

## Suffolk Puffs

The Suffolk Puff (or the Yosaic, or YoYo, as it is known in America) originated centuries ago when poor rural housewives put every last scrap of worn out fabric to good use. Suffolk Puffs were used to decorate clothing, bed covers, pillows and scrap-work dolls. There are mentions of Suffolk Puffs as early as 1601 in England, but they became more widely popular in the Victorian era.

***Did you know?** Suffolk is so called because this is where the ‘southern folk’ live. Norfolk is named for the ‘northern folk’.*

**You will need: some scraps of thin fabric; needle and thread; scissors; a pencil; and a circle template 4 or 5 inches in diameter (something like a small saucer, or a bowl).**

### Top tips:

- The finer the material, the easier it will be to draw your Puff together.
- Your Puff will be about half the size of the circle you have drawn.

### Instructions:

- Draw a circle on the reverse side of your fabric using the template you have chosen and cut it out, leaving up to a 1 cm hem.
- Fold over the hem so the pencil line is hidden and sew a loose running stitch around the circle, close to the edge, gathering the fabric as you pull. You will need to tie a good strong knot in your thread so it will hold.
- When you have sewn all the way around, your puff will resemble a tiny shower cap. Push the right side of the fabric through so that the edges/frill are hidden.
- Draw the puff together tightly and flatten it. Pull the thread through the centre of the circle and secure it with a firm knot. Well done - you have your first puff!



Once you have started, you may find you can't stop. I got so carried away that I chopped the arms of a pretty blouse to make a few more puffs! I am not quite sure what will become of them yet – perhaps a bag, or a cushion cover? Watch this space!

**What will you make? Your puffs could become brooches, decorations for clothes and accessories, or embellishments for gifts. For those of you with grander ambitions, look at these lovely examples:**



***Did you know? 'Quilt' in Latin means 'stuffed sack'. In medieval times, layers of fabric were sewn together with simple stitches to form a protective layer under soldier's armor called a Gambeson.***

We do hope you have fun with this. Don't forget to keep your creative efforts safe for when we can collect them. If you can send them now, please do. Let us know your name, age, where you are from, and send to: CARM, Unit 12 Mountfield Road Industrial Estate, New Romney, TN28 8LH or email a photograph to: [rem@carmromneymarsh.org.uk](mailto:rem@carmromneymarsh.org.uk)

**Take care and stay safe xx**