

Foam Stabiliser Preparation

A guide from *Hazel A*
Patterns

You will need:

- Your choice of sew-in foam stabiliser
- A free-flowing fine pen to trace around your pattern pieces
- A $\frac{5}{8}$ " lightweight seam tape or strips of interfacing
- Your prepared fabric pieces

To watch video,
go to:

[https://youtu.be/
bJUs2yBFN7k](https://youtu.be/bJUs2yBFN7k)

Or scan code:



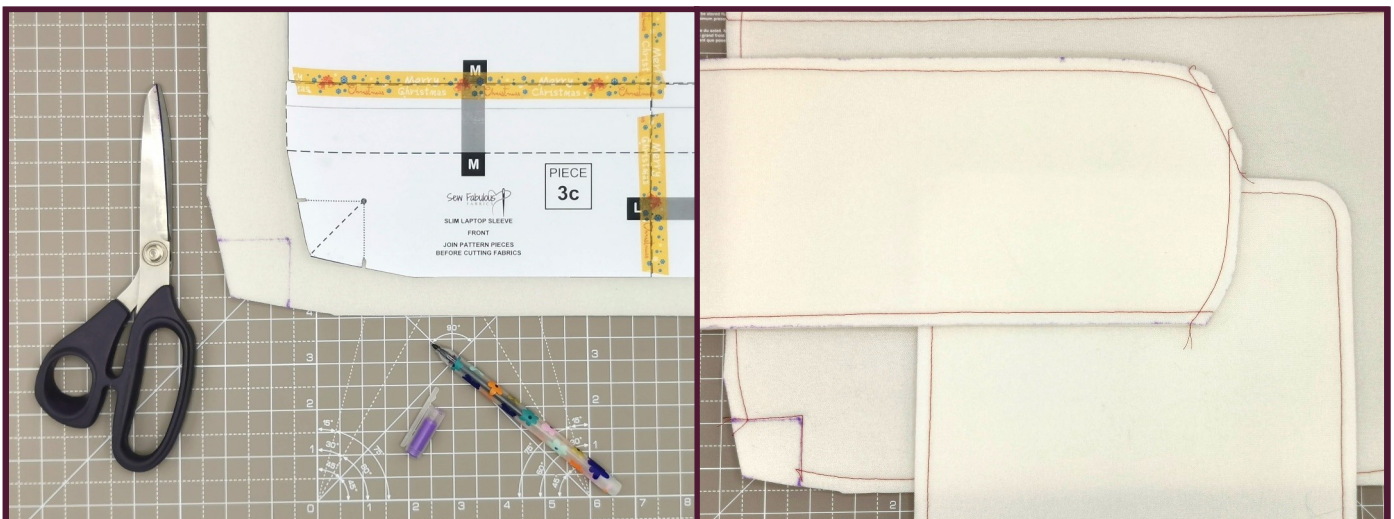
Q: Sew-in or Fusible?

A: This is just my opinion...but definitely sew-in for anything that involves turning through or “birthing” a bag. I wish I could say otherwise, as I love a shortcut! Unfortunately, in my experience, when you scrunch up your beautiful bag to pull it through the turning hole, the foam pulls away from the fabric and forms ripples on the surface. You can steam or press the outer... or use a sew-in so that you don't need to worry!

Q: Which brand of foam do I need?

A: Which kind of foam can you get? The main limiting factor with any kind of recommendation is the availability in your area. My personal preference is for Vlieseline Style-vil, as I like the way it handles, but I have also used Bosal In R foam, ByAnnie's Soft and Stable, Pellon Flex-foam, and car headliner, as that was what was available in my local store. If you can only find one specific type, I would say use it! If the lining appears too “baggy” with your choice of foam, you can always increase the seam allowance.

Cutting out and stitching the foam



1. Draw around your pattern pieces with a free-flowing, fine-tipped pen. Mark any darts or cut-outs. Cut out using scissors, using smooth movements to avoid jagged edges.

2. Stitch around each piece at $\frac{1}{8}$ " more than the pattern's seam allowance (so $\frac{3}{8}$ " for a $\frac{1}{4}$ " S.A.). Stitch inside the lines of any darts. For straight sides, stitch off the edge to maintain angles.

Trimming down and positioning the foam



1. Cut the foam close to your stitching line. The edges will be neatly compressed, so will fit together without bulk when you stitch your project. The foam should now fit just inside the stitching line on your outer.



2. Place your foam onto the wrong side of your outer, leaving an even allowance all around. The fabric should be interfaced if needed. Start laying the seam tape around all edges, so that it rests on both the foam and fabric.

Applying the seam tape



1. Press the tape in place according to the manufacturer's instructions. The tape has some stretch, so can be curved gently in places. For tight curves or corners, cut into pieces.



2. For darts or other cut-outs, place small pieces of tape down before fusing. The tape is really lightweight, so won't create too much bulk. If the tape pulls away during your project, you can easily replace it and press it as before.

Q: What is seam tape and is there an alternative?

A: Seam tape is a really lightweight, single-sided fusible tape used in dressmaking to stabilise seams. I used Vlieseline T15 Flexible seam tape, which is sold as a 50 metre roll. You may find similar with the name "stay tape", but don't buy hemming tape as it is a fusible adhesive tape! If you can't find any seam tape, you can create your own by cutting strips of a very light-weight fusible interfacing.