

# ITH Out-Of-Breath Hiking Society Patch

<jensoriginalsembroiderydesigns.yolasite.com>

My asthmatic sister saw this humorous slogan on line and suggested a patch, which I was happy to make up for her.



The finished patch measures approximately 2.9" x 3.7" and can be attached to a garment or bag with patch glue and stitching.

You will need

- Twill fabric (preferred) or other sturdy fabric, or felt, approximately 3.5 x 4.5"
- Lightweight tear-away stabilizer

# Out-Of-Breath Hiking Society Patch -- Instructions

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1. Hoop a piece of tear-away stabilizer in the 4x4" hoop.



2. Lightly spray the back of your fabric piece and centre it in the hoop, making sure it adheres. Use twill or sturdy fabric for a more durable result; felt can be used but won't stand up as well to regular wear or laundering.



### JEN'S TIP:

To economize on stabilizer, I sometimes hoop a layer of Glad Press N Seal instead of the tear-away. Hoop it with the sticky side up, and press the fabric into position on the sticky surface.



I then spray and centre a 4x4.5" piece of tear-away stabilizer on the back of the hoop. This creates a three-layer "sandwich" with the plastic between the fabric and the stabilizer.



This method requires (and wastes) much less of your expensive stabilizer. It is the method I've used for the patch I'm making in the photos that follow. The rest of the instructions are identical, whether you've hooped the stabilizer or have chosen to use the plastic method.



3. Place the hoop in the machine and stitch the first seven colours, pausing the machine after the lettering stitches. You should have two more colours remaining.



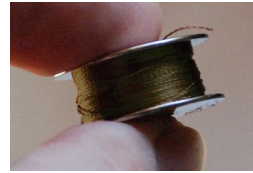
4. Remove the hoop from the machine, but do not unhoop.



5. With the hoop face up, and using curved scissors or a sharp pair of nail scissors, carefully trim the excess felt from around the outline stitch on the front of the hoop. Cut as close as possible to the stitching line without cutting through the stitches.



6. Change the bobbin thread to match your chosen fabric. I'm using a slightly darker thread for the satin border.



7. Return the hoop to the machine to stitch the final colour, the decorative satin border. Remove the hoop from the machine.



8. Before unhooping the design, gently tear the stitched patch away from the plastic or stabilizer. It should tear away easily. Remove any remaining tear-away from around the edges of the patch.



The finished patch can be glued or stitched to a garment or bag.

