



New year, new stitchers 💜

A little reminder to take things one stitch at a time.

This versatile design can be used as a coaster, mini wall hanging, mouse pad, or fun desk décor.

It stitches out in one hooping, comes in three sizes, and is perfect for quick gifts or relaxing stitching time.

FINISHED SIZE

	4X4-ONES.pes 98.4x98.4 mm (3.87x3.87 ")
	5X5-ONES.pes 127.6x127.6 mm (5.02x5.02 ")
	6X6-ONES.pes 157.6x157.6 mm (6.20x6.20 ")

MATERIALS FOR COASTERS

- 2 layers of fabric-type water-soluble stabiliser
- Matching bobbin thread for outer edge
- Optional: scrap of ribbon for hanging tab/tassel

FABRIC	4x4 hoop	5x5 hoop	6x6 hoop
Frame fabric	1 piece 5 x 5 inch	1 piece 6 x 6 inch	1 piece 7 x 7 inch
Inner fabric	1 piece 4x4 inch	1 piece 5 x 5 inch	1 piece 6 x 6 inch
Batting	1 piece 5 x 5 inch	1 piece 6 x 6 inch	1 piece 7 x 7 inch
Backing fabric	1 piece 5 x 5 inch	1 piece 6 x 6 inch	1 piece 7 x 7 inch

