

English/Letter

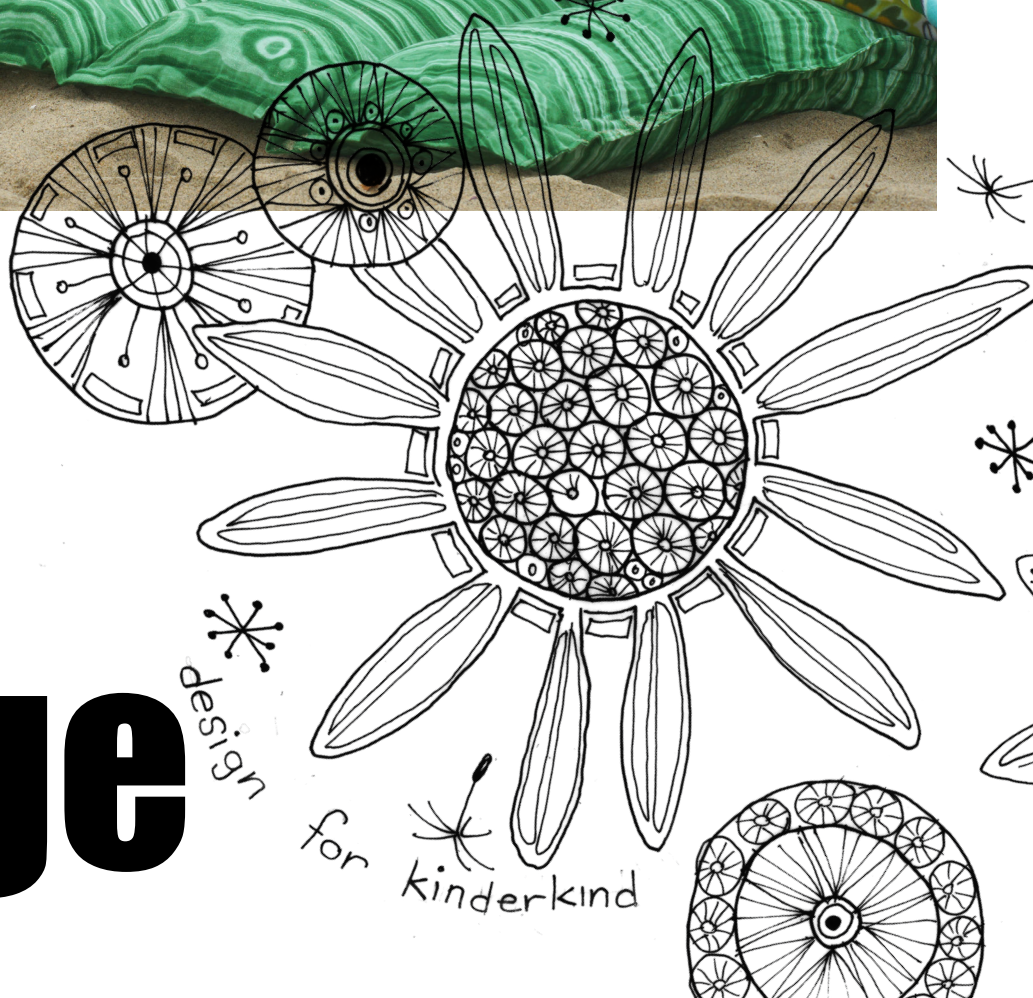
Floor Futon

an original

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design

+ Recipe for Ginger Lime Iced Green Tea



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A floor futon allows you to stretch out comfortably wherever you like: In front of the television, in a sunny spot on the porch or next to the swimming pool. Fold two or three sections to prop up your head. Research shows that cat naps can boost creativity, recharge energy levels, and improve memory and cognitive skills: Keep a floor futon tucked away in your office at work for invigorating “power naps”. Stitch up several for a daughter’s sleepover party, when the son brings home friends from college or for when the grandkids come to visit. In addition to allowing you to bundle up the floor futon for storage, the long ties also allow you to secure the futon to a garden lounge chair or hang from hooks on the wall in a workout room.

This floor futon is designed with seven cushioned segments with flat intervals in between. These flat spaces aid in folding and rolling up the floor futon.

Recommended fabrics: Many different types of fabrics will work for a floor futon, for example a sturdy woven decorator fabric, a cozy, sturdy interlock jersey, denim, or canvas. If you plan to use near a swimming pool, choose a water-repellant polyester or treated cotton.





