

# SCRAPPY HAND STITCHING AN APPLIQUÉ BOUQUET

by Katie Friesen, Winkler, MB



What a great way to get started with appliqué! These simple flower patterns can be made with scraps of wool and hand stitched using appliqué, or with quilting cotton using needle turn appliqué. You could even use your machine, but we encourage you to give hand stitching a try, if you haven't already.

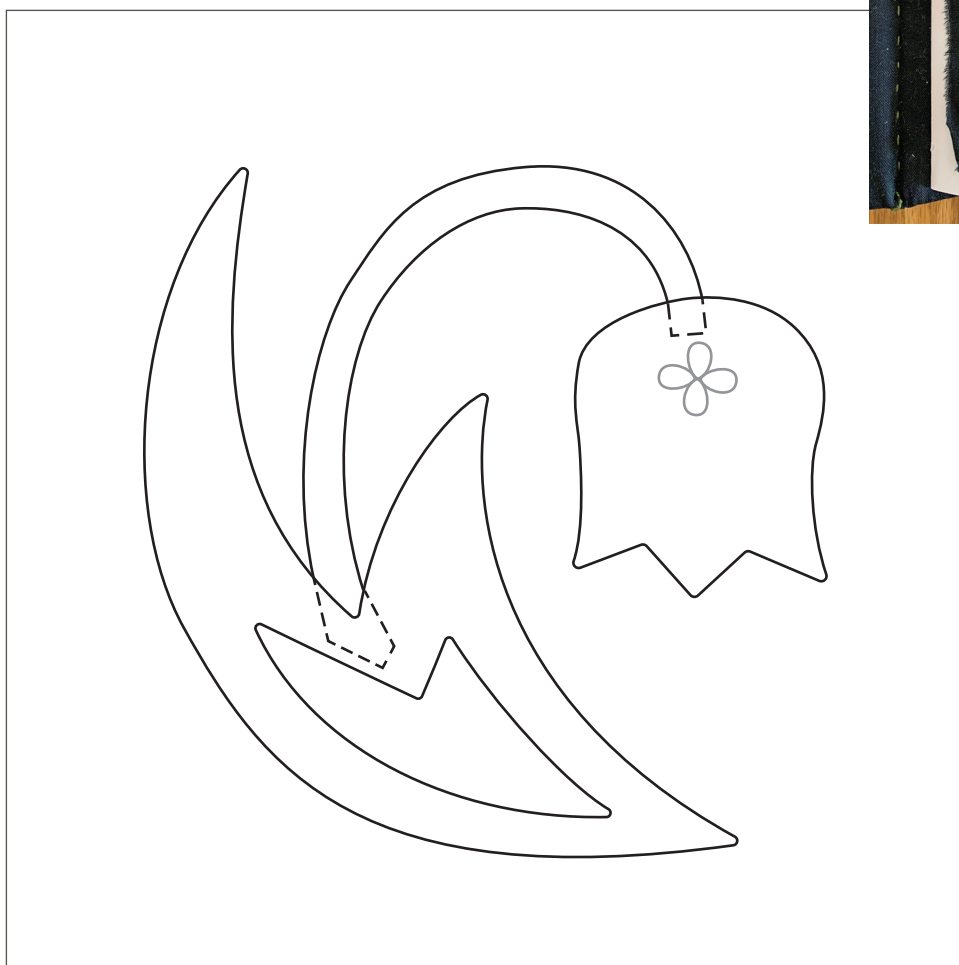
## What you'll need to get started

For each block, you'll need:

- One 5-inch square of quilting cotton for the base, torn and left raw edge
- Freezer paper
- Scraps of wool or cotton fabric
- Embroidery floss or regular thread in matching colours

The blocks shown in this pattern are wool appliquéd by hand with one strand of embroidery floss or regular sewing thread, matching the wool colour. For the decorative stitching, I used three strands of embroidery floss in a matching or slightly darker colour. Decorative stitches were sewn along the outside edges of the wool.