STABILISER AND HOOPING

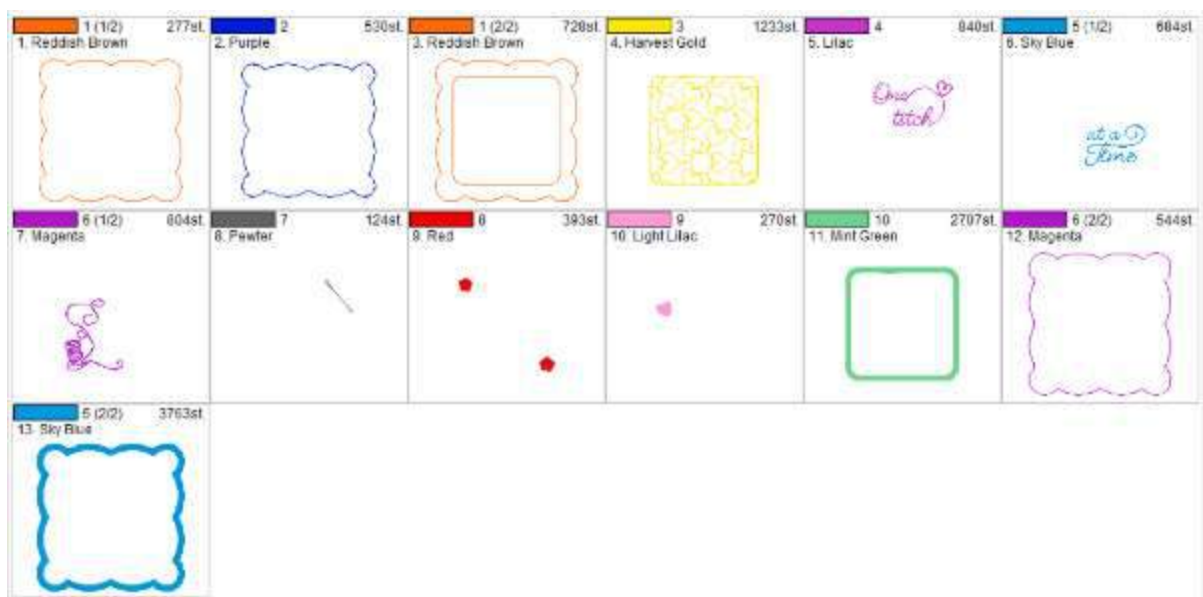


Hoop 2 layers of fabric-type water-soluble stabiliser

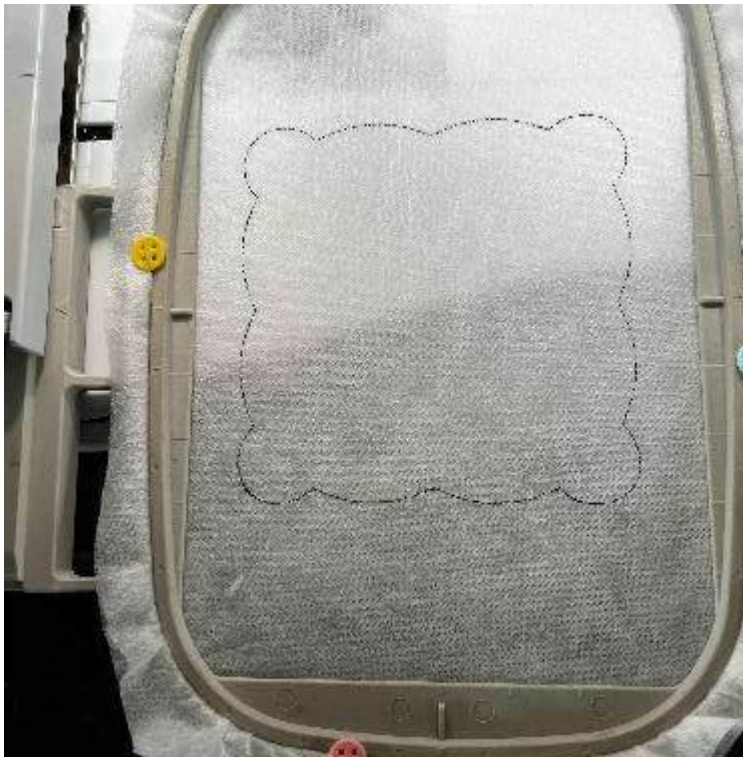
Use pins at the hoop edge to ensure no stabiliser movement

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 design and shows you where to place your fabric

OPTIONAL TASSEL/HANGER

Using the centre marks on your hoop, tape folded ribbon and/or tassel in place outside the stitch line

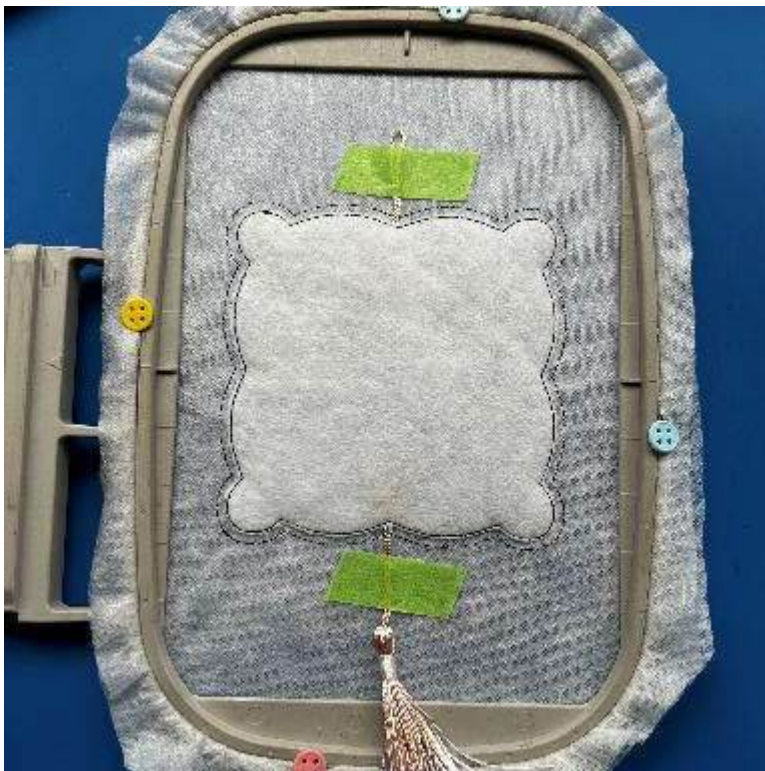


STEP TWO – BATTING



Place thin batting over the guideline

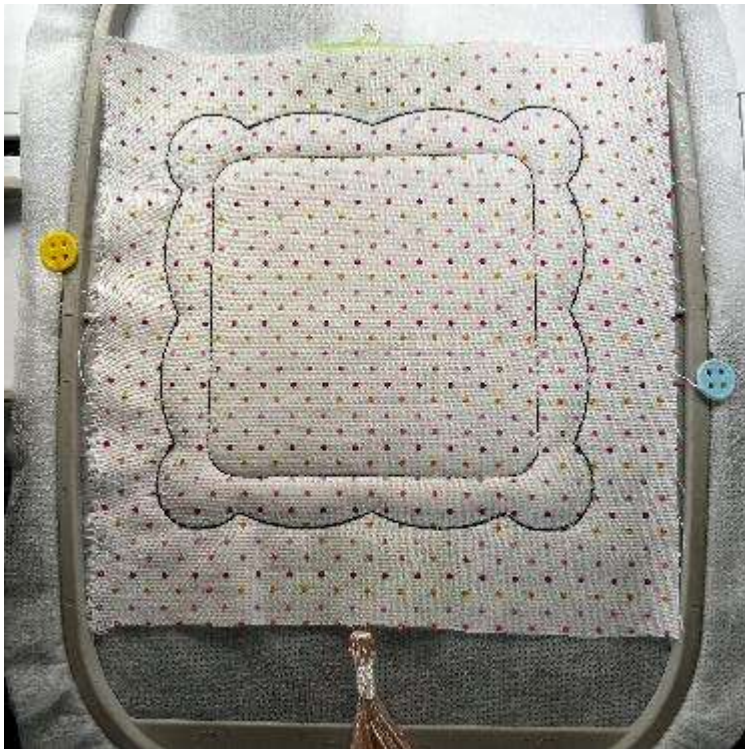
Stitch Colour 2 to attach



Cut away excess batting

There is a small gap between the original outline and the batting – this is correct – it keeps the batting out of the seams

