



. Thank you for downloading this free in-the-hoop coaster

Here's a cheeky little freebie for all of us who believe that, in an **Ideal World**, sewing should count as exercise!

Stitch a fun coaster for your sewing room or use one of the larger sizes to create a decorative hanger to brighten up your craft space. I've used the 6x6 size in a simple embroidery hoop to make the hanger shown in the photos.

The design is included in **five hoop sizes**, making it perfect for:

- In-the-hoop coasters
- Sewing room signs
- Handmade gifts for your sewing friends

Quick to stitch and guaranteed to raise a smile.



FINISHED SIZE

4x4 hoop	5x5 hoop	6x6 hoop	8x8 hoop
9.8 cm	12.8 cm	15.7 cm	19.7 cm
3.8 inches	5 inches	6.1 inches	7.8 inches

MATERIALS

- 2 layers of water-soluble fabric-type stabiliser
- Matching bobbin thread
- 2 pieces of fabric 1 inch larger than hoop size
 - ie: for a 5x5 hoop - cut 6 x 6 inches
- Optional:
 - iron-on interfacing for backing fabric

STABILISER AND HOOPING

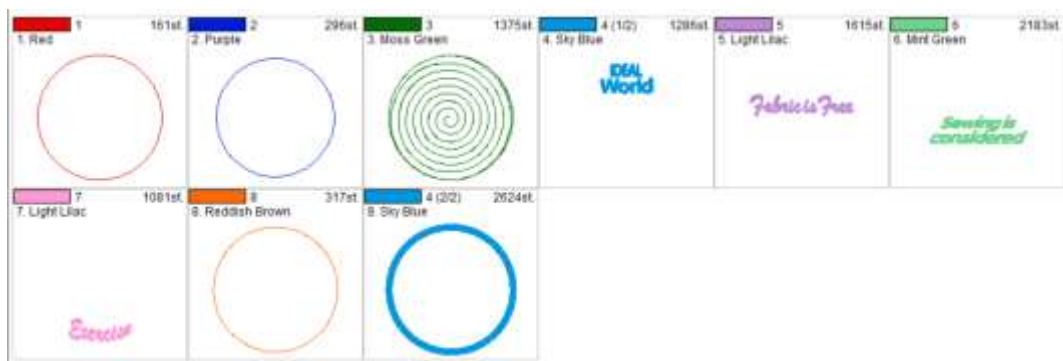


Hoop 2 layers of water-soluble stabiliser

Use pins at the hoop edge to ensure no stabiliser movement

If you are new to this technique
[Click here to watch Kay's hooping video](#)

CONSTRUCTION



STEP ONE – THE FABRIC PLACEMENT LINE



Thread your machine with a neutral colour –

Stitch Colour 1, which is the outline of the coaster and shows you where to place your batting

STEP TWO – BATTING



Tape your batting over the guideline

Stitch Colour 2 to attach



Cut away excess batting

There is a gap between the batting and the original outline – this keeps the batting out of the edges

STEP THREE – FABRICS



On the front of the hoop, tape your coaster fabric over the guidelines

Change thread to the colour you want for the quilting (white)

Stitch Colour 3 to attach the fabrics and stitch the quilting pattern



Stitch the wording:

Colour 4 – “Ideal World” (green)

Colour 5 – “Fabric is Free” (purple)

Colour 6 – “Sewing is considered” (blue)

Colour 7 – “Exercise” (purple)

STEP FOUR – ADD BACKING FABRIC

BACK OF HOOP:

As shown, place the backing fabric over the guideline, with the **wrong** side of the fabric facing the hoop

Use small pieces of tape to hold the fabric in place, making sure the tape sits outside the stitch area



Stitch Colour 8 to attach the backing fabric

Remove the hoop from the machine
Trim all excess fabric on the front and back of the hoop



STEP FIVE – COMPLETE EMBROIDERY



Change to matching
top and bobbin
thread

Stitch Colour 9 to
zigzag, then
complete satin stitch
edge (brown)

STEP SIX – FINISH



Remove the design from the hoop and trim away the excess stabiliser from the edges.

To remove the remaining water-soluble stabiliser along the edges, use a Q-tip (cotton bud) dipped in hot water.

For a completely clean finish, you can either soak the entire design or machine-wash it. Once dry and pressed, it will look as good as new!

VARIATION FOR HANGER



Hoop cutaway stabiliser (no need for wash-away, as no satin stitch edge is needed for the hanger)

Stitched colours 1 – 7

Then remove from the hoop



QUICK LINKS

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