



# Make Today Count

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1. Gather the finishing supplies provided in your retreat kit. The mat board has been cut to size, no trimming necessary. You will need double sided tape or glue.



2. Peel the paper backing from the double sided tape that we placed onto your board. Lay it on top of the 2 pieces of batting. Trim batting leaving a scant bit (1/8") showing around the mat board.



3. Press your stitching & place it onto the mat board. Hold it up to a light/window to help center the stitched design.



4. Carefully turn the layers of centered stitching & covered mat board over onto the cutting mat, stitch side down. Trim the edges of the linen to approx 1" away from the edge of the mat board.



5. Thread a needle with a long length of lacing thread. Knot at the end.

- Fold the top edge of the linen over the mat board & take a small stitch in & out of the linen, parallel to the edge of the linen. Pull through to the knotted end.



6. Repeat the same stitch very close to the 1st stitch you took in the previous step. This will help lock the 1st stitch into place.

- We will lace in this 'scooping' manner across the width of the mat board. Scoop = the needle runs in & out of the linen, parallel to the edge & in the middle of the linen selvage.



7. Fold the bottom edge of the linen up & over the mat board. Take a scoop stitch close to the beginning of the mat board.

- Continue lacing back & forth with the scooping motion across the length of the mat board. Be sure to keep the lacing thread tight with each stitch—give it a pull & hold in place with your free fingers.

8. Place a knot through the linen once you reach the end of the 1st side to help hold your lacing in place.

- Be sure to turn the piece over & check to see that the design is still centered. Make any adjustments as the stitching will get locked into place with the next steps.





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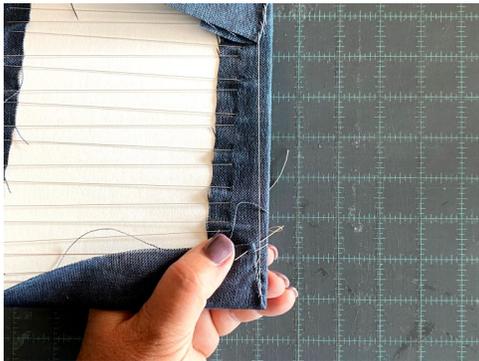
9. Get ready to lace the remaining sides.  
• Notice that the top edges of the linen pull in ever so slightly—that is what we want.



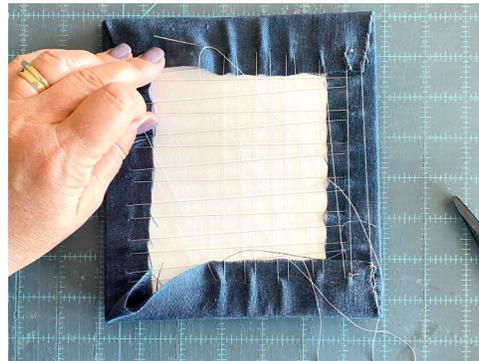
10. Fold the linen over & place 2 or 3 tacking stitches to help get crisp corners. (the tacking stitch will go through the previously laced linen & the folded selvage) - start at the very corner.



11. This picture shows what my tacking stitches look like.



12. Repeat the tacking stitches on the opposite corner. Once you have completed this, continue lacing back & forth as you did for the previous steps.



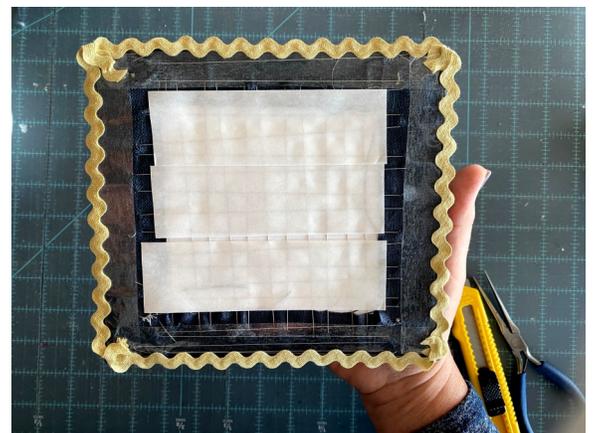
13. Lace across the mat board as you did in the previous direction.  
• Once you reach the opposite corners, finish with tacking stitches on both remaining corners. Knot & trim.



14. Press & trim rick rack for 2 of the sides. Either trim in the valley of the rick rack or leave a little extra to turn under (a 90 degree turn). Place two pieces of double sided tape next to the edge of your stitching on opposite sides.



15. Peel paper backing from double sided tape & place rick rack with 1/2 showing beyond the edge of the stitching. You can see how I turned the edge of the rick rack end to have a clean edge.



16. Repeat rick rack for remaining side. Layer double sided tape on the back of your stitching. Peel & place onto the painted HOD board.—Enjoy & Make Today Count