

Janome Club Notes - Fun with Freezer Paper April 2014

1 Use as a Template

Often used when sewing intricate pieces such as fabric dolls or for an applique template and is also a great way to teach young kids to easily sew smaller projects.

- For pattern templates (dolls etc.) the pattern is traced onto the paper side of the freezer paper and cut to the **sew line**. The fabric is placed right sides together and then the freezer template ironed onto the wrong side. You then stitch up to the freezer paper edge (but not through) and once the seam has been made then the fabric is cut back to the seam allowance line. This is an ideal way to stabilize your fabric and make it much easier to stitch around small fiddly parts like fingers (use a smaller than normal stitch length when sewing these areas).
- For applique templates simply cut your applique shape from the freezer paper and iron on to the right side of the fabric. This now gives you an easy way to cut your shape.

2 For Applique

This is an especially useful way if you wish to create needle turn applique, where the raw edge is turned under the shape.

- Trace your pattern onto the paper side of the freezer paper and cut to the traced line. Press the freezer paper shape onto the right side of the fabric and cut the fabric back leaving a 1/8" to 1/4" seam allowance (the smaller your shape the smaller the seam allowance). Unpeel the freezer paper from the right side of the fabric and place onto the wrong side of the fabric shape with the glossy side up. Carefully press the edges over using a mini iron or just the tip of a full sized iron until all the edges are nicely pressed under and there is no creases or wrinkles at the edges. The applique can be spot glued in place whilst you stitch ensuring that the glue is only on the seam allowance and not too close to the edge that the needle will hit the glue. It can be stitched in place either by hand or by machine. Once sewn the freezer paper can be removed through a cut slit at the back of your applique or by leaving a small gap at the front to extract the paper and then stitch the opening closed.

3 Creating smooth circles

Creating a very smooth circle can be quite difficult and freezer paper certainly helps to make this a lot easier. There are a few different ways this could be achieved and it is really a matter of finding out the method which best suits.

- Firstly the freezer paper is cut into the desired finished circle size. This could be ironed onto the wrong side of the fabric and the fabric cut back to a 1/4" seam allowance and then a gathering thread sewn around the circle template through the fabric only, approximately 2mm from the freezer paper edge. At this stage the edges could be spray starched in place to allow the freezer paper to be removed rather than removing later once stitched.

- Alternatively the circle could be made using a very similar technique as described with 2. *Applique* but remembering to add the gathering threads to help shape the perfect circle.

4 English Paper Piecing

Again this can be created using different methods.

- One method is to cut your templates (diamonds, hexagon and similar) finished size from the freezer paper and apply to your fabric using the procedures as outlined in 2. *Applique* or 3. *Creating Smooth Circles* (the seam allowance may need to be hand basted in place first) and then lay them flat butting the edges together and hand stitching to create an invisible seam.
- Alternatively the templates can be ironed onto the wrong side of the fabric and the seam allowance trimmed 'roughly'. The freezer paper can then give you a guide to make your seam in a conventional 'right sides together' way using your sewing machine. Pins can be used to stab through the layers to identify that the start and finish point are aligned. There is also the opportunity to unpeel the freezer paper and re-adhere as you go if the pieces are not aligning well. This will be demonstrated during the club session.

5 Stabilizer Quilt Labels

When you press freezer paper onto the wrong side of the fabric that you are writing on to create a label it will stabilise the fabric and create a much neater print plus it will also allow you to write more quickly.

6 Backing Fabric to put through your Printer

By pressing a piece of freezer paper cut into an exact A4 sized sheet onto the wrong side of your fabric allows for it to be carefully put through an Inkjet printer. This could give you a printed foundation fabric piece or a picture to paint, bead or colour in with fabric pens. Once printed, remove the freezer paper and carefully soak in water in water without scrunching up the fabric, drip dry and press. Remember, without using any special pre or post print solutions your inkjet image will not be washable.

7 Paper Foundation Piecing

The freezer paper can be carefully put through your Inkjet printer by securing a normal piece of copy paper to the back (simply use the tip of the iron to adhere a small strip both top and bottom). This will give you an accurate and quickly produced 'foundation' or 'map' to add your fabric pieces in the correct sequence.

- There are also two methods – the folding back of the freezer paper to act as a guide to stitch to (extra seam allowance is required on the outside edges with this method or you may lose your 'points') and then the method which entails stitching through the actual paper. The first method is a little slower but means that you can re-use your foundation piece and does not require the paper to be removed. The latter is

perhaps a little more precise and quicker but means you do need to remove the paper later.

- The methods will be briefly demonstrated in club and there are also numerous tuition videos available online.

8 Stabilising Fabric for Machine Embroidery

As an alternative to using iron-on tearaway or other stabilisers try using freezer paper instead. This makes your fabric a breeze to sew but not quite as easy to remove completely.

9 Quilting Stencils

There are two main methods that freezer paper can be used with your quilting.

- The first is to press your cut freezer paper pieces onto the right side of your quilt to simply give you a guide to stitch around the paper. The advantage is there is not any markings to have to be removed later and the pattern can be reused. It is also really easy to lay up a large area and easily alter and reposition before settling to sew. If you are working on a big quilt the handling and constant rolling can cause the paper to lift so be sure to adhere well before beginning and try to keep the quilt excess rolled as best as possible.
- The second is to draw or print the quilting design onto the paper side of the freezer paper and iron this onto the top side of your quilt. You then stitch through all the layers perforating the paper with the needle. This is a quick way of placing your quilting and again there are not any markings to be washed out or removed later. The only drawback is the freezer paper needs to be completely removed. Take care not to have too long a stitch length and try spraying with water to soften the paper to make it easier to remove.

10 Stencils for Painting

Print or draw your favourite design onto normal copy paper and then trace the image onto the paper side of the freezer paper. Carefully cut sections out to create a stencil. Press the stencil onto your fabric making sure all the small parts are pressed and adhered well. Use either fabric paint or Shiva paintstiks to 'fill' in the gaps. Peel the freezer paper carefully away to reveal the painted picture. Follow product directions to heat set if needed. The stencil normally can be reused a number of times.

11 Peel off Labels

The little scraps and pieces leftover from your freezer paper projects make great peel off labels. Perhaps you have stacks of fabrics that need to be identified and numbered? At the moment you have a pin stabbed through a piece of paper which is then stabbed through your pile; why not simply write onto your freezer paper and then press into place. It easily removes and then can be reused later!