THE COTTAGE TABLE

Flower Coaster

No. 1

The Homemaker Series

DIFFICULTY RATING:
Beginner Adventure

Masterclass VIDEO SERIES ▶

01 — 02 — 03

HANDMADE WITH ♥ IN THE ADELAIDE HILLS
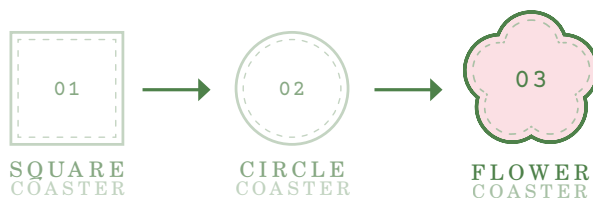
PRINTABLE TEMPLATES ✂

Your journey continues...

This Flower Coaster is the final project in the Cottage Table Coasters series—in this project you'll learn a clever new turning method, add sweet appliqué detail, and finish your trio in your own unique style.

By the end, you'll have a set that's stitched with confidence, care, and completely *you*.

Ali x

01	→	02	→	03
SQUARE COASTER		CIRCLE COASTER		FLOWER COASTER

THE SEWING INDEX

All the sewing terms in this pattern are further explained in this printable guide.

Download
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Sew along with me!
Masterclass videos

Watch the Videos
bit.ly/coasters-masterclass

The Flower Coaster

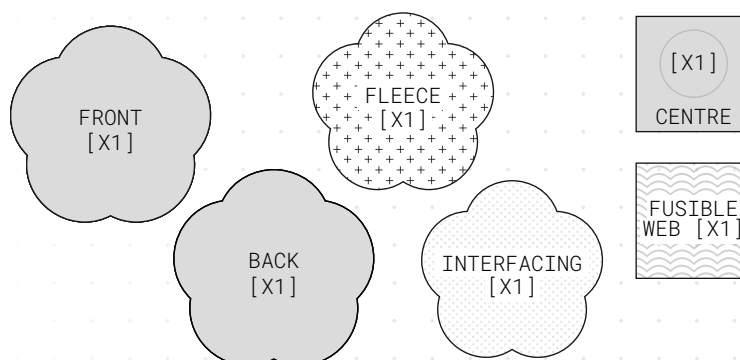| COASTER	FINISHED SIZE	SEAM ALLOWANCE
03	Approx. 5"	¼" (6mm)

FABRIC & MATERIALS

- ☐ **Front Fabric** — 6" × 6"
- ☐ **Back Fabric** — 6" × 6"
- ☐ **Centre Circle Fabric** — 2½" × 2½"
- ☐ **Fusible Fleece (e.g. Pellon 987f)** — 6" × 6"
- ☐ **Woven Fusible Interfacing (e.g. Pellon SF101)** — 6" × 6"
  To prevent fabric stretching
- ☐ **Fusible Web (e.g. Pellon Wonder Under 805)** — 2½" × 2½"
  A paper backed webbing that turns fabric into an iron-on patch
- ☐ **Perle 8 thread** in a matching colour
- ☐ **Piece of lace or ribbon** — 3" long
- ☐ **Button** — 10mm

REQUIRED TOOLS

- ☐ **Sharp scissors**
- ☐ **Fabric pen**
- ☐ **Pins**
- ☐ **Small pointy scissors**
- ☐ **Fabric glue**
- ☐ **Large eye needle** (e.g. applique No. 9)

Exploded view

FRONT [X1]

BACK [X1]

FLEECE [X1]

INTERFACING [X1]

[X1] CENTRE

FUSIBLE WEB [X1]

Step 1
Cut Out Your Project

Print the Flower Coaster **Templates** from **pages 7 & 8** of this pattern.

Make sure your printer is set to **100% (actual size)** with **scaling turned off**. Check the **scale square**—it should measure exactly **1" x 1"**.

