







# FUNDAMENTAL CURRICULUM



## 15 TECHNIQUES TO MAKE EMBROIDERY EASIER

We love to create beautiful embroidery designs, that much is obvious. We also love to teach you how to use them with new cutting edge teaching styles and techniques. This project that you hold in your hands right now is something I have thought about doing for the last few years. I wanted to create a Fundamental Curriculum that is included in all of our products that teach you all of the techniques you need to know to create almost any Anita Goodesign project. This Fundamental Curriculum contains 15 different designs and each design will teach you a new technique. That sounds great, right? Well, I wanted to make it even better. All of the quilting designs go together so you can actually use these designs to create a larger project. We are also giving you some tips on stabilizer, choosing colors, and anything else you may need to know.

This curriculum was written for beginners to learn more about embroidery, but we wanted to design a collection that even a veteran embroiderer would want to stitch.

**Steve Wilson**  
Founder  
Anita Goodesign Inc.





# ICONOLOGY



E



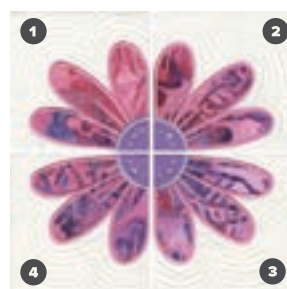
A



Q



FM



TS



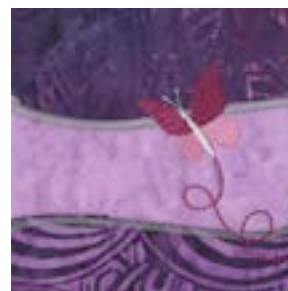
T



FF



C



LS



FS



Z



CW



L



HS



SW

There are 15 different embroidery techniques demonstrated in this book. We decided to come up with a new way to show you what techniques appear in a collection. We came up with 15 different icons that represent the 15 different embroidery techniques. The same icons will then be used on all of our design collection packaging going forward. The catalog also has the icon key under each design collection so you will easily identify what technique is being used. That way you will never have a question what technique is taught in a collection. Best of all there is an index in the back of this book that will allow you to search for a collection by name or by technique.

Example of the icon bar



Example of the icon bar (relevant techniques highlighted)



The example above shows how the icon bar will be displayed for each collection. The icons which are highlighted denote the techniques used in a particular collection. The other icons will be faded, indicating that those techniques are not used.

<p><b>STANDARD EMBROIDERY</b></p> <p><b>E</b> - Standard Embroidery</p> <p><b>A</b> - Appliqué</p>	<p><b>QUILTING</b></p> <p><b>FM</b> - Free Motion</p> <p><b>Q</b> - Quilting</p> <p><b>TS</b> - Tile Scene</p> <p><b>T</b> - Trapunto</p> <p><b>FF</b> - Folded Fabric</p> <p><b>C</b> - Confetti</p> <p><b>LS</b> - Landscape</p>	<p><b>PROJECTS &amp; IN THE HOOP</b></p> <p><b>FS</b> - Free Standing</p> <p><b>Z</b> - Zipper</p>	<p><b>HEIRLOOM</b></p> <p><b>CW</b> - Cutwork</p> <p><b>L</b> - Lace</p> <p><b>HS</b> - Hand Stitched</p> <p><b>SW</b> - Shadow Work</p>
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# CHOOSING COLORS

Choosing fabric for a project can be either the most fun or the most challenging part of the designs process. We have created some tips for choosing fabric and thread colors that will hopefully make this process fun!

## THE FABRIC METHOD

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You can use fabric to choose thread colors for your designs. Simply choose a beautiful piece of fabric then match the threads colors to the colors of the fabric. This method works great on both embroidery and quilting designs. If you think about it this makes perfect sense. Fabric is designed by experienced color artists, so let those experienced color artists help you. Using this method, the fabric used as part of your project or appliqué will have perfectly matched colors. For those of you who love appliqué this technique works two-fold, by using fabric to choose your colors the thread colors will pleasantly blend with the fabric and the design itself.

## THE TRIM METHOD

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Have you ever tried to buy trim to coordinate with a project after you have already embroidered it? It is almost impossible. However, if you buy the trim first, then use the trim to choose coordinating thread colors, the resulting design will match perfectly. This works great for embroidered towels, for example.

## THE QUILTING METHOD

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As you know, quilts have a number of different fabrics in them and usually follow a theme. We love fat quarter bundles and jelly roll strip packs because they give a sample of several coordinating fabrics to choose for your quilt. Start with a fat quarter bundle then choose a coordinating solid fabric for the quilt backgrounds. Use fat quarter bundles to choose your thread colors by pulling thread colors that match the fabric. Use this color theme to choose the thread colors for all of the designs you are embroidering on the quilt. This way whatever design or fabric you choose, all of the fabrics and threads will coordinate perfectly giving you a beautiful cohesive quilt design.

## COLOR STORY METHOD

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Choosing fabric for one quilt block or project is hard enough, but how do you choose fabrics for multiple projects that all need to coordinate? Always start with a neutral color as your base. The embroidery will stand out better on a solid fabric. Then choose 3-5 coordinating prints, don't be afraid of busy prints, just use those fabrics sparingly. Make sure all of your thread colors match your fabrics, but don't pick too many different colors of thread or the theme will be lost. Once you have your color story, use those colors for all of your quilt blocks or projects.



# STABILIZERS

## STABILIZERS FOR EMBROIDERY DESIGNS

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### *Tear-away*

For most designs a medium weight tear-away will be sufficient. This stabilizer is best for designs stitched on a woven fabric and that are not too stitch intensive. This type of stabilizer is also used for some “in-the-hoop” projects because it tears away clean and does not have to be washed. Be sure to use a tear-away that tears cleanly and does not leave a fuzzy edge especially when creating “in-the-hoop” projects. If the fabric or placement is too difficult for you to hoop use a temporary spray adhesive with the tear-away stabilizer.

### *Sticky Back Tear-away*

If you prefer not to use spray adhesive, a sticky back tear-away works great when you can't hoop the garment or bulky towel, for example. Some have an adhesive, like a sticker, and some are activated by water. If you are using sticky back or wet-and-stick stabilizers, always test it on a scrap of fabric to be sure it doesn't leave residue and tears away cleanly. If you do not like the results, use the spray adhesive method discussed above.

### *Cut-away*

This type of stabilizer stays behind the embroidery design indefinitely to help hold the stitches. There are a few different weights of cut-away: a light-weight or no-show mesh, a medium-weight, and a heavy-weight. The No-show Mesh version works great on light-weight knit or stretchy fabrics and is also used in the quilt blocks. See Stabilizers for Quilting Designs for more info. The medium and heavy weights are best used on thicker knits, thick sweatshirts, or if a design is very stitch intensive (over 50,000 stitches).

### *Water-soluble*

Water-soluble stabilizers are great for creating freestanding embroidery designs. Be sure to look for versions that are fibrous, meaning they look like a dryer sheet versus clear like a piece of plastic wrap. We find these fibrous water-soluble stabilizers do not stretch and perforate while stitching and produce much better freestanding embroidery designs.

### *Topping*

There are two types of topping; water-soluble and heat-away. Toppings are used when stitching fabrics that have a lot of texture. You do not need to use a topping on regular cotton.

Water-soluble comes in handy as a topping for difficult fabrics like minky, fleece, and waffle weave or when embroidering on garments like sweaters or sweatshirts. When using this, make sure the fabric you use can get wet. Heat-away or melt away topping is best used on towels or terry cloth since it remains underneath the embroidery after use and washing. This topping also works well on fabrics you cannot wet, like velvet or velour.

## STABILIZERS FOR QUILTING DESIGNS

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Since the Mix & Match quilting designs are stitched directly on stabilizer, using the correct stabilizer is very important. We recommend using a light-weight or No-show Mesh cut-away stabilizer as the base. To insure optimum embroidery results hoop the stabilizer as tight as possible. These designs need to have a stable base. We also suggest doing a test with your brand of stabilizer to be sure you like the results.

Light stitch designs are designs that have very few stitches in them. Light stitch designs have less than 15,000 stitches. Folded fabric designs and free motion designs fall into this category as well. Medium stitch designs are designs with 15,000-40,000 stitches. That category includes most of the Mix & Match Designs. All of these type of designs only require one layer of No-show Mesh Stabilizer.

Heavy stitch designs are designs with more than 40,000 stitches. Use two layers of No-show Mesh and you may also need to back the fabric with fusible interfacing. Fusible interfacing will eliminate puckering and distortion in your embroidery designs. A medium weight iron-on woven fusible such as Pellon Ultra-Weft 860F works well. Avoid thick craft interfacing because they will make the fabric too thick. To use the interfacing, simply iron it on to the back of the entire piece of fabric and use as normal. You will notice an improvement right away.



# STANDARD EMBROIDERY



Standard embroidery is defined as any technique that doesn't use any special effects like appliqué, folded fabric, or in the hoop techniques. Standard embroidery can be as simple as a monogram or as complex as a realistic animal. These techniques are pure thread and design.



## HOOP

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5" x 7" for A size  
4" x 4" for B size

## DESIGNS

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Design - AFCE1A  
3.8" wide x 3.8" high (stitches - 17434)

Design - AFCE1B  
2.8" wide x 2.8" high (stitches - 11563)

## MATERIALS

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Tear-away stabilizer to fit hoop  
Material of your choice on which to embroider

## COLORS & STEPS

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1. 125 - flower
2. 800 - flower petal details
3. 125 - satin stitch - flower petals
4. 129 - center of flower
5. 125 - center of flower details



# STANDARD EMBROIDERY



To start, hoop a piece of tear-away stabilizer and the material that you will be stitching on.



Next, run the embroidery steps. Once they are complete, remove the design from the hoop and gently tear it away from the stabilizer.



This is an example of what your finished design will look like!

# APPLIQUÉ



The use of fabric instead of thread in a design is called appliqué. There are a lot of reasons to use appliqué in a design. The two main reasons are that using fabric instead of thread in a design saves time. The second reason is that, with unique fabric choices, appliqué can add distinct design elements. You will learn basic appliqué in a few easy steps.

## HOOP

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5" x 7" for A size  
4" x 4" for B size

## DESIGNS

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Design - AFCA1A  
4.6" wide x 4.8" high (stitches - 6621)

Design - AFCA1B  
3.6" wide x 3.8" high (stitches - 5246)

## MATERIALS

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Tear-away stabilizer to fit hoop  
Material of your choice on which to embroider  
1 piece of appliqué fabric: 6" x 6 ½"  
1 piece of secondary appliqué fabric: 2" x 2"

## COLORS & STEPS

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1. Placement stitch - place appliqué after this step
2. Tacking stitch - appliqué
3. 672 - satin stitch
4. Placement stitch - place secondary appliqué after this step
5. Tacking stitch - secondary appliqué
6. 125 - satin stitch



# APPLIQUÉ



To start, hoop a piece tear-away stabilizer along with the material that you will be stitching on.



Step 1 will be the placement stitch for the first piece of appliqué.



Once the placement stitch has run, place the first piece of appliqué over the placement stitch ensuring that it is covering the whole design.



Step 2 will be the tacking stitch for the first piece of appliqué.



Remove the hoop from the machine and trim away the excess fabric, making sure to trim as close to the tacking stitch as possible. Return the hoop to the machine and begin step 3 of the design which is the satin stitch around the flower petals.



After the satin stitch is complete, the next step will be the placement stitch for the second piece of appliqué.

# APPLIQUÉ



Place the appliqué over the placement stitch making sure that it covers it completely.



Step 5 is the tacking stitch for the second piece of appliqué.



Remove the hoop from the machine and trim away the excess fabric as close to the tacking stitches as possible.



Return the hoop to the machine and run the last step of the design which is the satin stitch for the center of the flower.



Once the last step is complete, remove the design from the hoop and carefully pull away the tear-away stabilizer. This is an example of what your completed design should look like!



# QUILT BLOCK



If you are new to embroidery, or have never created a quilt, then the quilts in the Mix & Match collections are for you! We removed all of the difficulty of traditional quilting by creating these quilt blocks in the hoop. If you are a traditional quilter, you will be able to create a quilt twice as fast! There are three things that make these quilts unique: you will save fabric, you won't need to measure, and you no longer have to center your embroidery designs on your quilt block

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCQ1A  
4.7" wide x 4.8" high (stitches - 7922)

Design - AFCQ1B  
3.7" wide x 3.8" high (stitches - 6262)

## MATERIALS

No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"  
1 piece of appliqué fabric: 5" x 5"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. 800 - stippling
5. Placement stitch - place appliqué after this step
6. Tacking stitch for appliqué
7. 694 - butterfly outline and details
8. 129 - butterfly body
9. 800 - body details

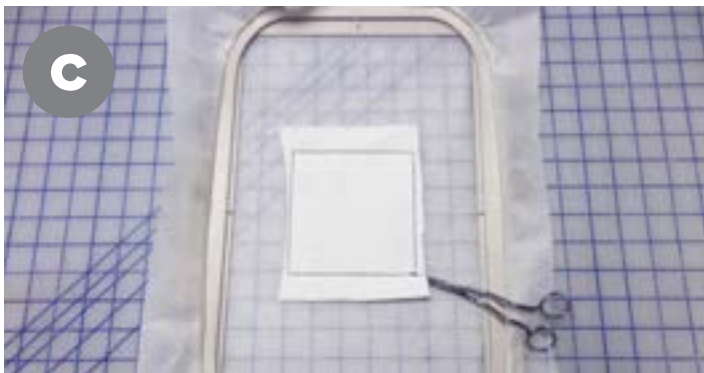
# QUILT BLOCK



To start, hoop a piece of No-show Mesh Stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the finished block. Everything outside the squaring stitch will be sewn into the seam allowance.



