

Sheila Landry Designs

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Self-Framing Cardinal (Free Sample Pattern)

This pattern is part of an 8 plaque "Seasonal Songbirds" set.

If you like this pattern you can purchase others in sets of two. Look in the "Self framing" category on our website or use the search feature and look up: SLD251, SLD260, SLD261, SLD262

The entire set of eight plaques is also available at a special price: SLD263



An Original Pattern With Complete Instructions

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Self-Framing Cardinal

Bill of Materials

- One piece of wood 7" x 8" planed to 1/2" thick
- One piece of thin wood or veneer 6" x 7" for the back board of the center of the plaque (you may use 1/8" birch plywood if you don't have access to veneer)

Supplies Needed

- Scroll saw blades – Size 2/0 reverse-tooth and size 5 reverse-tooth
- Temporary adhesive spray glue
- Blue painter's masking tape or clear packaging tape (2")
- Drill press and small bit for drilling the entry holes in the design
- Router or laminate trimmer with a small round over bit for edging
- Hand-held orbital sander and various grits (120-400) of sandpaper
- Clear-drying wood glue
- Spray varnish in the finish of your choice
- Small picture hanger of your choice

Procedure

-Make photocopies of the original patterns and keep them for future reference. Patterns may be reproduced for the purpose of making the project – not for resale purposes. Finished items that are made by hand may be sold for profit, but not mechanically manufactured. Credit to the designer is encouraged.

Preparing the Wood

-Beginning with 120 grit sandpaper, sand both sides of your wood with your hand-held orbital sander to remove the planer marks and smooth out the wood. Graduate to 220 grit sandpaper to make the surface of your wood satin smooth. This will make it much easier to finish your project after you are done cutting out the design.

-Use the soft brush attachment and vacuum all the dust from your piece of wood. You could also use a compressor and blow the dust from your wood.

-Place a layer of blue painters masking tape over the entire surface of the design to help prevent burning and to facilitate removal of the pattern after cutting. If you prefer to use packaging tape to prevent burning, you may find it easier to put the tape over the pattern rather than under it.

-Apply the pattern over the masking tape layer by lightly spraying the back with a misting of temporary spray adhesive. Allow the spray to tack up for a couple of seconds until it feels sticky like masking tape and apply the pattern to your wood pieces.

Cutting

- Cut around the perimeter of the piece using the size 5 reverse-tooth scroll saw blade.
- Use the smallest bit you have that will fit the #5 blade and drill the entry hole at the mark indicated so you can cut the inner frame edge in the next steps.
- Tilt your scroll saw table 6 degrees to the left (so that the left side is lower than the right side) and lock it into place. If you have a saw with a tilting head such as the Excalibur, you will be tilting the head to the right. You may wish to do a test cut on a small scrap of wood which is planed to the same thickness as your work piece to make sure that the resulting recess in the frame is satisfactory: *Draw a small circle on the scrap, drill an entry hole and cut the circle in a clockwise direction at the 6 degree angle. If you want the circle to drop deeper, decrease your angle by .5 degree increments until the desired depth is reached. If you want less depth of your circle, increase your angle by .5 degree increments until you are satisfied. Different thicknesses of wood and also different blade thicknesses can vary the results so it is a good idea to check before cutting the actual piece.*
- When you are satisfied at your saw angle, thread the blade through the entry holes and cut the inner frame edge in a clockwise direction.
- The inner plaque should now fit into the frame piece and the center of the design should be recessed approximately 3/16".
- Reset the saw to zero degrees.**
- Drill all entry holes using the small drill bit.
- Scroll saw the design for both the center of the plaque, as well as the frame using the 2/0 reverse-tooth scroll saw bit. Remove the pattern pieces when you are finished.
- Place your center piece of your plaque over the backing piece of wood and trace around it.
- Using scissors for veneer or your scroll saw for thicker wood, cut out the back board piece.
- Carefully sand everything using fine sand paper to remove any burrs. Once again, make sure that you remove all dust from both pieces.
- If you used 1/8" wood for your back board and wish to paint or stain it, do so now.

