



# nigella silhouettes

MIDWEST MODERN®  
SEWING PATTERNS

*Free  
Pattern!*



# Nigella Silhouettes

## SEWING PATTERN INCLUDES:

Instructions, measurements and templates to create your own **NIGELLA SILHOUETTES**.

Template design by Amy Butler and instructions by Nichole Redinger. Visit [www.nicholeredinger.wordpress.com](http://www.nicholeredinger.wordpress.com) to see more of Nichole's work.

Get funky with your old, unused picture frames. These lively silhouette shapes will brighten up your home.

*Fabric shown is from Amy's NIGELLA collection from Rowan.*

## Finished sizes:

**TALL BIRD:** Silhouette - 20" wide x 26" tall  
Frame - 26" wide x 32" tall

**ROOSTER:** Silhouette - 11" wide x 23" tall  
Frame - 22" wide x 26" tall

**BUTTERFLY:** Silhouette - 25" wide x 18" tall  
Frame - 32" wide x 26" tall

**Before you get started, please read through all of the instructions.**

## Tools Needed:

Scissors	Chalk pencil or fabric marker
Straight pins	Staple gun and staples
Yardstick	Spray adhesive
Iron	Craft knife
Small pliers	Cutting mat
Turning tool (such as a closed pair of scissors)	

## Step 1.

### FIND A FRAME AND CHOOSE A TEMPLATE

A. Purchase a frame. The size frames used for the Nigella Silhouettes are listed above, or choose a size that best fits the area you will display it. Flea markets, thrift stores, and estate sales are all great places to find a unique frame.

B. Use the frame as is, or paint it to match your style. If your frame has a glass plate front, remove it. Also, carefully pull out any tacks or nails that were holding the frame's contents in place with a pair of pliers.

C. Next, choose a silhouette template and print it from your computer. Using a copier, enlarge the template 400% for the finished sizes shown or to your desired size to fit your frame.

## Step 2.

### SELECT YOUR MATERIALS

Follow the materials list for the Silhouette you have chosen. If you are making it smaller or larger than the finished sizes listed, follow Steps 3 and 4 to calculate how much of each material you will need.



## Materials List:

### TALL BIRD:

- 7/8 yard of 44" or 54" wide light to mid-weight fabric for the Silhouette
- 1 yard of 60" wide 10 oz. cotton canvas or Duck Cloth for the background fabric. (We use canvas made by Thompson Manufacturing. You can substitute with Duck Cloth manufactured by Schott International, Inc.)
- 7/8 yard of 20" wide Wonder Under® or a similar fusible webbing
- 1 spool of a coordinating all-purpose thread (we use Coats Dual Duty Plus®)
- Picture frame - 26" wide x 32" tall
- 3/16" Foamboard - 26" wide x 32" tall

### ROOSTER:

- 3/4 yard of 44" or 54" wide light to mid-weight fabric for the Silhouette
- 7/8 yard of 60" wide 10 oz. cotton canvas or Duck Cloth for the background fabric. (We use canvas made by Thompson Manufacturing. You can substitute with Duck Cloth manufactured by Schott International, Inc.)
- 3/4 yard of 20" wide Wonder Under® or a similar fusible webbing
- 1 spool of a coordinating all-purpose thread (we use Coats Dual Duty Plus®)
- Picture frame - 22" wide x 26" tall
- 3/16" Foamboard - 22" wide x 26" tall

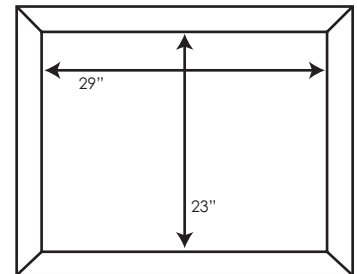
### BUTTERFLY:

- 5/8 yard of 44" or 54" wide light to mid-weight fabric for the Silhouette
- 7/8 yard of 60" wide 10 oz. cotton canvas or Duck Cloth for the background fabric. (We use canvas made by Thompson Manufacturing. You can substitute with Duck Cloth manufactured by Schott International, Inc.)
- 3/4 yard of 20" wide Wonder Under® or a similar fusible webbing
- 1 spool of a coordinating all-purpose thread (we use Coats Dual Duty Plus®)
- Picture frame - 32" wide x 26" tall
- 3/16" Foamboard - 32" wide x 26" tall

## Step 3.

### MEASURE AND CUT YOUR CANVAS

A. First, on your frame, measure the width and height of the area where a picture will fit. Add 2" to each measurement. These dimensions will be the size piece of canvas you need.



