

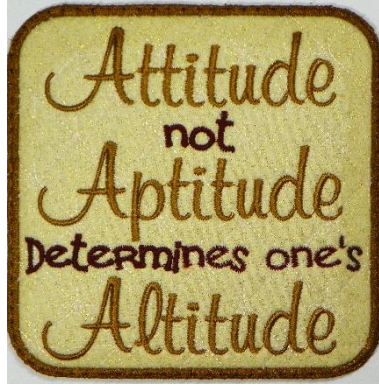
ITH-Positive Thoughts-5x7-NLS

Instructions





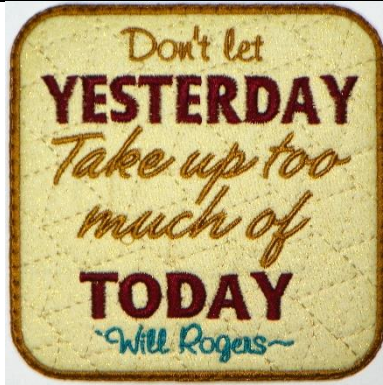
ATWNLS1626-5x7



ATWNLS1627-5x7



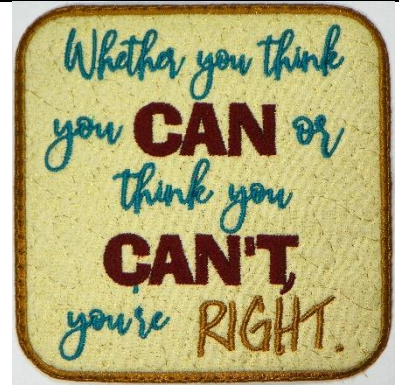
ATWNLS1628-5x7



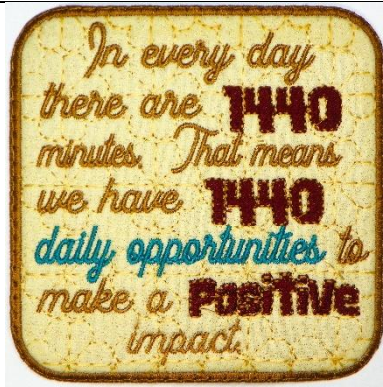
ATWNLS1629-5x7

ITH-Positive-Thoughts-5x7

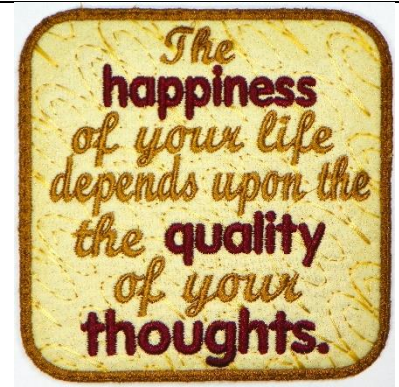
Chart showing
Design
Numbers



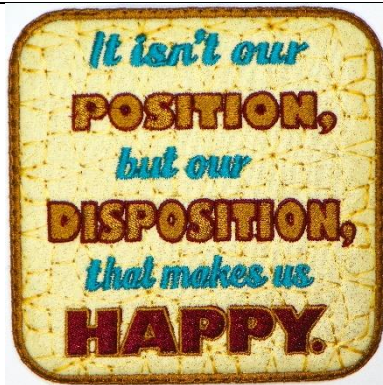
ATWNLS1630-5x7



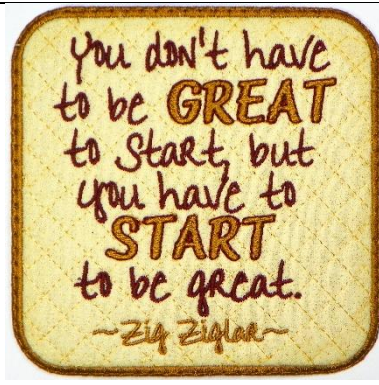
ATWNLS1631-5x7



ATWNLS1632-5x7



ATWNLS1633-5x7



ATWNLS1634-5x7



ATWNLS1635-5x7

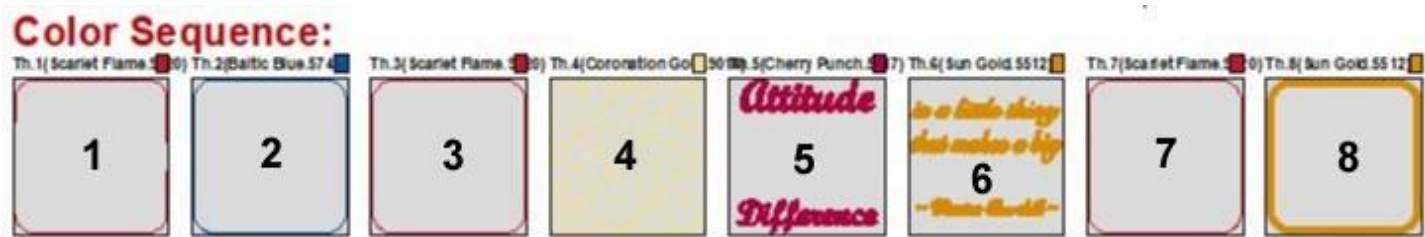
INSTRUCTIONS:



Materials/Cutting Chart

Materials	Number of Cuts	Cuts Size
Fabric	1 cut- for Front	5.75 x 5.75 inches
Fabric	1 cut- for Back	5.75 x 5.75 inches
Heat-N-Bond Lite	2 cuts-Backing for Fabric	5.75 x 5.75 inches
Puffy Foam	1 cut	5.75 x 5.75 inches
Water-soluble stabilizer	Enough for a 5 x 7 inch embroidery hoop.	

The Color Sequence Chart below will be referenced throughout these instructions.



1. Prepare materials using the information in the Materials/Cutting Chart above.

