

# Craft; Make Mom an Embroidered Cloth Napkin

Winters Heritage House Museum, Elizabethtown, PA [www.ElizabethtownHistory.org](http://www.ElizabethtownHistory.org)



Cloth napkins are much more environmentally friendly than the throw away paper napkins that we commonly use. Cloth napkins were popular for centuries before paper ones were invented. You can easily make a cloth napkin that can be washed with the regular laundry. Once you try one, you will wonder why you ever thought paper ones were a good idea! You can make a special napkin for Mom on Mothers' Day...All you need is a square of fabric, and a bit of sewing skill. You can make the napkin from pretty printed fabric, or embroider a fancy design on a solid colored piece.

Either way, we hope you will enjoy the fun of sewing and decorating your own napkin!

Embroidery is a skill that has been used to decorate fabrics for thousands of years. Here are some *really* fancy examples;



# Craft Instructions

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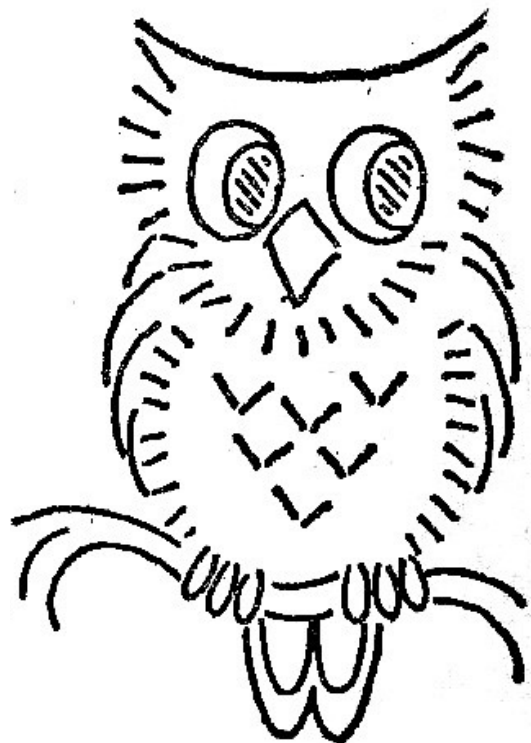
To assemble your napkin(s) you will need; Sewing supplies such as; thread, scissors, needles, embroidery floss, embroidery hoop, and 1/2 yd. or more of solid colored fabric.

We encourage you to look for embroidery sewing instructions and tips on YouTube . If you need any of the listed supplies, please contact the museum and we can set some out for you to pick up!

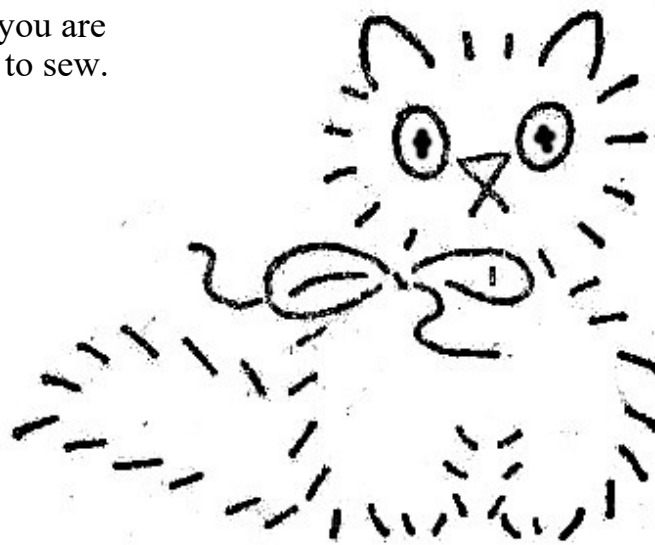
Skills; Scissors cutting, basic sewing, tying. Concepts; Assembly, following direction, history learning,

1. Lay out your fabric (iron if necessary).
2. Cut out a 15” square(s).
3. Hem all four sides of the square using a rolled hem (makes it a bit nicer), or skip the hem and use pinking shears (ones that cut a jagged edge) to reduce fraying of fabric.
4. To make a rolled hem, fold over one edge of fabric 1/4”. Stich along length of fabric using a sewing machine. Next fold the edge over again 1/4” and stich again. Ta –Da! A rolled hem.
5. If there is no sewing machine available edges can be hand stitched You are now ready to start your Needlework embroidery design.
6. To transfer your design to material, tape your design to a window (Painter’s tape works really well), then tape your fabric over top, lightly trace the design with pencil onto the fabric.
7. Now fasten the embroidery hoop around your design.
8. To start embroidery, cut a 12”-16” length of embroidery floss or thin yarn. If you want your line to be thinner than the floss, you can separate out some of the strands before threading the needle.
9. Tie a knot in the end of your threaded string, then, holding the embroidery hoop, poke needle from the bottom, up through fabric to the top, and pull until the knot stops the thread.
10. By following the lines on your pattern, you will soon have an embroidered picture on your fabric napkin! The closer together you make your stitches, the more solid the outline of your design will be.

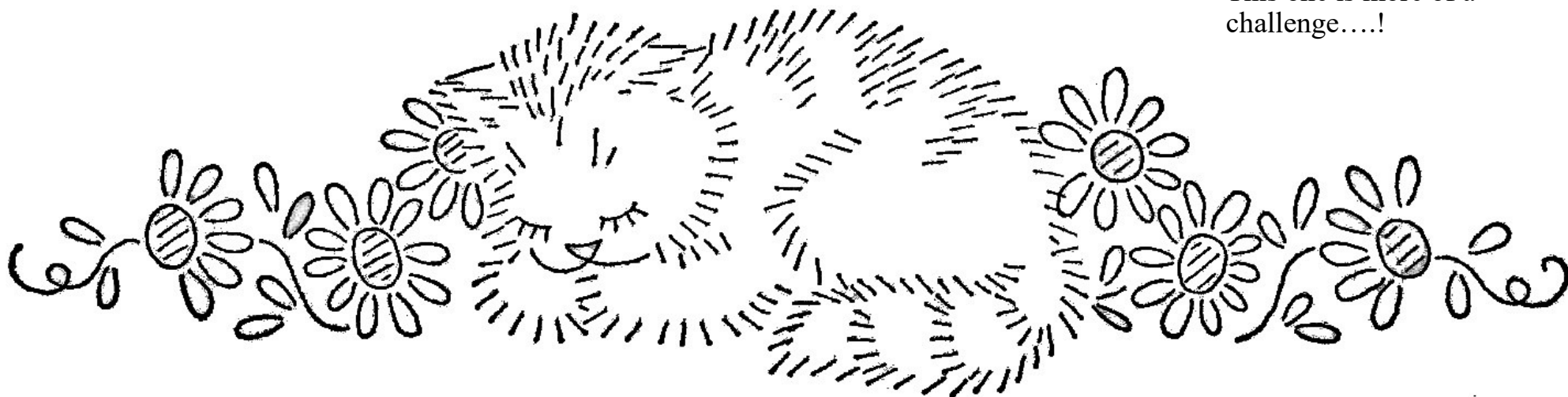
Here some nice designs we found, but you can also use coloring pages or find designs available online. Have fun!



These two will be a bit easier, if you are just learning to sew.



This one is more of a challenge.....!



And this guy was the  
biggest one we  
saw...  
Have fun!!