## Assembling a block



**1** Trace the flower/leaf pattern pieces on to freezer paper. Iron the paper on to your chosen wool. (Regular paper and pins can be used instead of freezer paper.) Note that in this particular pattern, there are four pieces and the flower stem should be placed first.

**2** Cut the fabric along the outside edge of the pattern if you're using raw edges. Add a small seam allowance if you're using needle turn appliqué. Then remove the paper.

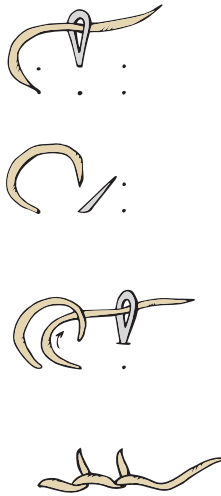
**3** Pin the wool to the 5" cotton square, using the block image as your guide. >

4 Using one strand of embroidery floss or regular sewing thread stitch the wool down with a simple over-the-edge stitch.

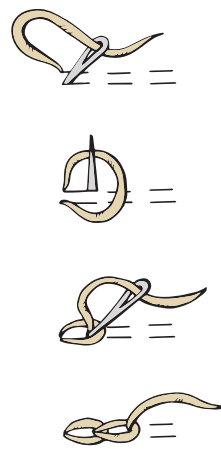
5 Using three strands of embroidery floss, add decorative stitching using the suggested stitches at right, or as desired.

6 Continue in the same way to add the other wool pieces to the flower. Embellish as desired. >

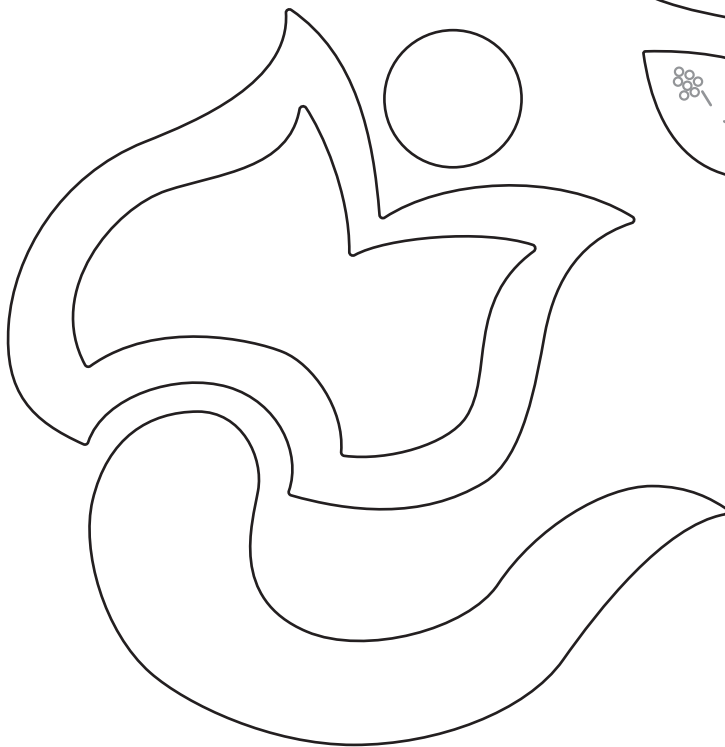
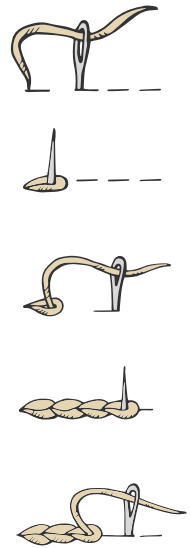
### BLANKET STITCH