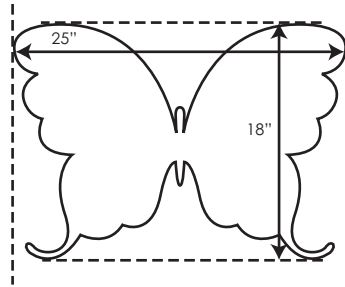
**EXAMPLE:** If your frame's area measures 29" wide and 23" tall, then cut a piece of canvas 31" wide and 25" tall.

B. Using your yardstick and chalk pencil, measure and mark the dimensions directly onto the **WRONG** side of the canvas. Then cut out the canvas piece.

#### Step 4.

##### **CUT YOUR FABRIC AND WONDER UNDER**

A. Use your Silhouette template to determine measurements for your fabric. Measure the shape's width and height at the largest points and add 2" to each measurement. These dimensions will be the size piece of fabric and Wonder Under you will need.



**EXAMPLE:** You have enlarged the butterfly Silhouette 400%. Its dimensions are 25" wide and 18" tall. Then cut a piece of fabric and Wonder Under 27" wide and 20" tall.

B. Using your yardstick and chalk pencil, measure and mark the dimensions directly onto the **WRONG** side of the fabric or the paper side of the Wonder Under. Then cut out each piece.

#### Step 5.

##### **CUT OUT YOUR SILHOUETTE**

**HINT: Cover the surface you will be ironing on with a scrap piece of fabric. The Wonder Under sometimes adheres to the ironing surface and makes it sticky.**

A. Lay your fabric **WRONG** side up on your ironing surface. Place the Wonder Under, paper side up, on top of the fabric. Carefully press the Wonder Under to the fabric following the manufacturer's instructions.

B. Turn your fabric **RIGHT** side up. Lay your Silhouette template on top of your fabric and pin it in place. Trace around your template with your chalk pencil. Cut out the Silhouette.

C. If making the Tall Bird or Rooster, leave the template pinned in place. Transfer the line from the template to the fabric using your chalk pencil to outline the eye.

#### Step 6.

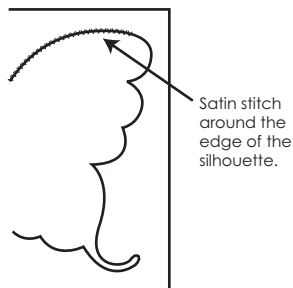
##### **ATTACH THE FABRIC SILHOUETTE TO THE CANVAS**

A. Peel the paper backing away from the fabric piece. Lay the fabric Silhouette **RIGHT** side up on top of the canvas. Use your yardstick to center it on the canvas.

B. Using your iron, carefully fuse the fabric to the canvas following the manufacturer's instructions, making sure that it is smooth.

C. Set your sewing machine to a medium width zigzag with a very small stitch length. Test the stitch setting on a scrap of fabric to make sure the stitch has almost no gaps between the threads. This is a satin stitch.

D. Once you have found the correct stitch size, sew around the entire outside perimeter of the fabric silhouette. Go slowly and pivot at any corner and backstitch at each end. Then clip the thread ends close to the fabric.



E. If making the Tall Bird or Rooster, satin stitch around the eye and backstitch at each end.

#### Step 7.

##### **CUT THE FOAMBOARD**

A. Lay a large piece of paper under your frame and trace the inside edge of the frame onto the paper. (A piece of newspaper would work great.)

B. There will be a small ledge on the inside of your frame where the picture is to rest. Measure the width of this ledge and add the measurement to the outside edge of the shape you just traced onto the paper.

**EXAMPLE:** The inside of your frame measures 29" wide and 23" tall. The ledge on the inside of the frame measures 1/4". You will draw a 1/4" border around the outside of the shape traced on the paper.

C. Cut out the total shape from your paper and use this as a template to trace onto your foamboard. Using your craft knife and a cutting mat, cut out the foamboard.