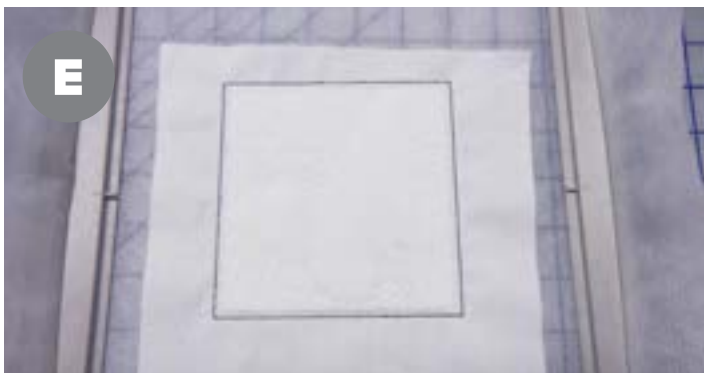
Next, place the piece of batting over top of these stitches. Use tape to hold the batting in place.



Stitch step 2 of the design. This is a tacking stitch for the batting. Remove the hoop from the machine and trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance, making the blocks easier to stitch together later.



Place the base fabric over the placement stitches making sure there is at least a 1/2" on all sides to allow for a seam allowance.



Return the hoop to the machine and stitch step 3, the tacking stitch for the base fabric. Then, run step 4 of the design which is the stippling.

**Note:** We are using dark thread here. You may want to use a thread that more closely matches your base fabric.



Stitch step 5 of the design. This is the placement stitch for the appliqué.



# QUILT BLOCK



Place the appliqué over the stitches making sure that it covers the stitches completely on all sides.



Stitch step 6 of the design which is the tacking stitch for the appliqué. Once that is complete, take your scissors and trim away the excess fabric as close to the tacking stitches as you can.



Continue with the remaining embroidery steps of the design.



Once the embroidery steps are complete, remove the design from the hoop. Take your rotary cutter and ruler and cut-away the excess fabric on all sides. Don't forget to leave at least 1/2" seam allowance on all sides.

# FREE MOTION



We find traditional free motion quilting very difficult to do. So we decided to make it easier! The free motion stitches are built into the design and stitch quickly and easily. When you complete a quilt using our free motion it will look like it is entirely traditionally free motion quilted. Some of the designs even start and stop in the same spot on a horizontal line. This way you can connect either the same motif or different motifs together.

## HOOP

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5" x 7" for A size  
4" x 4" for B size

## DESIGNS

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Design - AFCFM1A  
4.7" wide x 4.8" high (stitches - 2344)

Design - AFCFM1B  
3.7" wide x 3.8" high (stitches - 1889)

## MATERIALS

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No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"

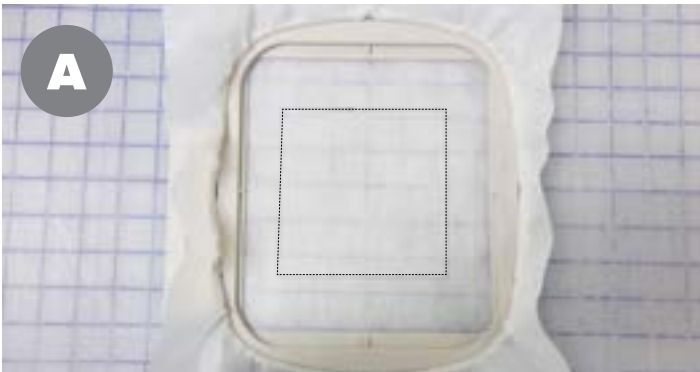
## COLORS & STEPS

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1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. 800 - decorative stitches



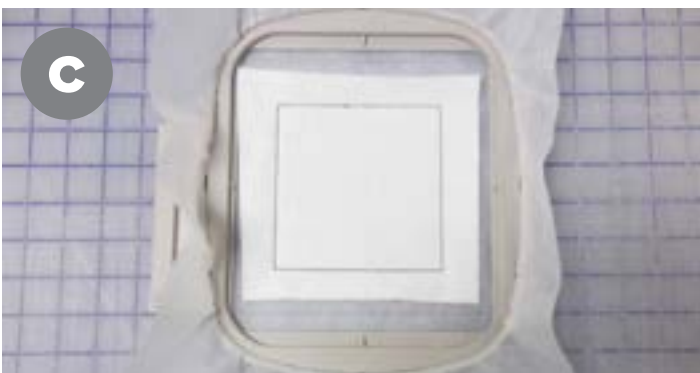
# FREE MOTION



To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the finished block. Everything outside the squaring stitch will be sewn into the seam allowance.



Next, place the piece of batting over top of these stitches. Use tape to hold the batting in place.



Stitch step 2 of the design. This is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.



Remove the hoop from the machine and trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance, making the blocks easier to stitch together later.



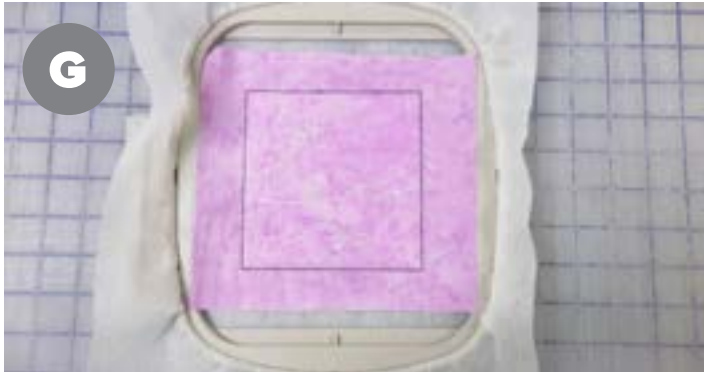
Place the base fabric, right-side up, so it completely covers the batting and your placement lines. The fabric should extend at least 1/2" all the way around your initial placement line. This is your seam allowance.



Return the hoop to the machine and stitch step 3 of the design. This is the tacking stitch that secures the fabric to the stabilizer.

**Note:** We are using dark thread here. You may want to use a thread that more closely matches your base fabric.

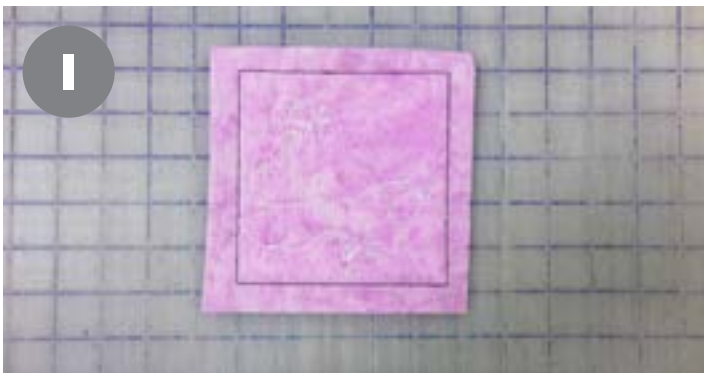
# FREE MOTION



Step 4 of the design will be the free motion stitches. Once this step is complete you can remove your hoop from the machine and pop the design out of the hoop.

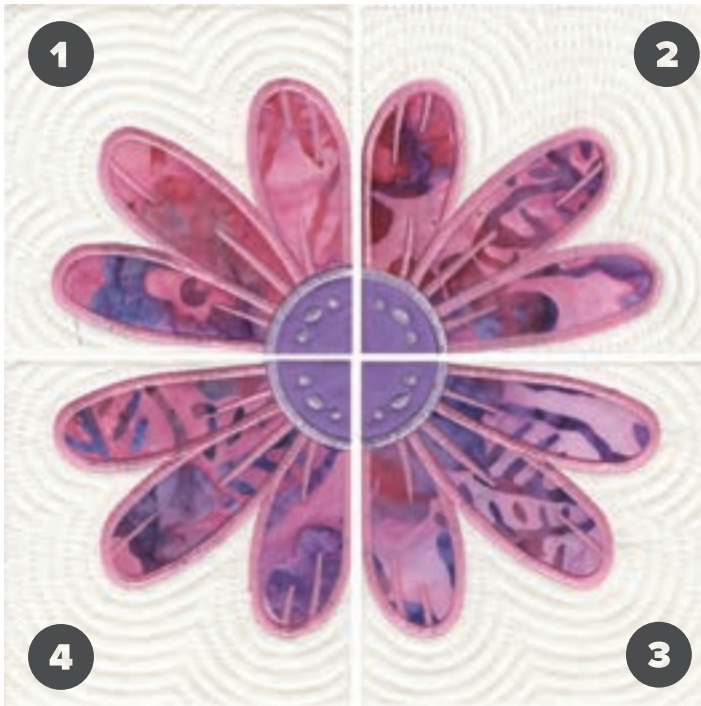


Take your ruler and rotary and trim the excess fabric leaving at least  $\frac{1}{2}$ " on all sides for the seam allowance.



This is an example of your finished free motion quilt block!

# TILE SCENE



We have been creating designs like these for years - dividing a large piece of artwork into many different quilt blocks, embroidering them, and then stitching them back together. Once you learn this technique you will be able to stitch any of our tile scenes. We are going to demonstrate how to do this with 4 blocks that can be added to your quilt.

This daisy is made up of 4 different design blocks. Each of the blocks are stitched in the same manner. We wanted to make your first tile scene easier.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCTS1A-4A  
4.7" wide x 4.7" high (stitches - 5712)

Design - AFCTS1B-4B  
3.7" wide x 3.8" high (stitches - 4534)

## MATERIALS (PER BLOCK)

No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"  
1 piece of appliqué fabric: 4" x 4",  
1 piece of appliqué fabric: 2" x 2"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. 800 - echo stitches
5. Placement stitch - place appliqué after this step
6. Tacking stitch for appliqué
7. 125 - satin stitch
8. Placement stitch - place appliqué after this step
9. Tacking stitch for appliqué
10. 672 - satin stitch

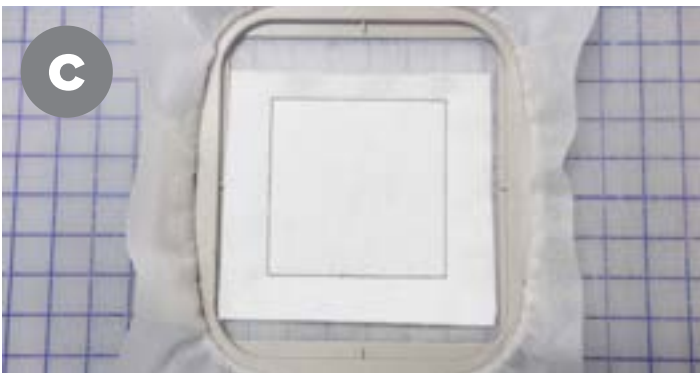


# TILE SCENE



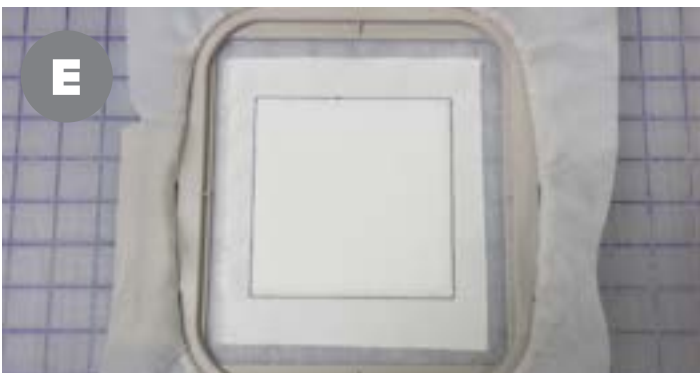
To begin you will need to hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design which is the squaring stitch. Everything that stitches inside this square will be seen in the finished block. Everything outside the squaring stitch will be sewn into the seam allowance.

Next, place the piece of batting over top of these stitches. Be sure that the batting covers the stitches completely.



Stitch step 2 of the design. This is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.

Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance making the blocks easier to stitch together.



Place your fabric over the batting with at least 1/2" extended past the initial placement line for seam allowance. Step 3 will tack it in place.

The next step is going to be the echo stitches using a thread color that matches your base fabric. Once that is complete, run step 5 which is the placement stitch for the first piece of appliqué.

**Note:** We are using dark thread here. You may want to use a thread that more closely matches your base fabric.

# TILE SCENE



Place the first piece of appliqué over the placement stitches.



Run step 6, which will be the tacking stitch for the appliqué.



Trim away the excess fabric as close to the tacking stitches as possible.



Step 7 is the satin stitch around the petals. Once that is complete, run the next step which is going to be placement stitch for the second piece of appliqué.

