

## PLACEMAT INSTRUCTIONS

(Please **RETURN** this Sheet & the Kit Bag with the Completed Placemats)

**SENIORS FIRST MEALS ON WHEELS** of Western Placer County: Roseville, Rocklin, Lincoln, Colfax, Auburn, & Granite Bay

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### CONTENTS of a 3 PLACEMAT KIT:

- Three 12" x 18" pieces of **Batting**
- Three 12" x 18" pieces of **Backing Fabrics**
- Assorted **Fabric Strips** (or Squares) of various widths & lengths

### TIPS

- ♥ **BEFORE** sewing, lay out the pieces on the placemat **BACKING FABRIC** to confirm **FULL COVERAGE** & an appealing design. REMEMBER to overlap the strips  $\frac{1}{2}$ " to account for the seam allowances & CONFIRM strip is long enough.
- ♥ **KEEP THE LAYOUT** created above to use for the **SEWING ORDER** of the strips/pieces.
- ♥ Sew strips/rectangles/squares, etc. together using a **SCANT  $\frac{1}{4}$ " SEAM ALLOWANCE**.
- ♥ Some strips are used to **COVER MORE THAN ONE AREA**. So, use the strip remnants, as needed.
- ♥ Feel free to use **FABRIC FROM YOUR OWN STASH** to substitute or supplement the kit fabrics.
- ♥ If the fabric is just shy of covering the corners, try **ROUNDING THE PLACEMAT CORNERS**. This also avoids the challenge of "poking" the corners into nice square points after the placemat is turned right side out.
- ♥ If you have extra or "orphan" blocks, feel free to use them to **DESIGN YOUR OWN PLACEMAT** layout.

### DESIGN INSTRUCTIONS FOR DIAGONAL LAYOUT (See Diagonal Design Image below)

#### Making the Placemat Top:

1. Taking care NOT to stretch the **PLACEMAT BATTING**, lay it flat on a smooth surface.
2. Remove the **CENTER STRIP** from your saved layout (see TIPS above). Place it right side up on the batting, **CENTERING IT ON THE DIAGONAL** (from upper corner to opposite lower corner). Pin in place down the center.
3. Then, with right sides together (RST), align the raw edge of the next strip with the raw edge of the center strip. Using a **SCANT  $\frac{1}{4}$  inch seam**, stitch along the length of that edge, **starting & stopping past the batting edges**. You will be stitching through both strips and the batting. Flip the top strip **open and press** flat.
4. **Repeat Step 3** with the next strip along the **opposite raw edge** of the center strip.
5. Continue adding strips in this manner, alternating sides until the **batting is fully covered**.
6. After the strips are added, **press and trim** the placemat top to **12" x 18"**. Optional: **Round the placemat corners**.

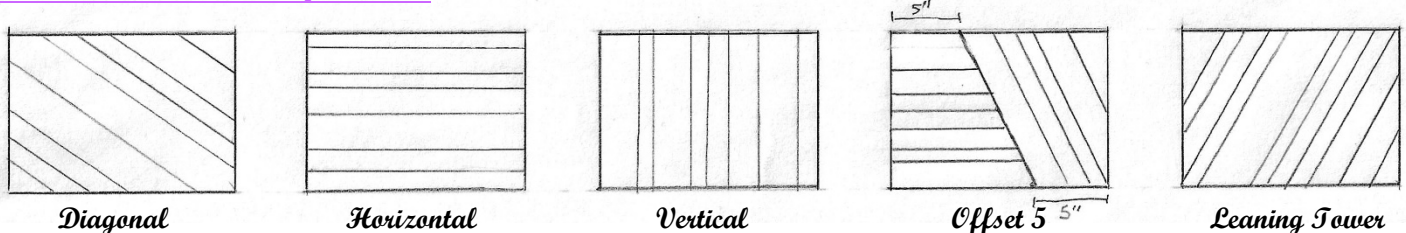
#### Assembling the Placemat:

1. Align placemat top & attached batting with backing, right sides together. Pin leaving an opening on one edge for turning. Mark the opening with double pins as a reminder to not stitch there. Stitch using a  **$\frac{1}{2}$ " seam allowance**.
2. Trim the corner bulk. Turn right side out. **Fold the opening seam allowances to the inside & whip stitch** closed.
3. To secure the layers, sew a  **$\frac{1}{4}$ " top stitch** around all 4 sides. Optional: Quilting eg. **Quilt-in-the-ditch**

**YOUR PLACEMAT COMMITTEE APPRECIATES YOUR HELP... THANK YOU VERY MUCH!**

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### ALTERNATIVE DESIGN IDEAS for STRIPS



### ALTERNATIVE DESIGN IDEAS for SQUARES/RECTANGLES

