

The Swimming Seamstress

Tutorial – how to make dress weights

You will need; a sewing machine, pins, scissors, couple of handfuls of rice or dried beans/lentils for filling, 2 x 12.5 cm/5" squares of medium weight cotton or polycotton fabric, iron and ironing board.

How



1. With right sides together (rst), pin the squares in the corners.
2. Set your machine to a medium stitch length 2.5/3 and starting in one corner, taking a 1 cm seam allowance, sew round three sides of the square, leaving one side open. Take care to backstitch at the start and end.
3. Remove from the machine and trim the threads and the two corners opposite the gap.
4. Turn inside out and gently encourage the corners.



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5. Press the side seams first then press the shape flat.
6. Turn the top of the open side to the inside by 1 cm, press into position.
7. Half fill the 'bag' with your filling.
8. Close the gap to form a pyramid shape and pin.
9. Using the edge of the presser foot, stitch to close the gap, backstitching at the beginning and end. Trim the threads.



Make a bunch of these. They are terribly useful for temporarily holding down patterns and fabric or for use with a rotary cutter. Ta dah!