

Coiled Fabric Bowls

From Sew and Sew Retreats by Linda Sweek Designs

Making coiled fabric bowls is a textile project I love. Bowls are fun and artsy, plus there is a peaceful rhythm to making them.

Supply List:

- Cutting board
- Rotary cutter or fabric scissors
- Ruler
- Quilting **cotton** or Fat Quarters in **100% cotton** – usually 2 fabrics that coordinate or compliment
- 2 DMC Cotton Perle in coordinating color with chosen fabric
- **Fabric Glue Stick** (craft glue doesn't work)
- Cording – Depending on size of bowl desired, I use as little as 3 yards and as much as 8 yards
- Small scissors
- Tapestry needle – dull end, size 18 is best
- Needle threader – large, sturdy threader

Instructions:

- 1) Iron the fabric.
- 2) Cut 1" fabric strips using the cutting board and ruler.
- 3) Choose your cording. I most commonly use a 1/4" **cotton clothesline**. But, I have used several other cording sizes including 1/2" and 7/32".
- 4) Cut 1.5" piece of fabric off the end of one strip. Apply fabric glue to back of this piece and wrap around end of cording, making sure to cover blunt end of cord.
- 5) Take a strip and apply glue to the first inch. Place the strip on an angle and attach.
- 6) Wrap the strips around cording. Just put glue on end of strip to secure around cording. The rest of the strip is just wound without glue.
- 7) When you get to end of strip, apply glue to fabric to secure. Repeat this process with additional strips of fabric.
- 8) If fabric is fraying, snip threads off after wrapping to cord.



9) When using 2 different fabrics, you can really decide how you want the pattern to appear. Meaning, you can alternate every other fabric, or do 2 strips then 1 strip, or 4 strips to 2 strips, 5 strips to 1, or maybe you want to contrast only in the middle of the bowl. Here are a few examples of variations in wrapping the strips:



10) When plenty of cording is wrapped with fabric strips, I start making a bowl.

100% Perle Cotton thread works the best – visually and with **ease of stitching**, plus this thread creates the **sturdiest** bowls. The spool is an ounce of thread that from a yarn shop.



11) Bowls can be made round, oval and heart shaped. Determine shape with 1) the length of cording at the center and 2) manipulating the cording.



Typically, measurements for the center, where you begin:

- Round – 1"
- Oval – 3"
- Heart – 4 to 6" **Bend the cord in half for heart bowls and continue to bend/shape the cording when creating the base to fashion the heart shape.**

12) Thread needle with a long length of thread. **Step A)** Knot the end of the thread and insert into cording on side right past end. Hand-wrap thread around center cord at intervals of 1/4". **Step B)** Fold a piece of cording the same length as center piece. **Step C)** Taking the needle under the cord, guide your needle under the first thread wrapped, pull needle up and continue pulling thread until small loop, feed needle thru the loop and repeat. (This is the Blanket Stitch, with the needle using the wrapped thread and not a piece of fabric as you would with regular embroidery). The stitch needs to be firm but not too taut or it will affect the shape of the bowl

Step A



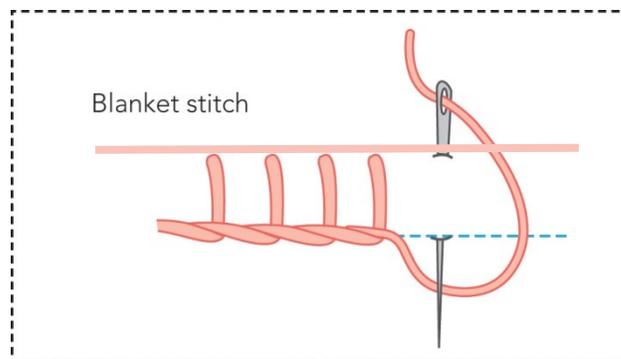
Step B



Step C



13) Repeat this stitch for entire bowl. Knot the end of the thread and tuck/hide the knot between coils when starting and finishing each length of thread.



14) When I'm happy with the size of the bowl's base, I start to build the sides. Simply lay a coil on top of the outside coil and stitch. I find it easiest to have the base on a flat surface to do this first layer.

15) Continue "building" the side of the bowl by laying coil on top of the previous coil.

16) Height is a matter of preference and balance. I stop the top coil at the same spot in the bowl where the side started to be built.



17) Embellishing the bowls can be pre-planned but can be decided as the bowl is being shaped. Embellishments can also cover-up an area that isn't perfect. Ideas:

- Heart – After cutting out a design, I stitch 1) just felt or 2) fabric onto felt and then onto the bowl. You may want to add charms or button. It is best to embellish on inside base of heart shape bowl.



- Oval – Usually wind coil to the front of bowl, tack on with wrapped stitch on coil but a hidden stitch into Blanket Stitch below, and then add a button or charm. Or, inside bowl add accent fabric or button.
- Round – Usually wind coil to the front of bowl, tack on with wrapped stitch on coil but a hidden stitch into Blanket Stitch below, and then add a button or charm. Or, inside bowl add accent fabric or button.





Tip #1: If you want to add fabric/felt/button to bottom of bowl, I have found it is easier to do this step when your base is done but before you begin to build the sides.

Tip #2: I don't begin with a specific length of cording. I wrap several fabric strips then start to assemble and stitch. I may need to wrap more fabric and then stitch a few times until I feel bowl is a complimentary size and is visually balanced. I don't want a pre-cut length of cording to dictate shape as it can be too much or too little.

Questions? – Direct them to lsweek@lindasweekdesigns.com

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