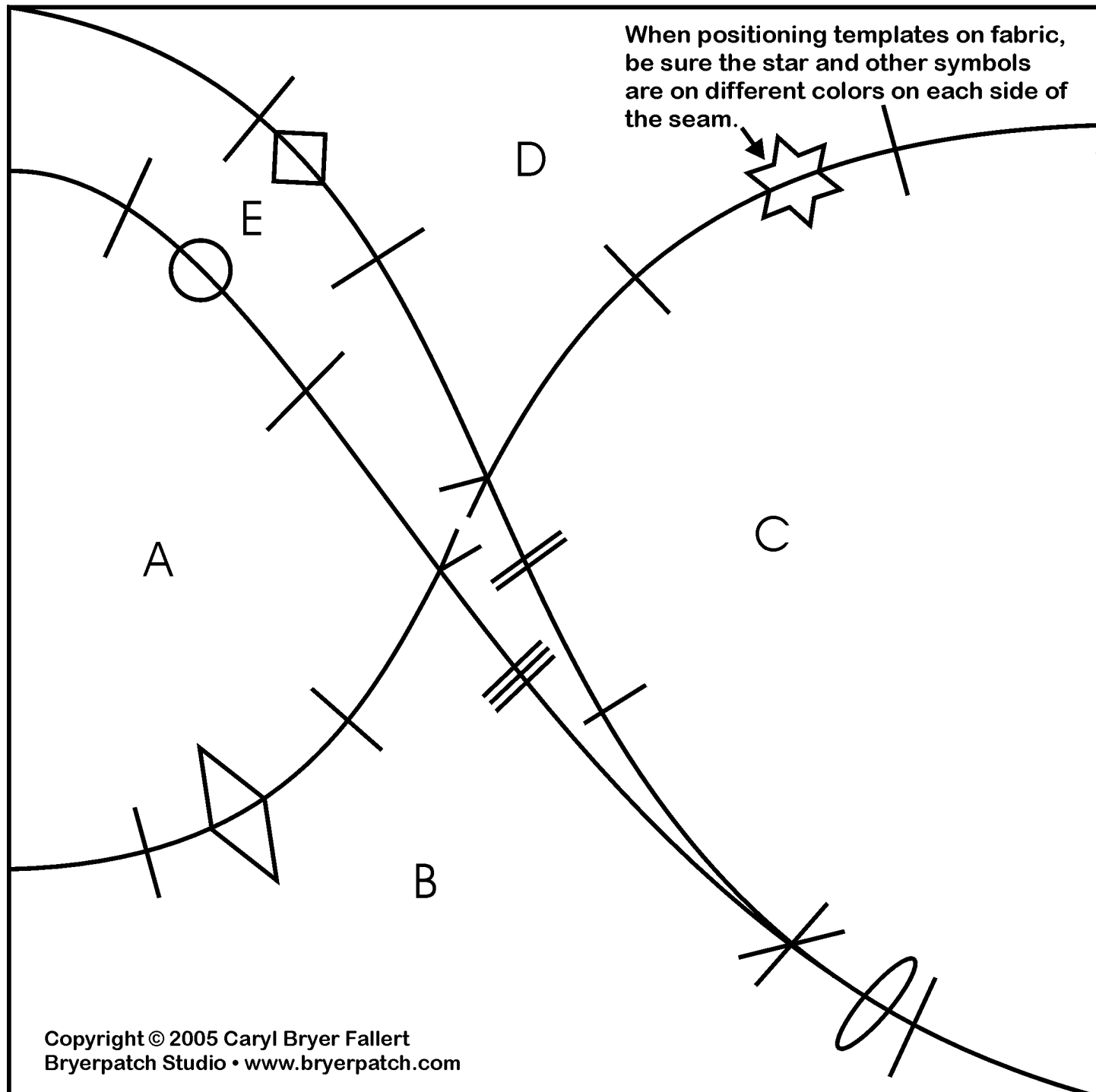


Simple Curves: Practice pattern and tips for Appliecing®

By Caryl Bryer Fallert / Bryerpatch Studio / www.bryerpatch.com

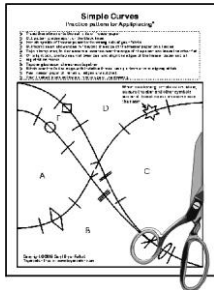
- * Trace the lines of the pattern onto the dull side of freezer paper.
- * Cut pattern pieces apart on the black lines.
- * Iron shiny side of freezer paper to the wrong side of your fabric.
- * Cut fabric seam allowances $\frac{1}{4}$ " beyond the edge of the freezer paper on all sides.
- * To join templates, fold one seam allowance over the edge of the paper, and leave the other flat.
- * On a light box, overlap seam allowances, and align the edges of the freezer paper and all registration marks.
- * Tape or glue seam allowances together.
- * Stitch over the folded edge with invisible thread, using a 1mm x 1mm zigzag stitch.
- * Peel freezer paper off when all edges are stitched.
- * Your finished block will be a mirror image of the drawing.