D. Place the foamboard into the back of the frame to make sure it fits. You may need to trim the edges to make the board fit well.

#### Step 8.

##### **ATTACH THE CANVAS TO THE FOAMBOARD**

A. Using your yardstick and fabric marker, find the center of the foamboard and make a mark. Also find the center of your canvas and mark it on the **WRONG** side.

B. In a well-ventilated area or outdoors, apply the spray adhesive to the foamboard.

C. Lay the canvas onto the foamboard, matching the center marks, and making sure the canvas is placed straight. Smooth the canvas down onto the board, so there are no ripples or bubbled areas.

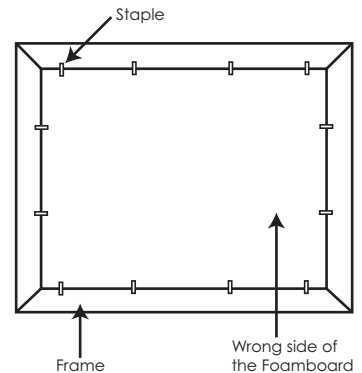
D. Once the spray adhesive has dried, trim away the extra canvas to make it the same size as the foamboard.

#### Step 9.

##### **SECURE YOUR FOAMBOARD INTO THE FRAME**

A. Place the foamboard with the canvas attached into the back of the frame, so your silhouette shows on the front.

B. Secure the foamboard into the frame by placing staples with the staple gun around the outside edge. Half of the staple should catch the ledge of the frame and the other half should catch the back of the foamboard.



Your Project is Complete!

## Nigella Silhouettes - Pillow Option

*Another option for using the Silhouettes is to appliqué one onto the front of a Pillow Cover.*

*Before you get started, preshrink your fabric by washing, drying and pressing it.*

### Materials List to make a 20" square pillow with an envelope-style back:

- 1/2 yard of 44" or 54" wide mid-weight fabric for the Silhouette.
- 3/4 yard of 60" wide 10 oz. canvas or Duck Cloth.
- 1/2 yard of 20" wide Wonder Under® or a similar fusible webbing
- 1 22" square pillow form (we use Soft Touch pillow forms by Fairfield)
- 1 spool of coordinating all-purpose thread (we use Coats Dual Duty Plus®)

### **Step 1.**

#### CUT OUT THE FABRIC PIECES

A. On the **WRONG** side of the canvas using your yardstick and pencil, measure and mark the following pieces directly on your fabric.

#### From the Canvas:

- Cut 1 Front Pillow Panel - 21" square
- Cut 2 Back Pillow Panels - 15 1/2" wide by 21" long

### **Step 2.**

#### CHOOSE A SILHOUETTE AND ATTACH IT TO THE FRONT PILLOW PANEL

A. Choose a Silhouette and using a copier, enlarge it 225%.

B. Follow Steps 5A through 5C from the framed picture instructions to apply the Wonder Under to the **WRONG** side of your fabric. Then cut out your Silhouette.

C. Follow Steps 6A through 6E from the framed picture instructions to center the Silhouette, press and satin stitch it in place.

