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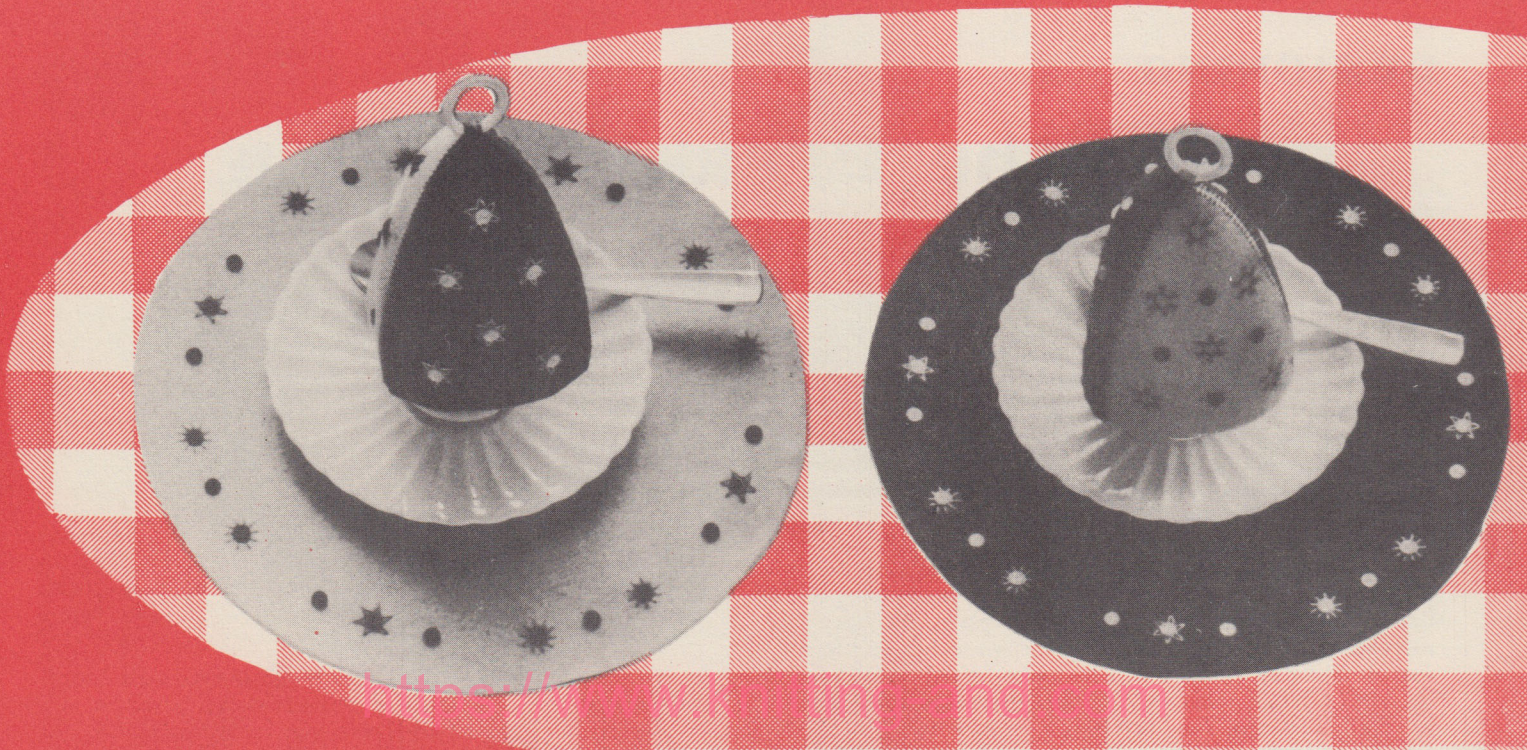
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BULLETIN 22B • DESIGNING FOR THE BREAKFAST TABLE



DESIGNING

For the Breakfast Table

IN THIS BULLETIN we show you some simple ideas for setting an attractive breakfast table or tray. Sometimes the appearance of a gay breakfast tray, carefully arranged and carried upstairs, can be a very welcome sight to an invalid; or you may have a guest who would enjoy the extra luxury of having breakfast in bed—a treat, by the way, which we are sure Mother also would appreciate occasionally. Your tray would look charming with a matching set of embroidered traycloth, teacosy, napkin and napkin ring. We chose to make our set from plain cotton and gingham embroidered in Running and Threaded Running Stitch. Varieties of this stitch are illustrated in our bulletin No. 1B.