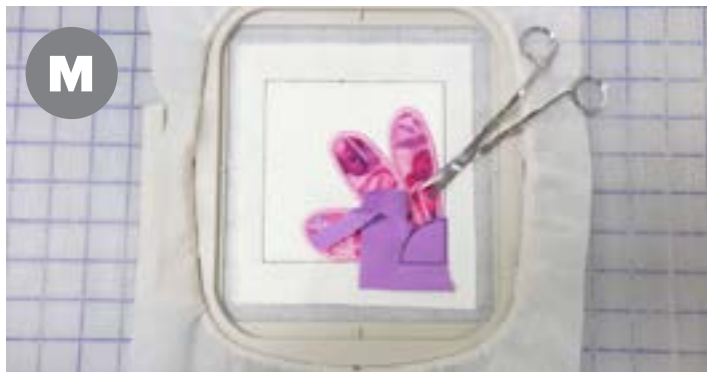


Place the second piece of appliqué over the placement stitch covering it completely.



Next will be the tacking stitch for the appliqué.

# TILE SCENE



**M** After the tacking stitch is complete, remove the hoop from the machine and trim away the excess fabric.



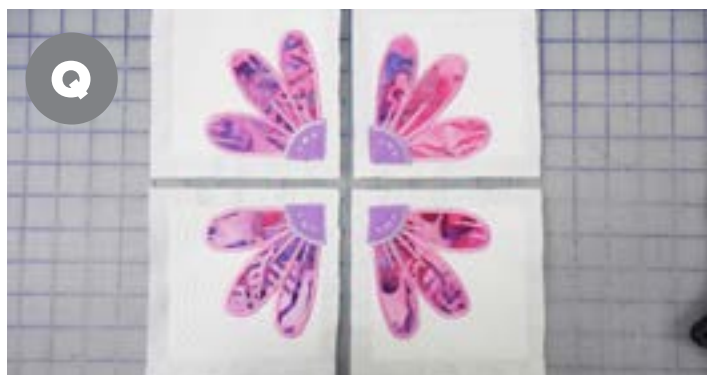
**N** Next, run the final step which is the satin stitch for the center of the flower. Once complete, remove the design from the hoop..



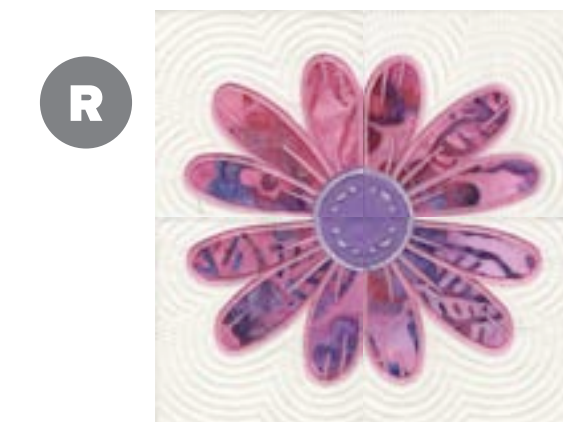
**O** Using your rotary cutter and ruler, cut away the excess fabric. Be sure to leave at least 1/2" on all sides for the seam allowance.



**P** This is an example of what your finished design will look like!



**Q** Complete the remaining 3 blocks using the same techniques. Once they all are complete, you can arrange them and prepare to sew them together.



**R** Once they are sewn together, this is what the final product will look like!



# TRAPUNTO



Trapunto quilt blocks have a raised, or puffy, design element that gives the block dimension. You can create trapunto designs in your hoop using our unique process. You simply layer batting in the hoop before you place your fabric down. By trimming away layers of batting you will end up with a puffy trapunto design.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCT1A  
4.7" wide x 4.8" high (stitches - 6055)

Design - AFCT1B  
3.7" wide x 3.8" high (stitches - 4893)

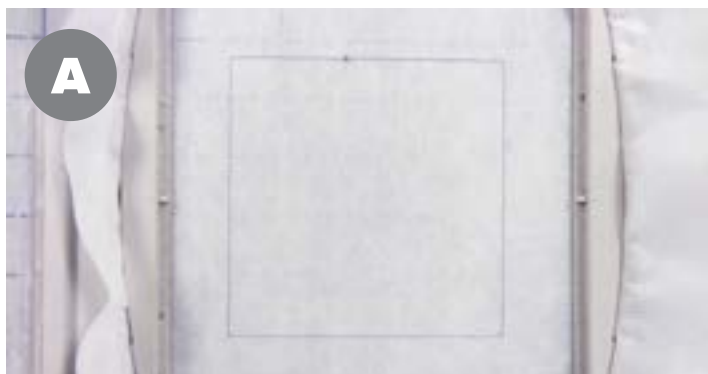
## MATERIALS

No-show Mesh to fit hoop  
3 pieces of Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place 2 more layers of batting after this step
3. Tacking stitch for two layers of batting - place base fabric after this step
4. Tacking stitch for base fabric
5. 129 - stippling
6. 800 - decorative stitches

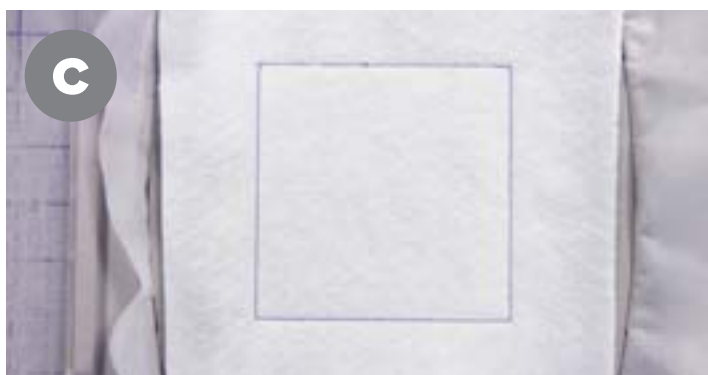
# TRAPUNTO



To start, hoop a piece of No-show Mesh Stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the block. Everything outside the squaring stitch will be sewn into the seam allowance.



Next, place the piece of batting over top of these stitches. Use tape to hold the batting in place.



Stitch step 2 of the design. This is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance making the blocks easier to stitch together.



Place two layers of batting so they completely cover the original batting and your placement lines.



Stitch step 3 of the design. This is the tacking stitch for the two layers of batting.

# TRAPUNTO



Trim away the excess batting as close to the tacking stitches as possible.



Next, place the piece of fabric over the entire design. The fabric should extend 1/2" past the tacking stitches. You will want to secure the fabric in place with tape.



Step 4 is the tacking stitch for the fabric.



Continue with the next steps of the design. This will include the stippling, and the outline and details of the butterfly. Once the design is complete you can pop the design out of the hoop.



Use your ruler and rotary cutter to cut away the excess fabric. Leave at least 1/2" on all sides to allow for a seam allowance. This is an example of what your completed design will look like!



# FOLDED FABRIC



Instead of piecing a quilt top by hand, you are going to create it in your embroidery hoop. We have created a unique method in which can achieve a folded fabric quilt block in just 3 easy steps. You will not be able to tell that the design was created in your embroidery machine.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCFF1A  
4.8" wide x 4.8" high (stitches - 1623)

Design - AFCFF1B  
Size: 3.8" wide x 3.8" high (stitches - 1295)

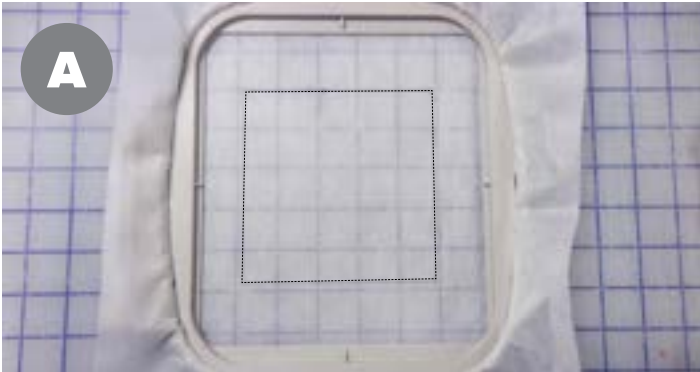
## MATERIALS

No-show Mesh to fit hoop  
Warm & Natural batting: 6"x 6"  
3 pieces of base fabric: 6 1/2" x 3"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting
3. Placement stitch - folded fabric #1
4. Tacking stitch - folded fabric #1
5. Placement stitch - folded fabric #2
6. Folding line - folded fabric #2
7. Tacking stitch - folded fabric #2
8. Placement stitch - folded fabric #3
9. Folding line - folded fabric #3
10. Tacking stitch - folded fabric #3

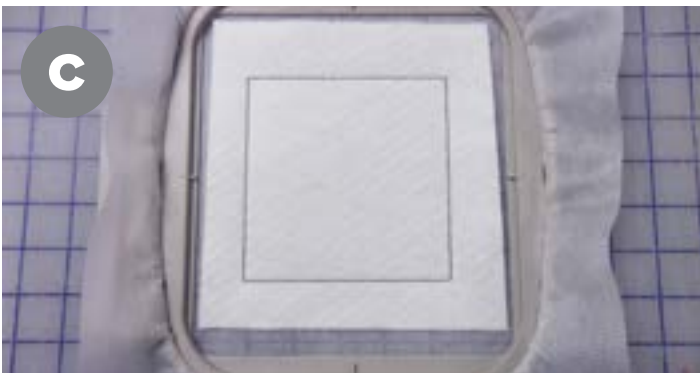
# FOLDED FABRIC



To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the block. Everything outside the squaring stitch will be sewn into the seam allowance.



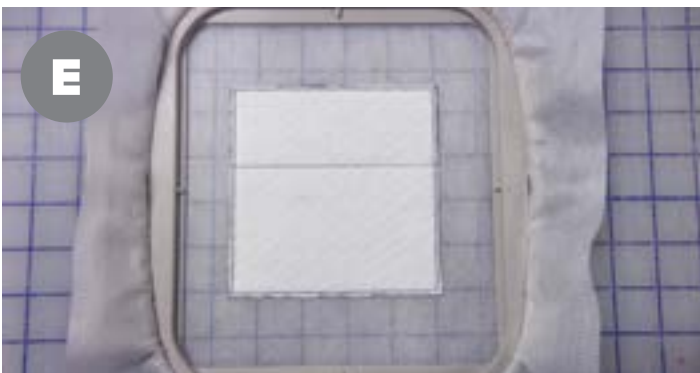
Next, place the piece of batting over top of these stitches. Use tape to hold the batting in place.



Stitch step 2 of the design. This is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance, making the blocks easier to stitch together.

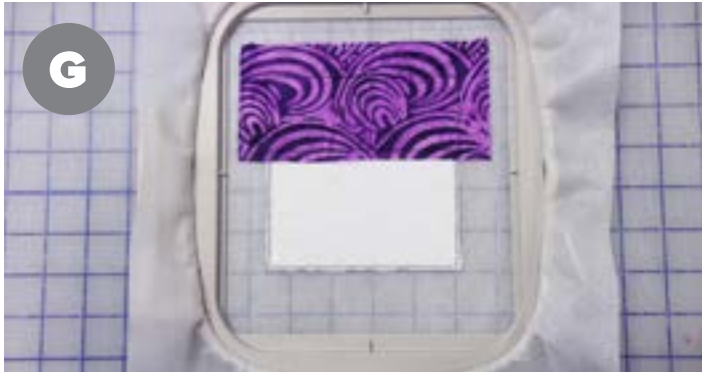


Step 3 will be the placement stitch for the first piece of fabric.

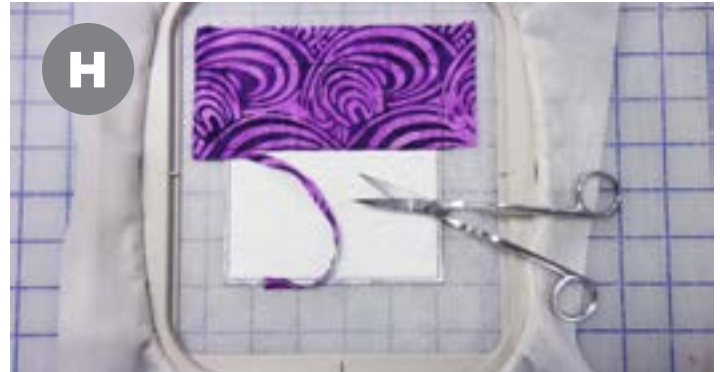


Next, place the first piece of folded fabric right-side up. Be sure to cover the placement stitch completely while leaving at least a 1/2" seam allowance on all sides. When using a folded fabric technique as your base, the first piece of folded fabric will always be treated like a regular piece of appliqué.

# FOLDED FABRIC

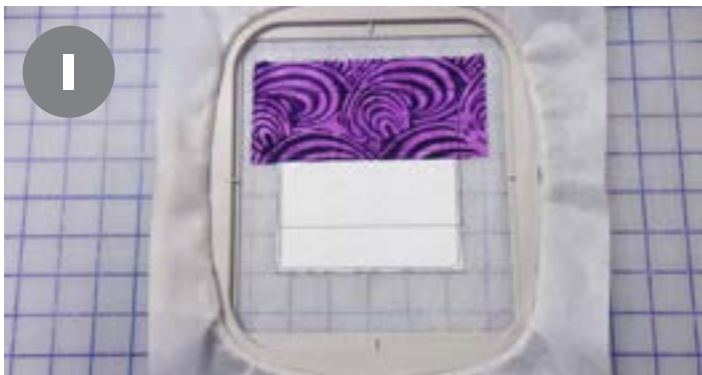


Step 4 will be the tacking stitch for the first piece of fabric. .



Once the tacking stitch has run, cut away the excess fabric on just the bottom side.