### **Step 3.**

#### MAKE THE PILLOW COVER

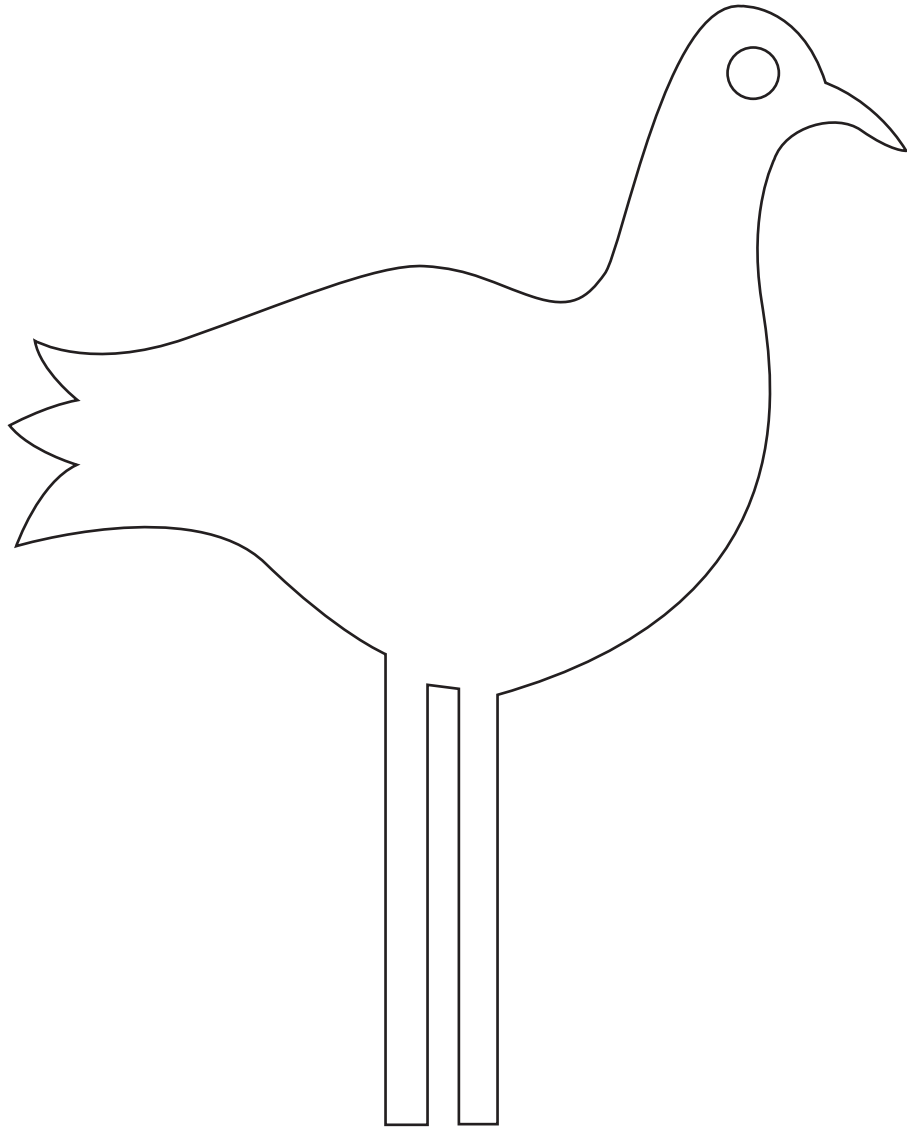
A. Finish one of the 21" long edges on each of the Back Pillow Panels by folding 1/2" in toward the **WRONG** side. Press. Fold it in again 1/2" and press. Pin. Then edge stitch along the inner folded edge, backstitching at each end.

B. Overlap the 2 finished edges on each Back Panel by 3" and pin them in place. Machine baste across the top and bottom raw edges on the overlapped panels.

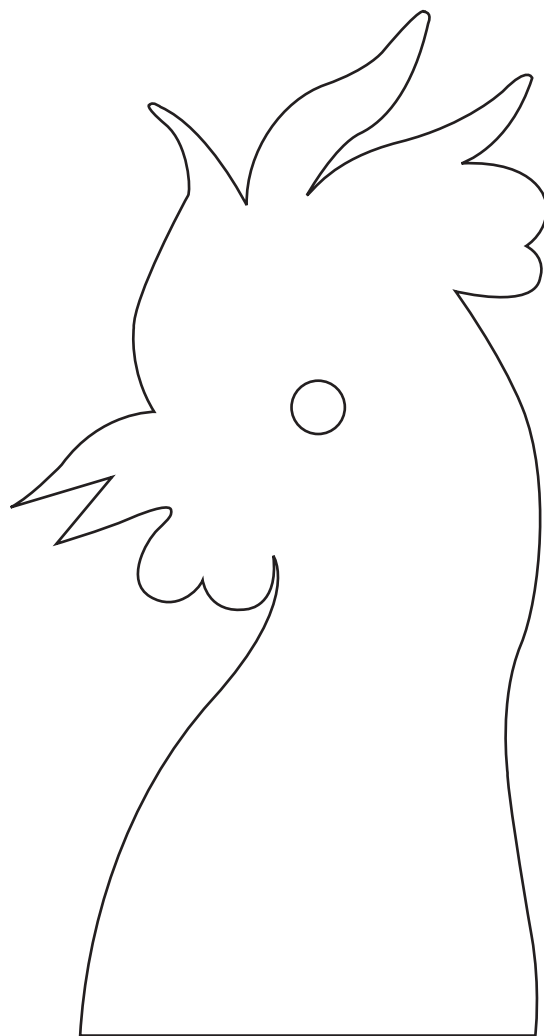
C. Place the Front and Back Panels **RIGHT** sides together and pin around the edges. Stitch a 1/2" seam completely around the Pillow Cover, backstitching at each end. Serge or sew a zigzag stitch to finish the edges.

