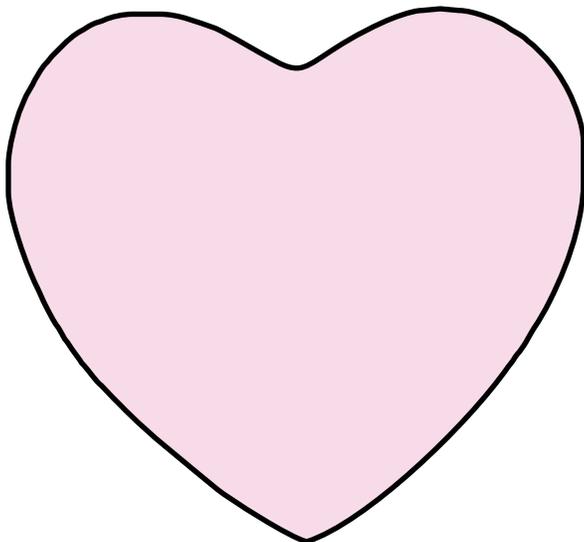


# Basic Applique Instructions

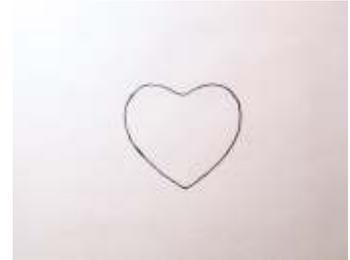
- ✧ The following is a basic tutorial covering my method of turned edge applique.
- ✧ You may hand sew or machine sew your applique pieces to the background using this method.
- ✧ Please read through entirely before beginning.

## Supplies

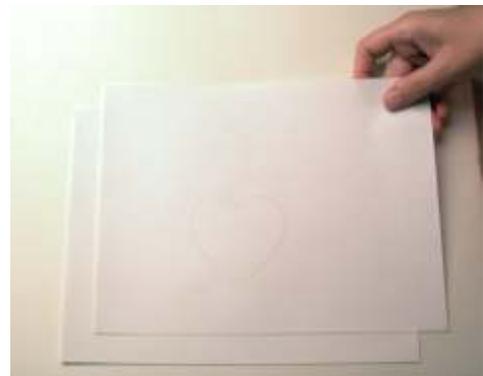
- ✧ Heavy Spray Starch (aerosol)
- ✧ Roxanne Glue Baste
- ✧ Small paint brush(craft or child's)
- ✧ Freezer Paper
- ✧ Pencil OR fine permanent pen
- ✧ Small iron (travel or craft)
- ✧ Paper scissors
- ✧ Fabric scissors
- ✧ 100% Cotton fabric for background and shapes
  - ~ 6" square of background fabric
  - ~ 5" square for the heart applique shape
- ✧ 100% Cotton thread to match applique piece
- ✧ Applique pressing sheet (non stick pressing surface, optional)



1. Trace the heart shape onto the paper side of the freezer paper. (Remember, if this were a non symmetrical shape, it would need to be mirror imaged or flipped when tracing)



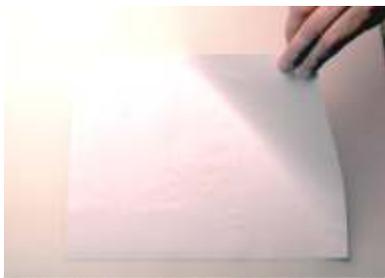
2. Place the freezer paper on the ironing board, paper side up. Heat the iron to the cotton setting - no steam.
3. Lay a blank piece of freezer paper on top of the first sheet, paper side up.



4. Carefully but firmly, start from the center of the paper and press. Work out to the outer edges, eliminating any air bubbles.