You will need:

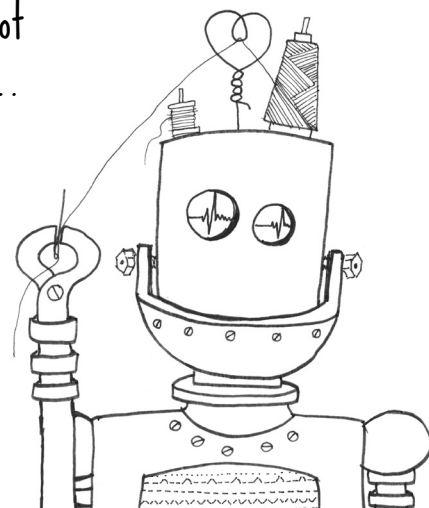
- four pieces fabric for ties, 35" x 3" (89 x 7.5 cm)
- two pieces medium-weight decorator fabric, 93" x 28" (236 x 71 cm)
- seven 16 oz (453 g) bags of shredded latex fill
- all-purpose heavy-duty sewing thread

How to Sew a Floor Futon:

Make the ties:

1. Fold the strips of fabric in half lengthwise and seam. Stitch across one short end.
2. Trim the corners for a smooth turn.
3. Turn the tie strips right side out and press the encased seams.

Sewbot
says...



The recommended filling material, shredded latex fill, is especially comfortable on hard surfaces, compacts easily for storage and recovers nicely when rolled out. However, shredded poly foam, poly fiberfill, polystyrene beads, buckwheat hulls, or other filling material may be used instead. Depending on the compacting properties of these other filling materials, however, you may have to cut the ties longer.

Sew the futon:

4. Place two ties, one on top of the other, on the right side of one futon piece, 8" (20 cm) from the corner on one short end. Align the open, raw ends of the ties with the edge of the fabric, and pin in place. Repeat with the other two ties 8" (20 cm) from the other corner.

Pin the other futon piece, facedown, over the piece with the ties.

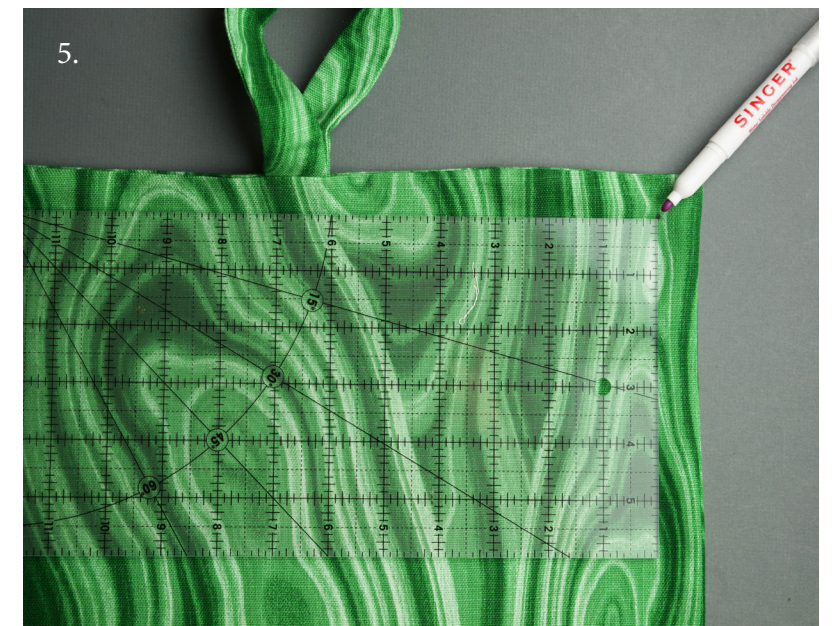
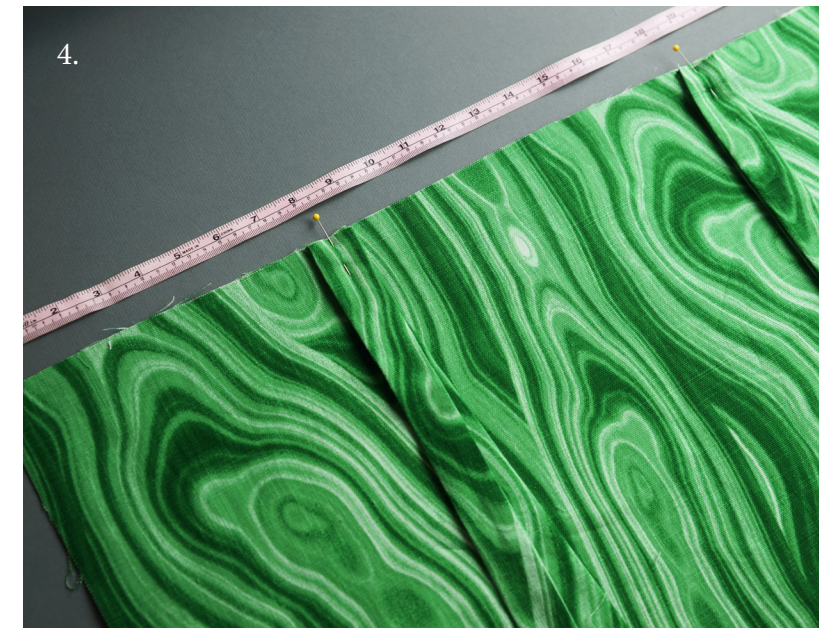
Seam along three sides: both long sides and along the short end with the ties, catching the ties in the stitching line.