Cut out the **Templates** for the **Front** and **Back**, the **Fleece**, and the **Flower Centre Fusible Web**.

Trace the templates onto the wrong side (WS) of your fabric.

☐ [1] **Front** fabric piece *(Fig. 1.)*

☐ [1] **Back** fabric piece

☐ [1] **Flower Centre** piece

☐ Poke through the [4] placement dots on the **Front Template** with a pin, and mark these on the WS of the **Front** fabric.

Using the smaller **Interfacing & Fleece Template**, trace:

☐ [1] piece of **Woven Interfacing**

☐ [1] piece **Fleece**

Using the **Fusible Web Template** trace:

☐ [1] piece of **Fusible Web**

Cut out your pieces with sharp scissors. Set the **Flower Centre** fabric and **Fusible Web** aside until **Step 6,** Set the **Stitching Template** aside until **Step 8.**

> **Video: Cutting Out with Confidence**
> bit.ly/confident-cutting
> WATCH ▶

DIAGRAM KEY

MACHINE STITCHING ----------

TOPSTITCHING — — — — — — —

BASTING --·—--·—--·—--·—

FOLD LINE ————

| RS | WS | FABRIC

▦ INTERFACING   ▦ FLEECE

● STEP ACTIONS MARKED IN RED

Ⓣ CUT FROM TEMPLATE

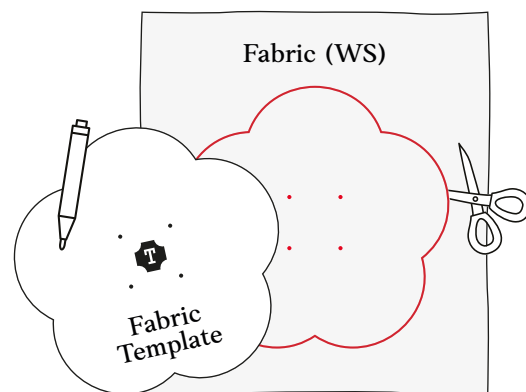Ⓐ PIECE LABEL

Fabric (WS)

Fabric Template

Fig. 1.

> **Woven fusible interfacing** adds structure and stability to woven fabric. It helps the fabric hold its shape without changing the texture or making it stiff, and supports areas that need extra strength— like the curves and points on the Flower shape.

Step 2
Add the Interfacing & Fleece

☐ Lay your **Back** fabric **wrong side (WS)** up.

☐ Lay the **Woven Interfacing** with the *glue side down* and centre it evenly on the fabric. Press with an iron until it is firmly adhered. *Fig. 2*

☐ Place the **Fusible Fleece**, over the **Interfacing**, aligning the edges of the shapes, *glue side down* and press (using a pressing cloth or scrap fabric to protect it from direct heat.) *Fig. 3.*
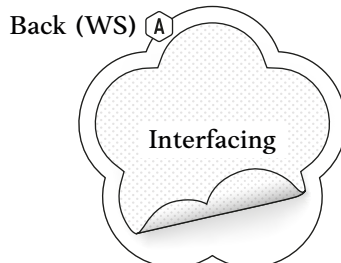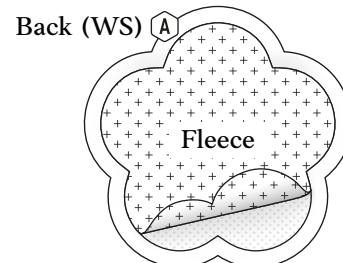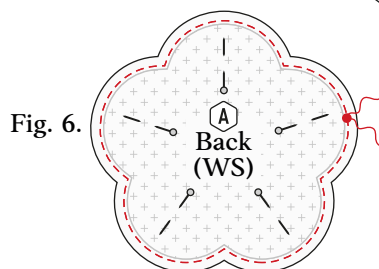