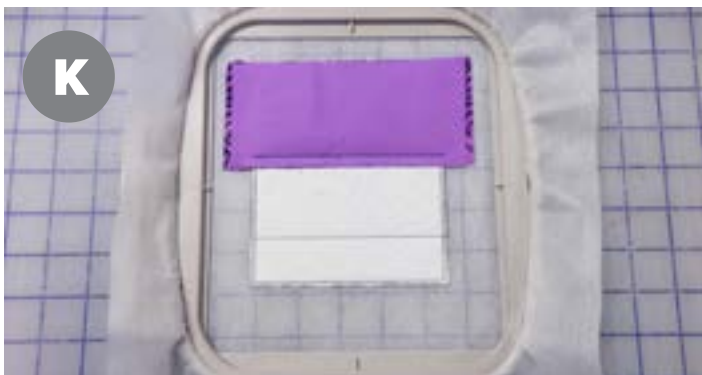
**Note:** Be sure to not cut away any of the excess fabric that is a part of the seam allowance.



Next will be the placement stitch for the second piece of folded fabric.



Lay your next piece of folded fabric right-side down so that at least a 1/4" of it extends past the top of the placement stitch. You can use tape to hold it in place if needed.



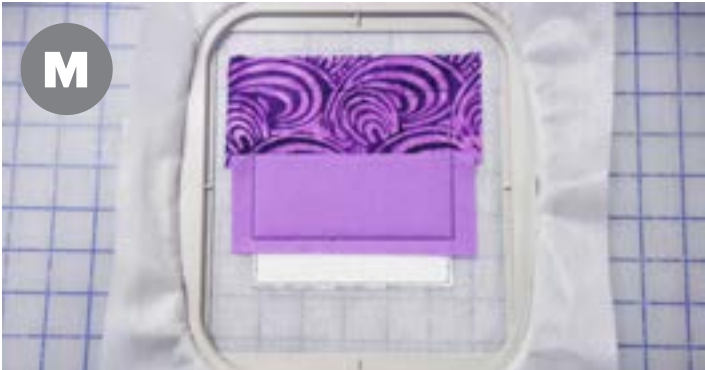
Step 6 will be the folding stitch.



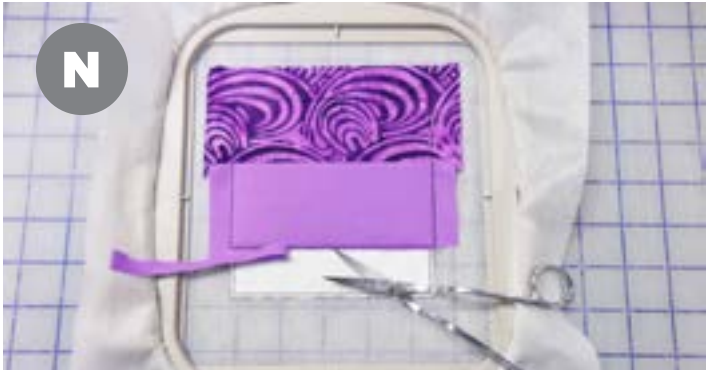
Fold your fabric over the folding line and finger press for a crisp crease. Use tape to secure the fabric in place.



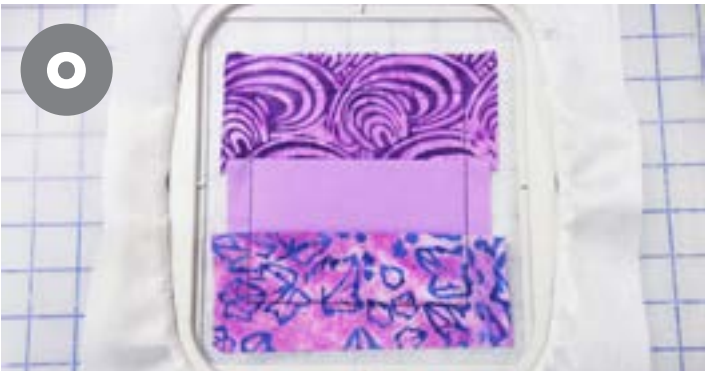
# FOLDED FABRIC



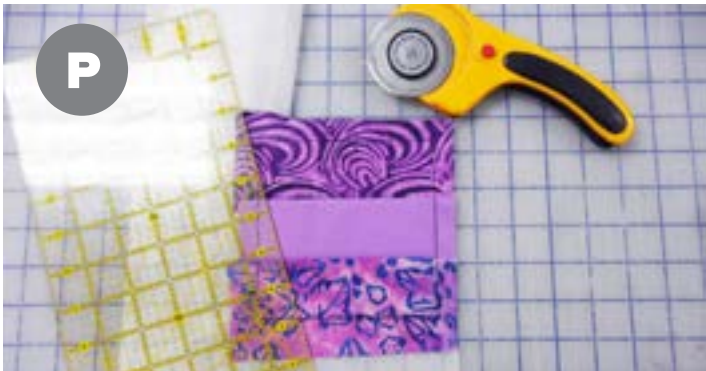
The next step will be the tacking stitch for the fabric.



Trim the excess fabric along the bottom of the tacking stitch. Continue with the remaining folded fabric steps using these three steps: placement stitch, folding stitch, and tack down stitch.



Once the remaining folded fabric pieces are completed your design should look something like this.

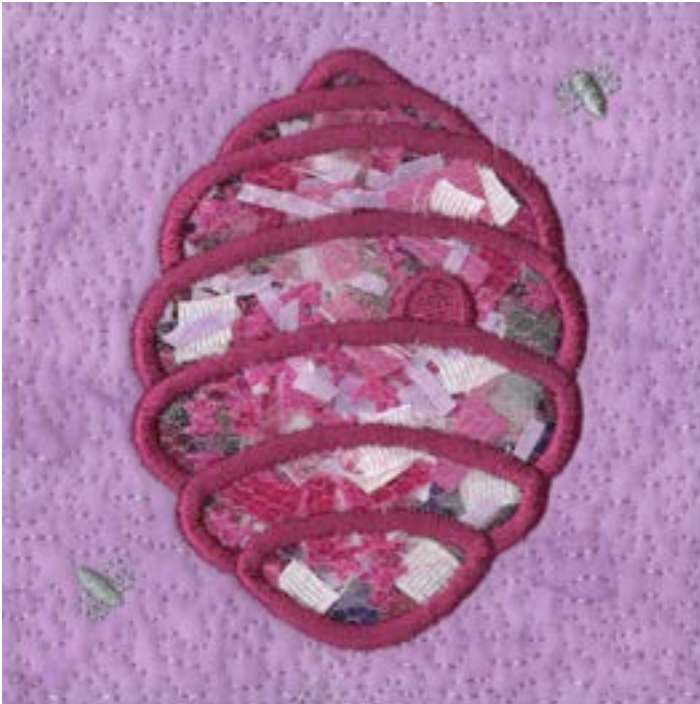
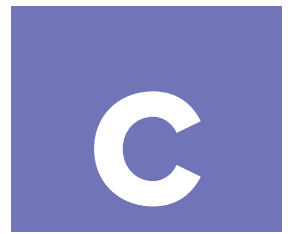


Remove the project from the hoop. Use your ruler and rotary cutter to trim the design. Be sure to leave a 1/2" seam allowance.



This is an example of what the completed folded fabric quilt block will look like!

# CONFETTI



Confetti designs use shredded pieces of fabric or ribbon to create the background of the designs instead of appliqué fabric. Essentially, anything that can be stitched through can be used in place of fabric. The shredded pieces are then covered with organza or netting to hold them in place.

## HOOP

---

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

---

Design - AFCC1A  
4.7" wide x 4.7" high (stitches - 7329)

Design - AFCC1B  
3.7" wide x 3.7" high (stitches - 5854)

## MATERIALS

---

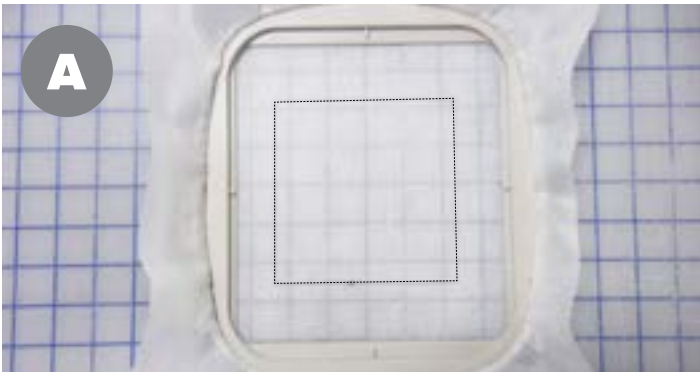
No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"  
1 piece of fabric: 4" x 3 1/2"  
1 piece of tulle: 4" x 3 1/2"  
Confetti pieces

## COLORS & STEPS

---

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. 672 - stippling
5. Placement stitch - place appliqué after this step
6. Tacking stitch for appliqué - place tulle after this step
7. Tacking stitch for tulle
8. 129 - satin stitch
9. 484 - bees

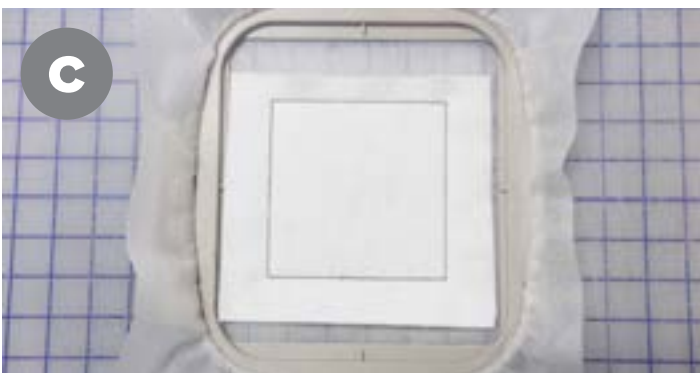
# CONFETTI



To start, hoop a piece of No-show Mesh Stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the block.



Next, place the piece of batting over top of these stitches.



Stitch step 2 of the design. This is a tacking stitch for the batting.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance, which makes the blocks easier to stitch together.



Next lay you base fabric over the batting, ensuring that it is covering the stitches completely. Also be sure to leave at least 1/2" extending past the batting on all sides.



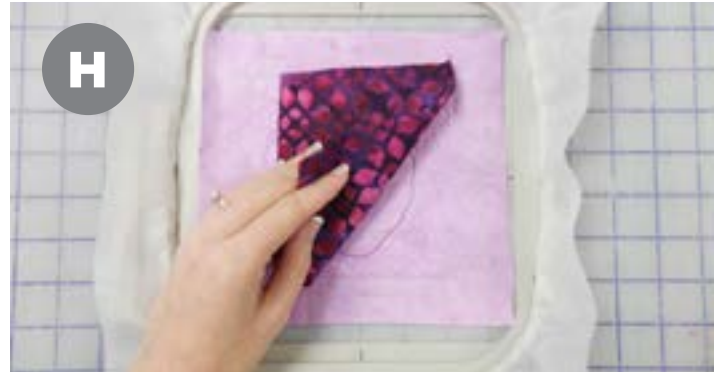
Stitch step 3 of the design. This is the tacking stitch that secures the base fabric.



# CONFETTI



The next step will be the stippling. After that is complete, run step 5 of the design which is the placement stitch for the appliqué.



Place the appliqué fabric over the placement stitches, covering them completely.



Run step 6 of the design. This is the tacking stitch for the appliqué.



Trim any excess fabric. Be sure to trim as close to the tacking stitches as possible.

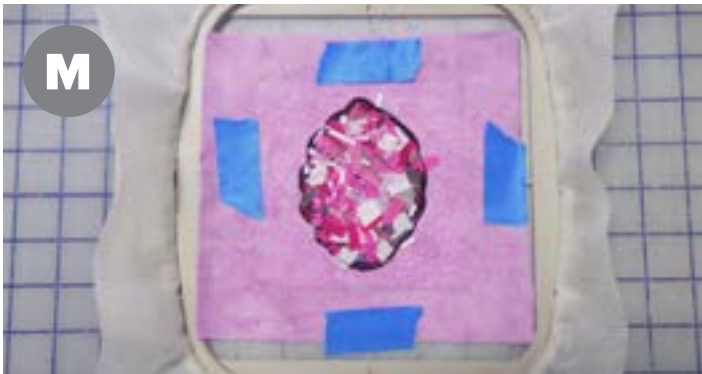


Next, you are going to take your confetti pieces and use them to cover the entire appliqué. It is fine if there are a few of spots where the base fabric is showing.

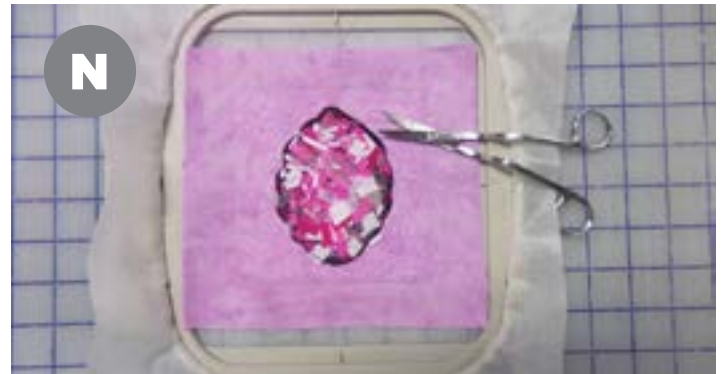


Once the confetti is in place, take your piece of tulle and cover the entire piece of appliqué and the confetti. Tape it in place to secure it while the next step runs.

