

How to Make the Embroidered Fillet

Upon earning your Award of Arms (AoA) in the Society of Creative Anachronism (SCA) you are allowed to wear a circlet. I personally like to be different and was having a difficult time finding a circlet that I liked. So, one day I was with a friend at a millinery shop in Los Angeles and we came up with the idea to create my own “circlet” or Fillet. After wearing my fillet to various events, I was asked to teach people how to make their own. Thus, this kit was made. This kit provides you with the basic material to make your own embroidered fillet.

This kit includes:

Buckram Base	Base fabric 2 ¼” x 22” (Black or Brown)
Embroidery fabric 5” x 30” (Beige)	Instruction Sheet
Blank Pattern sheet (2)	Idea images
Practice fabric 8” x 8”	Practice stitch instructions
Needle	Practice threads

Steps:

- 1) Practice your stitches on the provided fabric. Also, try other stitches that you may want to use. If you have questions, during war, I can be found at the Gyldenholt encampment or afterwards through email at fieldgoddess34@hotmail.com.



- 2) Determine what you want your design to look like. Use the design sheets provided or come up with your own based on your persona.



(My inspiration piece for my fillet.)

- 3) Draw out your design on your pattern sheet. Remember that the buckram is 22 inches around so you will put two pages together lengthwise.



- 4) Time to transfer your pattern to your fabric. When I draw my pattern onto my fabric, I use a blue sewing marker pen. This can be washed out after the project is done. However, use whatever method you are comfortable with.



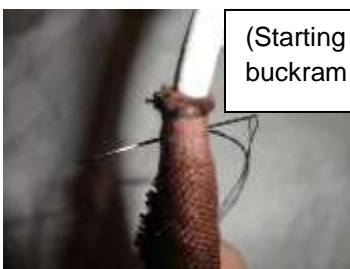
- 5) Use either a hoop or scroll bar and embroider your pattern. (For this embroidery project, I preferred to use a scroll bar set.)



- 6) When you are done, wash your fabric, let dry, and then iron your fabric.

Once you have finished creating your fillet, it is time to assemble the final piece.

- 1) Sew the lining fabric around the buckram base (this piece is already cut to the exact length and width needed). I recommend that you line the buckram for two reasons. First it helps pad the buckram and second it helps keep the base from getting too saturated from sweat. Buckram can lose its shape if it gets too wet.



(Starting to sew the lining to the buckram.)



(Sewing the lining onto the buckram base.)

- 2) When you are ready to sew your design on the buckram, trim your design piece to just big enough to cover your buckram base. About 2 1/2" wide.

- 3) Sew the design piece onto the buckram base. Make sure to have your piece centered properly so that when it is placed on your head it will be centered correctly. Periodically, you may want to tack the piece down (going through all layers of the buckram and fabric) to secure the design in place.



(Sewing the embroidered piece to the buckram.)

- 4) As you sew the piece on, you may notice that it stretches to fit the buckram, when this happens you may end up having to cut off a portion of the end to fit the piece.



(Sewing the end of the piece together)

- 5) Finally, wear the fillet and be proud of the work that you have done.

