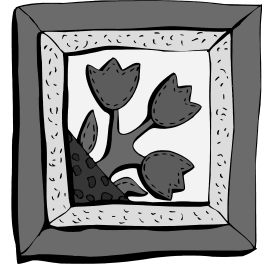




# Appliqué

Learning the art of appliqué really allows a sewer or quilter to be able to express her creativity with greater freedom. She can use any shape or curve to draw a picture with fabric. She can layer her shapes to create more intricate designs. She can decorate pillows, quilts, and even clothing with appliqué. She even can make a pretty patch to cover a repair. This is a great skill to acquire, and one that you can enjoy in a number of ways for life.



## *What You Will Need*

1. A book about appliqué — Will have patterns and thorough instructions (with pictures) to follow. Libraries usually have a nice selection.
2. Appliqué pattern — Choose a simple design to start out. A heart shape motif is a good beginning applique shape because it has curves, and an inside and outside point on which to practice.
3. Fabric — Choose a 100% cotton, quality fabric. Appliqué is a great project for leftover quilting scraps. You will also need fabric or a project on which to place your appliqué. Make sure that the fabric is washed, dried, and ironed before beginning your project.
4. Needle — Sharps work best for appliqué. A size 9 will work fine.
5. Thread — It is important to use a good quality thread because you will have less frustration with knots and tangles.
6. Embroidery floss — Floss is used for embellishment. Use three-strands of embroidery floss with the buttonhole stitch method.
7. Fusible webbing — Used with the buttonhole stitch method (ex: Wonder Under).
8. Marking pencil — Choose a marking pencil that can be sharpened or a mechanical quilting pencil. Make sure that the marking pencil lines will be able to be removed. Graphite pencils (for lighter fabrics) and white pencils (for darker fabrics) should be available at your sewing store.

## *Creative Skills*

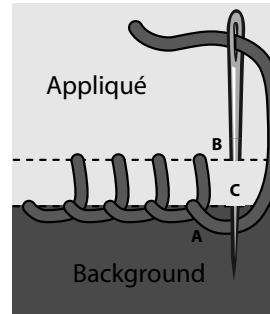
9. Scissors — Sharp fabric scissors.
10. Iron — An iron is helpful after basting your appliqué. It also is needed when using the buttonhole stitch method.
11. Pins — Short (1" to 1¼"), thin, and very sharp pins work best.

## *Helpful Information*

### ◆ *Learning the Buttonhole Stitch*

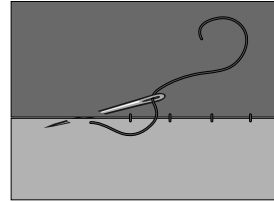
*The purpose of the buttonhole stitch is both decorative and to hold the appliqué firmly in place. This stitch is used with fusible webbing and/or with the blind or invisible stitch.*

1. Thread your needle with three strands of embroidery floss.
2. Insert your needle through the back of your fabric and come out through the front of your project fabric right next to your appliqué design to start your buttonhole stitch (A).
3. Next, insert your needle into the appliqué fabric approximately 1/8" or 1/4" away from where your needle is coming out of your fabric, and also 1/8" or 1/4" away from the appliqué edge (B).
4. Poke your needle back through to the front of the fabric at the edge of the appliqué, forming a straight line from point B to point C. Draw the needle out, and in doing so, you will form the buttonhole stitch.
5. Repeat starting at (A).



Note—The height and depth of the stitches depend on the piece you are going to appliqué. If you are making stitches close together, you will want to have a short height or bite. If you are making stitches farther apart, you will want to increase the height of the stitch to keep the perspective.

- ◆ *Learning the Basic Appliqué Stitch (Blind Stitch)*  
*The purpose of the appliqué stitch is to securely hold the appliqué in place.*



1. Use a single strand of thread that is approximately 18" long. Tie a knot.
2. To hide the knot, slip the needle into the seam allowance from the wrong side of the appliqué, and bring the needle out through the fold line of the appliqué. This will also start your first stitch.
3. Finish the first stitch by inserting the needle into the background fabric right next to the appliqué, and close to where your needle came out of the appliqué
4. Move the needle over about an 1/8" and bring it up through the appliqué catching just a couple of threads.
5. Then insert the needle back down through the background fabric.
6. Repeat until appliqué is finished.
7. Knot and end your thread on the wrong side of the background fabric.

### *Making a Project*

- ◆ *Buttonhole Stitch Method (with fusible webbing) —*
  1. Read and follow the transfer fusible webbing manufacturer's instructions for making and applying the appliqué to your fabric.
  2. Cut your appliqué design.
  3. Peel off paper, position design onto your project fabric as desired, and iron into place. Now you are ready to hand stitch your appliqué to your project fabric with the buttonhole stitch. You may choose either a contrasting thread or a thread that matches your appliqué.

*Tip: Make sure that you only touch the hot iron to the paper side of the fusible web! Otherwise, there will be a sticky mess on your iron that will need to be cleaned off.*

## *Creative Skills*

### ◆ *Basic Hand Appliqué Method*

1. Trace your applique pattern onto your appliqué fabric with your pencil. Appliqué patterns usually do not have a seam allowance (also called the turn under allowance) included.
2. Cut out your appliqué leaving a 1/4" seam allowance all around the design.
3. Baste the seam allowance down. To do this, thread your needle, and turn the edges of your appliqué down to the wrong side of the fabric following the line that you traced. Using a basic running stitch (see embroidery skill), baste the edges down as you are folding the edge down. You will be removing these basting stitches after you have sewn the appliqué to your fabric.
4. Pin your motif onto your project fabric, making sure not to pin in your seam allowance. The motif should be smooth, with no ripples or bubbles. When appliqué is done on an inside corner, as on a heart, you will need to clip (slit) almost to the seam line in order to make a sharp point. Sew the appliqué in place using the appliqué stitch. Make small stitches, close together for neatness and sturdiness. When sewing with the blind stitch, you want to match the sewing thread to the motif that you are sewing. You will want to knot your thread whenever you begin and end stitching.
5. When finished sewing the appliqué, remove your basting stitches by carefully clipping one of the running stitches with a scissors or seam ripper, and pull the rest out with a pin.

### *Things to Learn*

1.  Demonstrate the buttonhole stitch.
2.  Demonstrate the appliqué stitch.
3.  Finish one appliqué project. This could be as simple as to appliqué a motif on a pillow or an article of clothing, or to appliqué a simple wall hanging or table runner.

✓ *Date Completed* \_\_\_\_\_