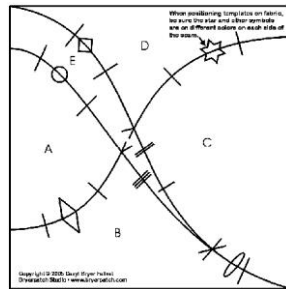
Instructions for Piecing the Sample Appliqueing ® Block - Copyright © 2009 Caryl Bryer Fallert- page 1

Your pattern is printed or traced on the dull, paper side of the freezer paper, and all of your fabric will go on the shiny side, so your block will be a mirror image of the line drawing.

Cut out your block pattern on the outside black line. Do not add seam allowance to the paper pattern; it will just get in your way later. You will be adding seam allowance to the fabric as you cut each template.



This is what it will look like after it has been cut out. Notice that the templates are lettered A, B, C, D, & E.



Also notice the symbols and lines across the seam lines.

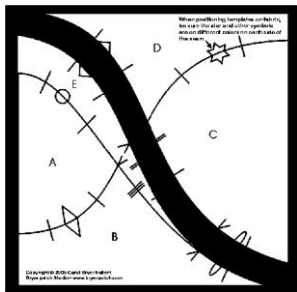
The straight lines are registration marks to help you align the edges of your templates after you have added fabric.



The symbols are there so you know which edges go together after your block is cut apart.

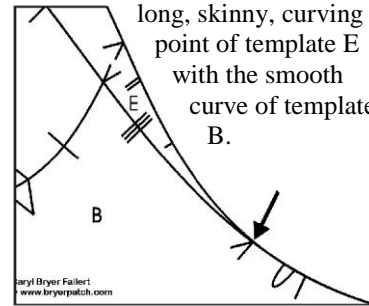
The V's along the seam lines indicate the intersection of a seam with a long smooth curve.

Cut diagonally across the block along one side of template E.

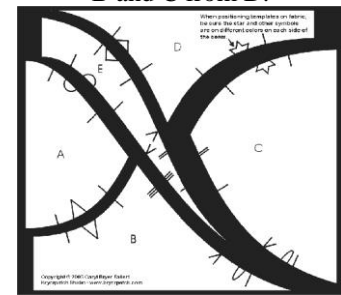


When you make your next cut, along the other side of template E, it is important to start or end your cut exactly at the V.

This V marks the intersection of the long, skinny, curving point of template E with the smooth curve of template B.

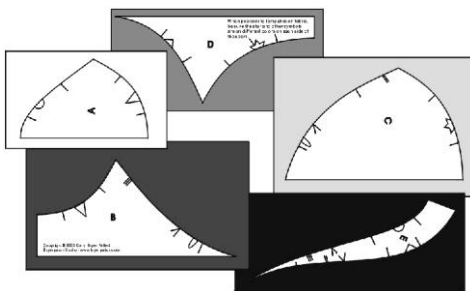


Your last two cuts will separate A from B and C from D.

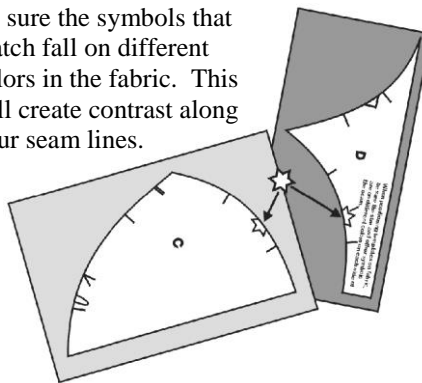


Select cotton fabrics in five different colors, or a multicolored print fabric with at least five color and value changes.

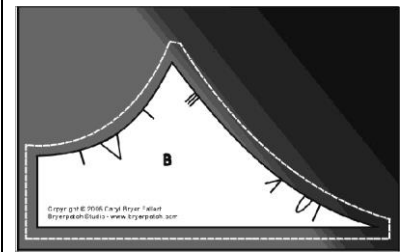
Arrange your templates (shiny side down) on the wrong side of your fabric.



