



## DIRECTIONS

1. Use a compass to draw a  $3/4$ "-diameter circle on template plastic. Cut out the circle. (You can make your cookies larger or smaller; just adjust the directions accordingly.)
2. Cut several  $3/4$ " squares from a variety of printed cotton fabrics; you will need two squares for each cookie. Stack the fabrics and use a rotary cutter for a quick job. If you want to take advantage of prints with large motifs, fussy cut the squares: use a clear acrylic ruler or a clear plastic template to isolate the motif.
3. Cut  $3/8$ " squares from your preferred fusible webbing; you will need half as many web squares as fabric squares. Do this by cutting  $3/8$ "

# fabric fortune cookies

**have** you ever wished you could just wrap up all the good wishes and dreams you have for one of your loved ones and send them on their way? My daughter recently earned her master's degree, landed her dream job, and was ready to begin the next phase of her life. I wanted to share my thoughts with her in a meaningful but lighthearted way. I found the perfect solution, inspired by the international aisle of my grocery store: fabric fortune cookies! These little treats are sure to make anyone smile.



BY ANDREA SHEDLETSKY

- Compass
- Template plastic
- A variety of printed cotton fabrics
- Rotary cutter, acrylic ruler, and cutting mat
- Scissors and fabric shears
- Fusible web such as HeatnBond Lite®
- Iron and pressing surface
- Ultra fine-point permanent marker
- Hemostats, bobby pins, or wooden toothpicks
- Small rubber bands
- Drying surface such as a saucer
- Broad, flat paintbrush
- Fabric stiffener such as Stiffy™
- X-acto® knife
- Metal ruler
- Colored Canson® paper or cardstock-weight scrapbook papers

**OPTIONAL**

- White pencil

materials

strips, and then cutting these into squares. Save any leftover ends and set them aside.

4. Match up pairs of fabric squares, mixing colors and patterns. Think contrast, but keep in mind that light fabrics may reveal the patterns of darker ones underneath.
5. Following the directions for your fusible webbing, center and iron the paper-backed square of webbing to the wrong side of one square of each of your fabric pairs. Remove the paper backing.
6. Carefully place the remaining square of each pair, right-side up, on top of each previously fused square and press.
7. Center your circle template on a fabric square (on the cookie's "inside" side) and trace lightly around it with a permanent marker. Use a white pencil on dark fabrics, if necessary. Cut out the circle with sharp scissors, just inside the drawn line.
8. To make small fusible web wedges for sealing your cookie, use your circle template to trace arcs onto the leftover fusible web ends. Cut the

traced arcs into  $\frac{3}{8}$ "-wide strips, and then cut these into  $\frac{1}{2}$ "-long wedges—one for each cookie.



9. Fuse a wedge very close to the top of the inner side of each cookie. Remove the paper and gently fold the fabric circle, aligning the curves (do not crease the fold). Fuse, and hold in place for a few seconds until cool.

10. To fold the cookie, insert a forefinger into each open side and press your thumbs up into the center. Adjust the shape of the folded cookie into a smooth curve and clamp the ends together. There are several things you can use to do this—hemostats are the easiest, but old-fashioned bobby pins will work, too. You can also devise a clamp from two toothpicks held together tightly at one end with a rubber band. The clamped fold at the base of the cookie needs to be tight and small.



**note:** Some fabrics fold into the final cookie shape more easily when the circles are folded on the grain, others on the bias.



It's nice when you guess right, but all will fold into a cookie shape—the irregularities among the cookies just add to their charm.

11. With a broad, flat brush, paint a generous coat of fabric stiffener onto both sides of the cookie. Be sure to paint the cookie edges and the inside folds. Allow the cookie to dry while suspended (lined up around the rim of a saucer works), not resting on a flat surface.
12. When completely dry, remove the clamp, crease the fold at the cookie base, and separate slightly at the ends for that authentic fortune cookie look.
13. Print, type, or write out your fortunes onto a sturdy paper, such as colored Canson or cardstock-weight scrapbook paper. Using an X-acto knife, cut the fortunes into strips that measure about  $\frac{3}{4}$ "  $\times$  3" (the widths may vary depending on the length of the fortune). Fold the strips in half and insert one into each cookie.

A final note: many of the fortunes I chose seemed less like fortunes and more like wise words and thoughtful advice. 📖

**ANDREA SHEDLETSKY** is an art quilter who strives to keep the joy in the work. She lives in Brewster, New York, and can be reached at [andrea.shedletsky@gmail.com](mailto:andrea.shedletsky@gmail.com).