

## Suffolk Puffs

Suffolk Puffs, also known as 'Yo-Yos', can be arranged in various ways, to make different shapes. You can use them to embellish a project or even to make an entire quilt!



### You will need

- Circle template - there are two sizes to choose from
- Fabric
- Hand quilting thread

### Equipment

- Pencil
- Chalk pencil (to use on dark fabric)
- Fabric scissors
- Hand sewing needle

### Preparing the circles

1. Choose the size of circle that you want. Remember that the finished Suffolk Puffs will be much smaller than the circle templates.
2. Draw round the circle template onto the fabric.
3. Use a chalk pencil if you can't see the line from an ordinary pencil.



4. Cut it out using fabric scissors.

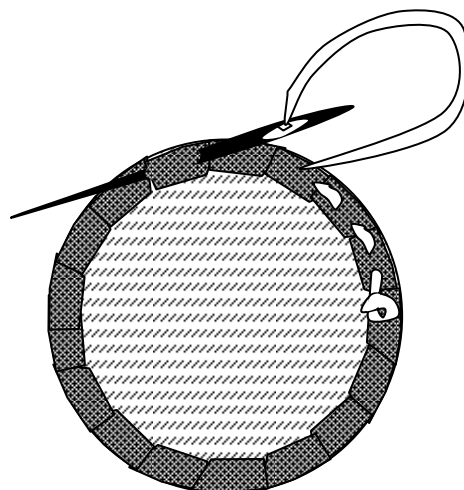


5. With your fingers, fold in the edge of the circle all round
6. Just fold in a little way - about  $\frac{1}{2}$  cm.
7. Make sure you fold it in over the wrong side of the fabric.
8. Squeeze the fold between your fingers, and then move on just a little way round the circle to do the next bit.



## Gathering the circles

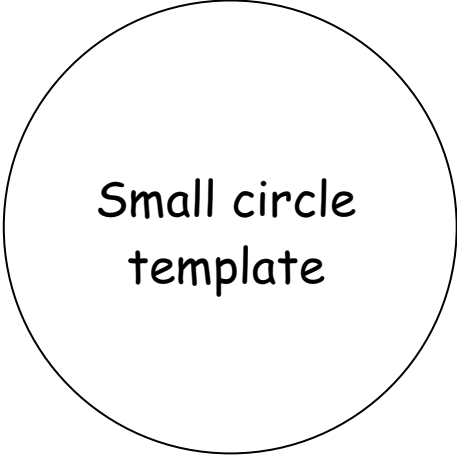
1. Thread a hand sewing needle with quilting thread.
2. Start by making a small knot in the end of the thread.
3. Sew around the outside edge of the circles using a running stitch.
4. Start so that the knot ends up on top of the folded in edge.
5. Take stitches in and out of the fabric, making sure that you go



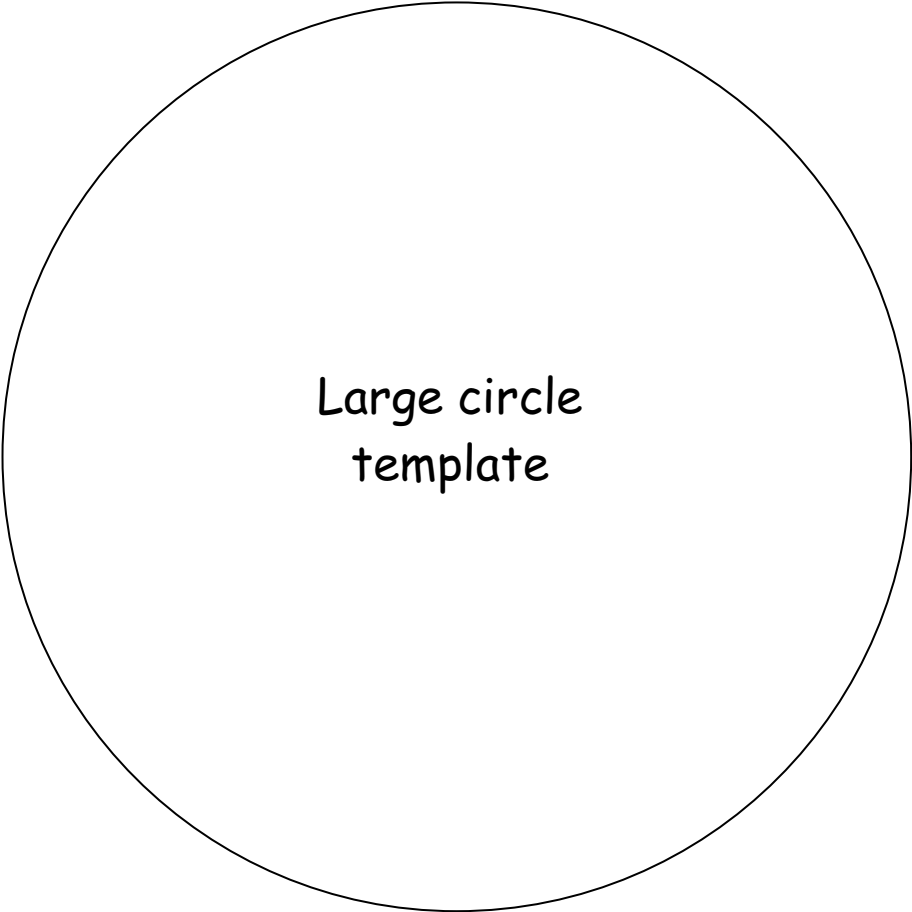


- through both layers before coming up again.
6. Pull the thread right through each time.
  7. Try to make all your stitches about the same size - they don't need to be really tiny for this.
  8. Stitch right round the circle. When you get back to where you started, go through to the other side.
  9. *Don't* tie another knot, fasten off or unthread the needle yet!
  10. Holding the fabric in one hand, pull the thread, so that the fabric starts to wrinkle up. This is called gathering.
  11. Keep pulling until all the edge of the circle has come together into the middle.
  12. When you can't pull it any tighter, take several small stitches, all in the same place to fasten off.
  13. Try not to let the gathering slacken off while you do this!
  14. Well done - you have made your first Suffolk Puff!



A simple black outline of a circle.

Small circle  
template

A simple black outline of a large circle.

Large circle  
template