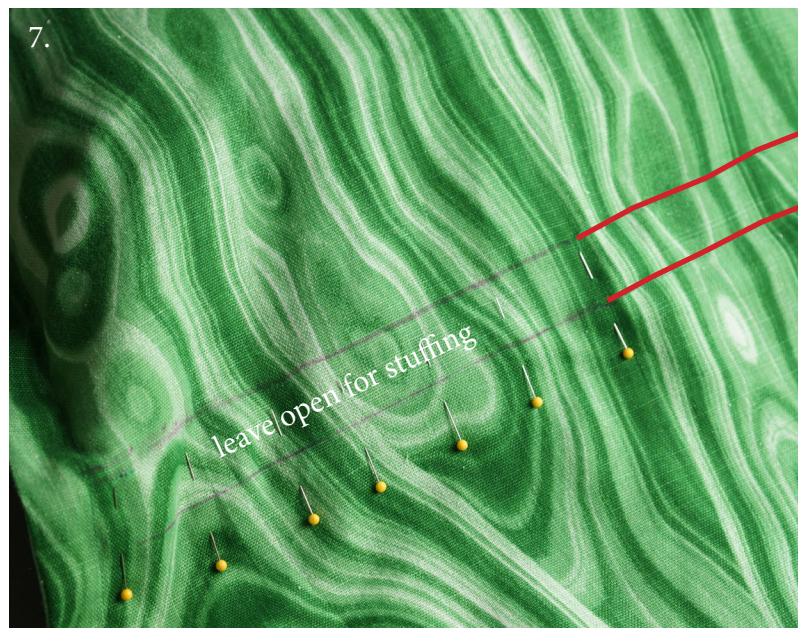
Trim the corners of the futon pieces for a smooth turn. Turn your work right side out and use a point turner in the corners; press the encased seams.

5. Mark points 3" (7.5 cm) up from the open, raw bottom edge and 1 1/2" (3.8 cm) in from the sides.

Beginning and ending at the marks, stitch a small flange edge (a lip of fabric that runs the perimeter of the futon) at 1 1/2" (3.8 cm) along the three stitched sides. To aid in keeping a straight and constant distance from the edge, place a piece of masking tape on the free arm of your machine at 1 1/2" (3.8 cm) from the needle to use as a guide.

6. With a disappearing ink textile marker, mark a line across the futon 12" (30.5 cm) down from the top flange stitching line. Mark another line 1" (2.5 cm) below the first line. Repeat the marks down the entire futon. You should have seven 12" (30.5 cm) spaces with six 1" (2.5 cm) spaces in between.





7. Beginning at the end with the ties, stitch the first marked line at 12" (30.5 cm) and the second marked line 1" (2.5 cm) away from it (red lines).

Do not stitch all the way to the flange stitching line, but leave an opening of approximately 12" (30.5 cm) (pinned area in image left).