Back (WS) Ⓐ

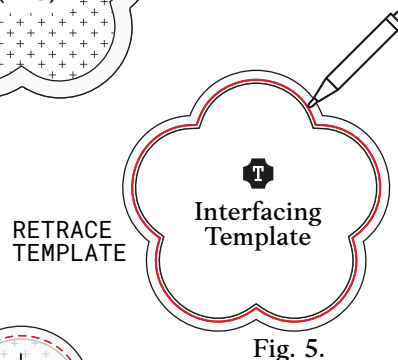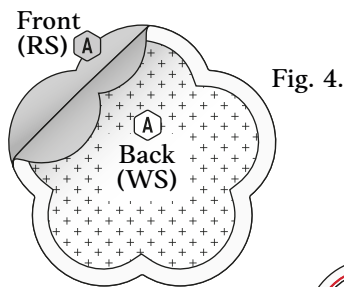Interfacing

Fig. 2.

Back (WS) Ⓐ
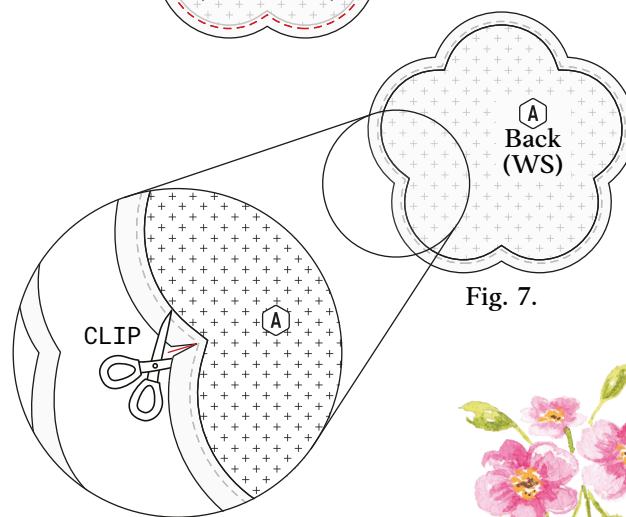
Fleece

Fig. 3.

◆ *Step 3*
Layer, Trace & Pin

☐ Lay the **Front fabric right side up (RSU)** and place the Back piece on top, **right sides together (RST)**. (Remember, the batting is still on the outside.) *Fig. 4.*

☐ Centre the **Fleece Template** over the Back again and trace around it again to mark your stitching line. *Fig. 5.*

☐ Pin the layers together around the edges. Make sure the layers are smooth and the edges are aligned.

☐ Sew along the marked line right around the flower shape (this will be a ¼" **seam allowance**). Stop with your needle down at each petal point and lift the presser foot, then readjust the fabric before sewing the next curve. Remember to **backstitch** when you get back to the beginning to secure the stitches. *Fig. 6.*

◆ *Step 4*
Trim & Turn

☐ Trim the seam allowance down by half to reduce bulk.

☐ Clip into the **seam allowance** at each petal point up to the stitching but not through it. *Fig. 7.*

☐ Connect each pair of marked dots on the **Front** to form an X. *Fig. 8.*

☐ Carefully cut along each marked line on the **Front** fabric, pulling the layers apart to be sure *not* to cut the **Back** layer. *Fig. 9.*
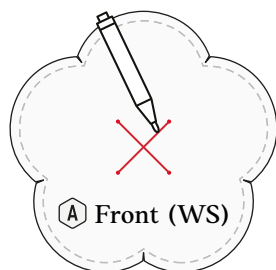
This time we will turn the Coaster right side out through the hole in the centre of the Front. Then we'll cover this hole with the flower centre using raw edge applique.

☐ Turn **right side out (RSO)** through the opening. Use your fingers or a point turner to reach in through the opening and gently shape each petal, pushing the layers of the seam all the way out to the edge. *Fig. 10.*

Front (RS)
Fig. 4.
Back (WS)

RETRACE TEMPLATE

Interfacing Template
Fig. 5.

