

Quiet Book

EXTENSION 
UtahStateUniversity

Sewing the thread of life.

SEWING AND TEXTILES

extension.usu.edu/sewing

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Supplies needed:

Cover and Handles:

1/4 yd. fabric (something fun for kids).

Pages:

1/2 yd. cream or light colored fabric

Interfacing:

1 1/2 yd.

Purse:

9" x 21" fabric or fat eighth

1 #4 sew on snap

8" piece cording

Fruit & Bag:

8"x 8" Burlap or reusable grocery bag fabric

3"x 6 1/2" Red Felt

4"x 6 1/4" Purple Felt

3" x 6" Orange Felt

3 1/2 " x 5" Green Felt

4 1/2" x 4 1/2" Yellow Felt

5" Velcro

Coat:

8" x 7" Blanket Wool or Fleece

2 hooks & 2 eyes (loop)

Life vest:

19" webbing

2 clip buckles

7" x 8" Batting (cotton)

13"x 16" Orange rip top nylon

Tent:

1 (6") zipper

12" x 7" fabric

2" x 2" appliqué

Shoe:

5" x 8" top fabric

8" x 10" inside fabric (inside and top inside)

6 (3/16") eyelets

27" shoelace

5" x 8" interfacing

Flowers:

6"x 6" fabric (pot)

2 (2 1/4"x 2 1/4") green silk flowers

12" (3/8") green rick rack

2 (2 1/4" x 2 1/4") orange silk flowers

3 coordinating buttons

2 (2 1/4"x 2 1/4") purple silk flowers



Cover instructions:

Cut 2 9" x 17 1/2" cover fabric

Cut 2 9" x 3" handles from cover fabric

Cut 2 9" x 17 1/2" interfacing

Fuse interfacing to wrong side of one side of fabric cover using manufacturer's instructions.

Cover and handle construction:

1. Press handles in half lengthwise.
2. Open and press each side to the center fold.
3. Fold in half.
4. Topstitch 1/8" from edge on each side of handle.
5. Place handle on outside edge of the short end of cover, 2 1/2" in from the outside edges on each side.
6. Pin with raw edges matching, handle extends down onto cover.
7. Place outside cover right sides together. Sew using 1/4" seam around the edge leaving a 3" opening on the bottom. Clip corners. Turn right side out. Press.
8. Top stitch 1/8" around outside of cover.

**Page instructions:**

Cut 4 8 1/2" x 16 1/2" cream fabric

Cut 4 8 1/2" x 16 1/2" interfacing

Page construction:

1. Fuse interfacing to wrong side of page fabric using manufacturer's instructions.
2. Press page in half marking center of two pages.
3. Make each of the eight pages.

Finishing Book:

1. When all pages are finished, place right sides together, sew using 1/4" seam around the edge leaving a 3" opening on the bottom. Clip corners. Turn right side out. Press. (The Match the fruit and Pack the fruit page should be in the center of the book next to each other.)
2. Top stitch 1/8" around outside of page.
3. Place cover on bottom, center first page and place page with fruit on top. Sew down center of all pages backstitch at beginning and end.

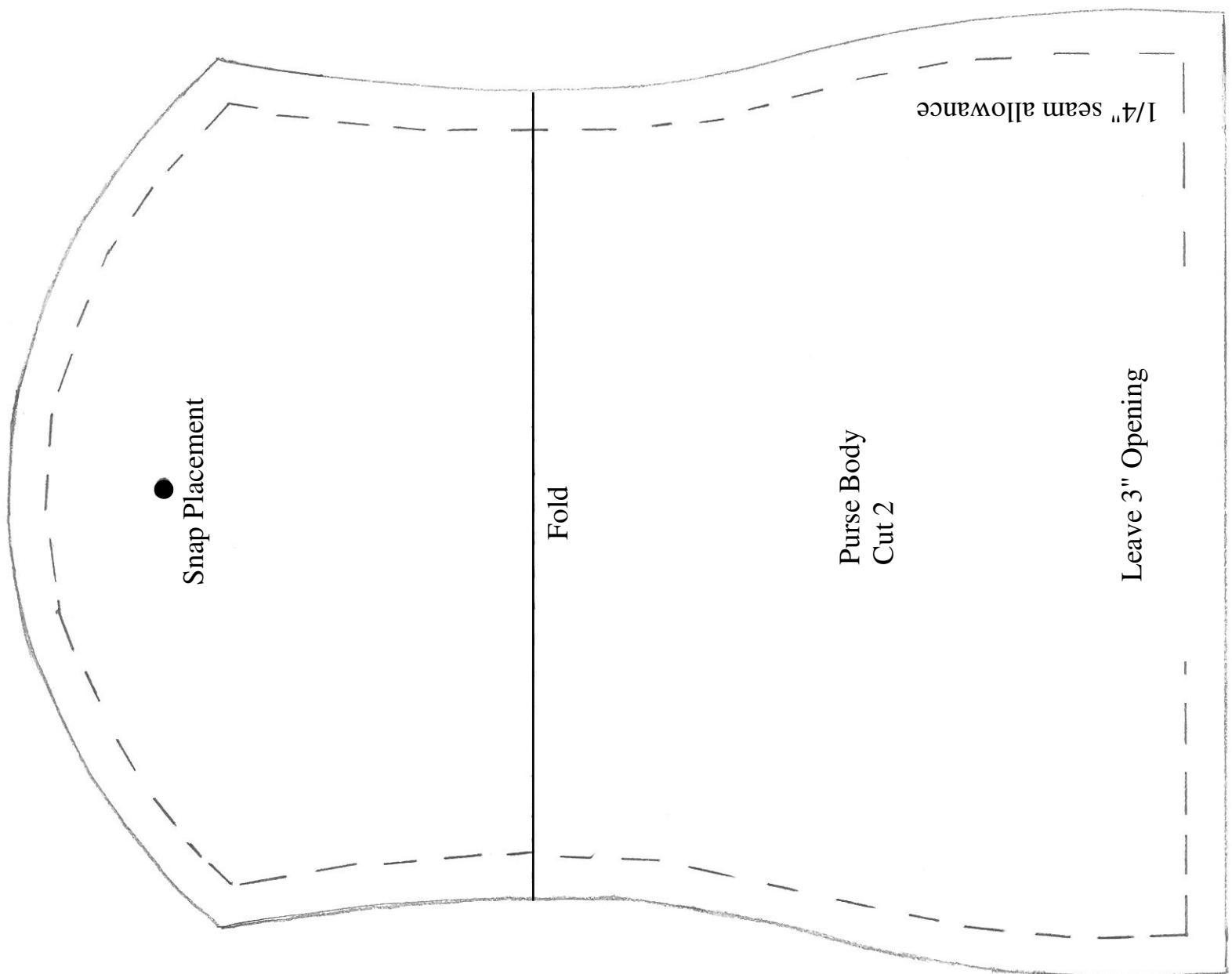
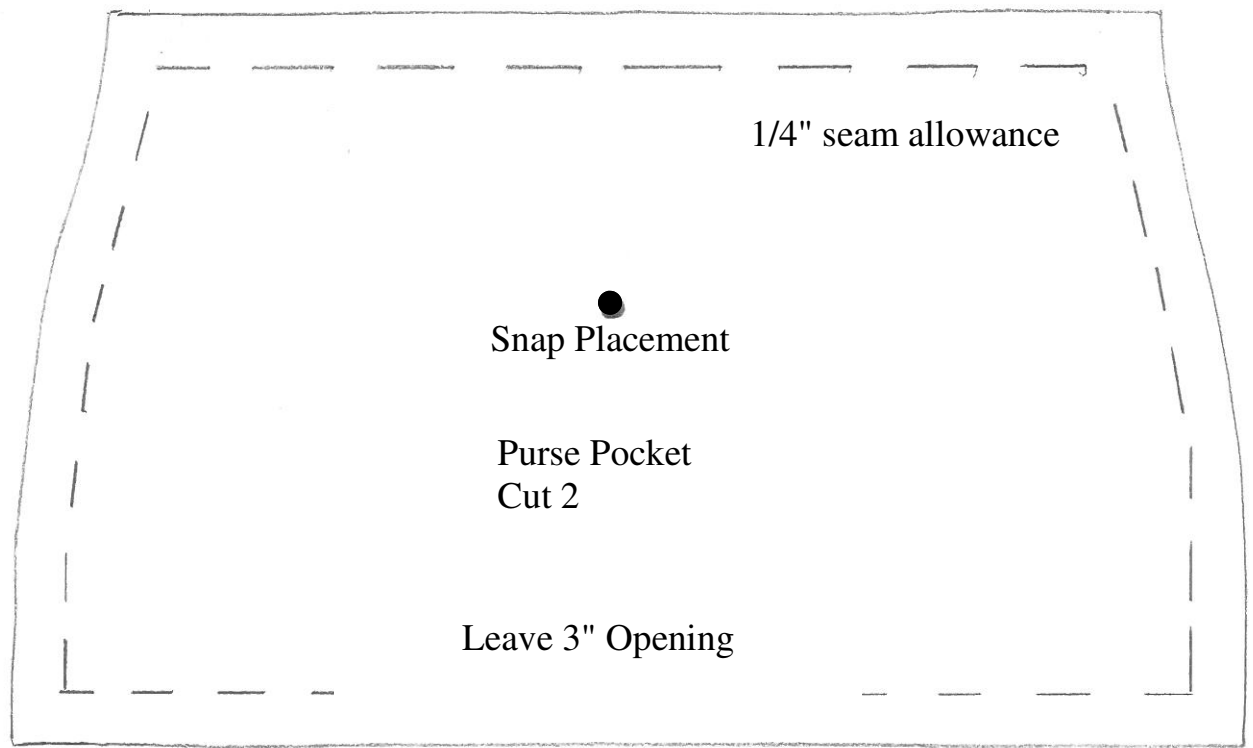
Purse Instructions:

Cut 2 Purse Body

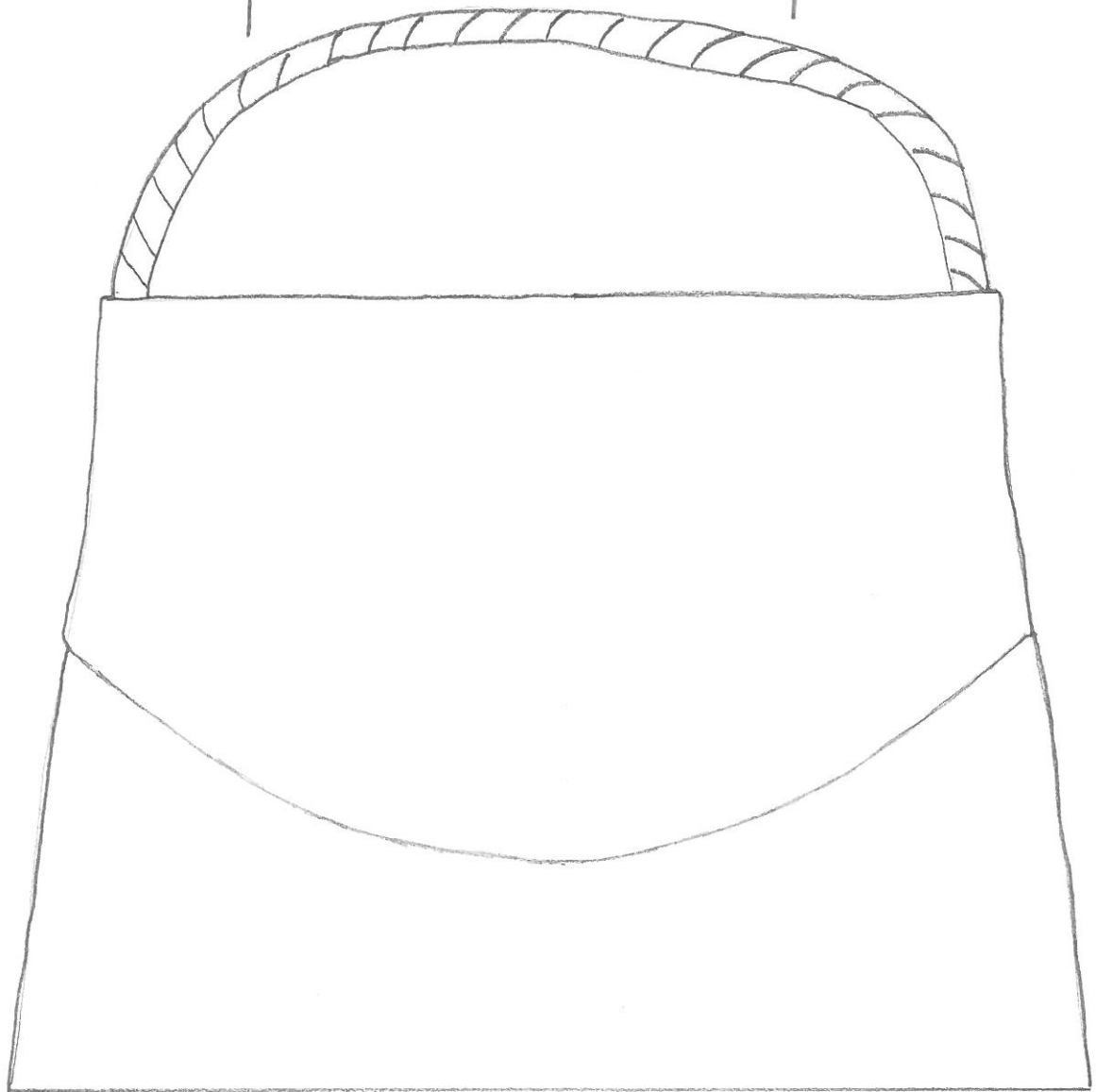
Cut 2 Purse Pockets

1. Fuse interfacing on the wrong side of one purse body pieces, following manufacturer's instructions.
2. Layer pocket pieces with right sides together and sew across top, using 1/4" seam allowance. Turn right side out. Press.
3. Place pocket piece right sides together on interfaced body piece. Place other body piece right sides on top. Pin around outside edge.
4. Sew, using 1/4" seam allowance around outside edge leaving 3" opening at the bottom. Backstitch at beginning and end.
5. Clip curved edges and turn right side out. Pull edges out and press flat.
6. Press flap down on fold line.
7. Center purse on page. Topstitch on 1/8" from outside edge of purse around the bottom of the purse from fold line to fold line. Backstitch at beginning and end.
8. Insert cording end under folded top edge of flap at each end. Open flap and sew across fold line, sewing cording in place. Backstitch at each end.
9. Attach snap to flap and pocket.
10. Write "Snap the Flap" on page with fabric pen.





Snap the flap.



Match and Pack the Fruit Instructions:

Cut 2 Apples from Red felt

Cut 2 Pears from Green felt

Cut 2 Bananas from Yellow felt

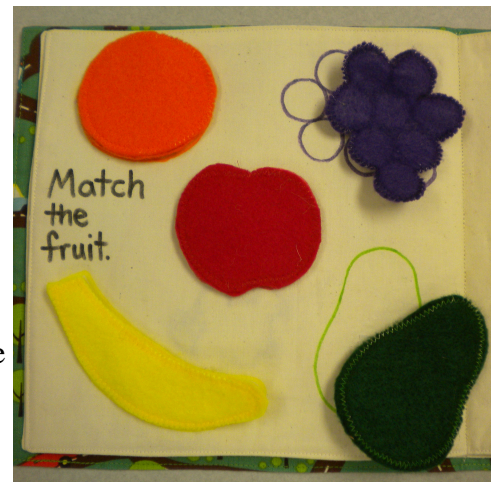
Cut 2 Grapes from Purple felt

Cut 2 Oranges from Orange felt

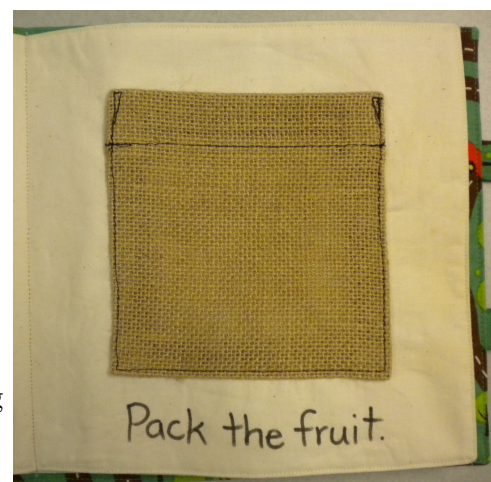
Cut 1 Pocket from burlap or reusable grocery bag

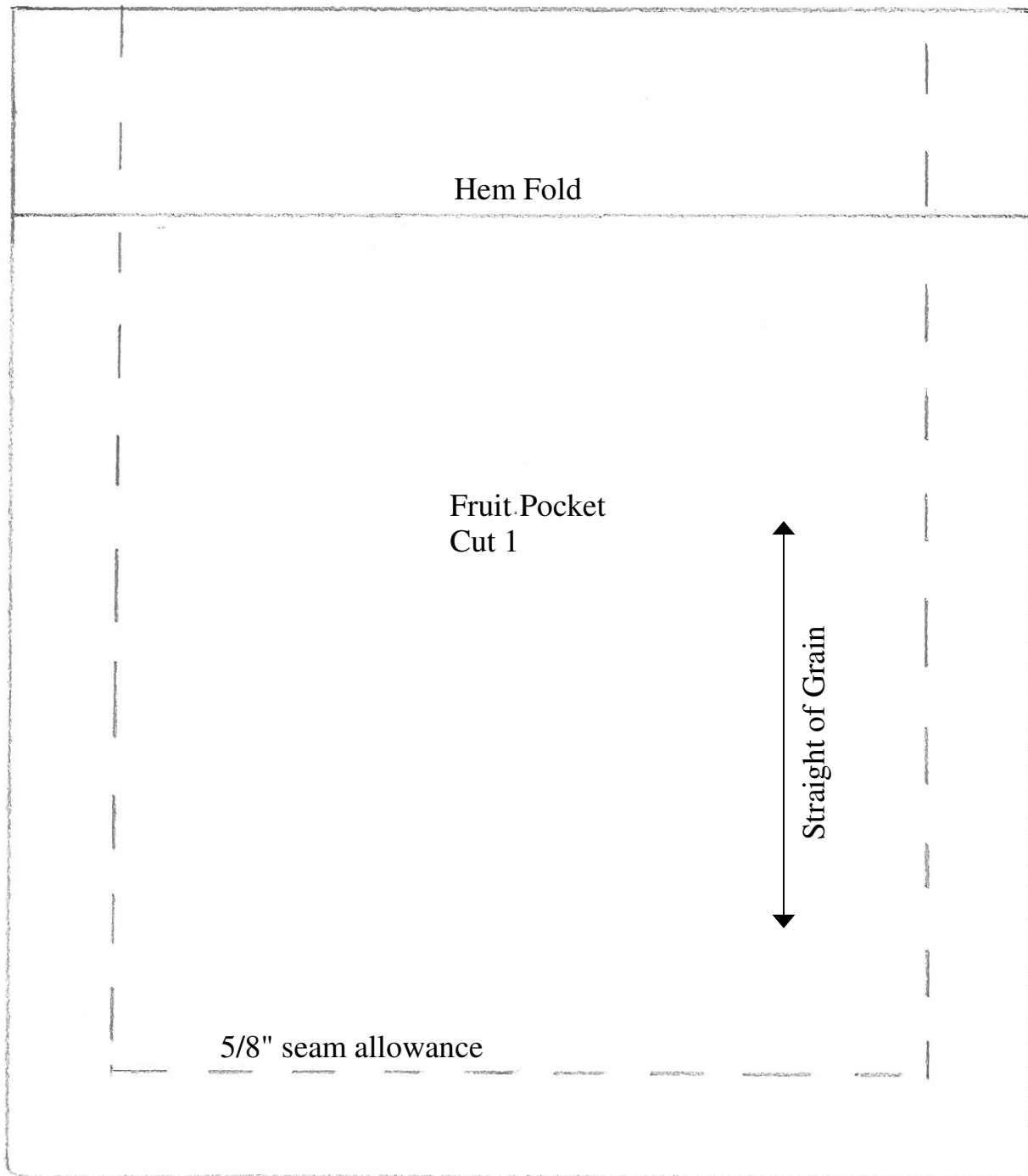
Felt Fruit instructions:

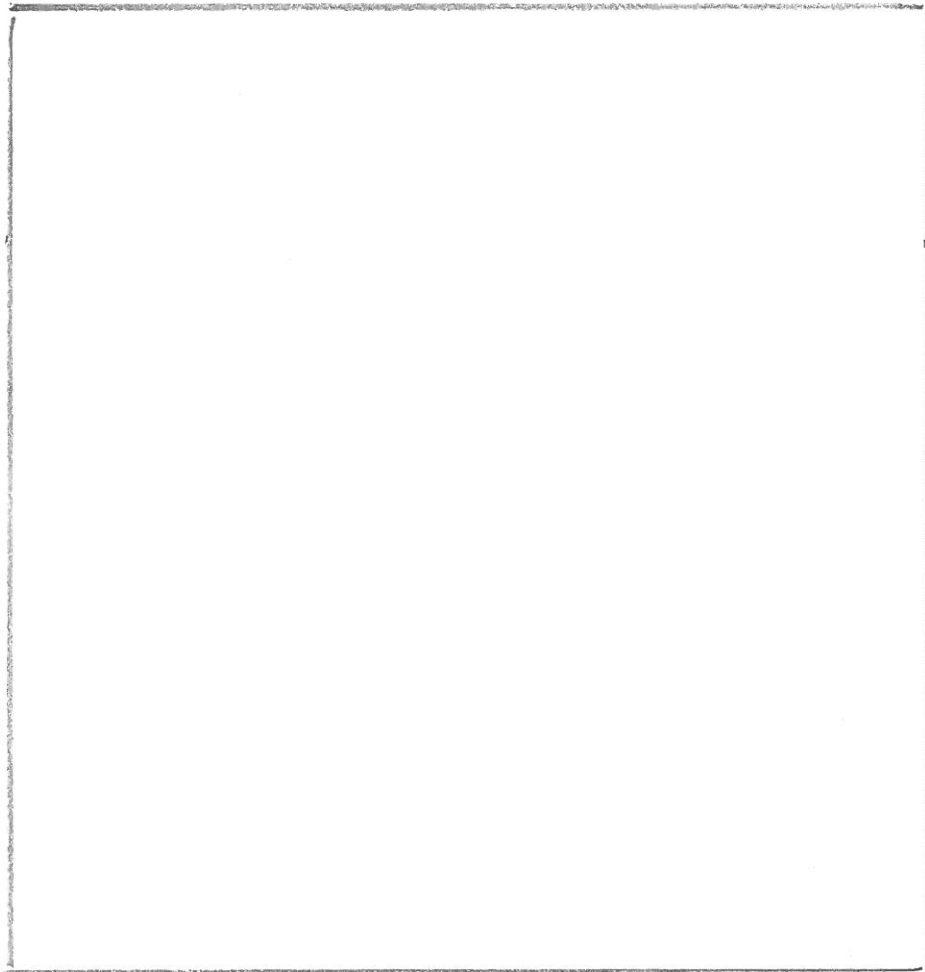
1. Sew a square around each square of Velcro in center of one side of each felt fruit. Zigzag around the outside of the two felt pieces of fruit.
2. Place fruit pattern on blank page and outline fruit in appropriate colors, Sew a square around each square of Velcro in center of outline fruit.

**Pocket construction:**

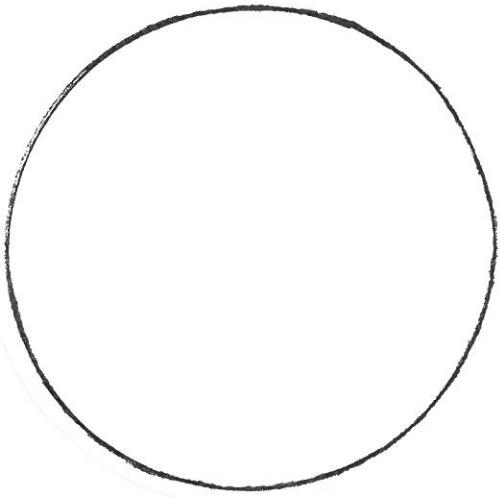
1. Turn under the top edge 1/4" at the top of the pocket. Edgestitch close to the folded edge.
2. Turn down the top of the pocket right sides together along the fold-line. Beginning at hem fold, stitch around sides and bottom of pocket using a 5/8" seam allowance. Backstitch at the beginning and end.
3. Turn top hem right side out. Optional: Topstitch hem in place. Press.
4. Press under seam allowances on the sides and bottom using the stitching line as a guide.
5. Pin pocket in place on the page. Starting at top corners, edgestitch sides and bottom of pocket, leaving top edge open. Backstitch at beginning and end.
6. Write on fruit page "Match the Fruit" with fabric pen.
7. Write on pocket page "Pack the Fruit" with fabric pen.



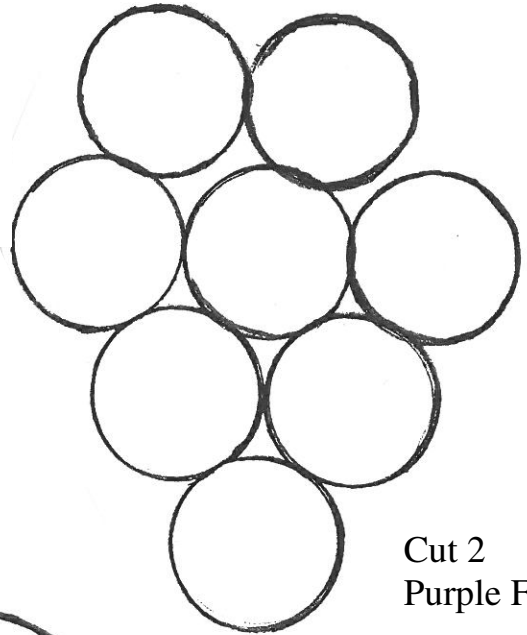




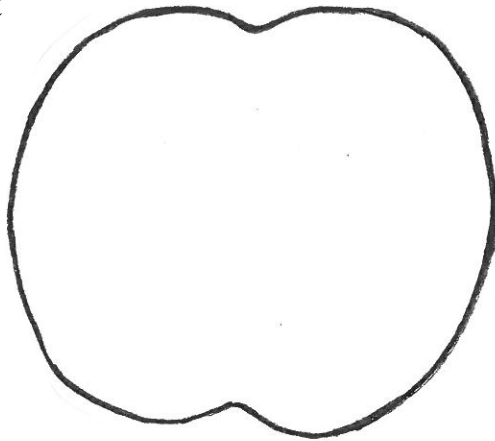
Pack the fruit.



