



**INSTRUCTIONS**

Cut out patterns, trace onto freezer paper, iron to wool and cut out:

- 18 large black tongues
- 18 small green tongues
- 12 red berries
- 1 bird body
- 1 bird wing
- 1 each holly leaves
- 1 black background

Use the pattern to arrange the pieces on the black background. Once they have been placed and you are happy with the layout, use a small dab of fabric glue to keep them in place. Do the same with the tongues.

Take two 12" lengths of green floss and bring up from the back one at a time where you would like to start the branch. The end can be secured later. Arrange thread as branch and pin into place. Couch down with black perlé cotton. Each little branch for berries is done in the same manner, individually.

Berries are held in place with one french knot.

Leaves & bird are held in place with a blanket stitch using black perlé cotton. Use a french knot for your bird's eye while going past.

Blanket stitch the green tongue onto the black tongue using black perlé cotton. Blanket stitch around the black tongue using gold perlé cotton.

Attach completed tongues along the sides of the penny rug. Five along the along edge and four along the short edge. Allow 1/4" of tongue to be covered by the edge of the penny rug. Stitch the tongues to back side using sewing thread. Be sure your stitches do not show through to the front.

Blanket stitch with gold all along the outside edge.

Prepare cotton lining by cutting it 1/2" larger than card stock. Fold edges over card stock & press with iron. Pin onto back of penny rug & appliqué into place taking care not to let stitches show on the front.

**PENNY RUG HISTORY**

In the 1800s, starting around the time of the Civil War, thrifty homemakers would use scraps of wool or felted wool from old clothing, blankets and hats to create designs for mats or rugs. Using coins as templates, they created circles and each piece was then stitched in blanket stitch fashion. (Thus, the name "penny" rug). Sometimes, the mats or rugs were backed with old burlap bags or feed sacks. Sometimes a penny was stitched inside the mat to make it lie flat.

Penny rugs are not actual rugs for the floor, but decorative coverings for beds, tables and dressers and mantles. Sometimes they are used as wall hangings or pillows. Most designs include circles and some include images from everyday life such as cats, flowers, birds and shapes such as stars and hearts.

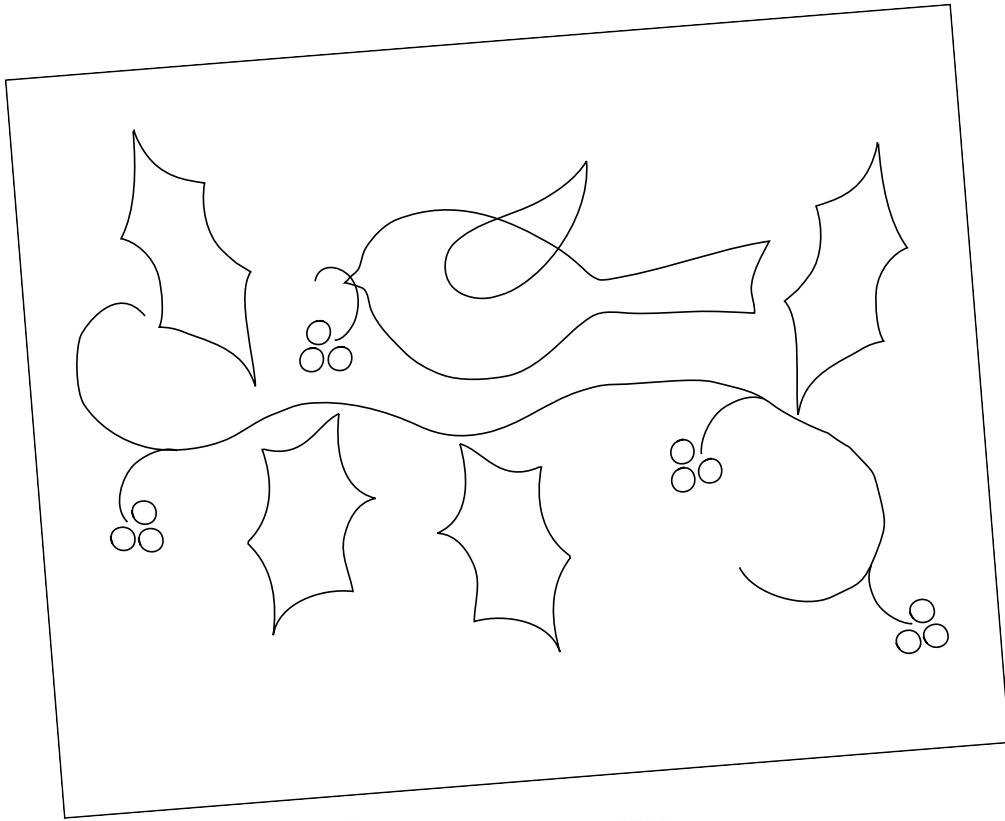
Penny rugs are made by selecting good quality 100% wool. It must not be too thick. It may be hand-dyed or over-dyed to give the piece dimension. Circles are cut from the wool in varying sizes and then stitched together concentrically using complimentary colors. The circles are stitched to a wool backing in a pleasing

