

Sheila Landry Designs

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SLD311 Butterfly Oval Self-Framing Plaque or Frame



An Original Pattern With Complete Instructions

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Introduction

This is a nice little frame that is fun and easy to cut. Its classic fretwork style is timeless and will go with many types of décor. You have the option of either making the frame “as is” or you can route the back inside edge with a rabbet bit and cut a 1/8” plywood backer and use it to frame your own picture.

Materials and Supplies

- One piece of wood (Bird’s-eye maple was used in the example) 5” x 7” x 1/2” thick
- 1/8” Birch plywood for the backer if making the plaque as a frame
- Scroll saw blades – Size 2 reverse-tooth
- Temporary adhesive spray glue
- Clear packaging tape (2”)
- Drill press and a small drill bit for entry holes
- Small round over router bit and a router or laminate trimmer
- (optional rabbet bit if making into a picture frame)
- Mineral Oil finish (or finish of your choice)
- Clean, flat paintbrush approximately 1/2” in diameter
- Soft lint-free cloth for applying mineral oil
- Hand-held orbital sander and various grits (120- 600) of sandpaper
- Spray shellac or finish of your choice
- 2 part epoxy or any clear-drying wood glue
- Picture hanger of your choice
- 2 turn buttons if making a frame for your own picture (you can download an article on how to make your own turn buttons at www.sheilalandrydesigns.com)

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 & Cutting

- Plane your board to 1/2” thick.
- 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 to make the surface of your wood smooth. This will make it much easier to finish your project after you are done cutting out the design.
- Use the soft brush attachment to vacuum all the dust from your piece of wood.
- Apply the pattern to the wood 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.

-Place a layer of clear packaging tape over the entire surface of the design to help prevent burning.

-Use the smallest bit you have that will fit the #2 blade and drill the entry hole so you can cut the inner part of the frame apart from the border. ***(If you are cutting the design as a picture frame, please skip the next section and go to the instructions marked with an **)***

-Tilt your scroll saw table three 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 three degrees 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 tray piece to make sure that the recess in the frame is satisfactory. Draw a small circle on the scrap, drill the hole and cut the circle at the three 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 hole and cut the inner circle in a clockwise direction. Set the inner circle aside until later.

**** Optional instructions if cutting for a picture frame ****

-If you are making a picture frame, drill an entry hole in the waste area in the center of the design. Do NOT tilt your saw. Proceed to cut out the inside of the frame and use the inside piece for another project or discard.

-Cut out the backer board of the picture frame from the 1/8" plywood.

-Place the 1/8" rabbet bit into your router or laminate trimmer and set to a depth of approximately 1/8" so the backer board will sit flush into the frame.

-Proceed to route the rabbet on the back side of the frame.

-Continue on with the instructions as follows.

-Proceed to cut the perimeter of the frame.

-Use the router or laminate trimmer to round over both the inside and outer edge of the front of the frame. Leave the pattern pieces in place while doing this.

-Some of the routing will come close to the design on the pattern, but it will not affect the design at all.

-Use a small drill bit to drill out all the entry holes of the design on both the frame and the inside plaque.

-After drilling the entry holes, turn over the piece and sand the back of it so that it is perfectly flat.

-Use the #2 reverse-tooth scroll saw blade and cut out the designs on the outer frame.

-Use the #2/0 reverse-tooth scroll saw blade and cut out the inside design.

Finishing and Assembly

-When you are finished, remove the pattern pieces and sand the tray pieces by hand until you reach about 320 grit paper.

-Vacuum the pieces to remove any dust.

-Begin applying mineral oil. Use the 1/2" paint brush to apply oil in the inside cuts. Apply a generous amount, allowing the excess oil to absorb into the wood.

-Use the soft cloth to continue rubbing oil into the surface of the frame. Apply two or more coats, allowing them to absorb and dry in between.