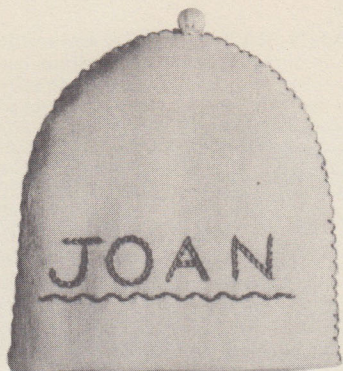
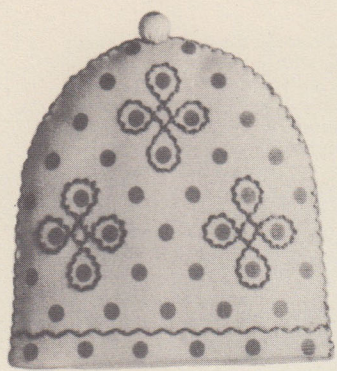
Then it is a pleasure to come down in the morning to a bright, fresh-looking table, nicely set with your own individual napkin and napkin ring at your place. So that each member of the family can easily recognise his or her own napkin and ring, these could be embroidered with different designs or colour schemes. On those mornings when you are having boiled eggs for breakfast, a pleasant touch of colour could be added to the table by using little cosies to keep the

eggs warm. You will see that we have given you several suggestions for making these. One group of three, embroidered mainly in Running and Threaded Running Stitch, shows how simple patterns can be built up by using checked, spotted or striped gingham. You will remember that our earlier bulletins, Nos. 7B and 8B, dealt with the use of fabric in design and you may wish to refer to these bulletins again for further ideas for your egg cosies. You will notice that one of the cosies in this group matches our breakfast tray set.

A second set of cosies is made from pieces of coloured felt and shows how Buttonhole Stitch, and some of its many variations, (see bulletin No. 6B) can be effectively used together with small applied felt spots. These cosies, with matching felt mats, would look attractive placed in the centre of an Easter breakfast table.

All the embroideries illustrated here use extremely simple stitches and it is important to remember that a simple embroidery stitch, worked with care, can be just as effective as a more elaborate one.

Bulletin No. 23B will suggest ways in which the weave of textiles can be used in embroidery.



TWO-SIDED EGG COSIES

Each of these egg cosies has a plain and a patterned side and the embroidery has been carefully planned to link the two sections together in relation to both stitch and colour. The cosies are made almost in the same way as a teacosy pad, the difference being that in this case the embroidered decoration is worked **before** the padding is inserted. You will find full instructions for making a pad in bulletin No. 10B.

SPOTTED EGG COSY

Front. A yellow spotted cotton is embroidered with motifs in Whipped Running Stitch worked round groups of spots, with a straight line of Threaded Running Stitch to form a border.

Back. Plain white cotton with the owner's name embroidered in Chain Stitch.

The sides of the cosy are joined together by two rows of overcasting worked in opposite directions, giving a final Cross Stitch effect. A small round fabric covered button decorates the top of the cosy and even the making of such a tiny 'finish' requires care. See that one of the yellow spots of your fabric is placed in the exact centre top of the button.

The embroidery is carried out in yellow and turquoise coton-à-broder.

STRIPED EGG COSY

Front. Blue and white striped cotton with a border of applied plain blue cotton and white tape. Tiny blue and white Running Stitches in coton-à-broder are used to attach the tape bands, and three white stars in Straight Stitch complete the embroidery.

Back. This is made from plain blue cotton with a band of blue and white striped fabric and white tape applied, as in the front, to form a border. The embroidery on this side consists of rows of small Running Stitches in blue and white coton-à-broder.