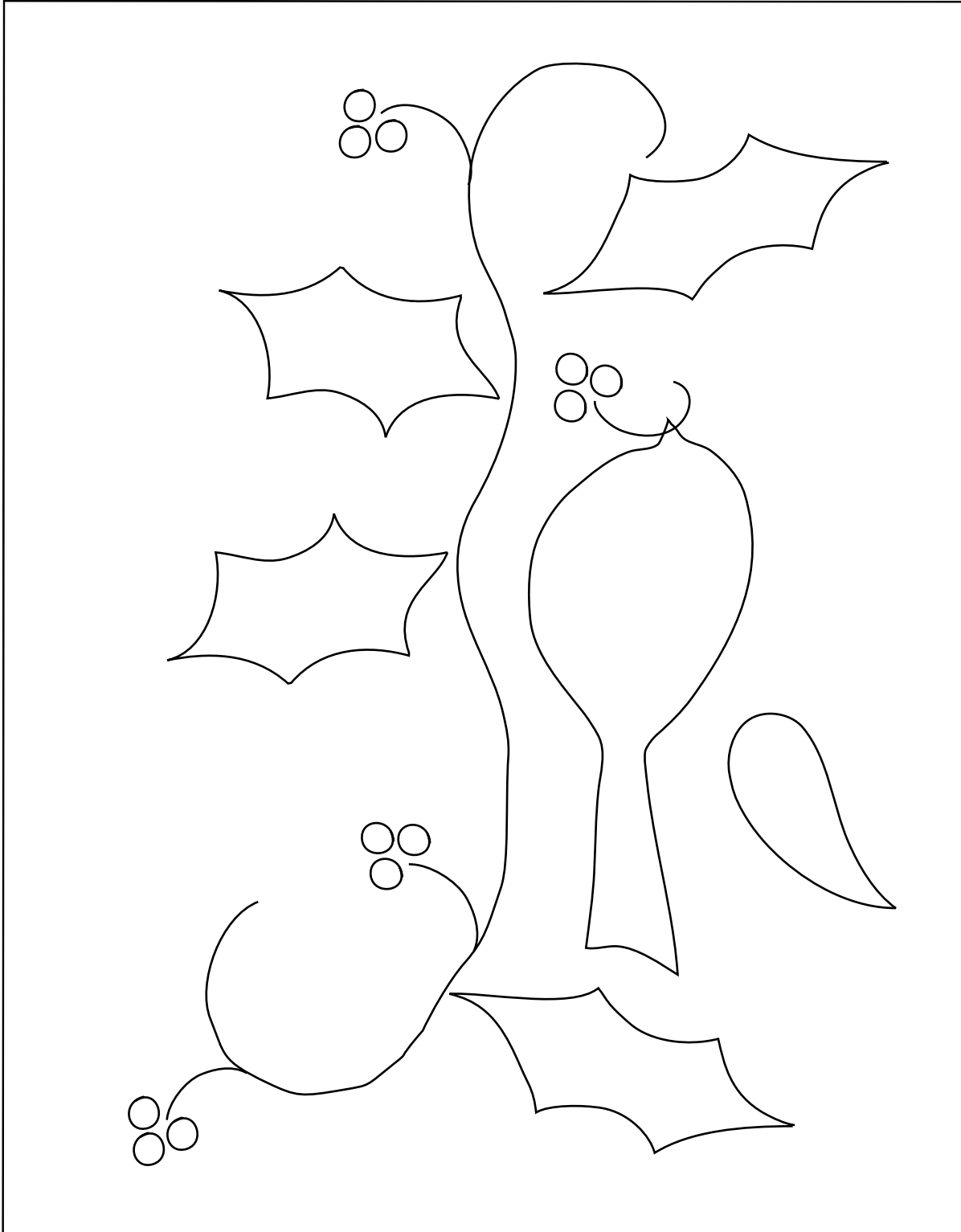
design. When finished the entire piece should have a backing to cover the stitches and to protect it. The backing may be wool, linen or burlap.

*Source: Wikipedia*

**SUPPLIES**

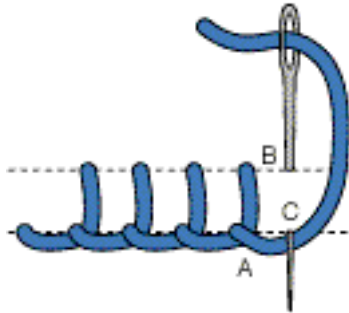
- 14" x 14" Black felted wool
- 12" x 12" Forest Green felted wool
- 5" x 4" Bird color felted wool
- 2" x 2" Red felted wool
- 9" x 9" Cotton (for lining)
- 1 skein DMC 934 or 935 floss
- 1 ball DMC #8 perlé 310
- 1 ball DMC #8 perlé 782
- #22 or #24 Chenille needle
- Misc. items - small sharp scissors, glue, pins, sewing thread, freezer paper





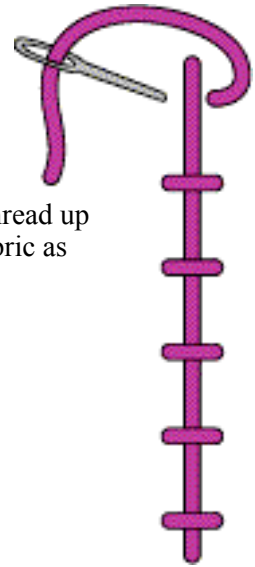
## Blanket Stitch

A popular finishing stitch for edges. Work stitch from left to right, bringing needle from back to front at A. Insert needle from front to back to front in a single motion at B and C. Before pulling needle through fabric, carry floss under point of needle as shown in illustration. Special note: needle exit point C is A of following stitch. Stitch length can be alternated to add a pattern effect to the finishing edge.



## Couching Stitch

Used to accent or outline a design, Couching is an easy stitch to master. Bring laid thread up from back to front and hold in place with thumb. Use working thread to secure to fabric as shown in illustration. Take laid thread to back of fabric and secure.



## French Knot

Bring the thread out at the required position, hold the thread down where it emerges with the left thumb and encircle the thread twice with the needle (see A). Still holding the thread firmly with your thumb, twist the needle back to the starting point and insert it close to where the thread first emerged (not in the exact place or it will simply pull back through). Pull the needle through to the back, leaving a small knot on the surface, as shown, or pass on to the position of the next stitch as at B.

