



## **Cosmos Runner Freebie** **Cutwork Instructions**



Dear Friends,

Thank you very much for your interest in my designs. Enjoy the stitching of this freebie.

Best Wishes,  
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<http://www.designs4africa.com>

<http://www.stitcherymall.com/display.cfm/digi/3165>

<http://www.oregonpatchworks.com/collections.php?id=D4A>

<http://www.secretsof.com/designs4africa>

### **Instructions:**

1. Hoop 1 layer of dissolvable Vilene. (I hoop it with a frame of felt to keep the Vilene taut in the hoop.)



2. Spray the Vilene with a thin layer of Adhesive Spray like 505.

3. Place your fabric on the Vilene. Use a fine woven fabric like silk dupione, linen or cotton. The important thing to remember is that the fabric must be fine woven. I also spray the fabric with spray starch and iron it after every layer of spray starch.



4. Attach the hoop to the machine.

5. Stitch the first color. I like to use rayon embroidery thread for my cutwork embroidery.

6. Remove the hoop from the machine.

7. Now you have to cut the fabric on the inside of the sig sag stitches. First make a small hole in the fabric on the inside of the sig sag stitches **WITHOUT CUTTING THROUGH THE VILENE**. Use a curved embroidery scissor and then cut as close to the sig sag stitches as possible (very important) to remove the fabric. **DO NOT CUT THROUGH THE VILENE!!!!** (If you accidentally cut through a part of the Vilene, just place a small piece of scrap Vilene on top of this and stitch on.) Pull the piece of fabric you have to cut out with the other hand while cutting. That helps to cut as close as possible to the running stitches.



8. Place the hoop back onto the machine and finish embroidering your design. Remove all the jump stitches on the front and back of the design.

9. Remove the hoop from the machine. Cut away as much as possible of the Vilene on the outside of the design.

10. Rinse the fabric with hot water. Soak the fabric overnight. All of the vilene will be removed.

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