# CONFETTI



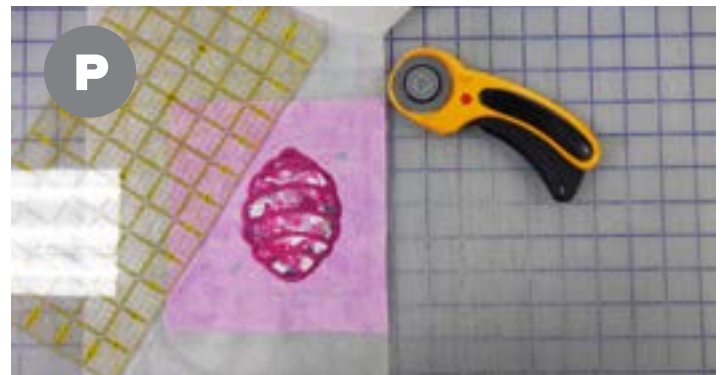
Begin step 7, which is the tacking stitch for the tulle.



Remove the hoop from the machine and carefully trim the excess tulle as close to the tacking stitches as you can.



Once the tulle has been trimmed, return the hoop to the machine and begin the remaining embroidery steps of the design.



After the design is complete, remove it from the hoop. Using your ruler and rotary cutter, cut away the excess fabric. Make sure to leave 1/2" seam allowance on all 4 sides of the design.



This is an example of what your finished confetti design will look like!

# LANDSCAPE



Landscape quilting is created using background fabrics that start and stop at the same point on each side of the quilt block so that when stitched together they form a scene. The background pieces are stitched together using light zig-zag stitches so that the embroidery blends with the fabric. Details are then added on top of the landscape elements.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCLS1A  
4.7" wide x 4.7" high (stitches - 4159)

Design - AFCLS1B  
3.7" wide x 3.7" high (stitches - 3164)

## MATERIALS

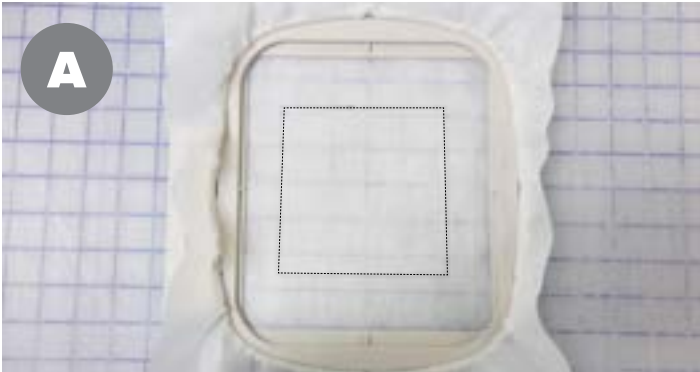
No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
3 pieces of fabric: 6" x 3"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting
3. Placement stitch - place first piece of appliqué
4. Tacking stitch for appliqué
5. Placement stitch - place second piece of appliqué
6. Tacking stitch for appliqué
7. Placement stitch - place third piece of appliqué
8. Tacking stitch for appliqué



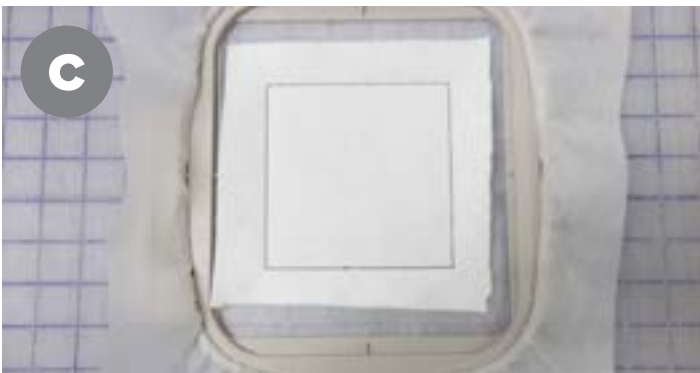
# LANDSCAPE



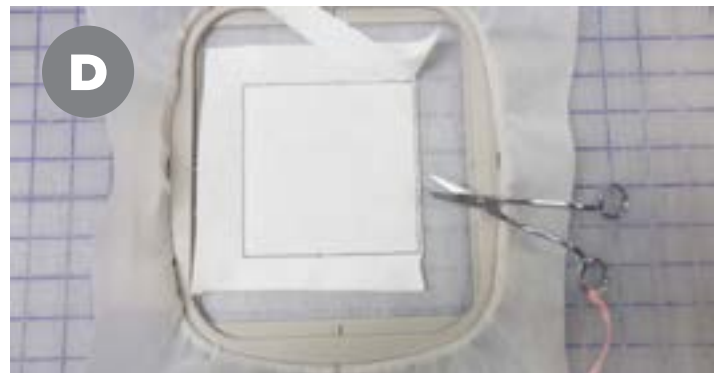
To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the block. Everything outside will be stitched into the seam allowance.



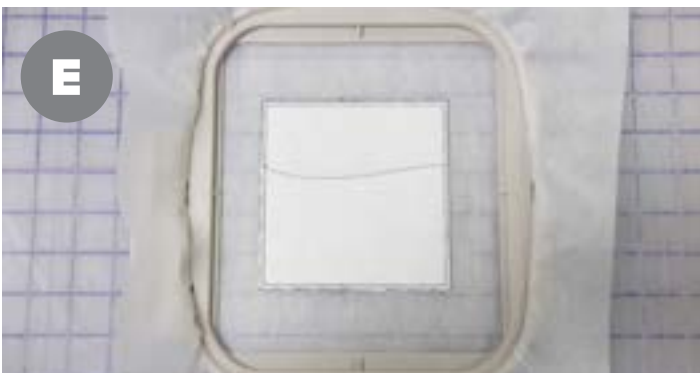
Next, place the piece of batting over top of these stitches.



Stitch step 2 of the design. This is a tacking stitch for the batting.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance making the blocks easier to stitch together.

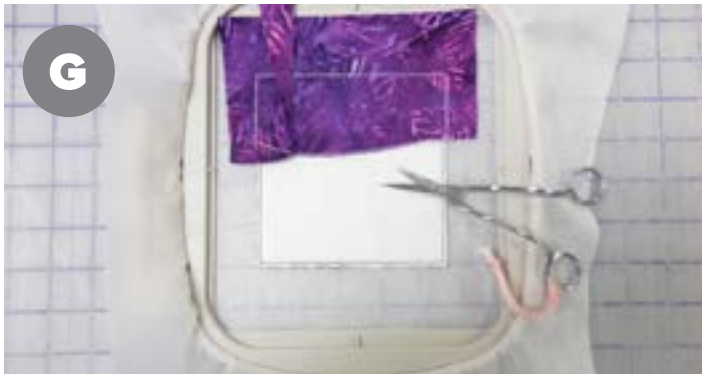


Step 3 will be the placement stitch for the first piece of appliqué.



Place the appliqué over the stitches, ensuring they are covered completely and that there is at least a 1/2" seam allowance on both sides and the top.

# LANDSCAPE



Stitch step 4 of the design, which is the tacking stitch for the first piece of appliqué. Once that is complete, cut the excess fabric from the bottom edge only.



Next will be a placement stitch for the second piece of appliqué.



Lay the appliqué piece over the placement stitches and run the next step of the design.



Step 6 of the design will be the tacking stitch for the second piece of appliqué. After that is complete, trim away the excess fabric on the bottom of the appliqué only.



Step 7 is the placement stitch for the third piece of appliqué. .



Place the third piece of appliqué over the placement stitch and run step 8 of the design which is the tacking stitch.

# LANDSCAPE



Once the tacking stitch is finished you will want to trim the excess fabric from the top only.



Continue with the embroidery steps of the design.



After you have completed the design, remove the design from the hoop. Using your ruler and rotary cutter, cut away the excess fabric leaving  $\frac{1}{2}$ " around all side for the seam allowance.



This is an example of what your landscape block will look like once it's complete!



# EVERYTHING WORKS TOGETHER



These quilt blocks all piece together to make a beautiful quilt! These blocks are also compatible with all of our Mix & Match quilting collections! The following pages will show you how to piece together this and any other quilt you create in the future!

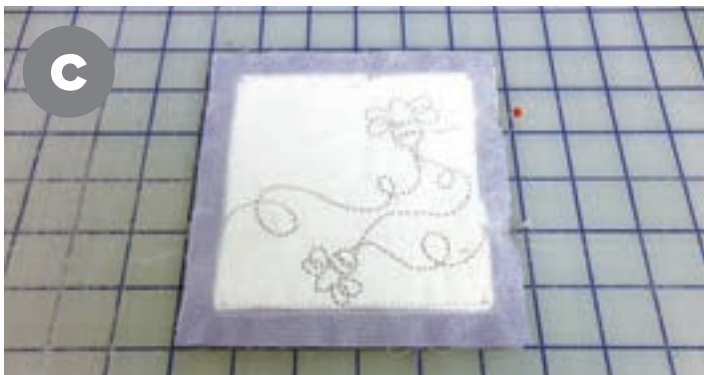
# FINISHING YOUR QUILT



Once you have stitched all of the blocks, lay them out on a table to complete your arrangement. Now we need to stitch the blocks together.



We will start with the first 2 blocks.



Place the 2 blocks together face-to-face so that the squaring lines around each block are lined up. Pin the blocks together.



Using a straight stitch and walking foot on your sewing machine, stitch the blocks together. Stitch just slightly inside the squaring line.



After you are finished stitching press open the seam of the blocks.



You will continue along in this manner and stitch the rows together. This is all of the rows stitched together separately.



# FINISHING YOUR QUILT



Once the rows are finished, you will stitch the individual rows together in the same manner.



After you are finished stitching, press open the seam of the blocks.



Your finished quilt top will look something like this. Your shape and size may vary.



Next, place a piece of backing fabric facing down and layer it with your batting and your quilt top. Cut the batting and backing at least 2" bigger than your quilt top all the way around. Make sure your fabric is flat when cutting your backing and batting.



This is a close up of the quilting safety pins that we use. They are curved which make it easier to pin through all of the layers.



Carefully pin all three layers together inside the quilt blocks. We use 4 pins inside each block, you do not want your fabric or batting to shift while you quilt your layers together.



# FINISHING YOUR QUILT



Here is a picture of the back. Make sure your back fabric is facing out.



Using a walking foot, carefully stitch in the ditch through all of the layers of your quilt. “Stitch in the ditch” simply means that you stitch along each of the quilt block seams to secure the layers together. This method minimizes how much thread shows on the top of the quilt. Since our blocks are embroidered, we prefer this method of quilting.



Even though stitching in the ditch is somewhat invisible on the top of the quilt, we use either a matching thread or mono-filament (a very fine, invisible) thread when stitching in the ditch. We also stitch around the outside of the entire quilt, within the seam allowance, so you don't see it once it is bound.



This is the back. Sew slowly and carefully to avoid shifting and puckers.

**Note:** We used a light thread here for the pictures. You will want to match your thread or use invisible thread for your quilt.



Next, trim the excess batting and backing from around your quilt. Your seam allowance will still be  $\frac{1}{2}$ " Now we will attach the binding.



Start by cutting your binding strips. Our strips are 2.5" wide, which creates an approximate  $\frac{5}{8}$ " binding. We cut ours on the straight of grain or the bias depending on how much coordinating fabric we have left. The amount of binding you need varies depending on the size of your quilt.

# FINISHING YOUR QUILT



**S** With right-sides together, lay two strips of binding perpendicular to each other. At a 45° angle, stitch the two strips together leaving a ½” allowance. Use regular sewing thread to attach the strips.



**T** Trim the seam allowances to ¼” and press open. Repeat until enough binding strips are connected to measure the entire perimeter of your quilt, plus a few inches.



**U** Starting at one of the seam lines along the side of the quilt, place the binding along the edge. Fold the start edge back to make a triangle, this creates a finished start and stop point. Make sure that the raw edge of the binding is aligned with the raw edge of the quilt and that right-sides are together. Pin along one edge at a time.



**V** Sew using a ½” seam allowance, but stop stitching ½” from corner. Then, sew at a 45° angle to the edge of the binding. Remove the quilt from your machine.



**W** Fold the binding back on itself, perpendicular to the seam you just stitched.



**X** Fold the binding again. This time, align the fold in the binding with the raw edges of the seam you just sewed and align the raw edges of the un-stitched binding with the next edge of the quilt. Pin in place.



# FINISHING YOUR QUILT



Starting  $\frac{1}{2}$ " from the edge of the quilt, stitch the binding to the next corner of the quilt.



Your corners should look like this. Repeat sewing each edge and the remaining corners.



To join the beginning and end, simply overlap the end with the beginning by about 2". This edge will finish itself once you wrap the binding back.



Fold the binding over the raw edges of the quilt to the quilt back. Fold the raw edge of the binding in to meet the raw edge of the quilt, about  $\frac{5}{8}$ ". Pin the fold in place just beyond the stitching line.



The corner should look like this on the top side.



Pin the binding to the back all the way around the quilt, making the mitered corners pretty as you go.



