

WRIST PINCUSHION



Here is another idea pinched from The Great British Sewing Bee. You will have noticed that all the participants were wearing pincushions on their wrists. Normally my pins are in my mouth or they end up on the floor. Could this simple creation change the habits of a lifetime?

Step 1 From a piece of fabric cut two circles of 4" diameter. Cut a rectangle 4" wide and long enough to go round your wrist with a 2" overlap. Mine was 10".



Step 2 Sew the two circles together right sides facing. Leave a gap. Turn the circles right side out and stuff with polyester filling. Make sure it is very firm then slip stitch the opening.



Step 3 Cut a length of strong thread, I used embroidery thread, but two strands of sewing thread would be fine. Tie a big knot at the end.

Step 4 Bring your needle and thread through the centre of your pincushion. Take the thread over the pincushion and put the needle in again where you started. Bring it through again and pull it tight. Take the thread round the outside of the pincushion on the opposite side, then back in through where you started. Keep going in this way until the pincushion is divided up into eight sections. Secure the thread.



Step 5 Sew a button at the centre.

Step 6 To make the strap, fold your rectangle in half with right sides together. Sew along the long edge. Turn the right side out.

Step 7 In order to prevent the pins going right through the pincushion and into your wrist I decided to place a piece of plastic inside the strap. For this I cut a 2" square of plastic from a milk carton. Sew a line of stitching across your strap 1" from the centre. Slip the plastic square into the strap between the two thicknesses of fabric. Sew another line of stitches at

the other side of the square. These two lines of stitching will stop the piece of plastic moving about.



Step 8 Tuck the ends of the strap in. Pin and sew.

Step 9 Cut a piece of Velcro 2" long and sew to the ends of the strap. You will need one piece on one side and the other piece on the other side. If you don't have Velcro then you could use a snap fastener or a button and buttonhole.



Step 10 Hand sew the pincushion to the middle of the strap. Over the section with the plastic square.

Congratulations you have now completed another project.