Puffy Foam

Back fabric

Front fabric

Heat-N-Bond Lite pieces

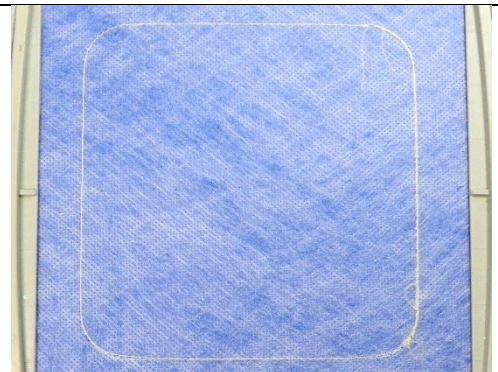
2. Press the two Heat-N-Bond Lite pieces to the backs of the two fabric pieces. Now you should have three pieces; foam piece and two fabric pieces with Heat-N-Bond fused to the wrong side.



3. Hoop the water-soluble stabilizer in a 5 x 7 inch embroidery hoop.
4. Send design to embroidery machine and attach hoop.

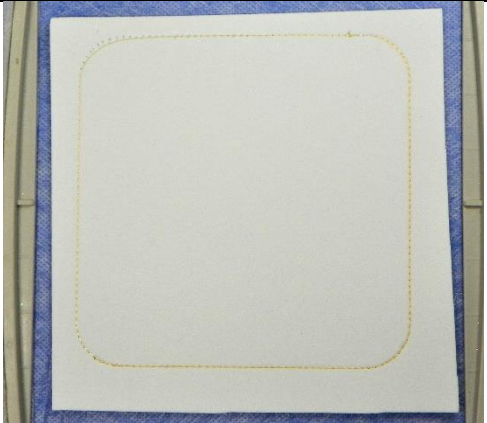





5. Sew #1 in the Color Sequence Chart. These stitches will create the placement stitches.



6. Place the foam piece over the placement stitches.



<p>7. Sew #2 in the Color Sequence Chart. These stitches will attach the foam to the stabilizer.</p>	
<p>8. Remove hoop from machine and carefully cut away the excess foam from around the project.</p>	
<p>9. Place the front fabric piece (heat-n-bond backed) over the foam-make sure all the foam is covered.</p>	
<p>10. Return hoop to machine and sew #3 in the Color Sequence Chart. These stitches will attach the front fabric to the project.</p>	