# FINISHING YOUR QUILT



Using a walking foot, carefully stitch in the ditch from the top side. Remove the pins from the back as you stitch a few inches at a time. Do not sew over the pins. Take your time, this is the final step, do not rush now.



This is an example of a finished quilt.

# FREESTANDING

FS



Freestanding designs are created in a similar fashion to appliqué. Freestanding designs are not stitched on fabric, but instead they are stitched on stabilizer, either tear-away or wash-away. When the design is finished, it can stand on its own like an ornament, coaster, or bookmark for example. Once you learn this technique you will think of dozens of gift ideas for all of your friends and family!

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCFS1A  
4.8" wide x 4.8" high (stitches - 11852)

Design - AFCFS1B  
3.8" wide x 3.8" high (stitches - 9276)

## MATERIALS

Tear-away stabilizer to fit hoop  
Warm & Natural batting: 6" x 6"  
2 pieces of fabric: 6" x 6"  
1 piece of fabric: 5" x 5"  
Matching bobbins

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting
3. Placement stitch - place wing appliqué after this step
4. Tacking stitch for wing appliqué
5. Placement stitch - place body appliqué after this step
6. Tacking stitch for body appliqué
7. 484 - wing details and eyes
8. 125 - stripes on body - place back fabric after this step
9. Tacking stitch for place back fabric
10. 484 - satin stitch - wings
11. 129 - satin stitch - body
12. 484 - satin stitch - eyes

# FREESTANDING



To start, hoop a piece of tear-away stabilizer. Stitch step 1 of the design. This is the placement stitch for the batting.



Place the batting over the placement stitches making sure that you are covering them completely.



Stitch step 2 of the design. This is a tacking stitch for the batting.



Trim any excess batting away from the outside of this tacking stitch.



Run step 3 of the design. This is going to be the placement stitch for the wing appliqué.



Place the fabric completely over the placement stitches.



# FREESTANDING



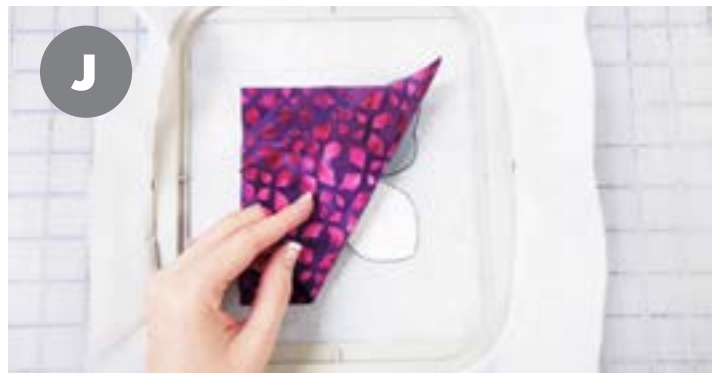
Step 4 will be the tacking stitch for the appliqué pieces.



After the tacking stitch, trim away the excess fabric.



Next will be the placement stitch for the second piece of appliqué.



Lay the fabric down, covering the stitches completely.



Step 6 is the tacking stitch for the body appliqué.



Remove the hoop from the machine and trim away the excess appliqué fabric.

# FREESTANDING



**M** Return the hoop to the machine and run the embroidery steps. Once steps 7 and 8 are complete, remove the hoop from the machine and flip it over.



**N** Place the back fabric over the design, ensuring that it is covered completely. You will want to tape it down so that it does not move or fall off once you flip the hoop back over and return it to the machine.



**O** Once it is taped down you will place it back in the machine and run the next step. This will be the tacking stitch for the back fabric.



**P** Remove the hoop from the machine and flip it over. You will want to trim away the excess fabric from the back of the design as close to the tacking stitches as possible.



**Q** Before returning the hoop to the machine you are going to want to match your bobbin to your top thread. This will give the final satin stitch a nice clean finish all the way around on both sides of the design.



**R** After you have wound the bobbin, return the hoop to the machine and continue with the remaining embroidery steps which will be the satin stitches around the design.

# FREESTANDING



Remove the hoop from the machine and carefully tear away the design from the stabilizer.



This is an example of what your completed design should look like!



# ZIPPERED BAG



This is the project that started it all. Everyone is fascinated with creating a design with a zipper in his or her embroidery machine. I think everyone loves it because it is such an unexpected technique. What started out as a simple bag 7 years ago has come a long way. We now have bags in every shape and size, we have even started to line the bags in the hoop. This bag in particular uses the folded fabric technique for the front of the bag.

## HOOP

4" x 4"

## DESIGNS

Design - AFCZ1A (*front*)  
3.4" wide x 3.7" high (stitches - 1765)

Design - AFCZ1B (*back*)  
3.4" wide x 3.7" high (stitches - 1381)

## MATERIALS

2 pieces of No-show Mesh to fit hoop  
6 pieces of base fabric: 5 1/2" x 2"  
2 pieces of secondary fabric: 5 1/2" x 3 1/2"  
Zipper  
Ribbon: 2"

## COLORS & STEPS

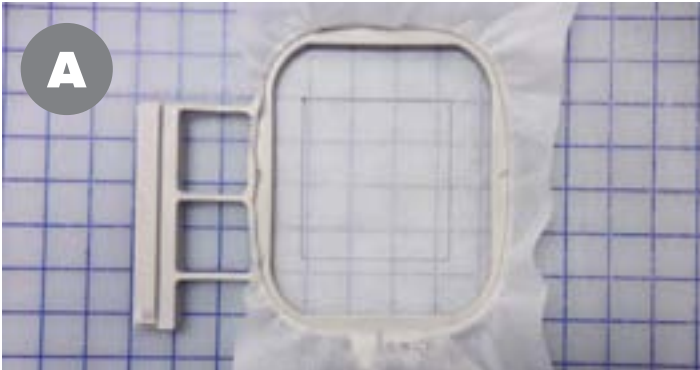
### FRONT

1. Squaring stitch
2. Placement stitch - place fabric after this step
3. Tacking stitch for fabric
4. Placement stitch - place folded fabric after this step
5. Folding stitch - folded fabric
6. Tacking stitch for folded fabric
7. Placement stitch - place folded fabric after this step
8. Folding stitch - folded fabric
9. Tacking stitch for folded fabric
10. Placement stitch - place folded fabric after this step
11. Folding stitch - folded fabric
12. Tacking stitch for folded fabric
13. Placement stitch - place folded fabric after this step
14. Folding stitch - folded fabric
15. Tacking stitch for folded fabric
16. Placement stitch - place folded fabric after this step
17. Folding stitch - folded fabric
18. Tacking stitch for folded fabric

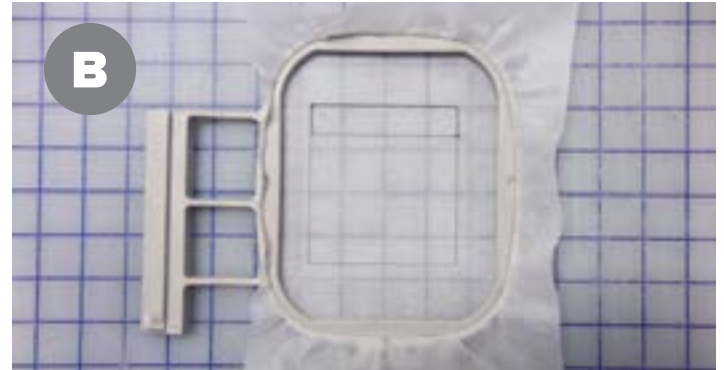
### BACK

19. Placement stitch - place zipper after this step
20. Tacking stitch for zipper - place bottom fabric after this step
21. Folding stitch - fold fabric after this step
22. Tacking stitch - place top fabric after this step
23. Folding stitch - fold fabric after this step
24. Tacking stitch - place front of bag after this step
25. Tacking stitch for front of bag

# ZIPPERED BAG



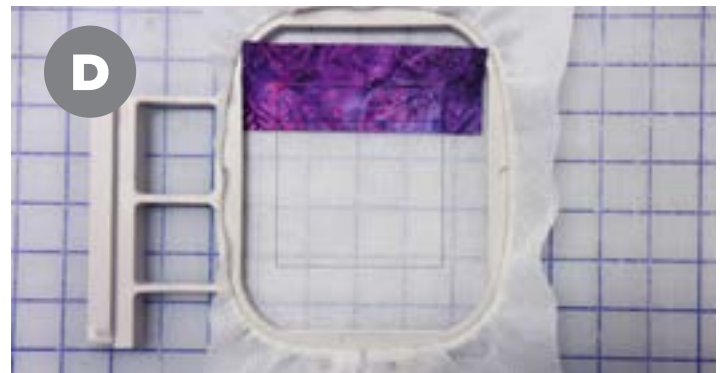
We will start with the front of the bag. Begin by hooping a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this block will be seen in the block. Everything outside the squaring stitch will be sewn into the seam allowance.



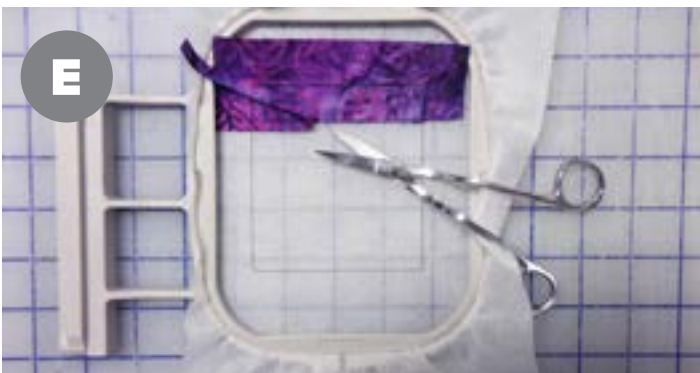
Stitch step 2 of the design. This is the placement stitch for the first piece of folded fabric.



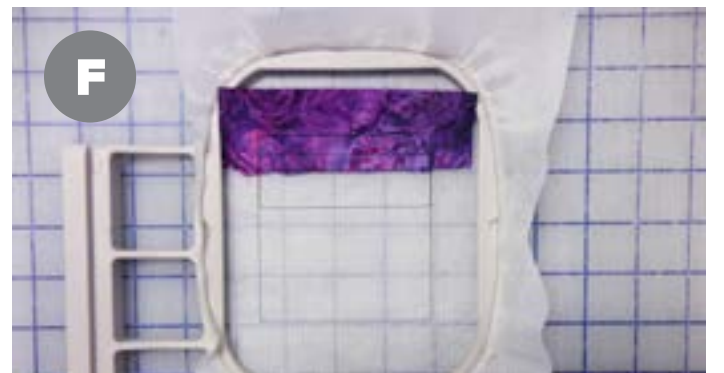
Next, place the first piece of folded fabric right-side up. Be sure to cover the placement stitch completely while leaving at least a 1/2" seam allowance on all sides. When using a folded fabric technique, the first piece of folded fabric will always be treated like a regular piece of appliqué.



Step 3 of the design will be the tack down stitch for the first piece of fabric.



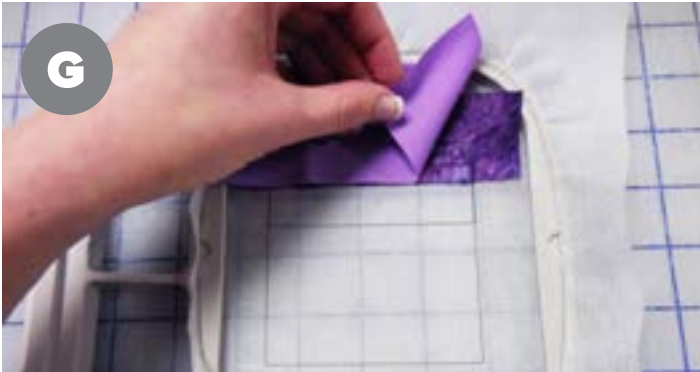
Once the tack down stitch has run, cut away the excess fabric along the bottom side.



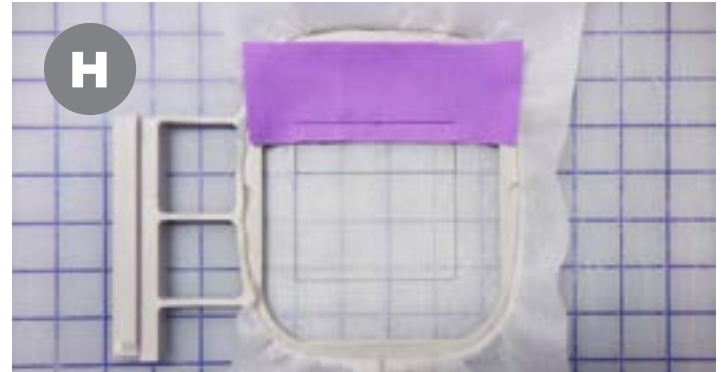
The next step will be the placement stitch for the second piece of folded fabric.

**Note:** Be sure to not cut away any of the excess fabric that is a part of the seam allowance.

# ZIPPERED BAG



Lay your next piece of folded fabric right-side down so that ½” of it extends past the top of the placement stitch. You can use tape to hold it in place if needed.