STEP THREE – ADD FABRIC



Place the frame fabric over the guideline

Stitch Colour 3 – to attach

Placement line for the inner fabric is stitched



OPTIONAL

If you have a dark fabric, you can cut away the inner fabric, so it does not show through your lighter top fabric



Change thread to the colour you want for the background quilting

Place the inner fabric over the guideline

Stitch Colour 4 to attach fabric and stitch background quilting (white)

Stitch inner design



Colour 5 – 'One titch' wording (purple)

Colour 6 – 'at a time' wording (purple)

Colour 7 – Letter 'S' and thread spool (gray)

Colour 8 – needle (gray)

Colour 9 – flowers (orange)

Colour 10 – heart (pink)



Cut away excess inner fabric



Stitch Colour 11 to zigzag, then complete the inner satin stitch edge (white)

STEP FOUR – ADD BACKING FABRIC

BACK OF HOOP

Place the backing fabric, **WRONG** side of fabric facing the hoop

Tape in place securely outside the stitch line



Return hoop to the machine

Stitch Colour 12 to attach the backing fabric

STEP FIVE – TRIM EXCESS FABRIC

Cut away excess fabric on the front and back of the hoop



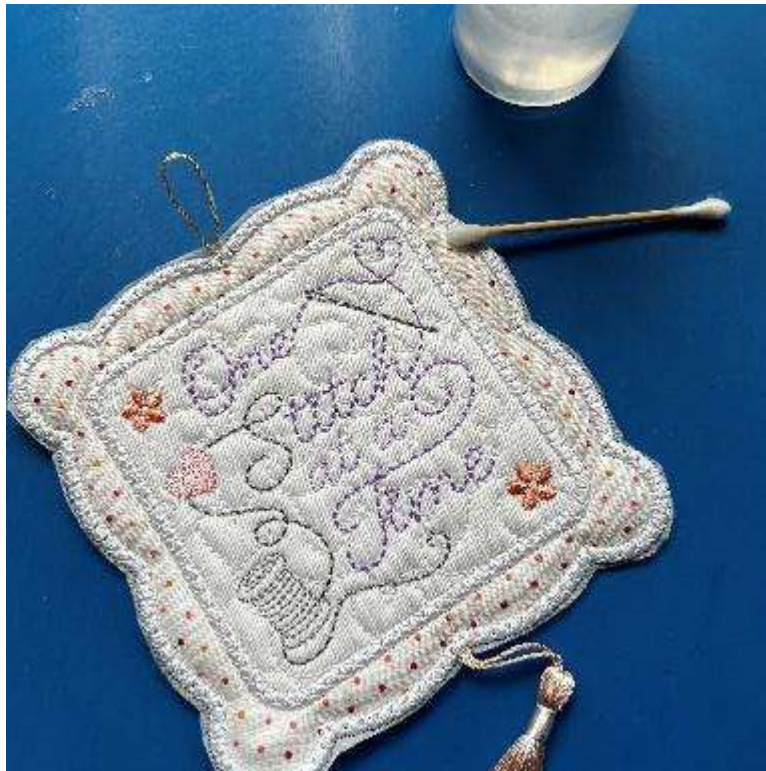
STEP SIX – COMPLETE EMBROIDERY



Change the bobbin thread to match your top thread

Stitch Colour 13 to complete the satin stitch edge (white)

STEP SEVEN – FINISH




Cut away stabiliser close to the satin stitch edge

Use a Q-tip and hot water to remove the water-soluble stabiliser from the edges

To completely remove all stabiliser, pop in the washing machine – once dry and pressed, it will be like new



	<p><i>I wish to extend a heartfelt thank you to my amazing Angel Ladies, Beverly, Darina, Faye, Flo, Kay W, Louise and Sandy, who generously give their time to test and perfect my designs. Your creativity and passion mean the world to me, and I truly couldn't do this without you. You make sure every design is the best it can be, and I'm so grateful for all your hard work and dedication!</i></p> <p><i>A special thank you to Kim, who runs our fantastic Facebook Group, to Kay for creating the incredible videos that bring these projects to life, and to Flo for proofreading these instructions — your attention to detail makes all the difference.</i></p> <p><i>It takes a village!!</i></p> <p><i>Heather</i></p>
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