

Twisted-Vine Hoodie

BY DIANE BUNKER

Use two sweatshirts to create a unique peekaboo appliquéd.

FINISHED SIZE

Your size

MATERIALS

- 2 identical hooded zippered sweatshirts (in brand and size) in sage green and black or other contrasting colors
- $\frac{1}{2}$ yard 36-inch-wide white-on-white print fabric
- Fabric painting medium
- Acrylic paints in 7 coordinating colors to complement sweatshirts
- Multicolored quilting thread
- Rayon embroidery thread in contrasting color
- Chalk
- White watercolor pencil
- Freehand or darning foot
- Small sharp scissors
- Basic sewing supplies and equipment

PROJECT NOTES

Refer to your owner's manual for how to lower the feed dogs for freehand-motion sewing.

See back cover for reverse side of hoodie design.

PAINTED FABRIC

1. Wash, dry and press fabric. Lay flat on protected surface.
2. Mix an equal part fabric painting medium with first-color paint and thin slightly with water. Beginning at one edge of fabric, paint a 5-inch-wide stripe completely across the $\frac{1}{2}$ -yard length. Repeat with each color. Let dry completely.

3. Cut out each colored strip. Fold in half lengthwise, wrong sides together, so each strip is $2\frac{1}{2} \times 18$ inches. Use leaf template to cut five pairs of leaves from each doubled strip. **Note:** Each leaf is doubled when pinned between the shirts.

DESIGN & ASSEMBLY

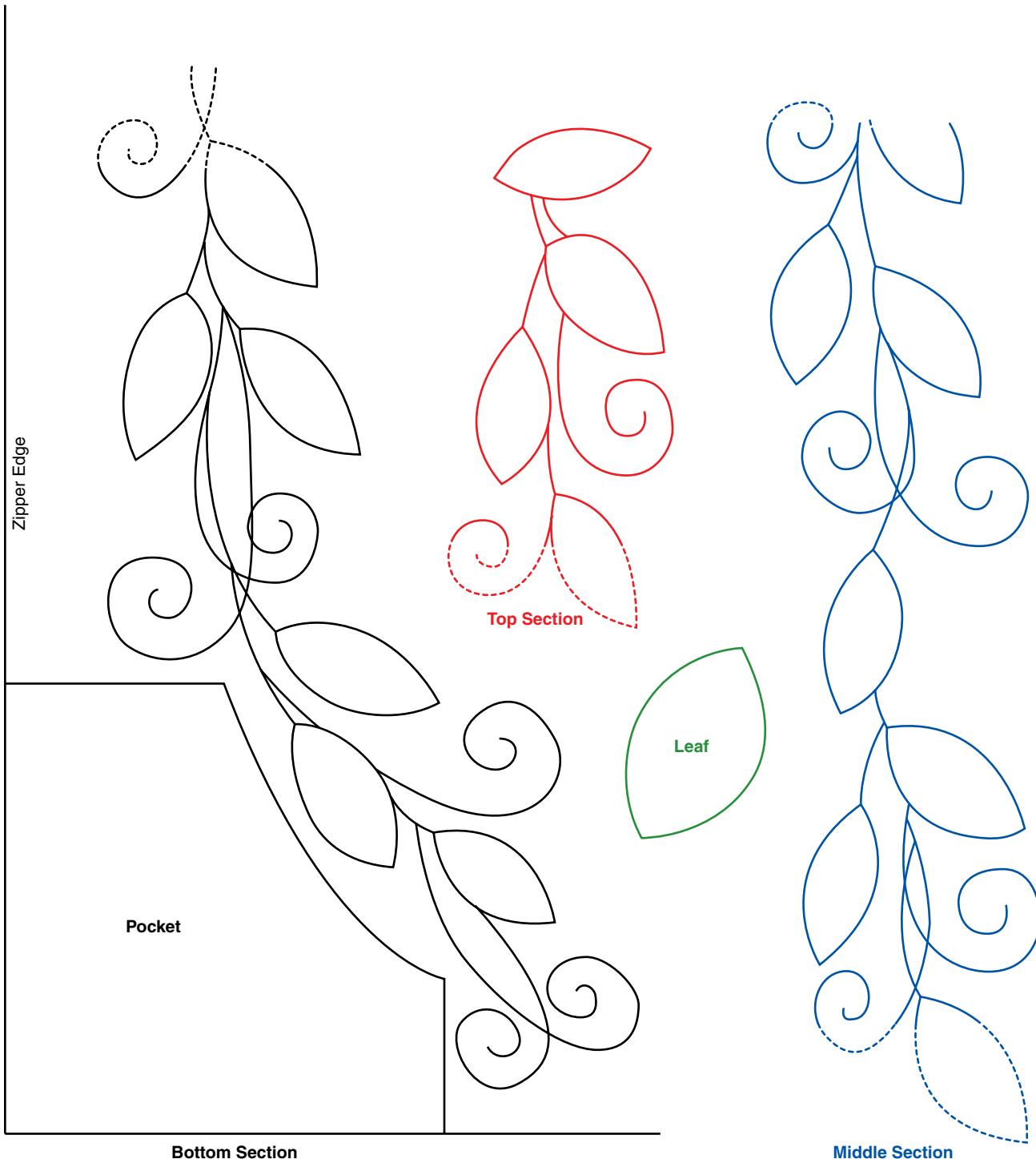
1. Select, prewash and press sweatshirts as suggested in General Instructions on page 4.
2. Enlarge vine template as indicated and trace onto pattern tracing paper. Chalk the back of the tracing, and then lay the chalked tracing in place on the darker sweatshirt. Rub over the design to transfer it onto the sweatshirt; go over transferred chalk lines with a white watercolor pencil, dampening the pencil tip for drawing ease.
3. Fit sweatshirts with wrong sides together and pin loosely. Pin leaves in place between sweatshirts. **Note:** Some leaves will overlap a bit, so determine when to sandwich a leaf into another leaf so when the sweatshirt is cut away only one leaf color shows through.
4. Using multicolored quilting thread in needle and bobbin, attach the freehand foot and drop the feed dogs. Freehand-sew the design, starting at the top of the darker sweatshirt, stitching down one side and then the other. For the swirls, sew to the end of the swirl, and then follow the pattern back to the start of the swirl. Keep it loose and try not to stay on the same line on the way back. The leaves are outlined only once for now. Try to keep the design flowing without stopping and starting.