Fig. 6.
Back (WS)

Back (WS)
Fig. 7.

CLIP

Clipping into an internal point (like between flower petals) allows the seam to spread open fully when turned right side out. This releases the tension at the join, helping the fabric lie flat and preventing puckering or pulling.
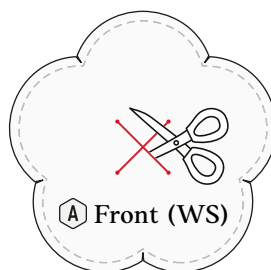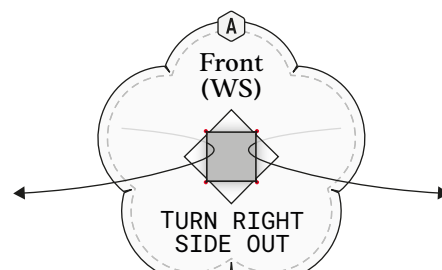
Front (WS)
Fig. 8.

Front (WS)
Fig. 9.

Front (WS)
TURN RIGHT SIDE OUT
Fig. 10.

Step 5
Press and Shape

Press your coaster flat with your iron, working carefully around the shape. Aim to get the seam to sit right on the edge so no backing fabric peeks out to the front—or vice versa.

Keep shaping the petals and pressing the edge until you get an even, well-defined shape—it makes all the difference to the finished look. Make sure all the raw edges of the turning opening are sitting flat and are not tucked inside.
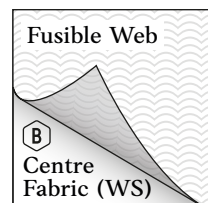
Fig. 11.

Step 6
Prepare the Flower Centre

We're going to prepare the 'patch' to cover the hole in the **Front** of your coaster.

☐ Lay your **Flower Centre** fabric **wrong side up (WSU)** and place the **Fusible Web** *glue side down* on top

> **Fusible web** is a thin, double-sided adhesive paper that adds a layer of glue to the back of your fabric when pressed with an iron. It holds your appliqué securely in place for stitching.

☐ Fuse the **Web** in place with an iron. *Fig. 11.*

☐ Cut the circle shape out of the **Flower Centre Template**, and trace it onto your **Fusible Web**. Cut out the circle. *Fig. 12.*

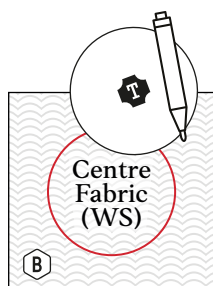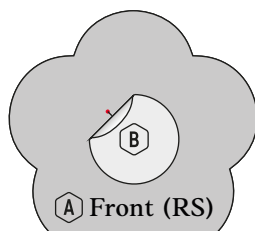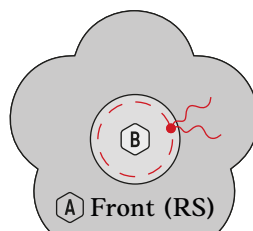☐ Peel off the backing paper from the **wong side (WS)** of the fabric.

Fig. 12.

Fig. 13.

Fig. 14.

Step 7
Attach the Flower Centre

☐ Place the fabric circle *glue side down*, over the opening in the **Front** (centering this by eye). **Press** to fuse it in place. *Fig. 13.*

☐ Stitch around the circle close to the raw edge to attach it to the **Front**. *Fig. 14.*

Stitches you can use:

• A small **straight stitch** close to the edge (raw edge appliqué)

• A short **zigzag** stitch

• A row of hand stitching for an extra handmade touch.

> **Raw-edge appliqué** means stitching along the raw edge of the fabric directly onto your project. The fabric may fray slightly with time which adds to the handmade charm.