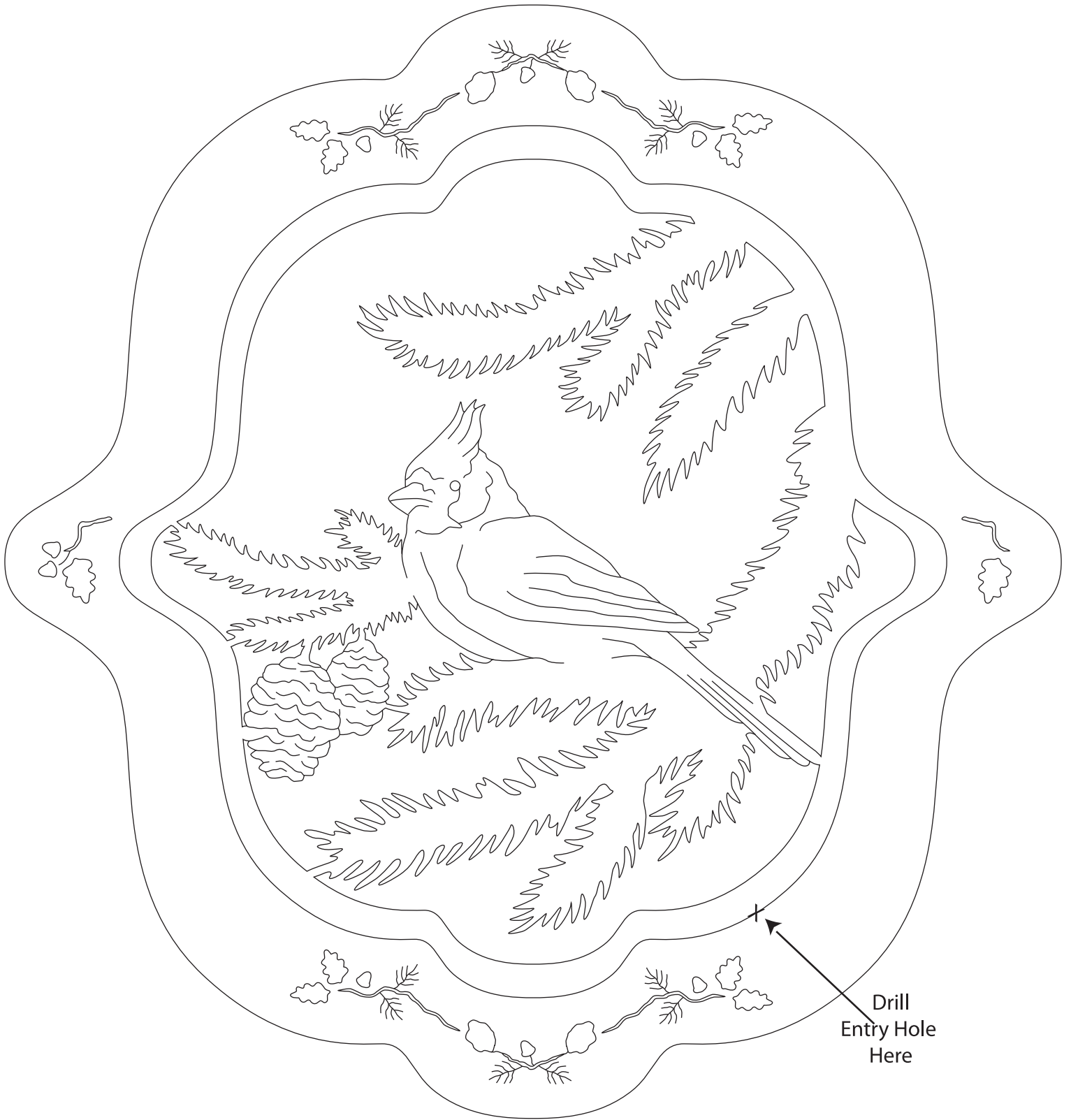
Assembly and Finishing

- Use clear drying wood glue and apply it to the back of the center piece. I found using a small sponge and 'dabbing' it on is an effective way to apply glue to the small, delicate pieces.
- Carefully place the back piece onto the center piece. Place the assembly between two pieces of wood and clamp them together or weigh them down and allow them to dry thoroughly.
- When everything is dry, use a hand-held orbital sander to sand the back edge of the center part of the plaque. You can taper the edges of the backboard to minimize the depth visible from the side.
- Spray the frame and center piece of the plaque with several coats of varnish of your choice. Be sure to allow ample time in between coats. Sand the surface lightly with 400 grit or finer paper and clean the dust off before applying the final coat for a smoother finish.
- The nails that came with my picture hanger were quite a bit longer than the depth of the plaque. I simply used a wire cutter and cut the nails on an angle so that they would not protrude through the front of the plaque.
- Set the depth of your drill press so that you will not drill all the way through to the front of the plaque and carefully drill small pilot holes for the nails of the hanger. Apply a small amount of clear-drying wood glue and glue on the hanger. Place the nails into the pilot holes while the glue is still wet and gently tap them into place.
- Use an old paintbrush (I get packages of 10 from the dollar store) to apply a small amount of

clear-drying wood glue to the inside of the frame. Use the glue sparingly, as the center should fit into it snugly and the excess glue will tend to ooze out.

-Push the centerpiece into place and use a damp cloth to wipe off the excess glue.

-If desired, you can place a small amount of wood filler on the lower right edge of the center piece where you drilled the entry hole to separate the centerpiece from the frame. Allow this to dry thoroughly and then lightly sand it flush with the frame. You can make your own wood filler by mixing a bit of saw dust with some of the wood glue and pushing it into the hole with the end of a toothpick. Touch up the spot with a little spray of varnish.



Cardinal