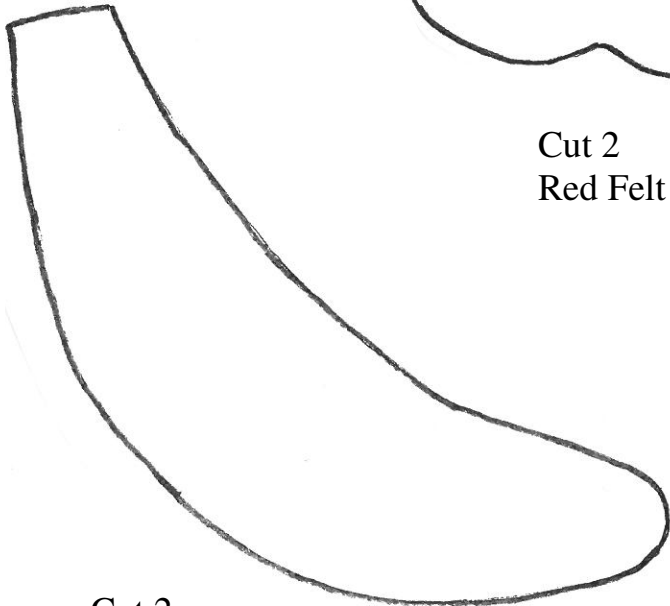
Cut 2
Orange Felt



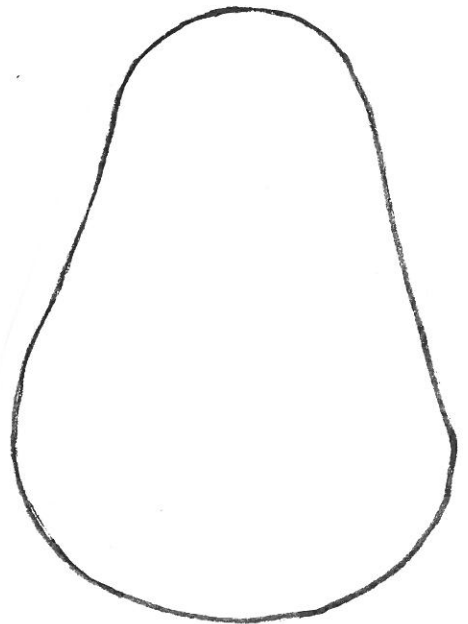
Cut 2
Purple Felt



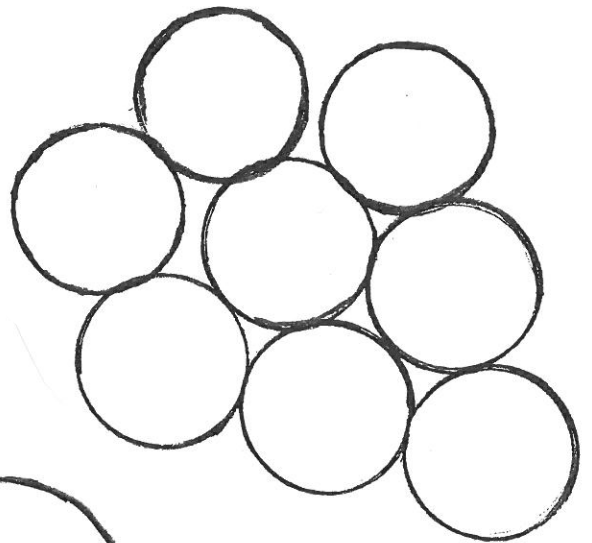
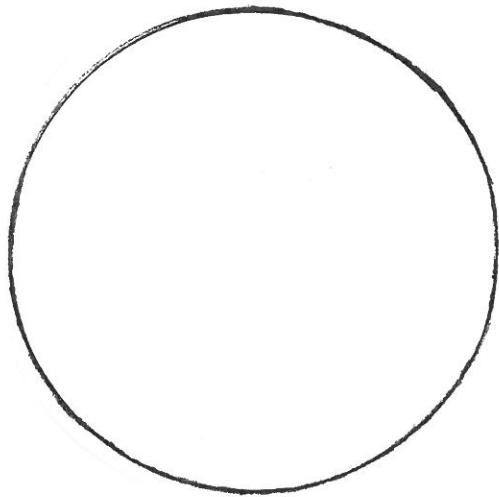
Cut 2
Red Felt



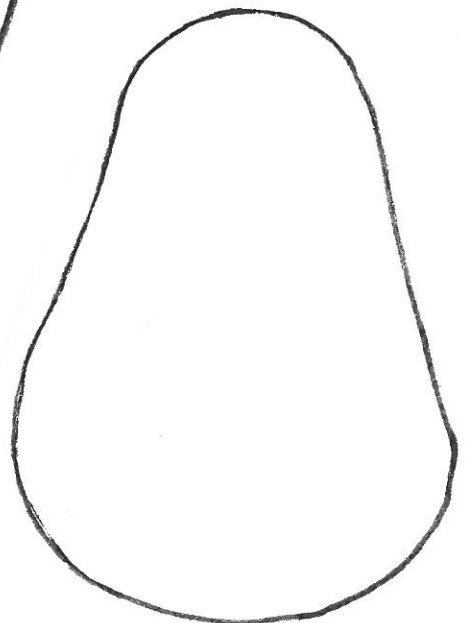
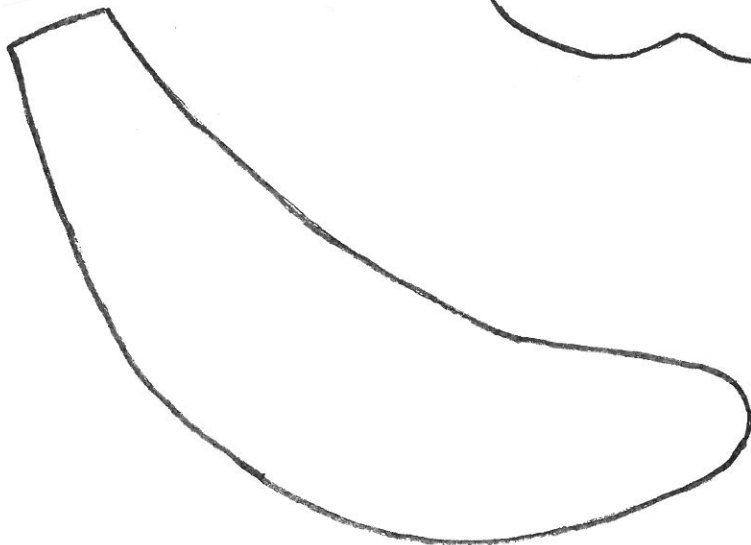
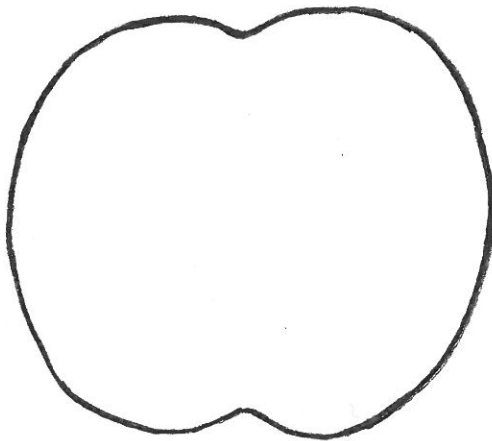
Cut 2
Yellow Felt



Cut 2
Green Felt



Match
the
fruit.



Circus Tent Instructions:

Cut 2 Tent Body

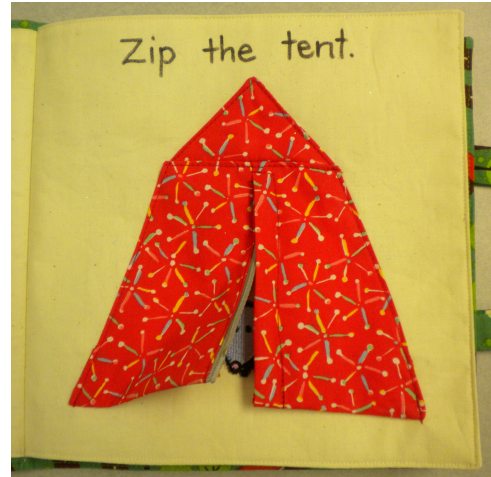
Cut 2 Tent Facing

Cut 2 Tent Top

Cut 1 Tent flag from felt

Zipper Instructions for tent:

1. Place tent pieces right sides together. Sew using a 1" seam allowance using a basting stitch. Clip basting thread every 4th stitch. Press seam open.
2. Extend the right-hand seam allowance out and place zipper on it face down with the coil along the seamline. The open end of the zipper at the bottom of the tent. Pin in place, if necessary.
3. Using a zipper foot, with the needle on the left side of the foot, machine-baste the outside edge of the zipper tape to the seam allowance.
4. Position the needle to the right of the zipper foot. Turn zipper face up, forming a fold in the seam allowance. Bring the fold close to, but not over, the zipper coil; pin if necessary. Stitch along edge of fold through all thicknesses.
5. Turn to the right side of tent. Lay the zipper flat on the opened seam.
6. From the right side of the tent, pin or baste across bottom of zipper, then up along the side, 3/8" to 1/2" from seamline. Position the needle to the left of the zipper foot. Topstitch the zipper starting across the bottom of the zipper and up along the side parallel to the seam, pivoting at the corner.
7. Check the back to make sure the seam is caught.
8. Remove basting stitches and press.