The two sections are oversewn together and the edge neaten with a hand-made twisted cord of white coton-à-broder.

BREAKFAST TRAY SET

This consists of a teacosy, traycloth, napkin and napkin ring using plain green cotton and green and white checked gingham. You might like to experiment by designing the traycloth from the gingham instead of the plain fabric which we have used. The embroidery is carried out in white soft embroidery cotton throughout except for the quilting of the teacosy pad which is worked in green.

TEACOSY

Green and white checked gingham with a plain green cotton back. The embroidery consists of bands worked in Running Stitch and several variations of Threaded Running Stitch. Notice how

these bands differ on the back and the front yet still retain the continuity of the design as a whole. The sides of the cosy are joined together with two rows of overcasting worked in opposite directions, so forming a Cross Stitch. The pad, which can be removed, is made of white cotton quilted on the inside with groups of Detached Chain Stitch in green soft embroidery cotton.

TRAYCLOTH

Plain green cotton is used. The hem is turned on the right side and sewn with tiny Running Stitches. A band of Threaded Running Stitch and a row of Running Stitch make a border at each end.

NAPKIN AND RING

The napkin is made from the plain green fabric and the ring from the checked gingham. They are decorated with Running and Threaded Running Stitch to match the teacosy and cloth. The napkin ring fastens with two press studs.

CHECKED EGG COSY

Front. Three bands of Threaded Running Stitch are worked in white soft embroidery cotton on checked gingham. Notice that two of the many varieties of this stitch have been used.

Back. Plain green cotton with still another variation of Threaded Running Stitch worked down the centre. A single row of Running Stitch is embroidered on either side of this border.

The two sections are joined by two rows of overcasting as in the spotted egg cosy and a little tab is inserted at the top.

This is the cosy which matches our breakfast tray set.

FELT EGG COSIES AND MATS

These egg cosies are made in three sections using dark green, pale yellow and brick red felt. The sections measure $2\frac{3}{4}$ in. at the base and are $3\frac{1}{2}$ in. high—the lining sections being just a fraction smaller. First cut out the pattern in paper and pin the sections together. Try this shape on your own egg cup to see if it is a good fit before cutting out in felt. You may find that it will need some adjustment to the height or base measurements.

The Embroidery. To make the decorative small spot motifs cut out, with a punch, little circles from your coloured felt and apply these to form a pattern on each of the sides. The star motifs are worked in one strand of stranded cotton in Buttonhole Stitch, and varieties of this, including Vandyke Buttonhole and Spaced Buttonhole, the choice of stitch varying on each cosy.

Now line each section with one of the other colours—for example the yellow side can be lined with the green felt, the green with red felt, etc. To join the lining to the side sections use Buttonhole Stitch then, taking a buttonholed edge of two sides, join these by lacing together as shown in diagram A. Join up the third section in the same way.

The metal ring at the top is covered with Buttonhole Stitch and is held in position with a strip of felt.

The Mats. A set of circular felt mats to protect a polished table. These are decorated to match the egg cosies, using applied felt spots and star motifs. The backs of the mats could be lined with a contrasting piece of felt Catch-stitched in position. Diagram B will show you how to work this stitch.

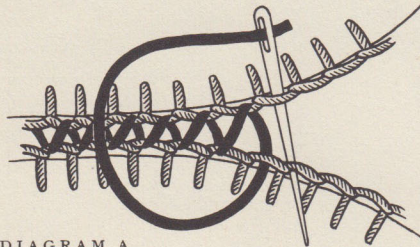


DIAGRAM A

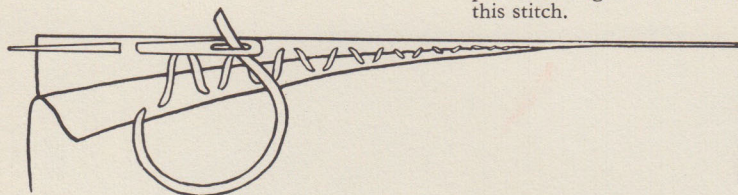


DIAGRAM B

