

Stitchitize



BEE #10
SNUGGLE BUGS



Cuddle up with these cute little bugs on those cold winter nights. Just pop them in the microwave to release a relaxing scent and a comforting warmth that will soothe all of your aches and pains. Slide one into a baby's car seat or crib to keep them snuggly warm! Put them in the freezer to create a cooling effect to calm a headache or to relax tired puffy eyes. Our instructions will complete a ladybug and bee each measuring 5.5" in diameter.

SUPPLY LIST

Each Bug will require the following:



FABRIC

NOTE: Fabric choices for the bug bodies should be soft and fluffy. Sweatshirt or Micro Fleece, Chenille or Washable (polyester) Felt are great choices. Fabric choices for the wings and feet should be anything that does not require finished edges (will not fray). If fleece is used for the body, scraps from that fabric can be used for the wings or feet.

Outer Fabric

- BUG BODY - 1 piece 7" x 20" (micro fleece, chenille, felt) We suggest Black for both bugs.
- FEET and WINGS - use scraps from the body fabric to cut 4 feet or 2 wings.
- APPLIQUE - 1 piece 5" x 5" (felt, jersey knit, fleece) We suggest RED for the Ladybug and Black or Yellow for the Bee.
- APPLIQUE FILLER - 1 piece 5" x 5" (quilting filler: warm & white, warm & natural)

Inner Bag

- 1 piece 6" x 12" (muslin)
 - 1 cup raw rice, flax seed, dried beans, or buckwheat
 - **Optional scent suggestions - cinnamon stick or chamomile (calming), lavender (restful), eucalyptus (revitalize), clove (comfort), sage (harmony)
- Amount in form - 1 TBSP loose, 8 - 10 drops oil, 1/2 cinnamon stick



NOTIONS

- Regular Sewing Foot
- 1/4" Sewing Foot *optional but very useful
- Embroidery Foot
- Embroidery Hoop (minimum 3.5" x 5" - 90mm x 125mm)
- Stitchitize Bee010 embroidery designs
- Medium weight tear-away stabilizer (1 piece - 4.5" x 5" for each bug)
- **optional water soluble topping if your Body fabric is very plush (under eyes only)
- 3-4 embroidery thread colours Black, White, Eye Colour (blue or green), and Yellow (for Bee)
- Regular Sewing Thread to match Body fabric and Muslin (wind bobbin of each)
- Applique Scissors *optional but very useful
- Fabric, Paper and Clipping Scissors
- Pins, Ruler, Masking Tape
- Fabric Marking Chalk



EMBROIDERY

1. Hoop FAR RIGHT SIDE of 7" x 20" fabric. Be sure to hoop soft fluffy side up if sweatshirt fleece is used. Prepare machine to sew Bee010A (ladybug) OR Bee010B (bee). These embroidery designs have a dimensional applique, therefore, we recommend that you slow the machine speed down to 400 spm. Slide 1 piece of medium weight tear-away stabilizer under the hoop.



NOTE: Our illustrations show the Bee with a yellow applique and black stripes for best visibility. The applique fabric can also be in black with yellow stripes.

TIP: Use a black bobbin when embroidering to avoid any tension issues with the wide satin stitch border on the applique and for a more finished look on the inside of the bug.

2. Start embroidery design following the Sewing Sequence below:

1. Applique Placement Line
- Black

Place Quilt Filler over placement line to completely cover the stitches.

Place Applique fabric over the quilt filler.



2. Applique Cutline
- Black

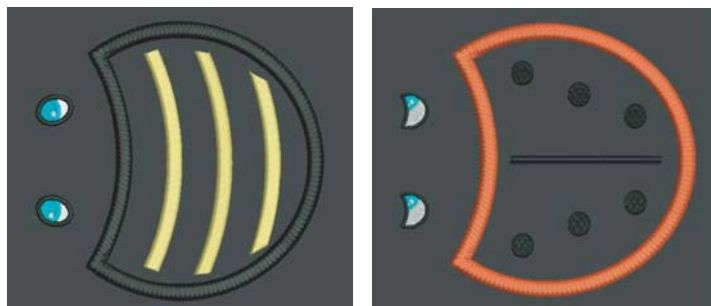
Remove hoop from machine. DO NOT remove fabric from hoop. With the guard of your applique scissors next to the cutline stitches, carefully cut the fabric layer as close to the stitches as the guard will allow. Be very careful not to cut any of the cutline stitches. Repeat for the filler layer. When both layers have been cut, reattach hoop to machine.





Embroidery cont...