◆ *Step 8*
Add Decorative Hand Stitching

Trace the **Stitching Template** onto the **Front** side of your coaster. *Fig. 15.*

Thread your needle with **Perle 8 cotton** and hand sew a row of running stitch, following the traced line around the edge, making your stitches about ⅛"–¼" long. (See full details for this in the **Circle Coaster.**) *Fig. 16.*
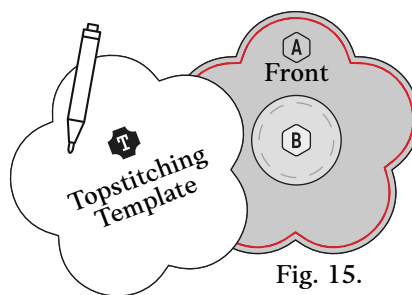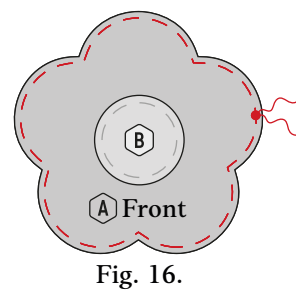
Fig. 15.

Fig. 16.

▶ **Video: Tying a Quilter's Knot**
bit.ly/tie-quilters-knot

▶ **Video: Burying Your Knot**
bit.ly/hidden-knot

◆ *Step 9*
Optional Embellishment

To finish, you can add further charm to your **Flower Coaster** with embellishments:

☐ Take a 1½" long piece of lace and fold both the edges into the centre. Glue baste them in place.
Pick a spot on the edge of the flower and fold the lace around the edge so the edges are even on both sides. *Fig. 17.*

☐ OR
• Glue baste each side in place.
• Machine sew along the inner edge of the lace to secure.

Sew a button on one side to further secure the lace tag for a delicate, cottage-style detail.
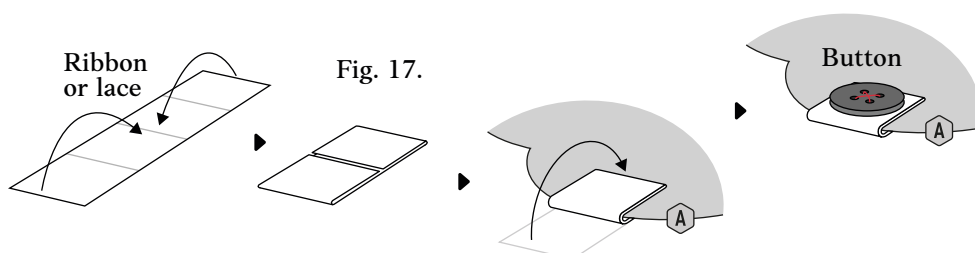
▶ **Video: Sewing On a Button**
bit.ly/adding-a-button

Ribbon or lace

Fig. 17.

Button

◆ *Step 10*
Celebrate & Share

This final design has reinforced what you've learned and added even more skills to your toolkit.

Along the way, you've learned essential sewing techniques —and also why they matter.

Now you've built a strong foundation—one you can use as a springboard into more complex patterns. Continue to explore your own creative ideas. This is *more* than a set of coasters—it's the start of your journey as a *confident maker*.

Put your coasters to use under your favourite mug, gift them to someone you love—proof that you can sew something *wonderful*. Don't forget to share your set with **#CottageTableCoasters** so we can all cheer you on!