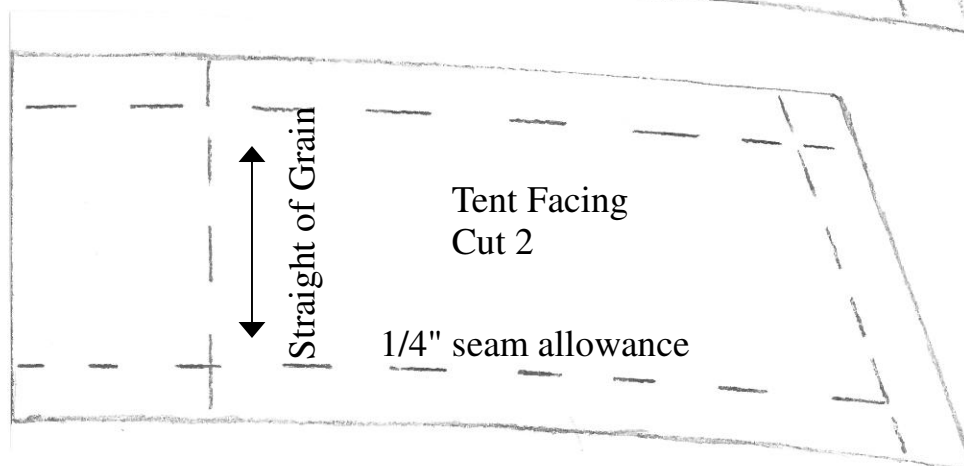
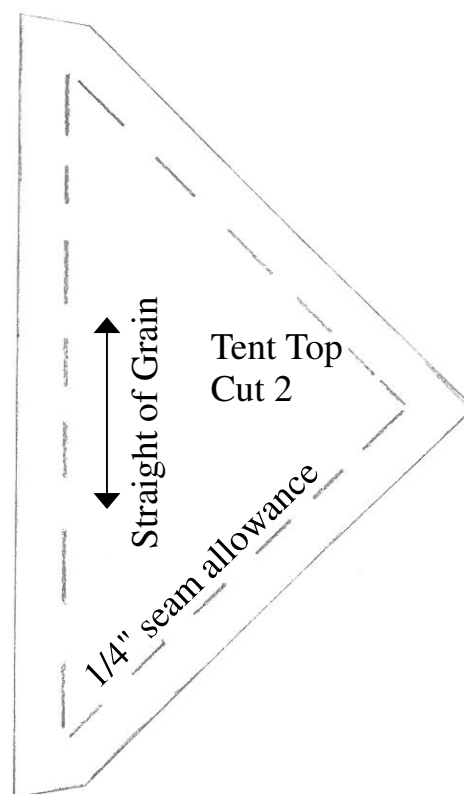
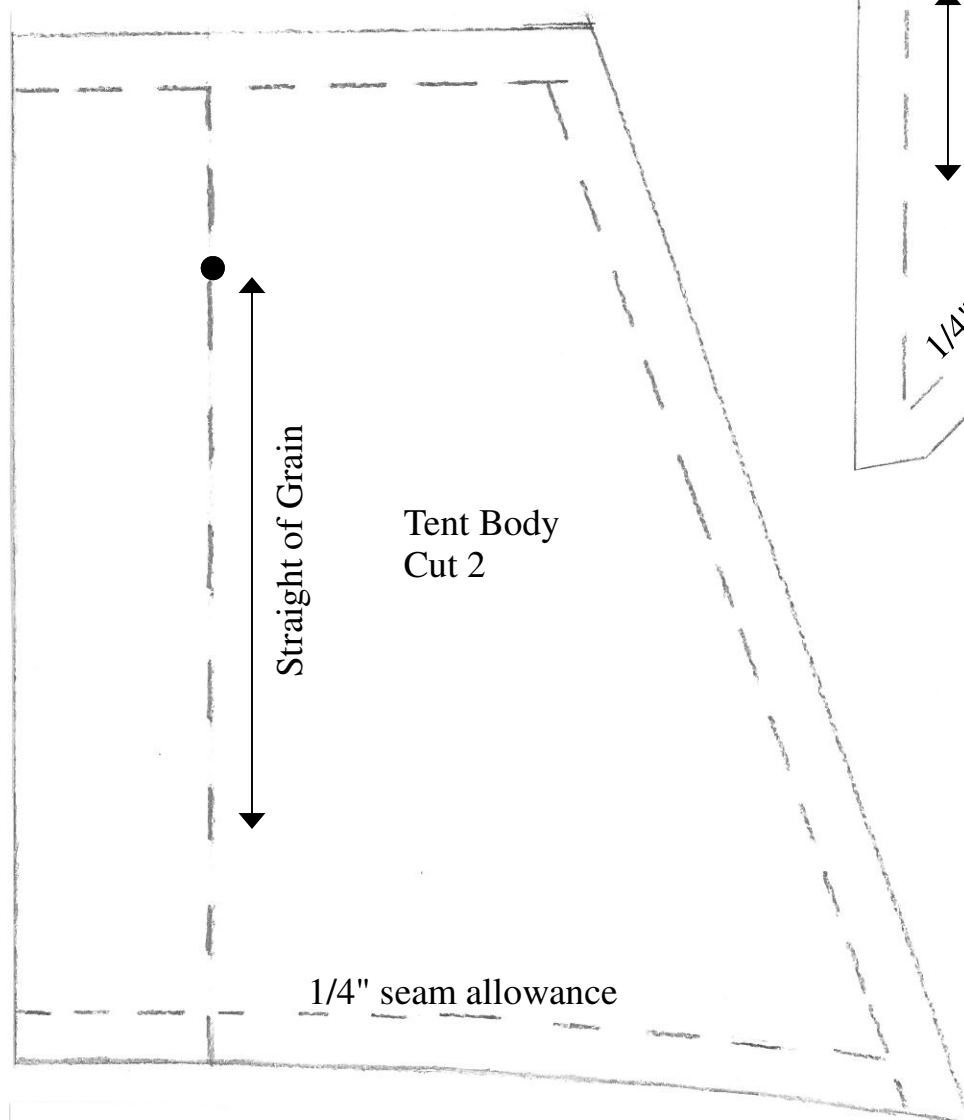
**Facing instructions for tent:**

1. Turn the bottom edge of the facing under 1/4" and sew 1/8" from the fold.
2. Place the right sides of the facing and tent together. Match seamlines and pin facing to tent pieces. Open zipper and wrap ends of facing to inside around each zipper half. Sew with a 1/4" seam allowance. Clip the curves.
3. Press seam allowance towards facing.
4. To keep facing from rolling to outside of tent, understitch facing by sewing on the right side of facing through all the layers 1/8" from the seam line.
5. Fold facing to the inside. Press.
6. To finish edges place right side of facing to right side of tent and sew a 1/4" seam on outside edge of tent. Do both sides of tent.
7. Turn and pull out the corner points. Press.
8. Tuck facing edge under by the zipper and tack in place.

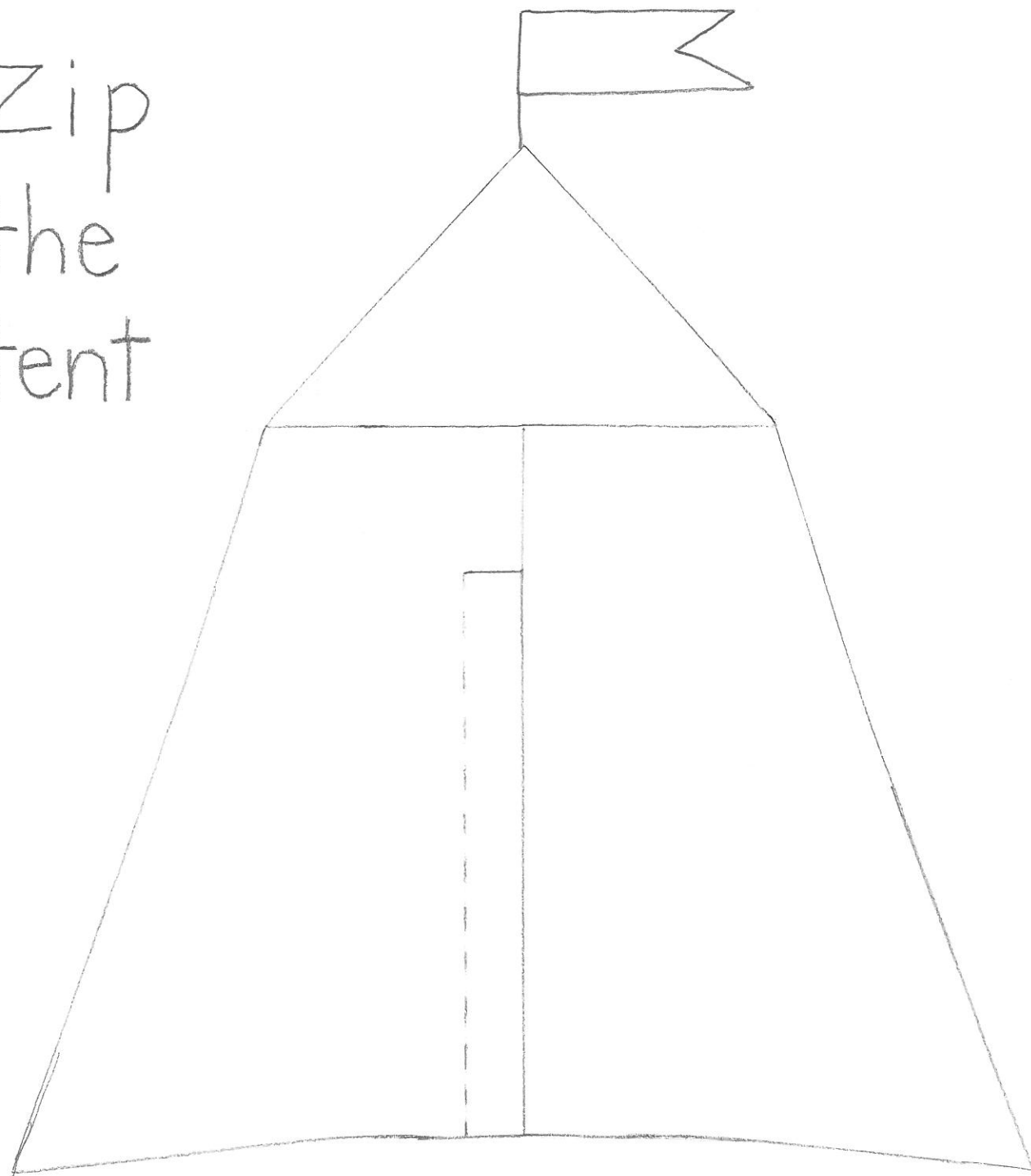
Circus Tent Instructions:(continued)

Appliqué instructions for tent:

1. Sew tent top right sides together using a 1/4" seam allowance. This forms the top point of the tent. Leave the bottom end of tent top open. Clip corner to reduce bulk. Turn and press.
2. Place the tent top point down centered on the tent body with the raw edges together. Sew with a 1/4" seam allowance.
3. Press the seam up towards the tent top. Fold the unfinished side seams of the tent 1/4". Press.
4. Place tent on the page and topstitch 1/8" from fold on the sides and top leaving the bottom open.
5. Place flag on top of tent and zigzag using a satin stitch to make a pole.
6. Write "Zip the Tent" on page with fabric pen.