D. Turn the Pillow **RIGHT** side out using a turning tool to push out the corners and press the cover flat. Insert the pillow form through the back of the cover and it is ready to use.

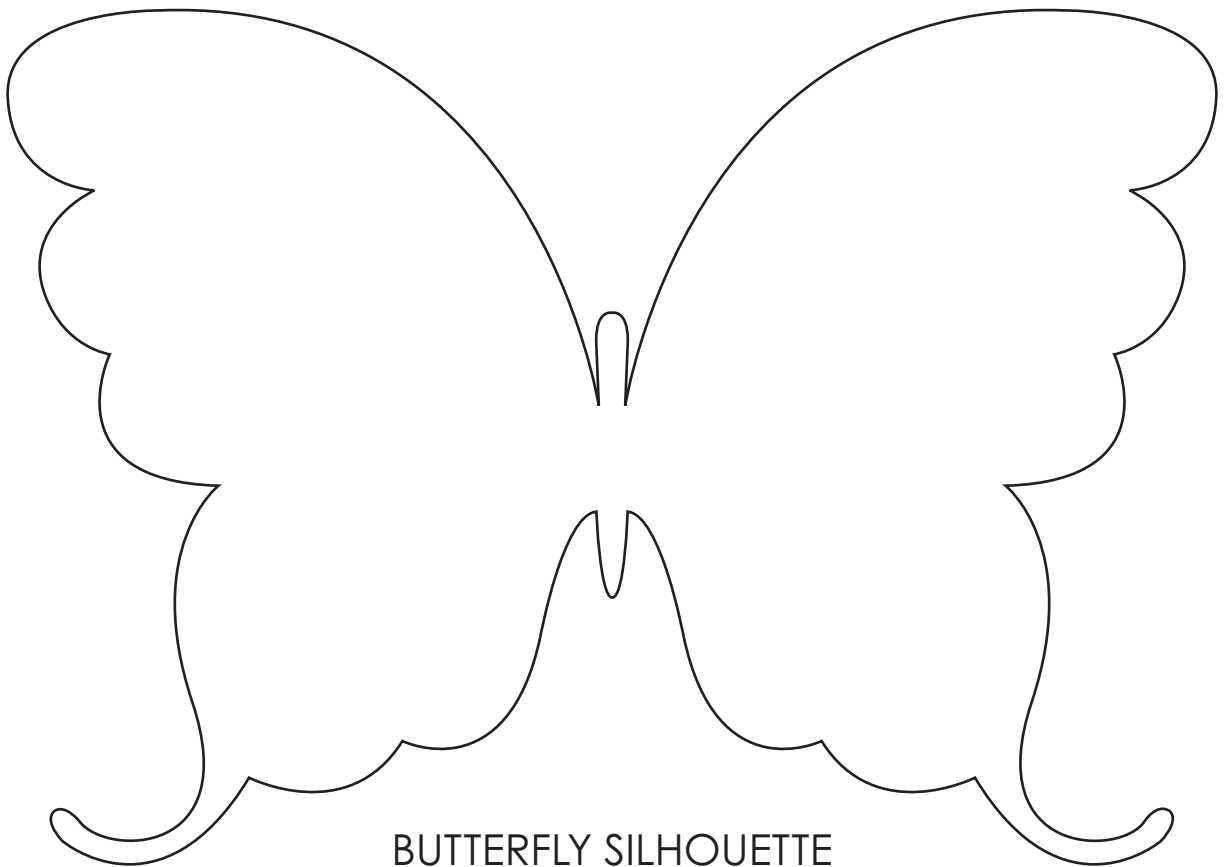




TALL BIRD SILHOUETTE



ROOSTER SILHOUETTE



BUTTERFLY SILHOUETTE