3. Tackdown and Border - Black
4. Stripes/Lines/Dots on body
Black for Ladybug - Black or Yellow for Bee
5. Whites of Eyes - White
6. Eye colour - Blue, Green, etc.
7. Border on Eyes - Black
8. Small Eye Highlights - White

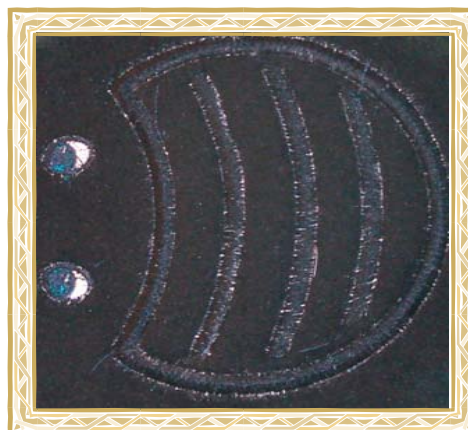


3. When all colour stops in the embroidery design are complete, remove the hoop from the machine. Carefully remove the fabric from the hoop. Trim all threads from the front and back of embroidery. Remove all tear-away stabilizer from the back of the embroidery. Be sure to remove the stabilizer from the center area of embroidery design (applique) so that the finished bug is not stiff in the applied body area.

FRONT

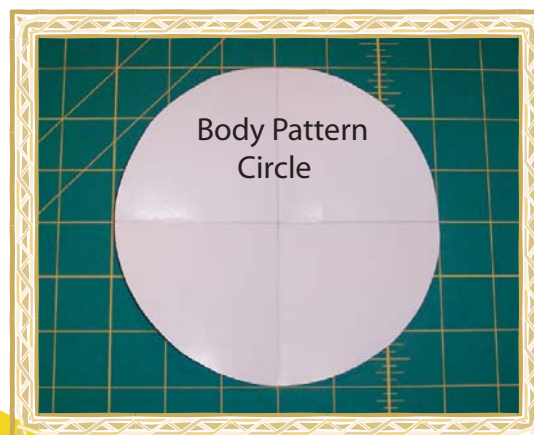


BACK



CONSTRUCTION

1. Cut out Body Pattern Circle. Fold Body Pattern Circle in half. Fold again in quarters. Open. You will now have fold marks in quarter sections.





CONSTRUCTION cont...

2. Place a piece of masking/painters tape in approx. area shown on bug back. Measure and mark 2 1/4" from back end of bug. Measure and mark 2" from one side. You will now have a crosshair on the tape.



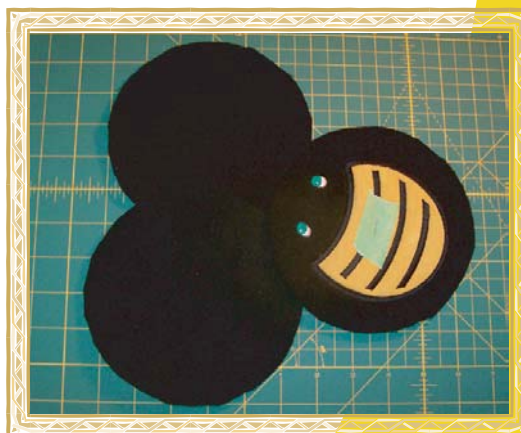
3. Line up center of folds on 1/2 folded Circle Pattern with the crosshair on tape.



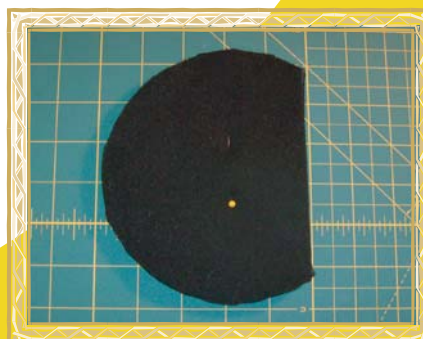
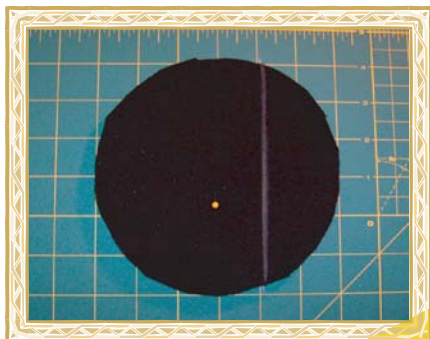
4. Open circle and pin.



5. Cut out circle. Pin and Cut 2 additional circles from same fabric.



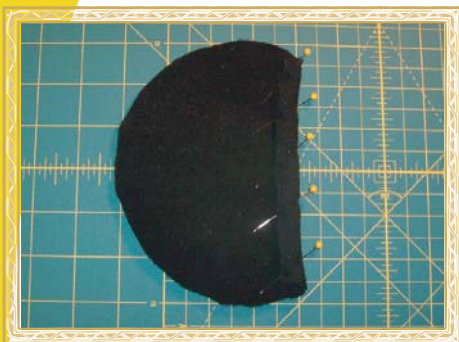
6. Put 2 additional circles together, pin at center. Place ruler 1 1/2" from the edge, mark a line with chalk. Cut both circles on chalk line.