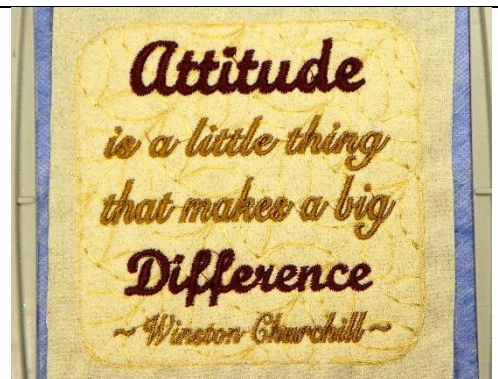
11. Sew #4 in the Color Sequence Chart. These stitches will create the “quilting” of the design.



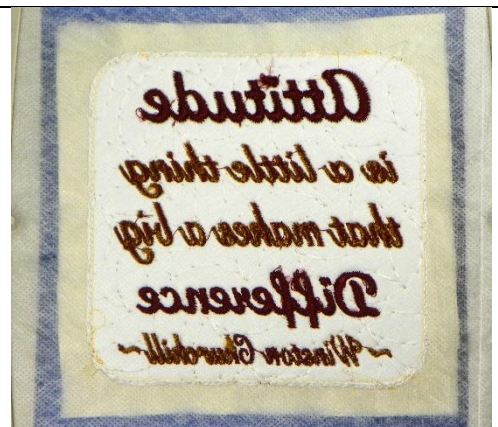
12. Sew #5 in the Color Sequence Chart. These stitches will create some of the text, as shown in the photo.



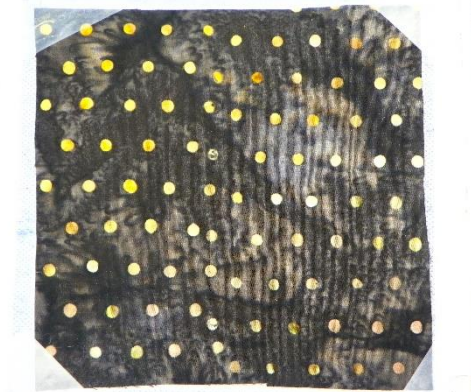
13. Sew #6 in the Color Sequence Chart. These stitches will create the rest of the text of the design.



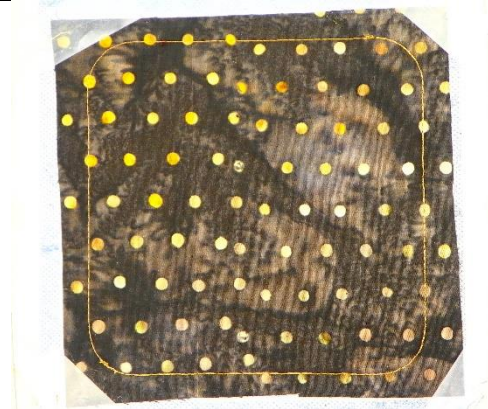
14. Remove hoop from machine, turn upside down, and cut any loose threads from the back.



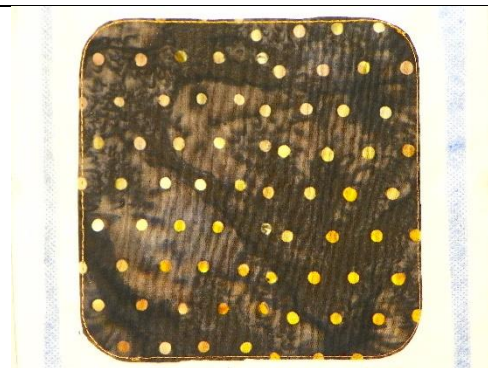
15. Place the back fabric piece (heat-n-bond backed) over the back of the hoop. Make sure the entire design is covered.
16. Tape in place



