



General Fabric Postcard Instructions

Make fabric postcards to make and keep, frame, mail, gift, or donate...Let your creativity run wild! They are great for journal quilts or trying new techniques without committing to a huge project.

To mail a fabric postcard through the USPS, your postcard should: be no larger than 4" x 6", be no thicker than 1/8", use a first class stamp for mailing (the self sticking kind work great), and have the word "POSTCARD" printed on the back side.

Materials needed for one postcard:

- 4" x 6" Pellon Peltex or Timber Lane Press Timtex interfacing. This is really thick, stiff interfacing found at your local sewing store. I like to use the Peltex that is fusible on both sides.
- Pellon Wonder Under or other fusible web product.
- 4" x 6" backing fabric, a light color is needed, as this is the postcard side that you will write on. *Some artists like to use a piece of thick, acid free paper for the back instead of fabric. You may also choose to buy pre-printed postcard backs or print a postcard template onto your fabric.*
- Various fabrics for the front design. Scraps of fabric that already have fusible web fused to them are awesome for this project. Leftover blocks or pieces from other projects are also great!
- Threads, fibers, and trim for embellishment, plain and decorative.

Supplies needed:

- Iron
- Ironing board
- Pressing cloth
- Teflon pressing sheet, or release paper saved from previous Wonder Under project
- Sewing machine or hand sewing materials
- Rotary cutter
- Rotary cutting mat
- Acrylic template ruler at least 6" long
- Scissors
- Pigma Micron pen or other acid free pen for lettering. Sharpies tend to get that brown blur around them on the fabric after a while, so I don't recommend them for this project.

Before starting your project:

- A. Protect the top and bottom of your project and all surfaces around it from that sticky fusible web. I use release paper saved from previous

Wonder Under projects, but Teflon pressing sheets or other pressing cloths will also do the trick.

Instructions:

1. Using your rotary cutter, ruler, and mat, cut a piece of Peltex to 4" x 6".
2. For your postcard front assembly, you have several options:
 - A. USING FUSED FABRIC SCRAPS:**

If you are using already fused pieces of scrap fabric, go to town by cutting your artwork from these pieces and arranging them on the Peltex. When you are happy with the composition, place your pressing sheet (or previously used transfer sheet from Wonder Under) on the composition and press for 10 seconds.
 - B. USING NON-FUSED FABRICS AND FUSING THEM FIRST:**

If you are not using fused pieces of fabric, you can fuse pieces of fabric to use for this composition and then proceed as in step 2A. This is especially helpful for making designs where you are layering several pieces on top of each other.
 - C. USING NON-FUSED FABRICS OR OLD PROJECT PIECES:**

Alternatively, you can cut untreated scraps of fabric or previous project blocks or pieces for your arrangement. If you are using Peltex that is not fusible on one side, then first fuse a piece of Wonder Under to the non-fusible side of the Peltex and peel off the transfer paper. Use fabric to create your composition on the now tacky Peltex. Overlap pieces using a small/scant 1/4" seam or butt up seams to ensure that you are gluing down all the fabrics. Using your pressing sheet, fuse the pieces to the Peltex.
3. Once your artwork is fused, it is time to embellish. **Go crazy!** You can do this on your machine, hand sew, or both! I use my walking foot for this step. I generally like to cover up most if not all of my raw edges with stitching, especially if I am sending it through the mail. I like to use satin stitches and other decorative stitches to do this. You could drop those feed dogs and just free motion quilt all over your postcard! Keep in mind that the postcard should not be more than 1/8" thick if it is to be mailed through the postal system. You want to embellish and quilt everything **before** you fuse the backing fabric to the Peltex in order to cover your threads.
4. Once you are all done embellishing, it is time to assemble it. Be aware of whether you want your stitching to show through your backing fabric or be hidden by it. Sometimes I actually fuse 2 pieces of fabric for the backing to hide my bold colored threads. If you want to print a postcard template onto your fabric, do this **before** assembling the postcard. Or, if you want to use a paper backing or a pre-printed fabric

postcard back, get it out now! Fuse the backing at this time to the back of your postcard. If this side of your Peltex is not fusible, simply fuse Wonder Under to the backing fabric and then fuse it to the back of the Peltex.

5. Trim the edges of the postcard to 4" x 6" using your rotary cutter, ruler and mat.
6. Bind or finish the edges of the postcard. I like to use a satin stitch that is very small in length (close together like 0.3) and long in width (like 5.0) so it makes a tight border with nice line quality. Some artists like to make a binding or finish the edges in lots of other ways.
7. Finally, write on the back of the postcard with your Pigma Micron pen. Include the following items:
 - A. The word "POSTCARD"
 - B. Signature
 - C. Date
 - D. Title or number of piece
 - E. Address of recipient or lines for address information
 - F. Indicate where the stamp goes if you'd like.

Design inspiration ideas:

- Use appliqué templates to make shapes and designs.
- Recreate an actual postcard, or an imagined postcard about a trip or experience you have had.
- Make a self portrait.
- Use simple shapes like circles and just arrange them until it is fabulous.
- Use decorative source books as a guide to find shapes or design arrangements that you enjoy.
- Make a postcard just using little snippets of fused fabric.
- Stylize a flower from your garden.
- Use traditional or modern miniature blocks.
- Make a postcard for a special person's birthday card.

Please support the Alzheimer's Art Quilt Initiative!

Donate a fabric postcard to the Priority: Alzheimer's Quilts auction to fund Alzheimer's research.

<http://www.amisimms.com/alartquin.html>