Place and pin 10 of the Do-Sew footballs onto fabric A...cut them apart from each other. Again...DO NOT CUT THEM ON THE LINE. Cut them around the outside edge of the line...leaving a seam allowance around the outside.

7. Place and pin 8 of the Do-Sew footballs onto fabric B ... cut them apart from each other. Again...DO NOT CUT THEM ON THE LINE. Cut then around the outside edge of the line...leaving a seam allowance around the outside.

8. Using a short stitch length, sew all the way around each large football.

9. Trim away the excess fabric and Do-Sew, about 1/8 "around the outside edge of the football.

10. Turn the footballs over, and look at the back side. Carefully, slit the Do-Sew, about 4" in the center.(see the diagram). At each end of the football...cut the excess fabric to make the pointy end FLAT. Be careful not to cut the stitching. Refer to this drawing.



11. Gently turn your footballs right side out, sliding your fingers around the inside edges of the footballs to form a smooth curve. Don't drive yourself crazy trying to get a perfect point. You will be cutting through the center soon, and the point will be in the seam allowance.

The Magic Part

12. Spray the Do-Sew side of the football, with mist from a spray bottle. It doesn't have to be soaked, just slightly damp.

13. Test your iron for the right temperature. Use a small scrap of damp Do-Sew, and press with your iron. It should be hot enough to dry the water, but not melt the Do-Sew.

14. Gently press each football. Start on the outside edge of the football, and work around the edges to the center. The Do-Sew will shrink slightly and draw the edges of the football to the center, about 1/16”.

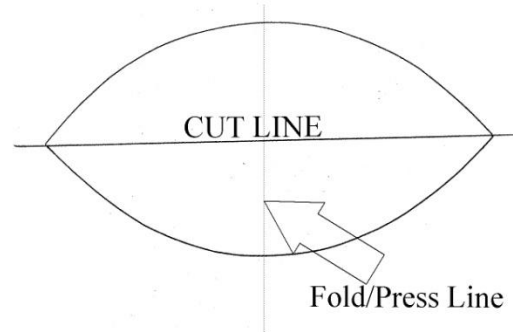
This will give you a perfectly turned edge, for invisible, machine appliqué.

Don't worry about the pointy ends. These will end up inside the seam allowance.

15. From pointy ends.... Cut each football in half lengthwise. See diagram

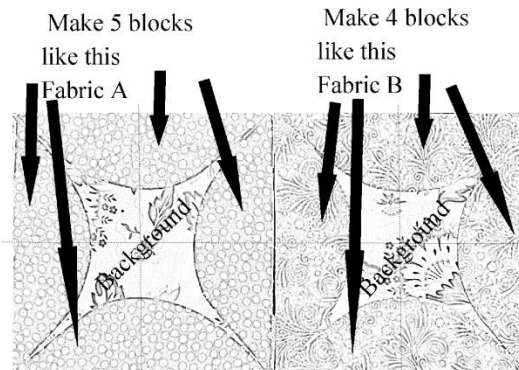
16. After the footballs are cut in half, gently fold ...point to point..and press the fold line in place.

Cut each football in half like this....



17. Get your background squares from step??????
...Arrange one of the half footballs onto each edge of the background square. Use the fold lines as a guide.

Make 5 blocks with color A.
Make 4 blocks with color B.