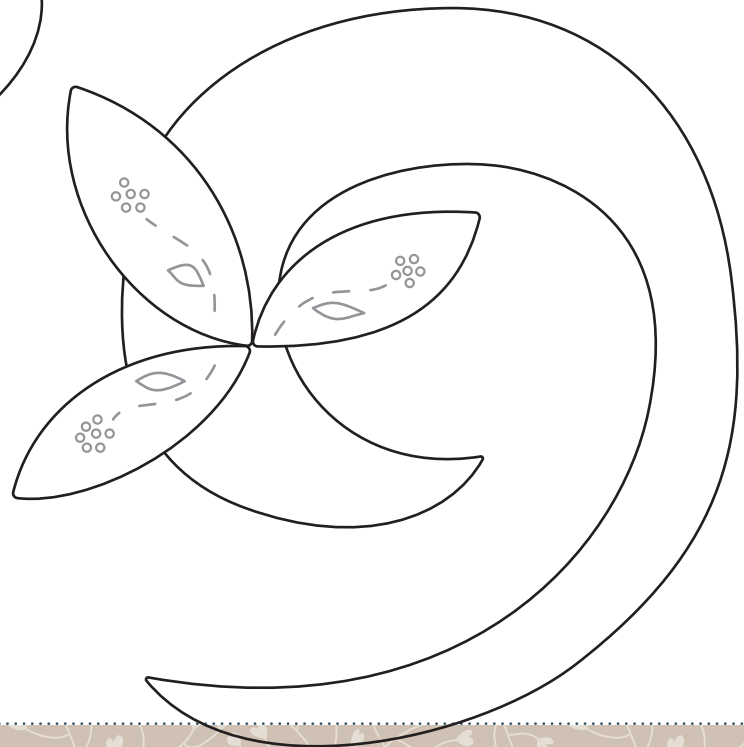
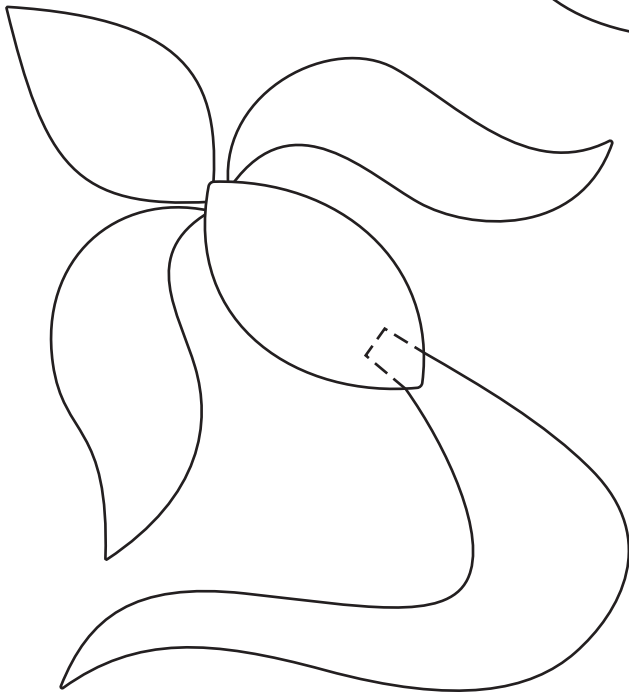


