

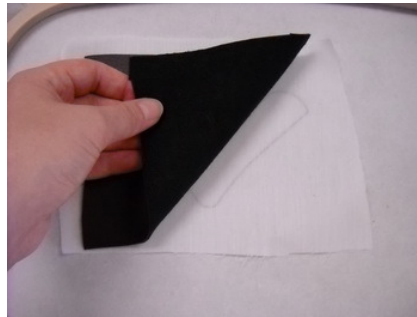
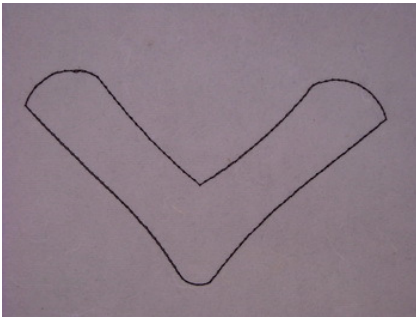
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Easy Flip Flops - Applique

Method

Use this method to stitch out all the pieces.

Hoop two layers of tear-away stabilizer. Stitch the first color. This is a dye line. Cut a piece of cotton fabric and fashion fabric larger than the dye line. Place both pieces of fabric to cover the dye line. Stitch the next color. This holds the fabric into place. Stitch the design but do not stitch the last color. Remove the hoop from the machine and trim away excess fabric. Stitch the last color.



Remove the design from the stabilizer. Stitch out two of each piece.

Materials

3D foam in 1 mm thick and 2 mm thick

A foam camping mat 10 mm thick

Thin ribbon / cording

Hot Glue

2 m of 12 mm wide braiding

Tear-away Stabilizer

Embroidery Thread

Clear plastic tubing 3 mm in diameter

1 inch wide elastic

Cotton Fabric

Fashion Fabric of your choice

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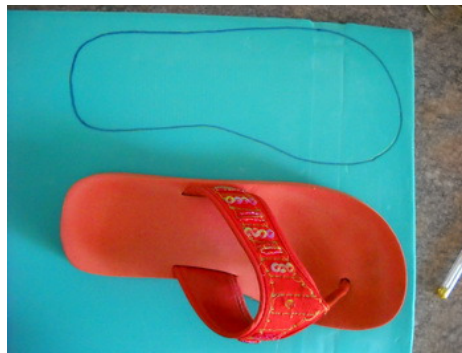
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Now to make the soles and assemble the flip flops. Make sure these are at hand



Take an old flip flop in your size and using a marker, trace an outline of the flip flop onto the 10 mm thick camping mat.



Cut it out. Turn it over and trace another one for the other foot. Cut it out.



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Now trace and cut 2 of each in 2 mm 3D foam - one for the top and bottom of each flip flop.
You should now have 2 cut from 10 mm camping mat foam and 4 from 2 mm 3D foam.



Take one of 2 mm 3D foam pieces and place your foot on it. With a marker, mark the spot between your big toe and the toe next to it. Then along the sides of your foot mark the two areas on either side of the arch of your foot. If these marks look a bit close to the side of the foam, move them in a bit. Try to keep at least about a 7 mm space from the edge of the foam. On black foam, I used a white gel pen. Do the same with another piece but only for the other foot. Using a craft knife, cut the slits open and make a small hole for the spot between your toes. Make sure the slits on the sides are a little longer than the width of the elastic. If they are too short, the foam will tear.



Now that the soles of your flip flops are prepared, lets work on the uppers.

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Cut 4 pieces of 1 inch wide elastic. I cut mine about 10 cm long. Excess elastic will be glued to the inside of the soles of the flip flops. Glue about 1 cm of the end of a piece of elastic to the end of the embroidered piece on the underside.



Do the same on the other end of the design. You should now have elastic on both ends of the design.

Glue the other two pieces of elastic to the other embroidered piece in the same way.

Now glue these pieces to a piece of 1 mm 3D foam but do not glue the loose ends of the elastic. The elastic must remain free. The glued ends of the elastic will be wedged between embroidered piece and the piece of 3D foam. This just helps prevent it from pulling loose when wearing them.



Leave the glue to set and cut out the pieces being careful not to cut the elastic.

Cut 2 pieces of thin ribbon about 25 cm long. Now that the embroidered piece are ready to work with, let get stuck in. Take a sharp pair of tweezers and push the points through the hole embroidered in the front of the piece. This makes a neat hole without damaging the embroidery.



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Fold the ribbon / cording in half and pull loop of the ribbon through the hole.

Thread the two loose ends of the ribbon through the loop to fasten. Do the same with the other embroidered piece.



(Optional) Cut two pieces of plastic tubing about 2.5 cm long. Thread the two ends of the ribbon from an embroidered piece through one of the plastic tubes. Do the same with the other embroidered piece and plastic tube.



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Now with the uppers done, lets start assembling.

Thread the ends of the elastic of one upper through the slits on one of the marked sole pieces. Then thread the two loose ends of the ribbon coming out of the plastic tubing through the hole that is for between your toes.



Turn the upper part of the flip flop over and glue the elastic and ribbon to the underside. Glue these down well as you don't want them pulling loose.



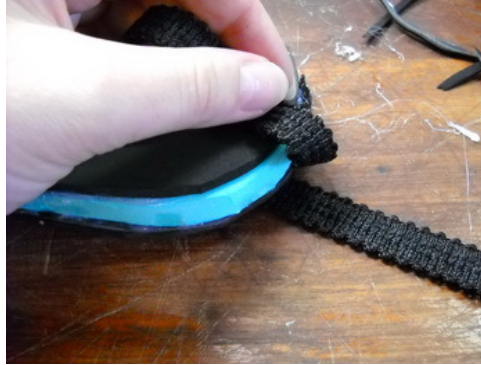
Do the same for the other foot.

While the glue is setting, lets glue the other pieces of 2 mm 3D foam to the 10 mm camping mat pieces. This is going to form the base of your flip flops. The camping mat gives comfort to the flip flop while the 3D foam makes them almost non skid. Do the same for the other foot.



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Now glue the embroidered upper pieces to the soles. Let the glue set. At this point, you may need to trim excess 3D foam from the soles. As camping mats don't always come in matching colors to our projects, I decided to cover the sides of the flip flops with braid to hide the mint green camping mat and also to finish off the edges. Glue the braid to the sides of both flip flops.



Extra: If you are making 3D Flip flops, simply glue the extra applique piece to the top of the flip flop



Tips: If a 10 mm foam camping mat is not available, you can use an old foam yoga mat. Just cut out several pieces from the yoga mat and glue them together to give the thickness needed. If you are using an old yoga mat, wash and dry it before cutting. Not only is it nicer to work with clean products but also the glue will hold better if there isn't any fatty residue or sweat on it.

If 2 mm 3D foam isn't available, then glue two pieces of 1 mm 3D foam together.

3D foam is found at most craft shops and scrap booking shops. It is used mostly for children's projects.

Camping mats can be found at camping supply shops and sports shops

Most hardware shops will stock the plastic tubing. You can also look at pet shops for the plastic tubing. It is used for fish tanks.