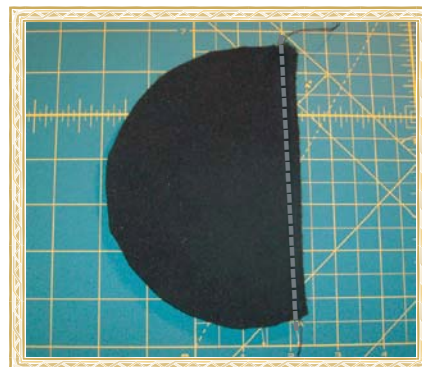


CONSTRUCTION cont...

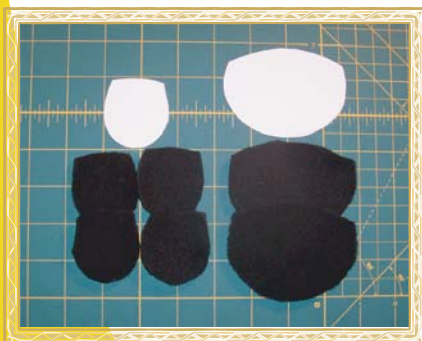
7. Remove pin from center. Fold cut edge of one circle over 1/2", wrong sides together and pin.



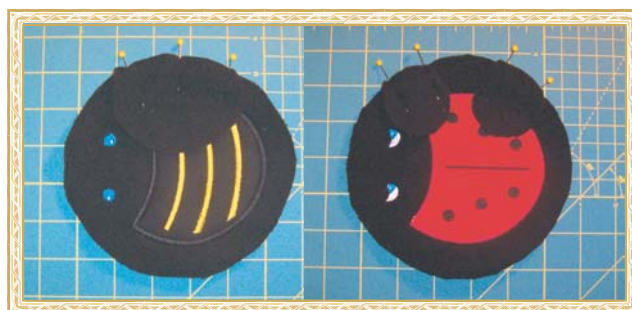
8. Roll bobbin and thread machine with matching thread to fabric. Attach regular or 1/4" sewing foot. Sew 1/4" (SA) on fold.



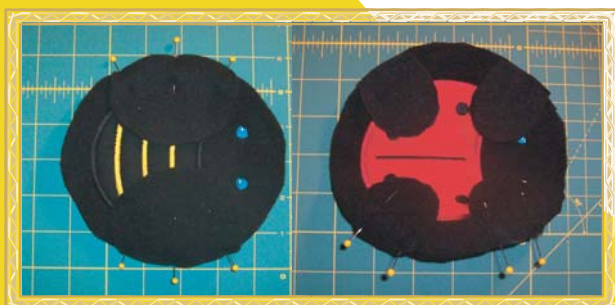
9. Cut out wing/feet pattern pieces. If you are making the Bee, pin (or trace with chalk) and cut 2 wings from scraps of body fabric. If you are making the Ladybug, pin and cut 4 feet from scraps of the body fabric.



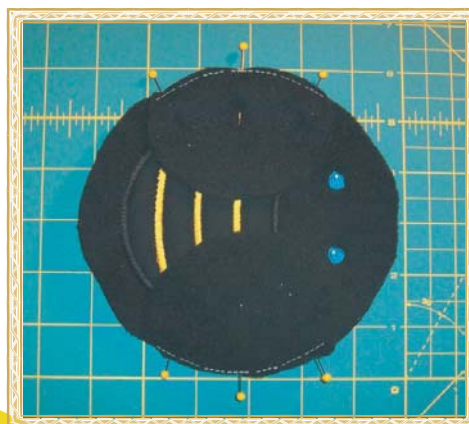
10. Arrange 1 wing or 2 feet in desired position on one side of embroidered circle. Place right sides together and line up edges. Pin.



11. Lay remaining wing/feet over pinned one(s). Fold embroidered circle in half to find exact opposite location for remaining wing or feet. Position and Pin.



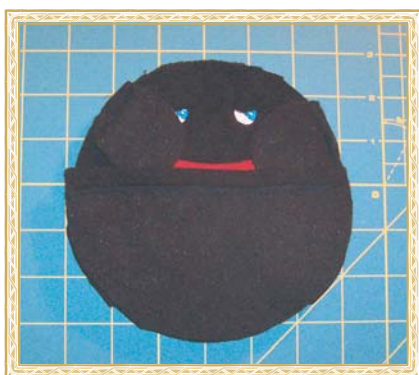
12. Using 1/8" (SA), BASTE wing/feet areas. Be sure to set stitch length back to default when you are finished this step.