Zip
the
tent



Shoe Instructions:

Cut 1 shoe inside fabric

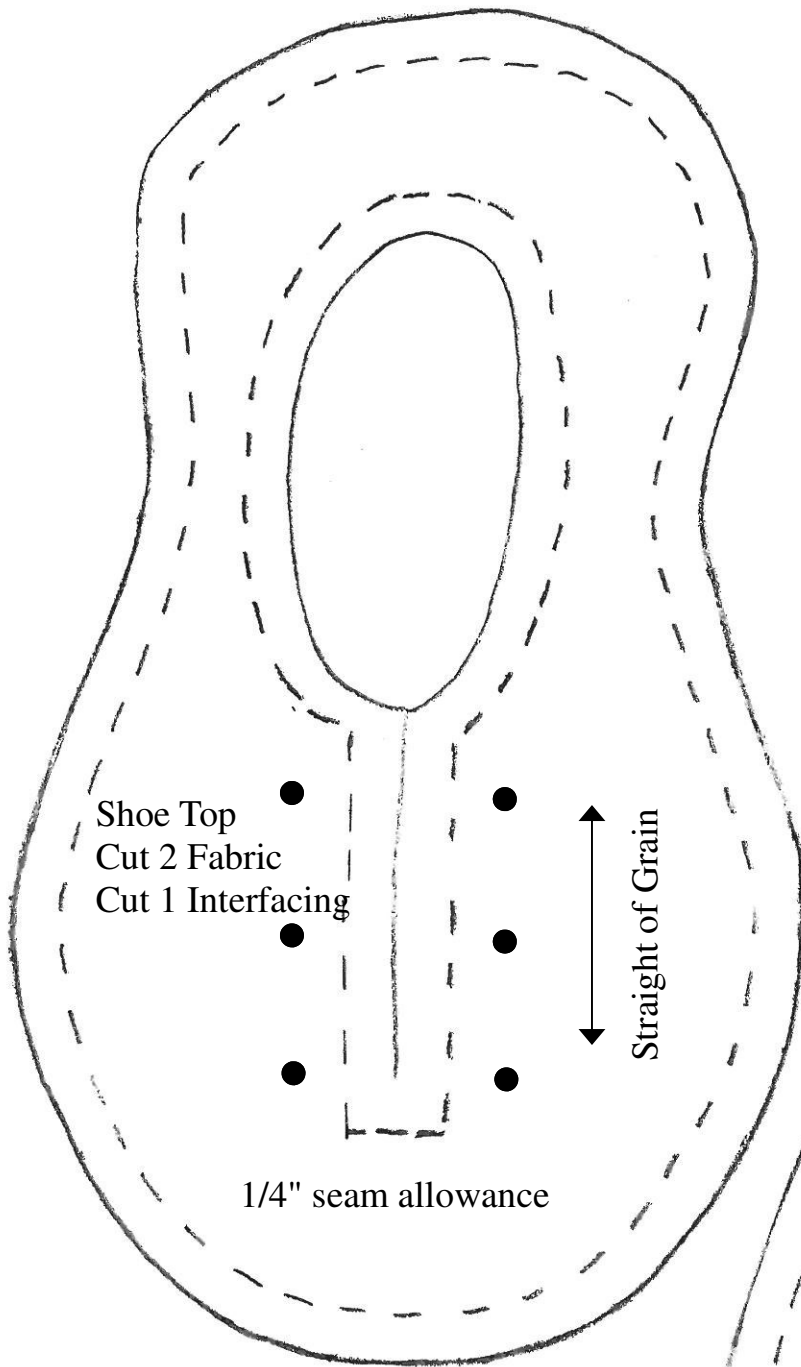
Cut 1 shoe top inside fabric

Cut 1 shoe top outside fabric

Cut 1 shoe top fusible interfacing

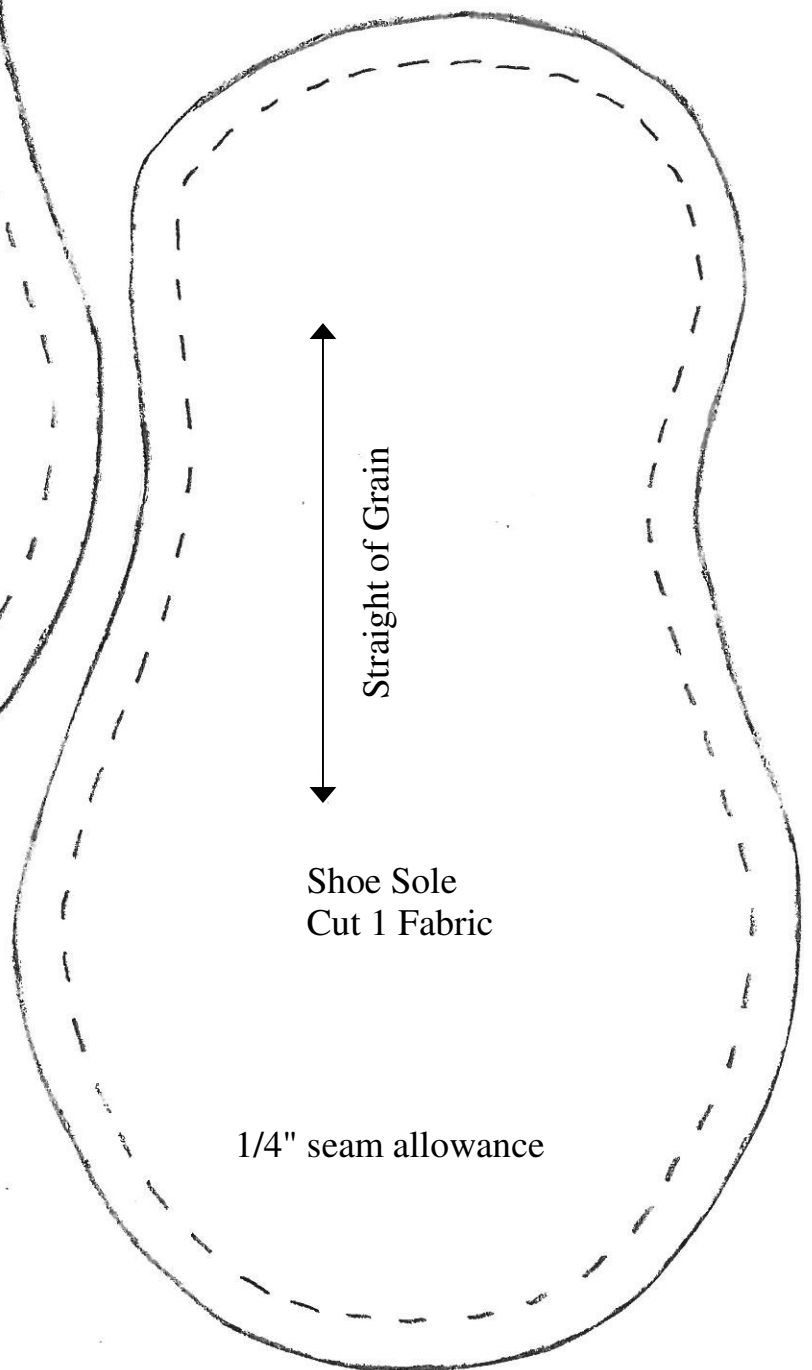
1. Place interfacing rough side (fusible side) to wrong side of shoe top. Place right sides together. Sew all around edge of shoe top using $\frac{1}{4}$ " seam allowance.
2. Place right sides of shoe tops together, pin around slit and center of shoe. Sew around center of shoe top using $\frac{1}{4}$ " seam allowance.
3. Clip corners and curves. (May use pinking shears on center curves.)
4. Turn right side out and press.
5. Place wrong side of shoe inside on right side of shoe top. Pin around outside. Sew around outside of shoe with $\frac{1}{4}$ " seam allowance. Clip curved edge or trim with pinking shears.
6. Turn right side out. Press.
7. Insert eyelets on each side of shoe opening.
8. Place shoe on page. Topstitch shoe in place next to outside edge.
9. Lace with shoelace.
10. Write "Tie the Shoe" on page with fabric marker.





Shoe Top
Cut 2 Fabric
Cut 1 Interfacing

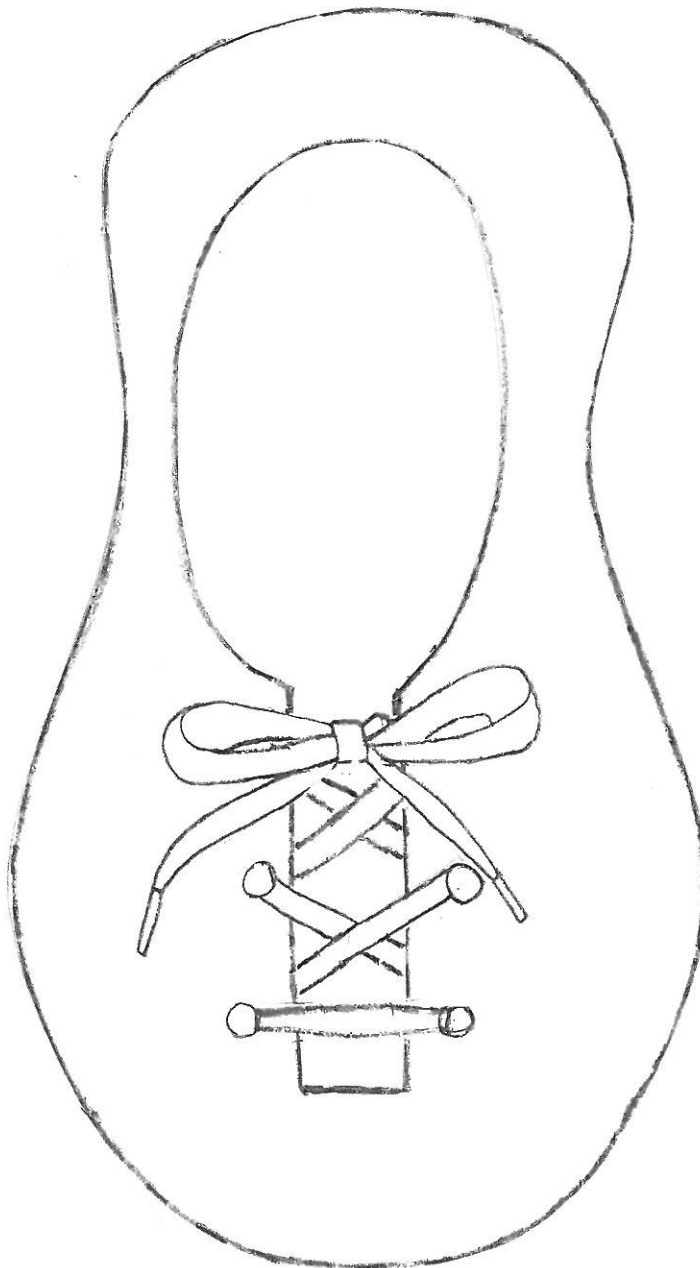
1/4" seam allowance



Shoe Sole
Cut 1 Fabric

1/4" seam allowance

Tie the shoe.



Jacket Instructions:

Cut two jacket pieces from blanket wool or fleece.