5. Once the fused paper has cooled, peel from ironing surface.



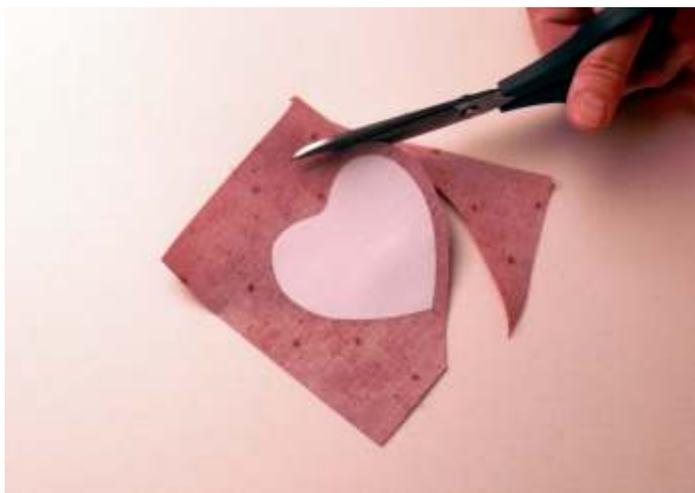
6. Cut out the heart template. Make sure the edges are smooth.



7. Press the shiny side of the template to the back of the heart fabric.



8. Cut the fabric 1/4" from the edge of the template.



9. Clip the concave curve at the top of the heart. Make three clips that almost reach the edge of the template.



10. Spray some starch into a small cup or cap from the can. It takes a few minutes for the foam to turn to liquid.



Once the starch is ready, paint the edges of the fabric.



Don't be afraid to get the edges really wet. Try not to get the template too wet.



11. Heat the iron to the cotton setting - no steam. Starting at the bottom of the heart and working counter clockwise, press the seam allowance over the edge of the template.



Hold the iron in place until the fabric stops "hissing". Keep moving around the heart.



12. As you move around the heart, try not to press any "pleats" into the seam allowance. If this happens, re wet the edge and press it again.



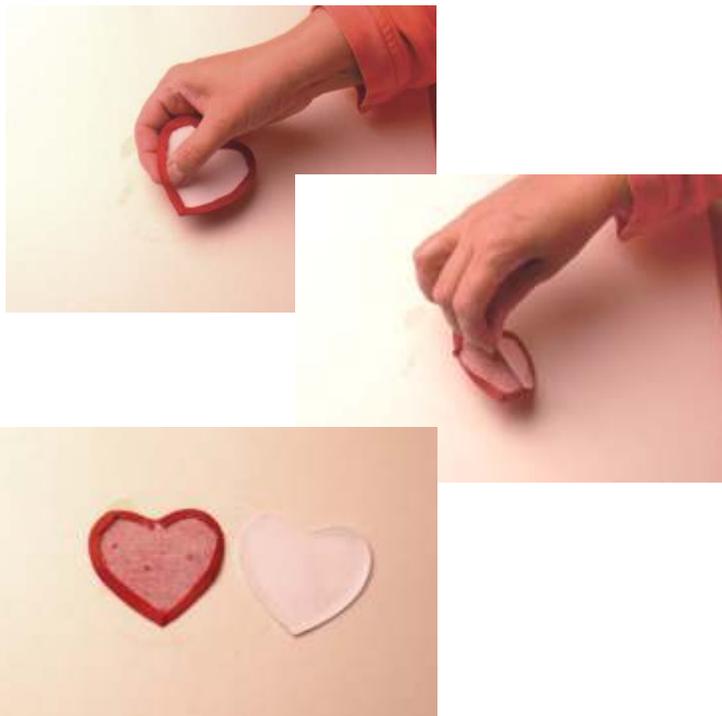
13. At the top of the heart, use the point of the iron to press the curve. Notice the way the clips spread and eliminate the stress on the fabric.



14. Keep working your way around the heart until you reach the point at the bottom. The seam allowance will overlap at the point.



15. Once it cools, peel the edge of the seam allowance up and gently pull the template out.



16. Now the applique shape can be glued in place onto the background fabric. Dot the glue on the raw edge of the seam allowance - NOT the folded edge. Very little glue is needed to adhere the heart to the background.



17. Once the glue is applied, turn the heart over and place it on the background. To dry the glue quickly, press it with the iron.



- Once the shapes are prepared and glued to the background fabric, they can be sewn by hand or machine.
- If you are creating a design with many pieces, they may all be prepared and glued to the back ground before you begin sewing.
- Special thanks to Pearl Perrera for inspiring this method.