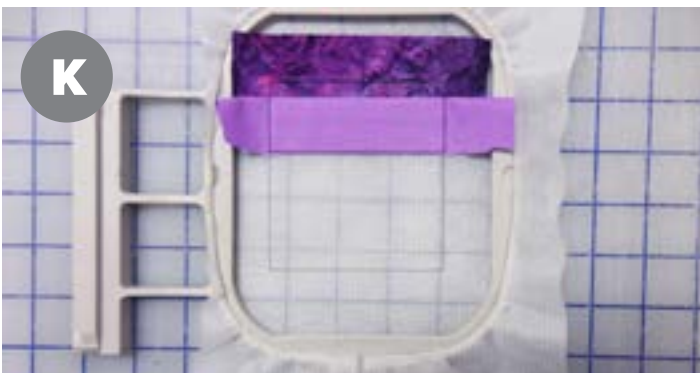
Stitch step 5 of the design which is the folding line.



Fold your fabric over the folding line and finger press for a crisp crease. Use tape to secure the fabric in place.



Step 6 will be the tack down stitch for the folded fabric.



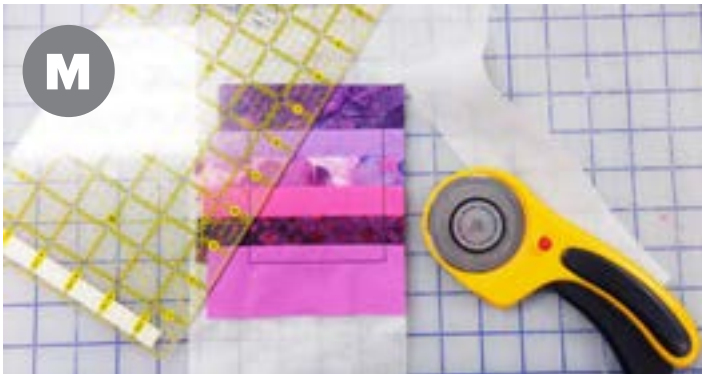
Trim away any excess fabric along the bottom of the folded fabric. Continue with the remaining folded fabric steps using these techniques.



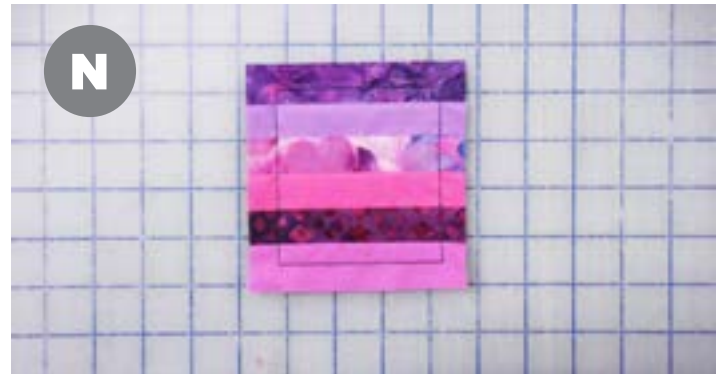
This is an example of the completed folded fabric.



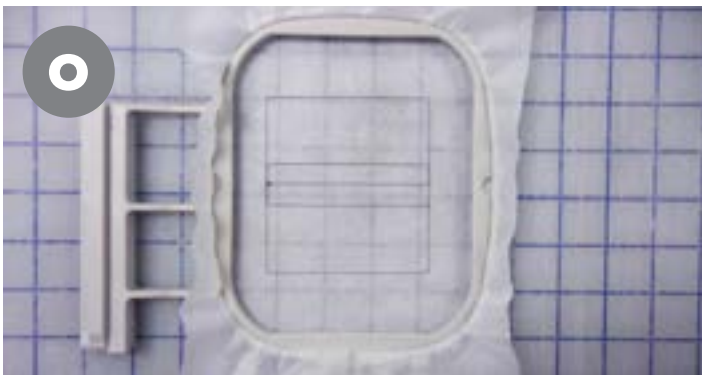
# ZIPPERED BAG



Remove the project from the hoop. Use your ruler and rotary cutter to trim the design. Be sure to leave a 1/2" seam allowance around the outside.

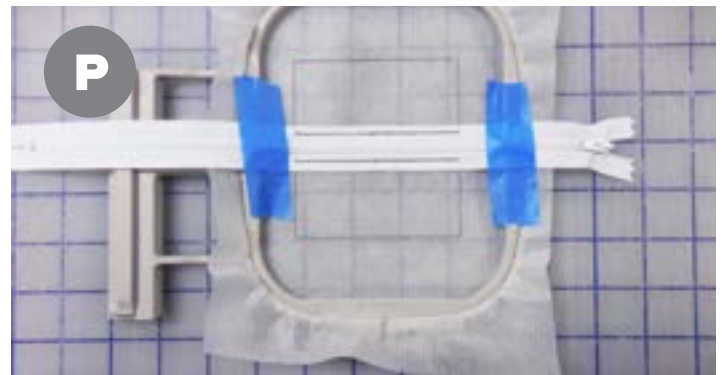


This is an example of the finished folded fabric piece. You can set the front of the bag aside for now.



You are now ready to stitch out the back of the bag. The first step is the placement stitch for the zipper. Place your zipper in between the lines teeth up. The teeth of your zipper will line up with the center line.

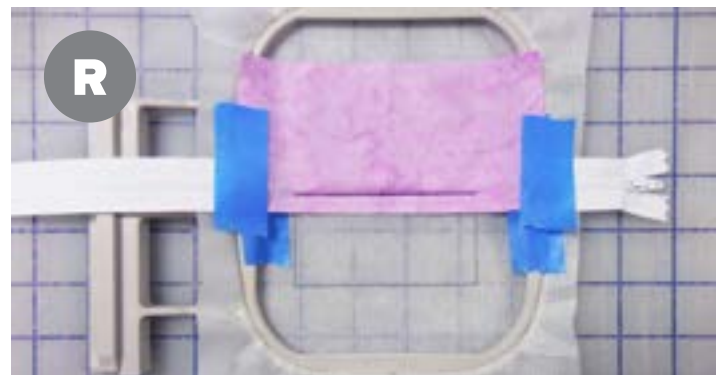
**Note:** Make sure the zipper head is away from the guideline stitches.



Secure the zipper with tape and run step 2 which is the tack down stitch for the zipper.



You are now going to place your first piece of front fabric right-side down and align it with the bottom edge of the zipper. Be sure to tape in place.



Step 3 will be the folding line for the first piece of fabric.

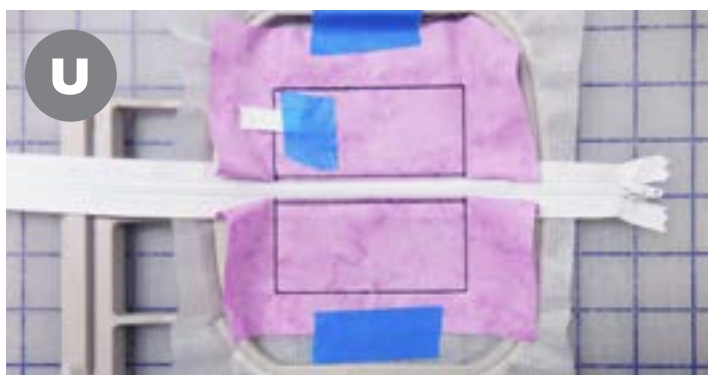
# ZIPPERED BAG



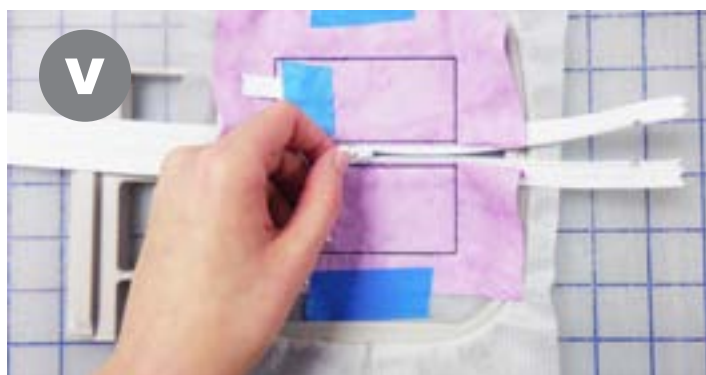
Once the folding stitch is complete, remove the tape and fold over the fabric giving it a crisp finger crease. Secure the fabric with tape.



Step 4 will be the tack down stitch for the first piece of folded fabric. Continue with the top piece of folded fabric following the same techniques.



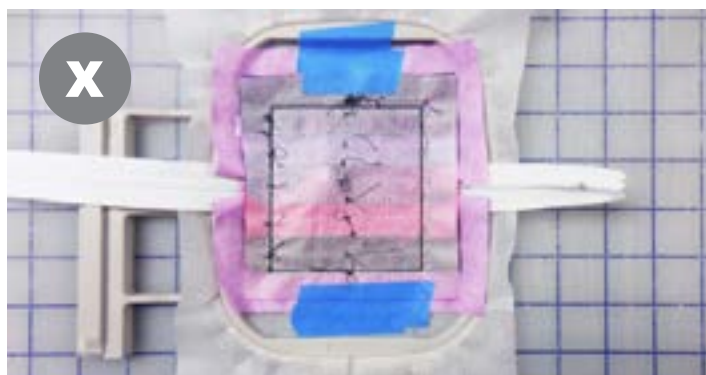
Once both of the fabrics are tacked down, you are going to take your piece of ribbon and fold it in half. Place the folded end of the ribbon on the inside of the bag with the ends extending past the bag's tacking stitches by at least  $\frac{1}{4}$ ".



Now you will unzip the zipper halfway. This is an important step. If you do not open the zipper at this time, your bag will be sewn shut!

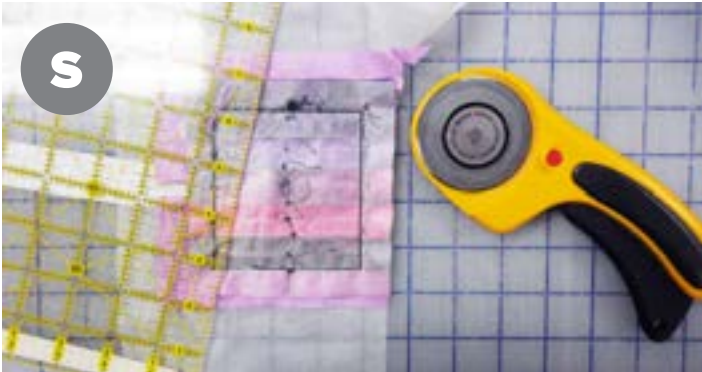


Now you will attach the front of the bag to the back. Take your folded fabric piece and place it face down so that it is lined up with tack down stitches of the front of the bag. Tape it in place to secure it while it stitches the next step.

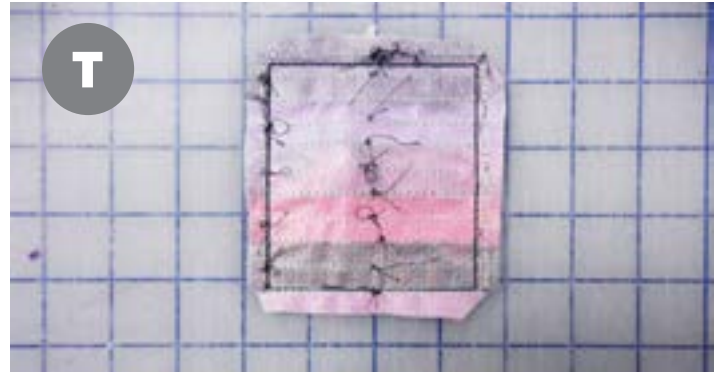


The final step will tack down the front of your bag to the back.

# ZIPPERED BAG



**S** Remove the bag from the machine and use your ruler and rotary cutter to cut away the excess stabilizer and zipper pieces. When cutting, be sure to leave ¼" seam allowance.



**T** This is an example of what the bag will look like once it is trimmed. Don't forget to clip the corners of the bag. This will prevent the corners of the bag from bunching up with too much fabric once it is turned right-side out.



**U** Take a seam ripper to remove the excess stabilizer that is covering the zipper. Once you make a slit you can use a pair of scissors to trim away any excess.



**V** Turn the bag inside out through the zipper.



**W** You now have a zippered keychain bag. Attach any key ring using the ribbon hoop! This is a great little bag for lip balm, spare change, and more!



# CUTWORK



You will be able to create our favorite heirloom technique, cutwork, in just a few easy steps. You will do all of the cutting in your embroidery hoop making this traditional technique very simple. These designs look beautiful on linens, tea towels and even clothing. We have a few different styles of cutwork. The first style is called peek-a-boo cutwork, which we are demonstrating here. We are including this technique as a quilt block so that you can use it in your quilt project.