1. Finish all outside edges with zigzag, if needed.
2. Center jacket pieces on page of book.
3. Top 1/8" from edge across shoulder, sleeve and side seam.
4. Leave bottom and neck edges free, on both pieces.
5. Backstitch at beginning and end.
6. Place hooks and eyes on jacket.
7. Sew hook and eye on using a blanket stitch.
8. Write "Fasten the Hooks" on the page with fabric pen.

**Life Vest Instructions:**

Cut 4 vests from rip stop nylon

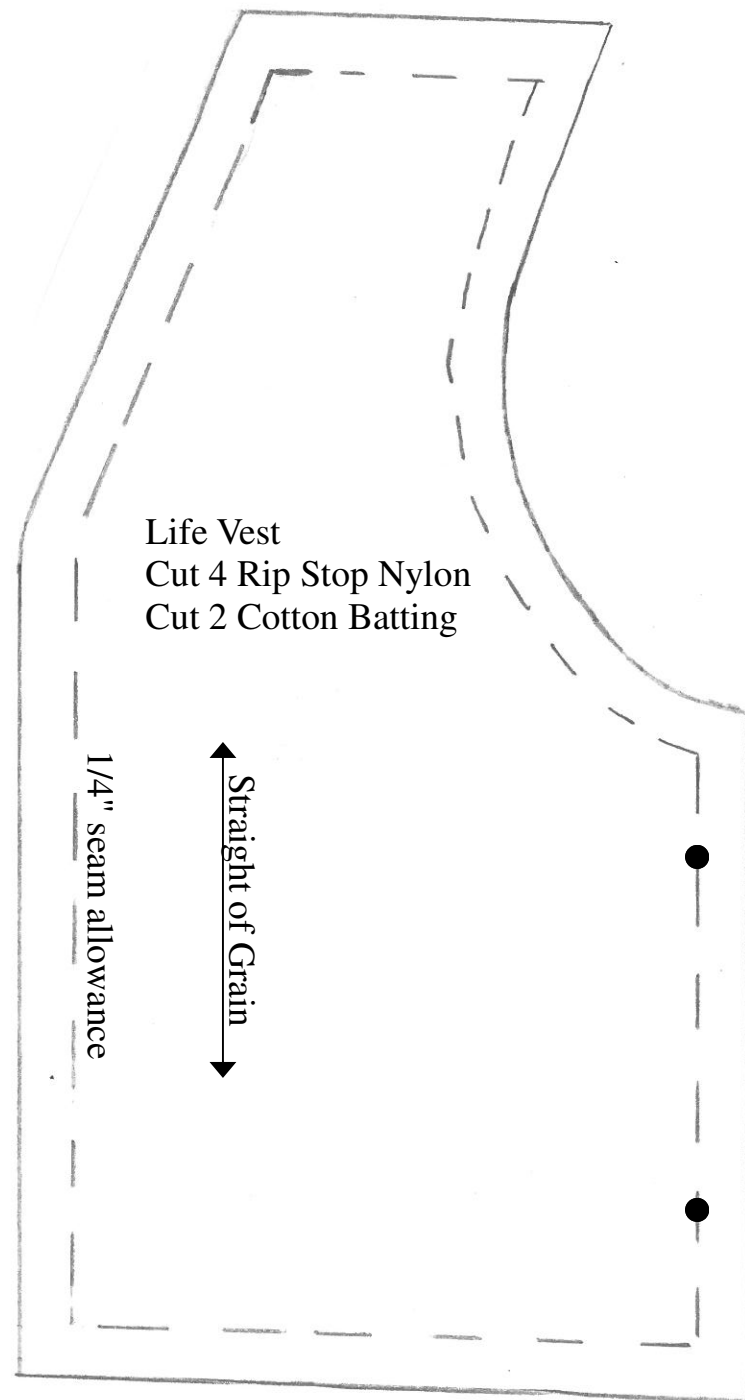
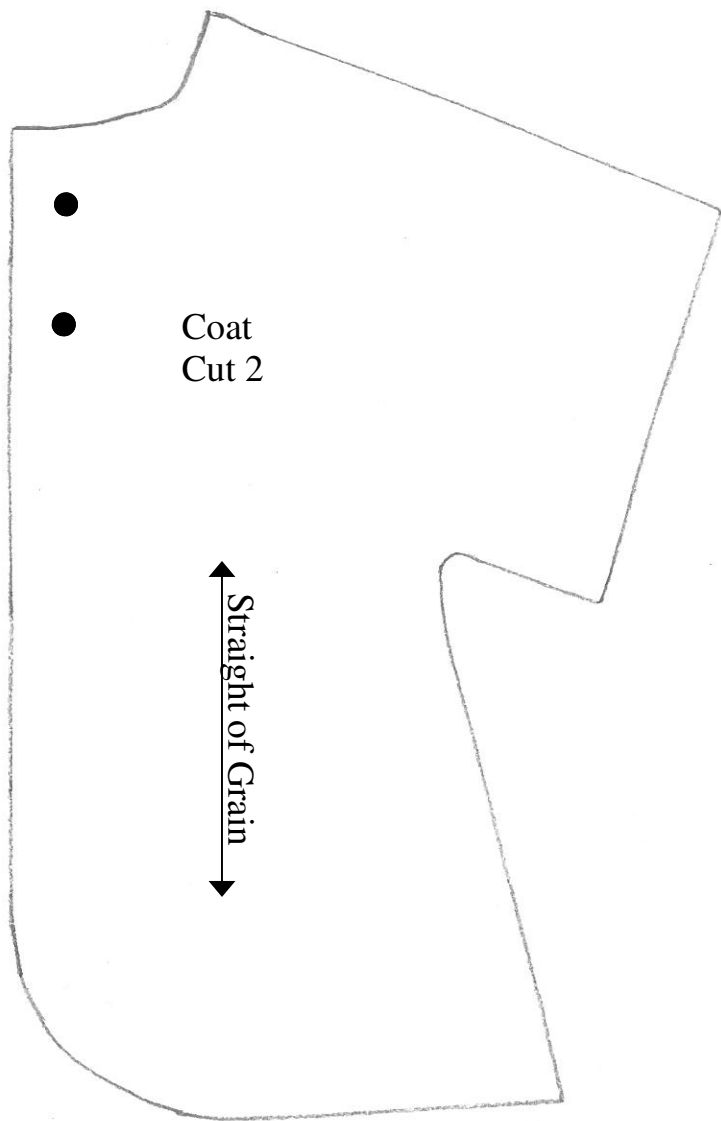
Cut 2-4" pieces webbing

Cut 2 vests from batting

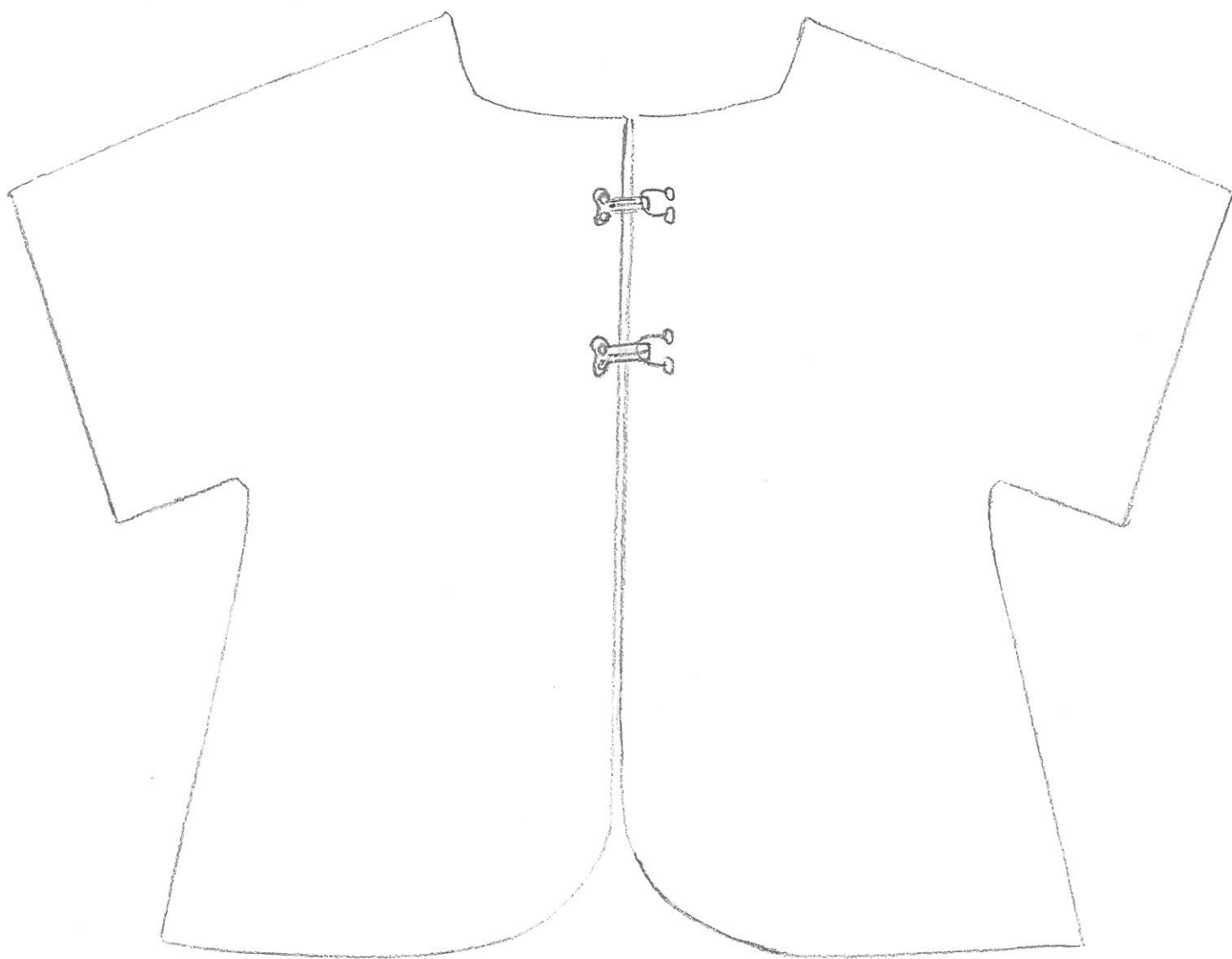
Cut 2-5" pieces webbing

1. Place batting on wrong side of right and left sides of vest pieces.
2. Machine quilt batting to front vest pieces with straight horizontal lines.
3. Place lining on top of vest fronts, right sides together. Pin outside edges.
4. Sew 1/4" seam allowance around outside edge of both vest fronts, leaving side seams open.
5. Trim corners and clip curved edges, turn right side out through side seams.
6. Pull out corners. Press.
7. Use two 4" pieces of webbing for stationary clip piece.
8. Thread webbing and fold back 1/2" from end. Sew across webbing and backstitch or sew a square.
9. Place webbing with clips on life vest side seams according to placement page.
10. Place five inch pieces of webbing on other side according to placement page.
11. Zigzag side seams to finish seams and hold webbing in place.
12. Turn side seams under 1/4" seam allowance. Center life vest on book page.
13. Sew 1/8" from edge on shoulder seams and side seams back stitch beginning and end.
14. Adjust the five inch webbing in adjustable clip so that jacket meets in the center.
15. Write "Buckle the Vest" on page with fabric pen.