Ali x

Skills you've learned

• How to add Interfacing for support

• How to sew points and curves

• How to turn right side out through a centre opening

• How to apply fusible web

• How to use raw edge appliqué to close an opening

• How to add a fold over lace embellishment

• How to sew on a button

The Cottage Table
Flower Coaster Templates

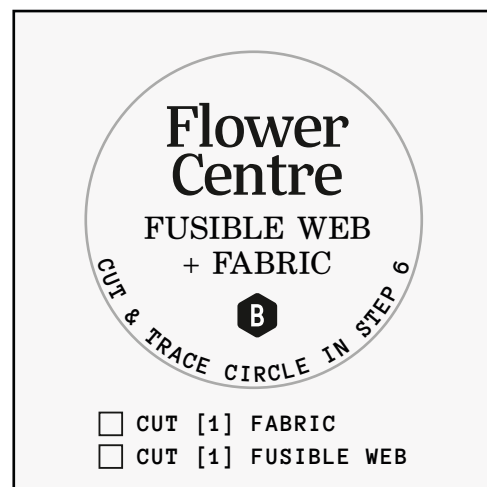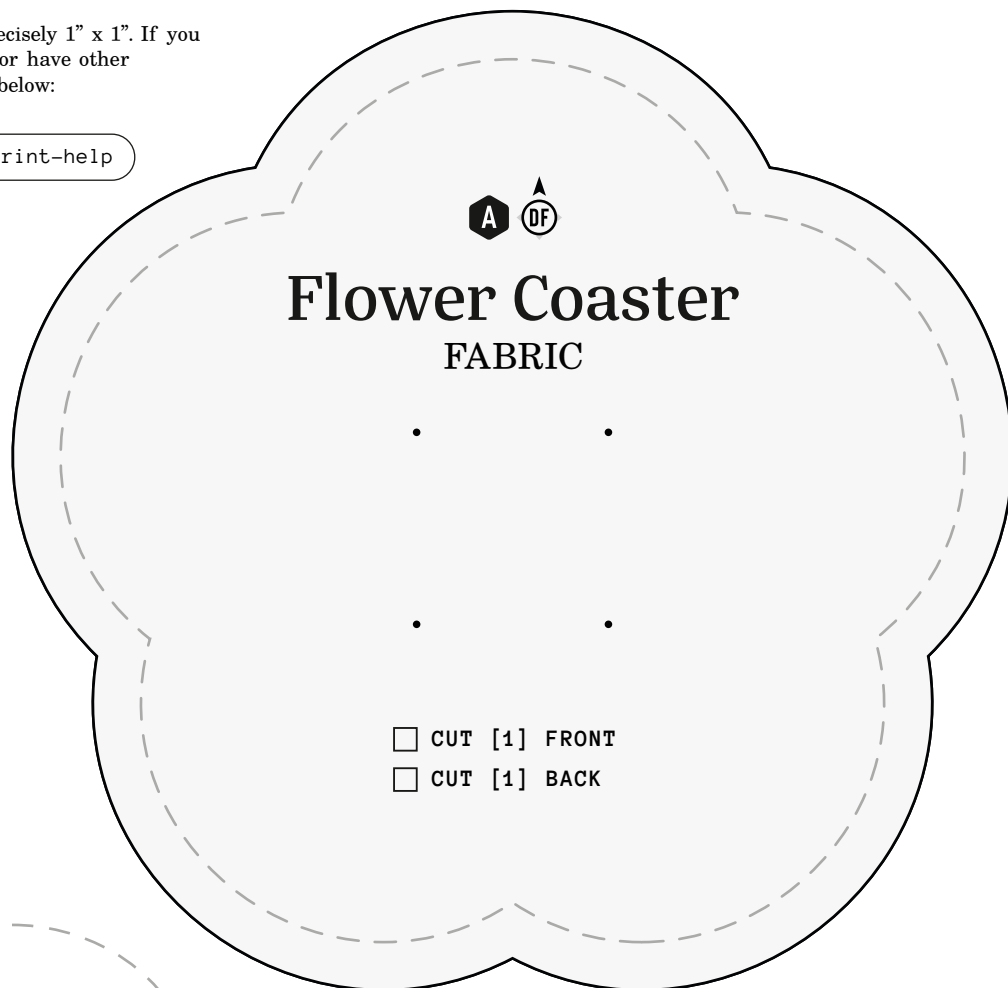CONFIRM
SCALE
SQUARE
1" X 1"

PRINTING AT 100% SCALE

Ensure the scale square measures precisely 1" x 1". If you can't get this to measure accurately, or have other printing issues, please visit the link below:

www.arabesque-scissors.com/print-help

FABRIC ORIENTATION MARKER

Ensure the arrow on this icon aligns to the top when using fabric with a directional pattern.