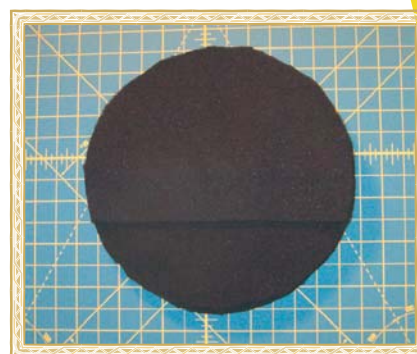


CONSTRUCTION cont...

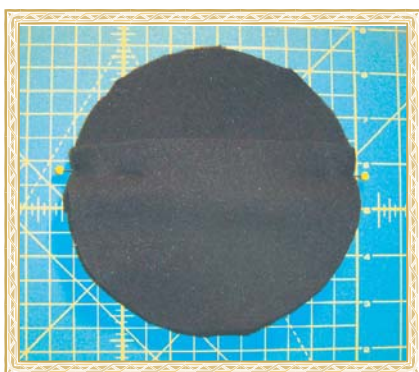
13. With embroidered circle right side up, lay additional 3/4 circle (with finished edge) on top. Line up rounded edges at top, **right sides together**. Line up rounded edges at "back end" of bug. Be sure that the seamed edge is parallel with the eyes.



14. Lay next additional 3/4 circle (with unfinished edge) on top. Line up rounded edges at "eye end" of bug. Try to keep the straight edge at center parallel with the finished edge of previous layer.



15. Pin each side at intersection of all three layers.



16. Turn over to back of embroidery side and pin at halves and quarters.



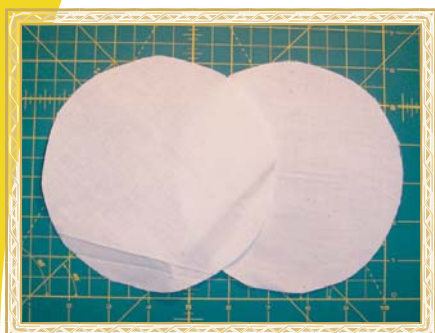
17. Sew 1/4" (SA) around circle on embroidered side. Turn right side out through opening on back of bug.



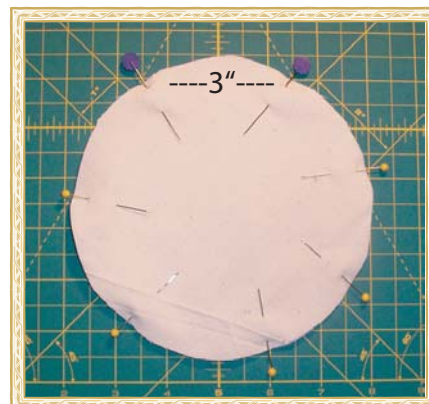


INNER BAG CONSTRUCTION

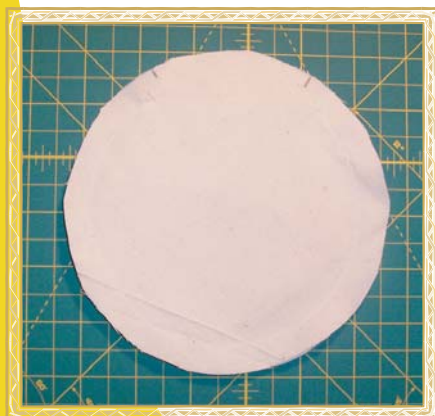
1. Fold 6" x 12" Muslin in half to make a 6" x 6" square. Pin and cut Circle Pattern to make 2 6" circles.



2. Mark a 3" section. This will be the opening to turn the bag out through. Pin.



3. Wind bobbin and thread machine with matching thread to muslin. Sew 1/4" (SA) around circle from mark to mark leaving the 3" opening.



4. Turn bag out through opening. Fill with **1 CUP** buckwheat, rice, dried beans, or flax seed.



5. Add scent, if desired.



6. Fold in both sides of opening. Pin. Attach regular sewing foot. Sew over opening with a short (1.5) stitch length several times to close.





Finished!!

The inner bag can now be inserted in the bug through the opening at the back.

Heating Instructions

- Remove inner bag to heat or cool.
- Heat in 30 second intervals until desired temperature is reached. DO NOT exceed total heating time of 1 1/2 minutes.

Cooling Instructions

- Put in freezer for at least 1 hour.

Suggested Uses

Heat up to relieve:

- headaches
- back/shoulder pain
- cramps/tummy aches
- arthritis
- poor circulation

Cool off to relieve:

- migraines
- hot flashes
- swelling
- tired/puffy eyes

OR use as a bed or car seat warmer.