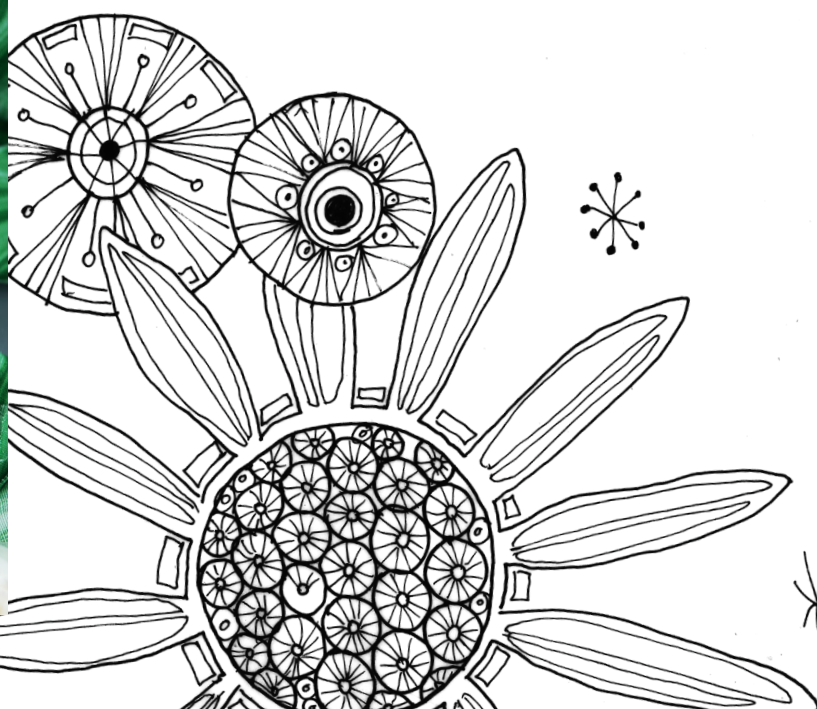
Continue stitching these lines for each section. Remember to always leave a section of the stitching lines open for stuffing.

Stuff the futon:

At this point, you will have the complete futon with an open bottom edge. There will be seven partially stitched sections ready for stuffing. The sections are each stuffed and then stitched closed individually.

8. Open the first bag of 16 oz (453 g) shredded latex filler. Tightly hold the open end of the bag with one hand. Squeeze out the air from the plastic bag to make it as compact as possible.

Place your hand holding the open end of bag into the body of the floor futon. Feel your way down to the top stitched segment and place the plastic bag of filler inside the first segment. Open your clenched hand and release the shredded filler into the segment, shake out the contents, and pull out the empty plastic bag.



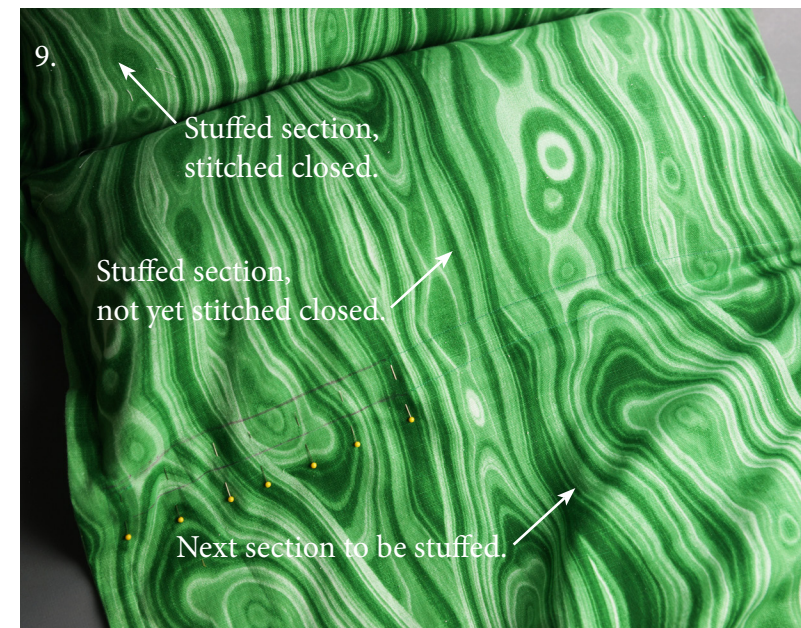
9. Pin the opening to the first segment with straight pins and stitch the opening and the corresponding segment line closed with a straight stitch.

Repeat the above for the remaining six segments.

10. On the last, end segment, stitch only the line at 12" (30.5 cm). When the last segment is stuffed and stitched closed, fold the edges of the open end toward the inside and pin. Edge stitch the end closed (red dashed line).

Your floor futon is complete!

Now stretch out on the sunny porch with your new floor futon and a chilled glass of ginger lime green iced tea for a well-deserved break!



GINGER LIME ICED GREEN TEA

Ingredients:

5 cups water
3-inch piece of fresh ginger (peeled or unpeeled, doesn't matter), finely grated
3-4 tablespoons honey
1-2 fresh limes
6 bags of green tea

How to Make Ginger Lime Iced Tea:

Bring grated ginger in 2 cups of water to a boil. Reduce the heat and simmer for 5 minutes.
Remove from heat.
Stir in the honey.
Add tea bags and steep for 3 minutes.
Strain out solids.
Add lime juice.
Combine the tea with the remaining 3 cups water.
Chill in the refrigerator.
Serve over ice, garnished with mint sprigs and lime slices.