A | DF

Flower Coaster
FABRIC

☐ CUT [1] FRONT
☐ CUT [1] BACK

Flower Coaster
TOPSTITCHING TEMPLATE

☐ TRACE IN STEP 8

Flower Centre
FUSIBLE WEB + FABRIC

B

CUT & TRACE CIRCLE IN STEP 6

☐ CUT [1] FABRIC
☐ CUT [1] FUSIBLE WEB

A

Flower Coaster
INTERFACING + FLEECE

☐ CUT [1] INTERFACING
☐ CUT [1] FLEECE

Hi, I'm Ali!

I'm an Australian sewist and entrepreneur with a passion for family and creativity.

I'm on a mission to help you get inspired, streamline your Sewflow, and experience the joy of stress-free sewing.
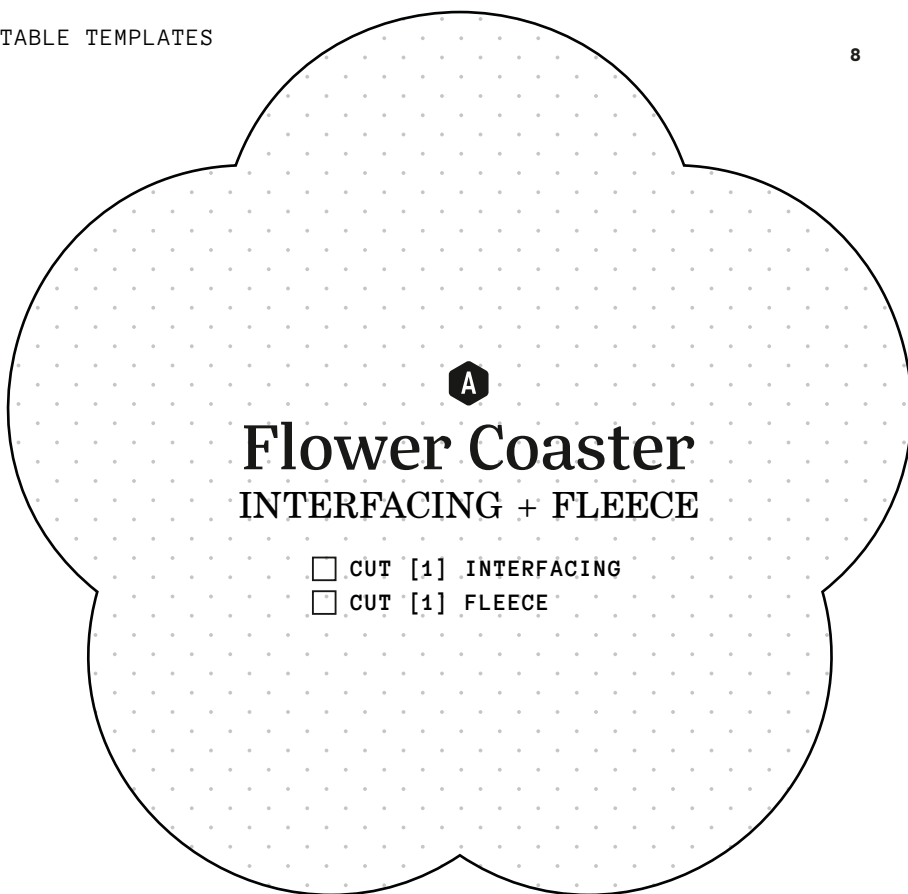
Thank you so much for following this pattern and supporting my small business — it means the world to me!

If you love what I do, and would like to help me create more sewing adventures like this one, consider joining my Sewflow Membership!

It's chock full of sewing fun and exclusive extras as well as a great community to share your love of sewing with.

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