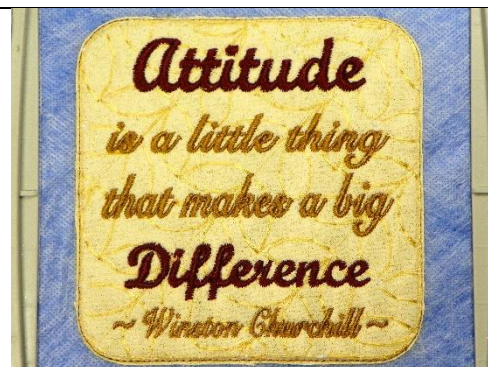
17. Return hoop to machine and sew #7 in the Color Sequence Chart. These stitches will attach the back fabric to the rest of the project.



18. Remove hoop from machine and cut away excess fabric from around the project.



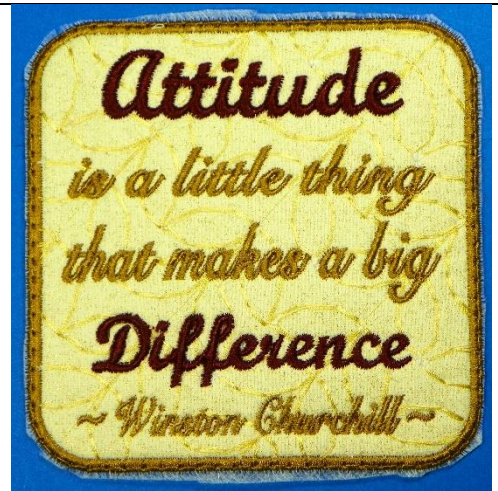
19. Turn hoop to top and cut away excess fabric from around the project.



20. Return hoop to machine and sew #8 in the Color Sequence Chart. These stitches will create the satin border and a decorative stitch on top of the satin border.



21. Remove hoop from machine and project from hoop.
22. Cut away stabilizer from around the project. . leave about ¼ inch of stabilizer to prevent cutting the satin border.



23. Remove the ¼ inch of remaining stabilizer with a wet paper towel or Q-tip.



24. When dry, your “Positive Thoughts” project is complete.



The other nine designs are sewn in the same way. They differ in the type and amount of text, but the procedure is the same for sewing each design.

Notice the **first four** and the **last two** sets of stitches in the Color Sequence Charts are all the same. So use the same instructions above to sew out each design.

Color Sequence Charts for the other nine designs are shown below or you can refer to the **Color Charts File** included with this design set.

For materials and cut sizes for all designs, see the **Materials/Cutting Chart** on page 3.

ATWNLS1626-5x5

Color Sequence:



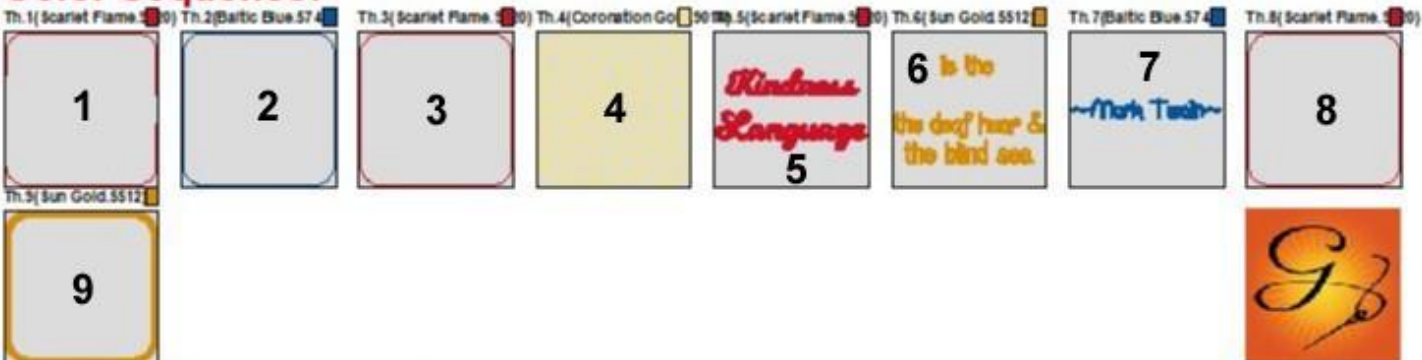
ATWNLS1627-5x7

Color Sequence:



ATWNLS1628-5x7

Color Sequence:



ATWNLS1629-5x7

Color Sequence:



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ATWNLS1630-5x7

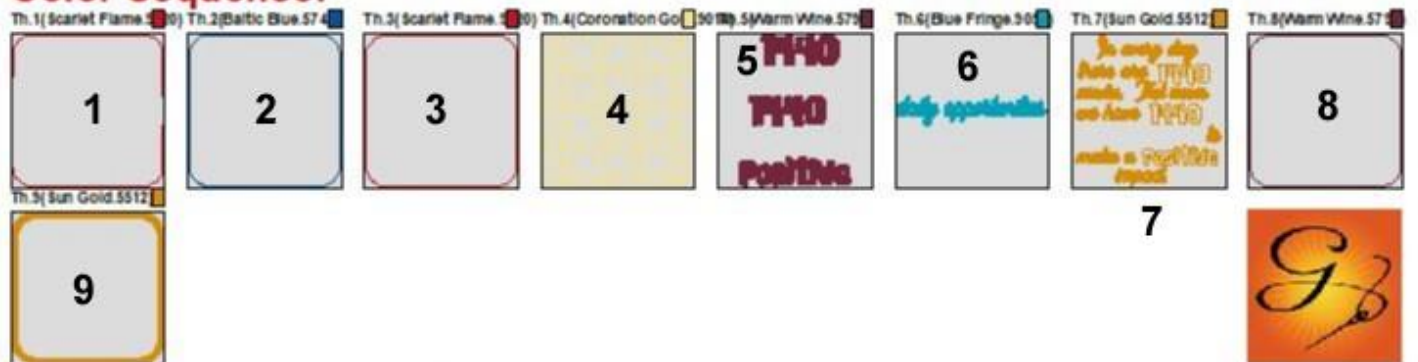
Color Sequence:



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ATWNLS1631-5x7

Color Sequence:



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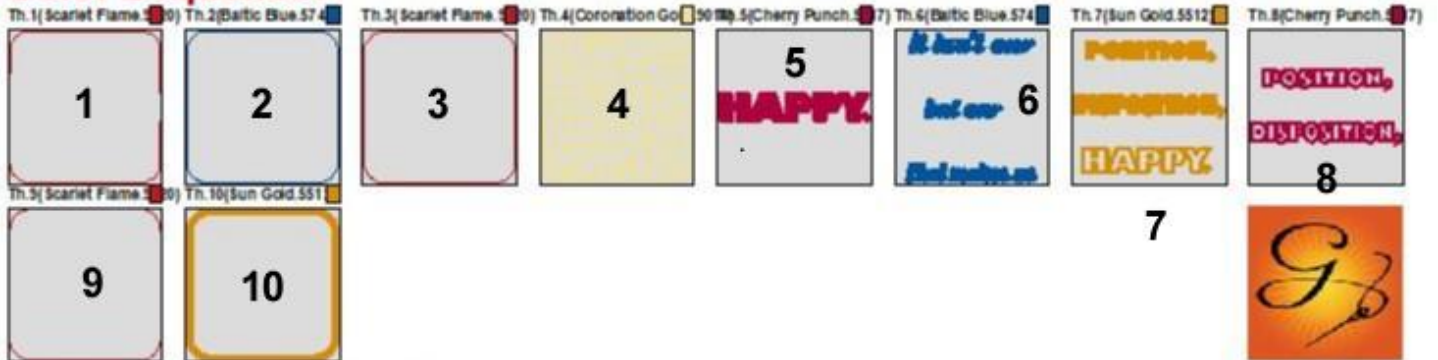
ATWNLS1632-5x7

Color Sequence:



ATWNLS1633-5x7

Color Sequence:



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ATWNLS1634-5x7

Color Sequence:

