



Michelle's Designs, LLC

by Michelle Griffith,
Creator of "Simple & Elegant"™ Projects



Simple &
Elegant



Creating This Pretty 3-Dimensional Flower

by Michelle Griffith

Supply List:

Hot glue gun and glue sticks

Embroidery thread by Robinson Anton
40wt Rayon:

Pink #2223

Dusty Rose #2395

5" x 5" tone-on-tone fabric for flower

Piece of felt 2 1/4" round for back of flower

Sticky-back stabilizer and lightweight tear-away

Fray Block or Fray Check

Disappearing marking pen

1 1/2 yds. of ribbon 5/8" wide

14" of ribbon 1 1/2" wide

1 piece of printed floral fabric 3" round for yoyo

Hand sewing needle and all-purpose construction
thread (to match fabric)

Spray starch

Bow maker - optional

Step 1-Embroidering the Base Flower:

Set up your machine for embroidery. Select the embroidery design called "3 D-Design Freebie" from the Free Embroidery Designs on my website: http://www.michelles-designs.com/page/free_embroidery_designs.aspx. Make sure you select the format you need for your machine.

Cut one piece of fabric 5" x 5" and spray starch the fabric with several layers of spray starch, ironing between each layer until the fabric is stiff.

Very lightly with a disappearing marking pen, draw a vertical and horizontal line down the center of the fabric. **Note:** To find the center of fabric, fold your

fabric in half and crease then draw a line down the fabric and then fold your fabric in half again and draw a line.

Prepare your hoop with sticky back stabilizer. **Note:** You can find instructions about sticky back stabilizer on my website at: http://www.michelles-designs.com/page/michelle's_tips_and_techniques.aspx.

Place your fabric on the hoop with the needle in the intersection of the two marked lines. Now place a piece of lightweight tear-away stabilizer under the hoop for extra support. Embroider the design. Remove the fabric from the hoop, remove the stabilizer and clip threads. Remove any marked lines and press on the wrong side.

Apply a small amount of Fray Block or Fray Check just outside the scallops so that it bleeds towards the scallops. Allow fabric to dry or iron the fabric dry on the wrong side with a pressing cloth. Cut out the flower. Set aside.



Step 2-Making the YoYo:



To create the yoyo, cut a 3" circle from a printed fabric. On the wrong side of the fabric, sew a short basting stitch $\frac{1}{4}$ " in from the outside edge of the fabric circle all the way

around with heavy thread.

Pull the thread to gather the fabric into a tight circle. Take several stitches to ensure that the fabric remains tightly gathered and secure the thread by knotting off.

Step 3-Making the Two Leaves from Green Ribbon:

Cut 2 pieces of $1\frac{1}{2}$ " wide wired ribbon 7" long.

Fold the right side of the ribbon down at a 45 degree angle and finger press.



Now fold the left side of the ribbon down at a 45 degree angle and finger press. Pinch the bottom edges of the ribbon into a leaf shape. Do this for both leaves.



Step 4-Putting It All Together:

Using $\frac{5}{8}$ " wide ribbon, make a pretty bow with several loops and glue into place in the center of the embroidered fabric (there are several different bow makers on the market today to help with making a perfect bow). Glue the yoyo down next. For the finishing touch, add a pretty button in the center. On the back, glue the leaves as desired. I attached my leaves along one side of the flower.

Cut a piece of felt in a $2\frac{1}{4}$ " circle and glue it on the back of the fabric so that it covers the raw edges of the leaves. You can make your flower into a pretty pin by gluing a 1" jewelry bar pin on the back. This item can be found at most craft stores.