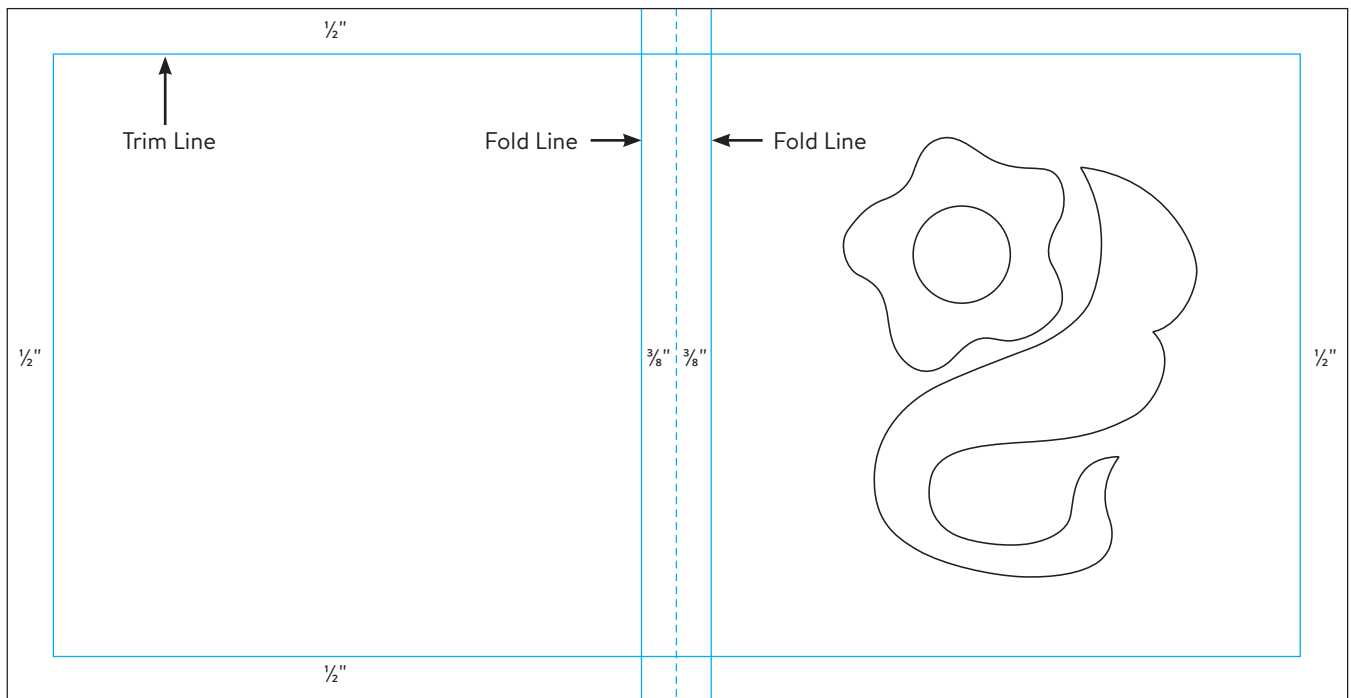
### CHAIN STITCH



### SPLIT STITCH







## ASSEMBLING A BOOK

These blocks can be assembled into a wall quilt or made into a book, which I have done. This little book can be a nice showcase of the stitching that you did.

### FOR THE COVERS

Cut a piece of cotton fabric  $14\frac{1}{2}$ " x  $7\frac{1}{2}$ ".

Draw marking as shown above (using a non-permanent marking pen):  $\frac{1}{2}$ " from all edges: top, bottom, and sides. Find the centre, make a line top to bottom for centre. Draw a line  $\frac{3}{8}$ " on both sides of centre (fold lines). This is the spine.

Place a finished wool block on the right side of this piece, for the front cover. I layered a second piece of fabric under this to frame the block. Decoratively stitch the entire piece, front and back, as desired, leaving the spine blank (no stitching in the spine).

When done, trim the background fabric along the half-inch border lines to  $13\frac{1}{2}$ " x  $6\frac{1}{2}$ ". Do not cut the spine markings.

**For the lining**—Choose a lining fabric the same size and place right sides

together. Sew on three sides only (leaving bottom edge open). Trim corners. Turn right side out.

Sew along the two fold lines of the spine on both sides of the centre line, through the top and lining fabric. That should leave about  $\frac{3}{4}$ " for the spine.

Cut three pieces of cardboard for the front and back covers, and the spine, measuring first the sizes that you need. Insert these through the open seams at the bottom.

Close the bottom edge with an overcast stitch using matching thread.

### FOR THE BLOCK PAGES

For each signature (4 pages) cut one piece of paper 10" x 5" (I used sketchbook weight paper). Fold it in half to 5" x 5". Stack your signatures together and sew in the spine using the three-hole method. This requires punching three holes along the fold line and using embroidery thread to sew the signatures together. You can find instructions for the three-hole binding method online.



Sew your 5" blocks to each page along the top edge of the paper. This allows the blocks to be flipped over to examining the back stitching.

You're done! ✨

You can find this pattern in the *Member Studio* at [canadianquilter.com](http://canadianquilter.com), as well as Katie's contact information, plus some reference websites for slow stitching and book binding.

Please also share your results in the **Canadian Quilters Association—Quilting Projects** group on Facebook. We love to see what you make!