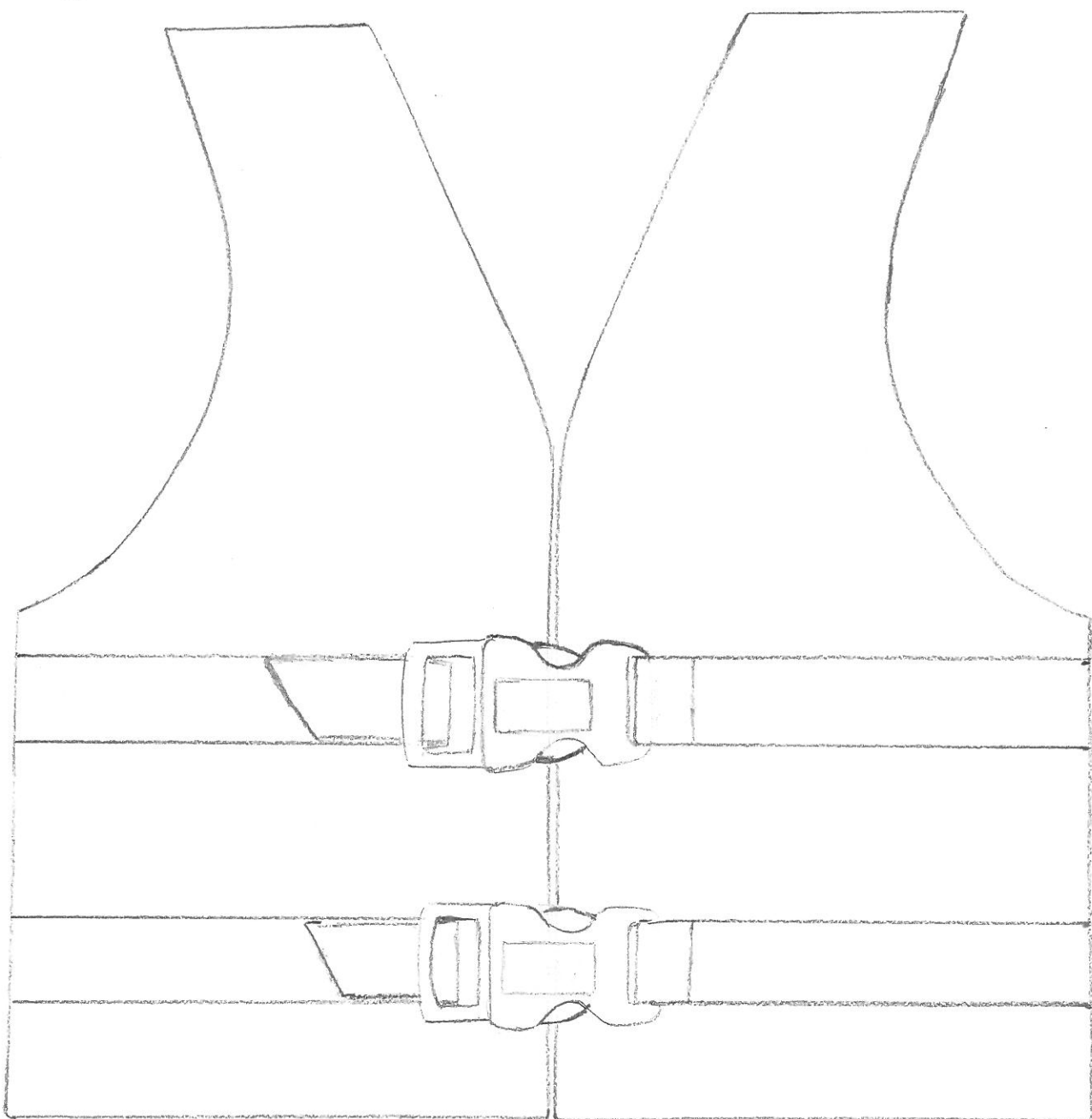




Fasten the hooks.



Buckle the vest.



Flower Pot Instructions:

Cut 1 flower pot pocket

Cut 3 leaves from green felt

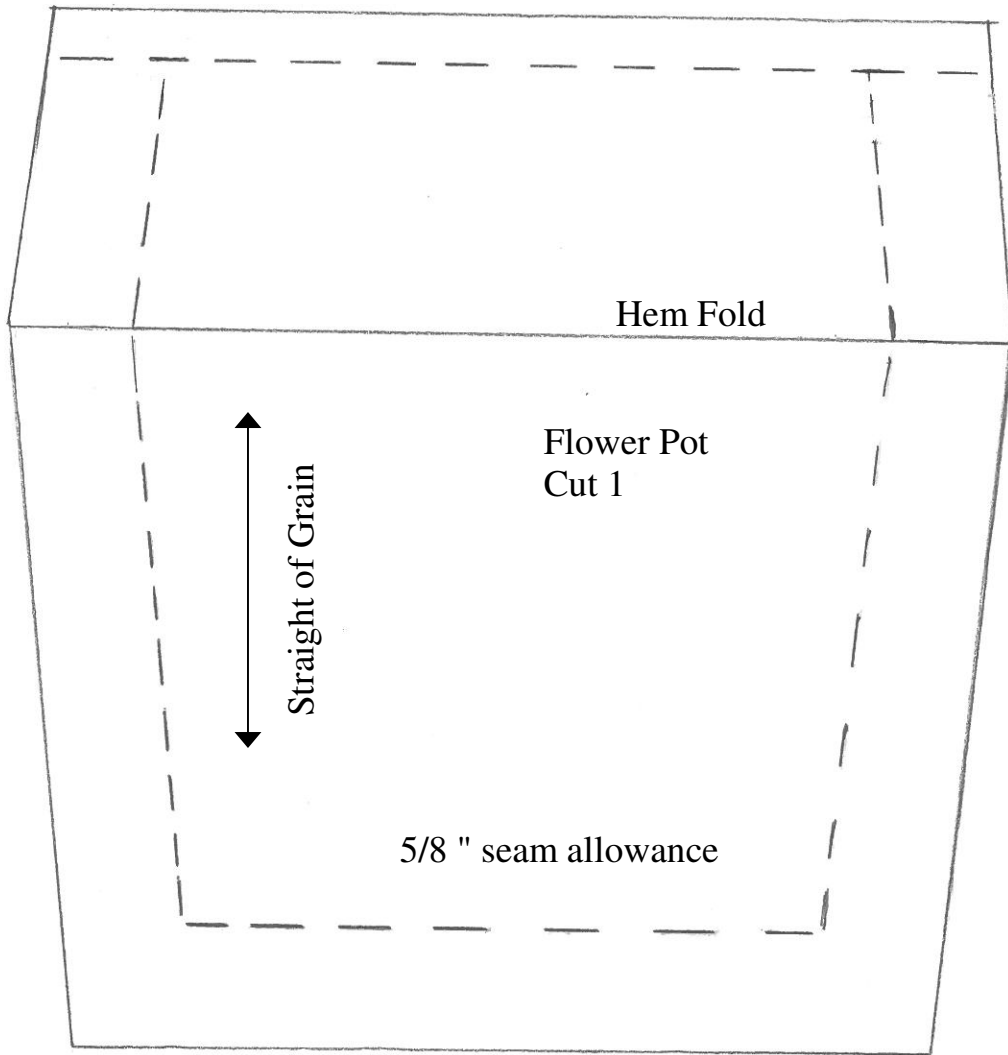
1. Place two silk flowers together, determine length of buttonhole and mark with a pin at beginning and end of buttonhole.
2. Make a buttonhole in center of each flower using sewing machine directions.
3. Place rick rack on page and sew down center, backstitch at beginning and end.
4. Sew buttons in place.

**Flower Pot Pocket construction:**

1. Turn under the top edge 1/4" at the top of the pocket. Edgestitch close to the folded edge.
2. Turn down the top of the pocket right sides together along the fold-line. Beginning at hem fold, stitch around sides and bottom of pocket using a 5/8" seam allowance. Backstitch at the beginning and end.
3. Turn top hem right side out. Optional: Topstitch hem in place. Press.
4. Press under seam allowances on the sides and bottom using the stitching line as a guide.
5. Pin pocket in place on the page. Starting at top corners, edgestitch sides and bottom of pocket, leaving top edge open. Backstitch at beginning and end.
6. Button flowers on buttons.
7. Write "Button the Flowers" on page with fabric pen.



Cut 3
Green Felt



Button
the
flowers.