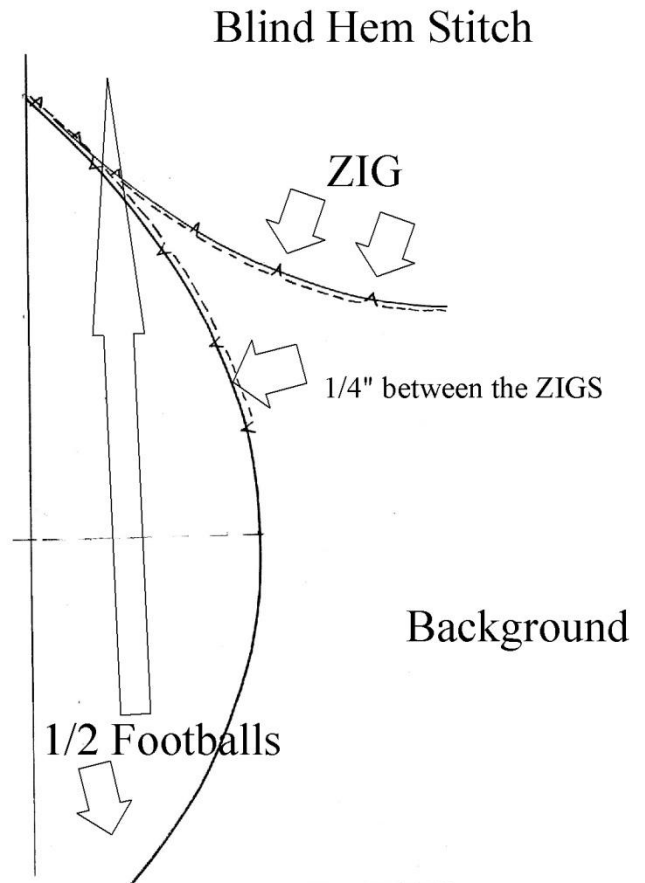
The Blind Hem Stitch

18. On your sewing machine set up a blind hem stitch. This is usually 5 small, straight stitches and one shallow "ZIG" stitch. The stitch should be short so the "ZIG" stitches are no more than $\frac{1}{4}$ inch apart. (see the diagram for step #15) Lay the straight stitch as close to the edge of the football as possible, (in the ditch) so it doesn't show. The "ZIG" will be on the dish, securing it to the background, invisibly. Sew all the way around the dish.

NOTE: The stitches shown in the illustration are WAAAAYYYYY BIGGER than they will be on the quilt. I just wanted you to be able to see what the stitch looks like. It should be nearly invisible, in real life. ☺

OR

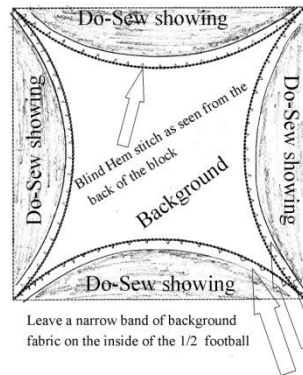
Sew a decorative, feather, blanket or other fancy stitch along the edges of all four footballs. Matching or contrasting SULKY thread can be used.



19. After the footballs are secured to the background, press gently, on the front side.

20. Turn the block over and cut away the background fabric from behind the football fabric. Cut the fabric about $\frac{1}{2}$ " inside of the stitch line. **(This "cut out" piece is used to make your "eyeball", in the next step)**

View from the back of the block



21. Get the do-sew eyeballs which were set aside in step # 2

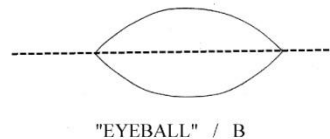
After cutting the eyeballs in half, as shown on the right.....

22. Pin a Do-Sew eyeball to the **right side** of each of the "Cut Out" "background pieces from above (step # 20)

23. Using a short straight stitch length, Sew on the line around the eyeball shape. Leave it open on the long edge.

24. Trim around the outside edge of the eyeball.

Turn the eyeball right side out. **SPRAY** and **PRESS** the $\frac{1}{2}$ eyeball the same way you pressed in step 12-14



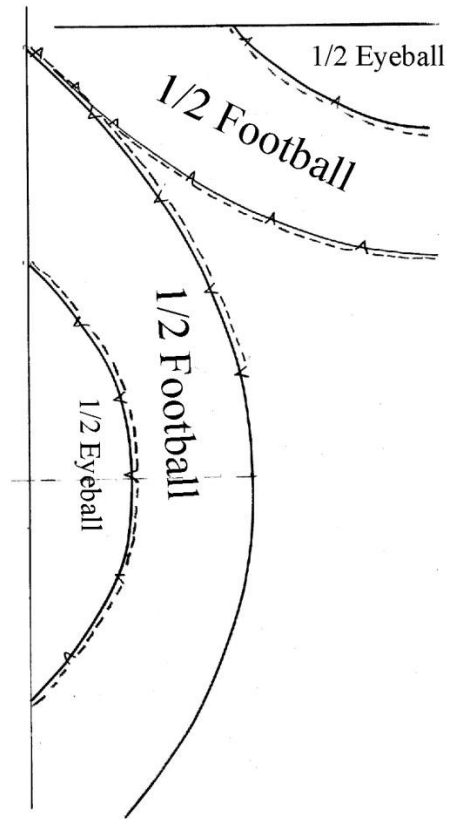
Cut each Eyeball "B" in half...from point to point, as shown in the diagram above.

25. Fold each small arch in half, crease or iron to find the center.

26. Place an eyeball on the large football. Match the fold lines on the sides, pin in place as you go.

27. Sew a decorative, blind hem, or blanket stitch along the edges of all four arches. Matching or contrasting thread can be used.

Close up view



28. Sew all the finished Blocks together. Alternate the A and B blocks to form the illusion of intertwined rings.

Borders

- Narrow Inner Border:1&2
Cut 2 strips 2 ½" X 33 ½"
Attach to left and right side of quilt top.
- Narrow Inner Border: 3&4
Cut 2 strips 2 ½" X 37 ½"
Attach to Top and Bottom of quilt top
- Wide outer Border:5&6
Cut 2 strips 10" X 37 ½"
Attach to left and right sides of quilt top
- Wide Outer Border: 7&8
Cut 2 strips10" X 53"
Attach to top and bottom of quilt top

Border #1 and #2- 33½" X 2½"

Borders #3 and #4- 37½" X 2½"

Borders #5 and #6- 37½" X 10"

Borders #7 and #8- 53" X 10"