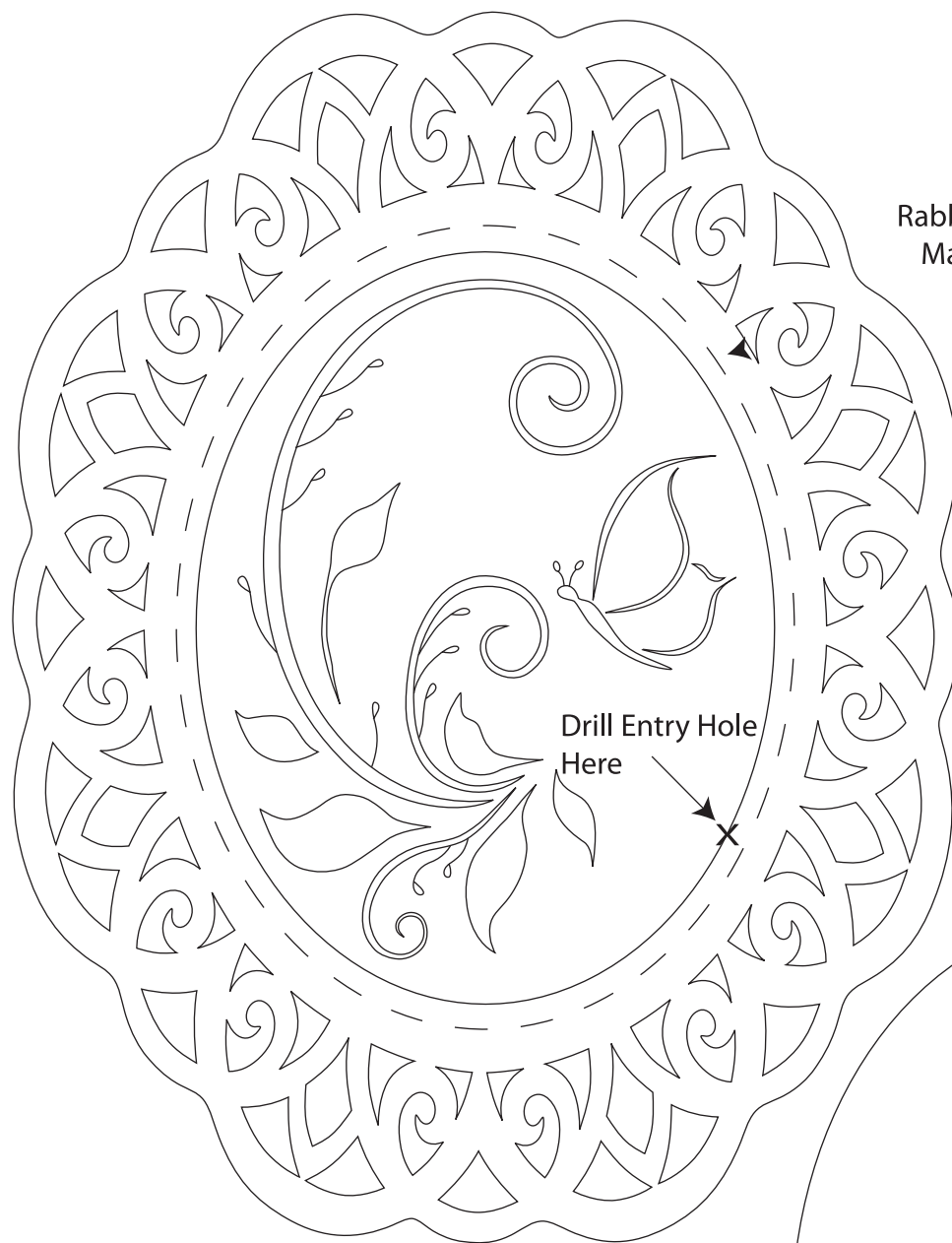
-Take a small piece of 600 grit sandpaper and dip it into a small amount of oil. Use the paper to work the oil into the surface of the wood, rubbing in the general direction of the grain. Do this several times over several days, applying one coat at a time, until you are satisfied with the finish.

-Allow everything to dry for a few days. Spray a thin coat of shellac over everything to seal the surface. Allow this to dry and repeat as you feel necessary to obtain the finish you desire.

-When you are ready to glue the pieces together, run a bead of glue along the bottom edge of the outer frame piece. Gently press the inside piece into place. Wipe any glue that may seep from the joint immediately. **(Omit this step if you are using your own picture)**

-Install the hanger hardware and the turn buttons for the backer board if you are using your own picture, being careful to set your drill so that you don't drill through to the front.

If you have any questions regarding this project, please contact Sheila at 902-482-7174 or you can email me at sheilalandrydesigns@gmail.com. You may also see and purchase other patterns by Sheila Bergner-Landry at www.sheilalandrydesigns.com and download a free catalog of designs.



Rabbetted Edge For
Making a Picture
Frame

Drill Entry Hole
Here

Optional Backer
Board If You are Making
A Picture Frame

Cut 1 from 1/8" BB Ply