## HOOP

---

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

---

Design - AFCCW1A  
4.8" wide x 4.8" high (stitches - 14844)

Design - AFCCW1B  
3.8" wide x 3.8" high (stitches - 11864)

## MATERIALS

---

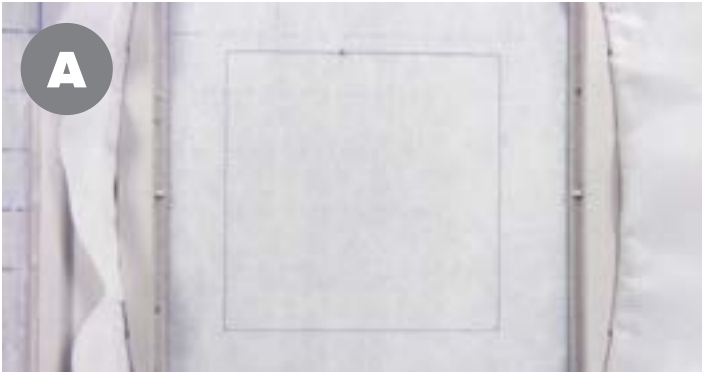
No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"  
1 piece of secondary fabric: 6" x 6"

## COLORS & STEPS

---

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place fabric 1 (base) and fabric 2 (secondary) after this step
3. Tacking stitch for fabric 1 (base) & fabric 2 (secondary)
4. Cutwork stitches - trim secondary fabric after this step
5. 129 - pink flowers
6. 694 - purple flowers
7. 129 - center of flowers

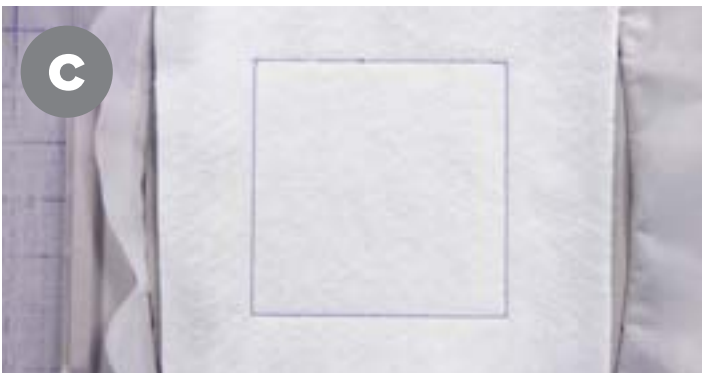
# CUTWORK



To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything that stitches inside this square will be seen in the block. Everything outside the squaring stitch will be sewn into the seam allowance.



Next, place the piece of batting over top of these stitches. .



Stitch step 2 of the design. This is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance making the blocks easier to stitch together later.



Place two layers of fabric, right-side up, so they completely cover the batting and your placement lines. The fabric should extend at least 1/2" all the way around your initial placement line. This is your seam allowance.



Stitch step 3 of the design. This is the tacking stitch that secures the fabric.

# CUTWORK



Step 4 will be the cutwork stitches.



Next, remove the hoop from the machine. Take your seam ripper and make an incision. This will make it easier for you to trim away the fabric. *Make sure that you are only making an incision through the top layer of fabric!*



Cut away the fabric that is outside of the flowers. Continue with the remaining pieces.



This is an example of what the design should look like once you have cut away the top layer of fabric.



Continue with the embroidery steps. After these steps are complete, you can remove the design from the hoop.



Using your ruler and rotary cutter, trim away the excess fabric from all sides, while leaving a half inch seam allowance on all sides. This is an example of what your completed design will look like!



# FREESTANDING LACE



Free standing lace is one of the easiest techniques to learn! You simply hoop a piece of wash-away stabilizer, match your bobbin color to your thread color and stitch away. Once the design is finished stitching, you simply rinse it under warm water to remove the stabilizer. The end result is beautiful lace.



## HOOP

---

5" x 7" for A size  
4" x 4" for B size

## COLORS & STEPS

---

1. 129 - butterfly wings
2. 484 - butterfly body

## DESIGNS

---

Design - AFCL1A  
4.8" wide x 3.3" high (stitches - 19458)

Design - AFCL1B  
3.8" wide x 2.6" high (stitches - 14839)

## MATERIALS

---

Wash-away stabilizer to fit hoop  
Matching bobbin

# FREESTANDING LACE



To start, hoop a piece of wash-away stabilizer.



Before you begin the embroidery, you will want to wind a bobbin to match the thread color you will be using.



Once you have wound the bobbin, place the hoop in the machine and begin the embroidery steps of the design.



After the design is completely embroidered, pop the design out of the hoop and using your rotary cutter to cut as close to the design as you can. By doing this, you will have less stabilizer to rinse away



Run the design under warm water to rinse away the stabilizer, massaging it with your fingers to ensure that there is no residue left behind. Lay your design aside and let it dry.



This is an example of what your completed design will look like!

# HAND STITCHED



Hand stitching designs look different from any other type of machine embroidery. Each stitch, instead of consisting of 1 layer of thread has between 5 and 15 layers of thread. This is achieved through the digitizing software. Standard weight thread looks like embroidery floss when it is finished. This technique is amazing because you can achieve a handmade look in record time. Our hand stitched designs are available as both quilt blocks and standard designs. We are including this technique as a quilt block so that you can use it in your quilt project.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCHS1A  
4.7" wide x 4.7" high (stitches - 6657)

Design - AFCHS1B  
3.7" wide x 3.8" high (stitches - 6143)

## MATERIALS

No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. 800 - stippling
5. 694 - flower outline and leaf
6. 484 - flower details



# HAND STITCHED



To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design, which is the squaring stitch. Everything inside this square will be seen in the finished design. Everything outside will be stitched into the seam allowance.



Next, place the piece of batting over top of these stitches cover it completely with at least a 1/2" allowance on each side.



Stitch step 2 of the design. This is a tacking stitch for the batting. Trim any excess batting away from the outside of the tacking stitches.



Next, place your base fabric over the whole design, ensuring that the fabric extends at least 1/2" past the placement stitches on all sides.



Stitch step 3 of the design, which is the tacking stitch for the base fabric.



Step 4 is the stippling.

# HAND STITCHED



Run the remaining embroidery steps of the design.



Remove the design from the hoop, and, using your ruler and rotary cutter, cut away the fabric on each side, leaving  $\frac{1}{2}$ " seam allowance on all sides of the design.

I



This is an example of what your completed design will look like!

# SHADOW WORK



When we were developing our shadow work technique, everyone would pass by as it was stitching and wonder how it was done. We use a simple technique where we stitch the design on our base fabric and then add another piece of fabric on top, stipple the background and then stitch the design element outlines. The end result is a shaded coloring to the design that almost looks like the fabric was painted. We are including this technique as a quilt block so that you can use it in your quilt project.

## HOOP

5" x 7" for A size  
4" x 4" for B size

## DESIGNS

Design - AFCSW1A  
4.7" wide x 4.7" high (stitches - 7376)

Design - AFCSW1B  
3.7" wide x 3.7" high (stitches - 6237)

## MATERIALS

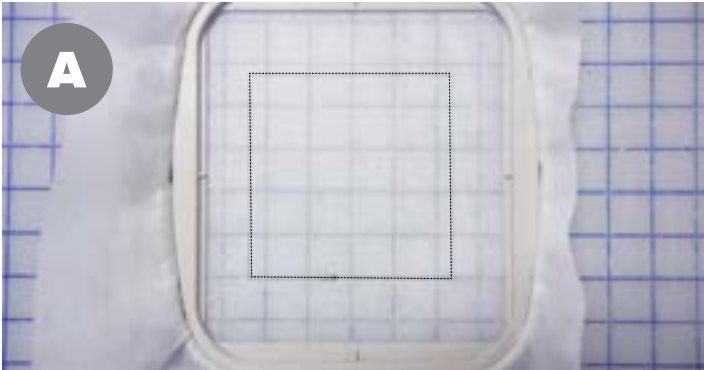
No-show Mesh to fit hoop  
Warm & Natural batting: 6" x 6"  
1 piece of base fabric: 6" x 6"  
1 piece of fabric: 5 1/2" x 5"  
1 piece of fabric: 2" x 2"  
1 piece of sheer fabric: 6" x 6"

## COLORS & STEPS

1. Squaring stitch - place batting after this step
2. Tacking stitch for batting - place base fabric after this step
3. Tacking stitch for base fabric
4. Placement stitch - place first piece of appliqué after this step
5. Tacking stitch for appliqué
6. Placement stitch - place second piece of appliqué after this step
7. Tacking stitch for appliqué - place sheer fabric after this step
8. Tacking stitch - sheer fabric
9. 800 - stippling
10. 694 - flower outline and stem
11. 484 - center of flower outline
12. 484 - center of flower details



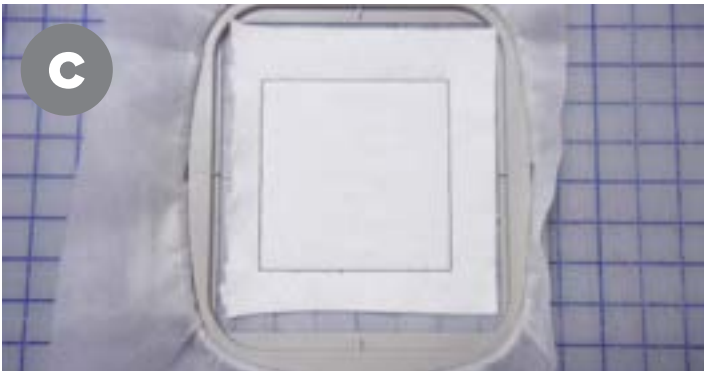
# SHADOW WORK



To start, hoop a piece of No-show Mesh stabilizer. Stitch step 1 of the design. This is the squaring stitch. Everything inside this square will be seen in the finished design. Everything outside will be sewn into the seam allowance.



Next, place the piece of batting over top of these stitches.



Step 2 of the design is a tacking stitch for the batting. It is slightly inside the squaring stitch to allow for trimming.



Trim any excess batting away from the outside of this tacking stitch. This ensures the batting is not in the seam allowance making the blocks easier to stitch together.



Place your fabric, right-side up, so it completely covers the batting and your placement lines. The fabric should extend at least 1/2" all the way around your initial placement line. This is your seam allowance.



Stitch step 3 of the design. This is the tacking stitch that secures the fabric.

# SHADOW WORK



Step 4 of the design is the placement stitch for the first piece of appliqué.



Place the appliqué completely covering the placement stitch.



Stitch step 5 of the design which is the tacking stitch.



Remove the hoop from the machine and trim any excess fabric away from the outside of this tacking stitch.

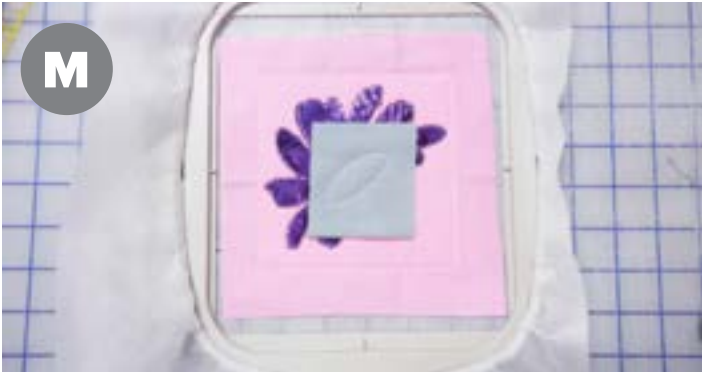


Return the hoop to the machine and stitch step 6. This is the placement stitch for the second piece of appliqué.

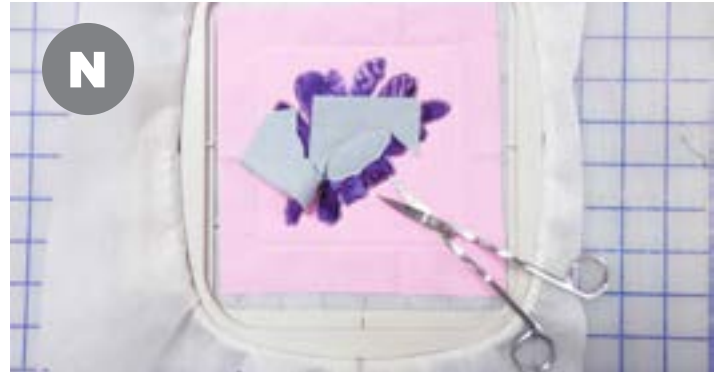


Place the second piece of appliqué over the placement stitches, ensuring that it covers it completely.

# SHADOW WORK



Stitch step 7 of the design which is the tacking stitch.



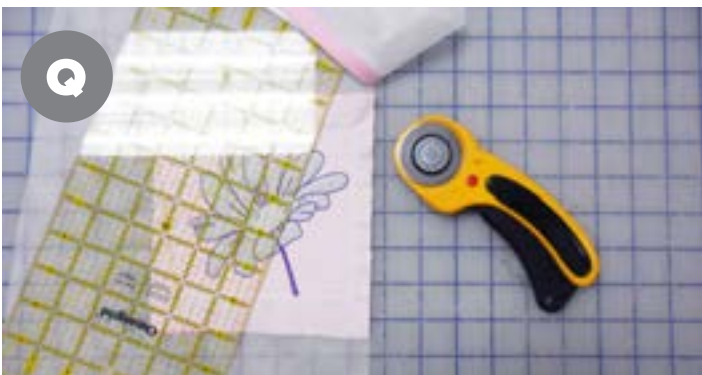
Remove the hoop and trim away the excess fabric from the appliqué.



Take your piece of sheer fabric and cover the design completely. Be sure that it extends past the base fabric tacking stitches by  $\frac{1}{2}$ " on all sides. Stitch step 8 which is the tacking stitch for the sheer fabric.



Once the tacking stitch is complete, run the remaining stippling and embroidery steps.



After the design is complete, remove it from the hoop and take your ruler and rotary cutter to trim away the excess fabric. Be sure to leave  $\frac{1}{2}$ " seam allowance on all sides.



Here is an example of what your completed shadow work block will look like!