5. Cut out center of each leaf using small sharp scissors, being careful not to cut painted fabric. Make sure no raw leaf edges are showing. Change needle thread to rayon embroidery thread. Sew the design again on contrasting sweatshirt side, keeping it slightly off for a freehand look.

6. If desired, shade each leaf using a darker value of each color with the fabric medium. Let dry. **Note:** Sweatshirts are sewn together along vine design only. ♦

Source: Fabric painting medium #DSA10 and Americana Acrylics paints from Deco Art.



Twisted Vine Hoodie
Templates
Enlarge 200%

Sweatshirt Basics

By following these tips and techniques, you can turn an ordinary sweatshirt into a unique wearable in no time.

GENERAL INSTRUCTIONS

Selecting the Perfect Sweatshirt

Before shopping for your sweatshirt, look at the design elements and answer the following questions to determine the size needed: Will I be removing the banding on the sleeves or torso (requiring a larger size for longer sleeves)? Is the sweatshirt redesign a tailored look (requiring a fitted sweatshirt)? Is the design a jacket style or can I wear the redesign with no additional top underneath?

Though it's hard to anticipate shrinkage, try the sweatshirt on and check for sleeve length, body length and width before you purchase. Look at the shoulder-seam placement and the fullness around the bust, rib cage, waist and hips. As a standard rule of thumb, for a fitted style, you'll want a minimum of 3 inches of ease around your bust and waist, and 4 inches around your hips. For a jacket style, plan to increase these measurements a minimum of 3 inches.

The fit of a sweatshirt and the redesign will help determine whether to buy the sweatshirt in your size or go up a size. Remember, you'll be washing the sweatshirt (expect some shrinkage) and doing some manipulation to the seam allowance(s), so it's best to start on the generous side and remove excess fabric as you sew.

Getting Started

Prewash your sweatshirt, the coordinating fabrics and specialty trims. Because you're combining different fabric types, you'll want to remove shrinkage before you sew to avoid the surprises of different design elements shrinking differently.

Though it's fine to put your sweatshirt into the dryer, do not use fabric softener. The fabric softener leaves behind a residue that may not agree with all of the fusibles used for the design. Plus, softener may leave spots on some blended fabrics—not a great way to start your redesign!

Most trims can be hand-washed and line-dried.

The Pressing Matters

Lightly press your sweatshirt before sewing using a medium heat setting. If the ironing board's pad and cover is worn, insert a towel or scrap wool under the board cover. This will add extra padding so you don't press the knit fabric of the sweatshirt flat. Press trims and trim fabrics flat.

Try a Teflon press cloth for pressing knits. I invested in a Teflon press cloth large enough to cover any appliquéd work. The press cloth can be used for pressing serger seams by laying the sweatshirt on the ironing board with the serger seam flat, then placing the Teflon cloth on top of the seam and using the tip of the iron to compress the serged seam and reduce bulk.

