



## Cottage Quilt Designs Tutorials

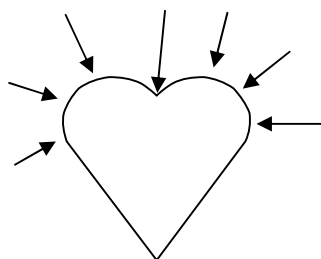
### Freezer Paper Applique Method

This is the method I use when creating my applique blocks and quilts. I love it because it gives consistent shapes to sew to the block. Also because the preparation work is done first and all you have to do is position the piece on your block and sew! Using this method is also good when you are designing a block. Your shapes are the finished size and you can see exactly how they fit around each other and within the block size.

Materials needed:

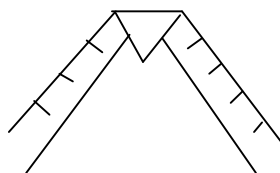
- Freezer paper
  - Pencil
  - Paper scissors
  - Fabric scissors
  - Applique or sequin pins (extra short pins with small heads)
  - Background fabric block
  - Applique fabric and matching thread
  - Size 10 applique needle called sharps (not the needle called between which is a hand quilting needle)
  - Iron and pad
1. Draw a reversed template of the shape on the paper side of the freezer paper.
  2. Cut out the template on the line and press the plastic side of the paper to the back of the fabric you will use with an iron.
  3. Cut out the shape from the fabric leaving a 3/8" seam allowance around the template.
  4. Clip the seam allowance around the template almost to but not touching the template. Clipping around curves are essential to

getting smooth curves. The inside corners should be all the way to the paper template as shown in the heart below:



I usually clip every 1/8" to get smooth curves. Clipping too close to the template can cause fraying when you turn back the seam allowance. I'll tell you how to handle that problem later in the troubleshooting section.

5. Load your needle with white thread and knot it with a single knot.
6. Let's assume you are holding the heart shape in your hand with the paper side of the template facing you.
7. Fold over one of clipped sections to the back of the shape. I like to start on the long side of the heart. Push your needle from the right side of the heart through the folded over section and pull the thread all the way to the knotted end of the thread.
8. Fold down the next section and stitch through it to the front side again. Continue to baste around the heart.
9. The point of the heart is handled a different way. Fold over the end of the seam allowance to the back at the tip. Make a mitered fold on both sides of the point and baste down.



10. Press the shape front and back to get a good edge crease all around the shape.
11. Position the applique shape where you want it to be and pin down with a short pin.
12. Start sewing it down with an applique stitch on one long side of the heart. Continue sewing until half way around the heart. Stop and remove the basting stitches. Pull out the basting thread and

freezer paper template. Continue sewing down the rest of the heart.

## **Troubleshooting Problems**

- My fabric is fraying at the turned edge where I clipped the seam allowance:

That happens when you clip too close to the paper template and it frays as the seam allowance is turned back. You can do two things. One is to use a drop of Fray Check on the frayed spot. Stroke the frayed thread under the edge of the applique piece and sew down. The other option is to wet a wooden toothpick and stroke the frayed threads down under the piece. The toothpick picks up the threads and tucks them down nicely. Continue sewing around your patch.

- There isn't enough fabric to turn under at the inside corner of my heart:

That will always happen no matter how wide the crevice is at the inside point of the heart. So all you have to do is take tiny stitches as you approach the inside corner that bite in deeper inside the heart shape. It will be like embroidering the inside corner to the background block to keep your heart edge secure to the block.

- I have a hard time removing my paper template. It's stuck!

After I remove the basting thread around the shape I like to use the handle of my seam ripper to break the fusion between the paper and the fabric shape. I just gently insert the handle between the paper and shape and push it all around the inside and especially inside any points. When that is done I remove my seam ripper and gently tug on the paper template. It usually pops out just fine. By the way, you should be able to reuse the paper shapes 4 or 5 times before they become too ragged from the needle holes on the sides.

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