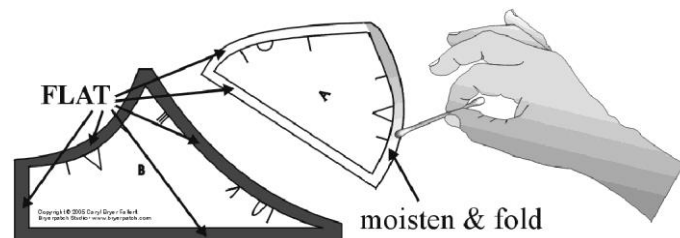
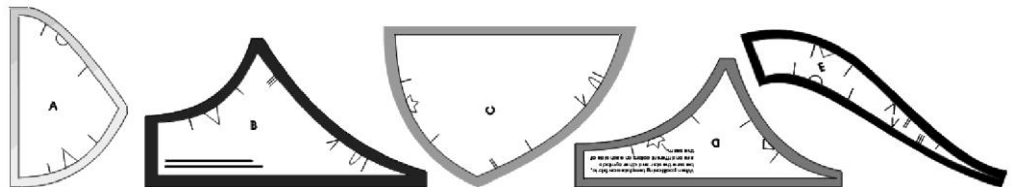
Be sure the symbols that match fall on different colors in the fabric. This will create contrast along your seam lines.



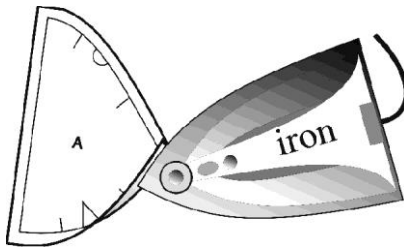
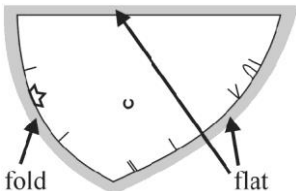
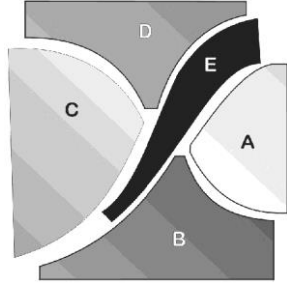
Check to be sure you have at least 1/4" of space on all sides of each template.

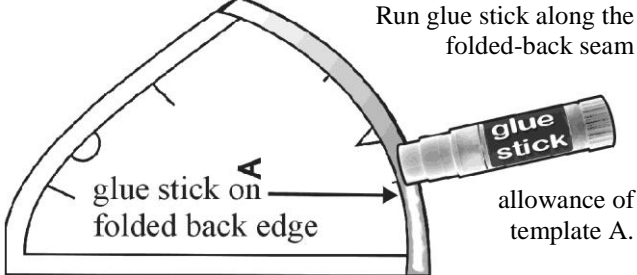
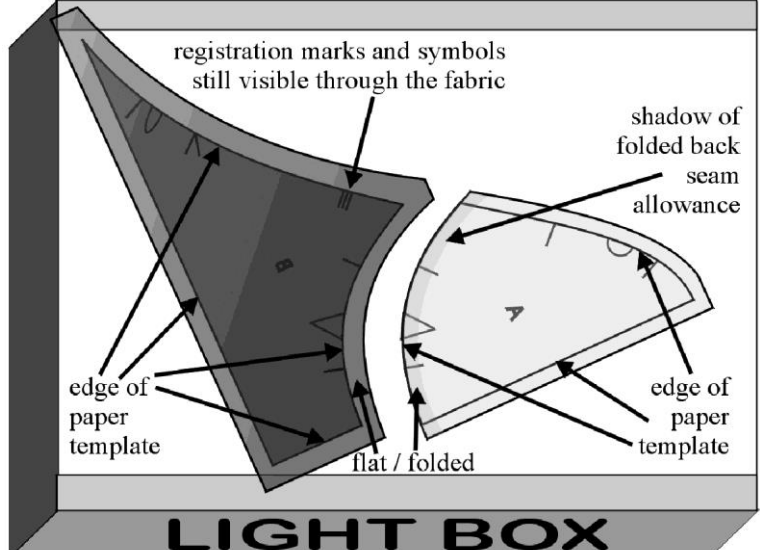


Iron over your templates until they cling to the fabric. Be careful not to let the iron sit on the fabric so long that the plastic melts into the fabric. Cut fabric 1/4" from the edge of the paper templates on all sides.



Now you are ready to join templates A and B. Spray liquid starch into a small plastic or glass container. Dip a cotton swab or a small brush into the liquid starch and moisten the seam allowance on template A with the triangle (half diamond) along the edge. If the edge of the paper gets soggy, run a dry iron along the edge of the paper until it is crisp and dry and the seam allowance is just damp. The other edges of template A and all of the edges of template B will remain flat for now.

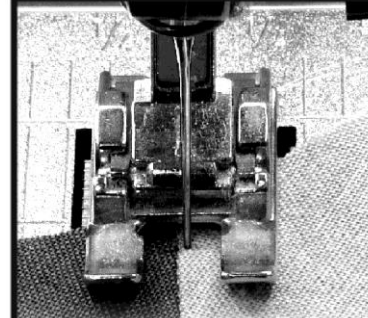
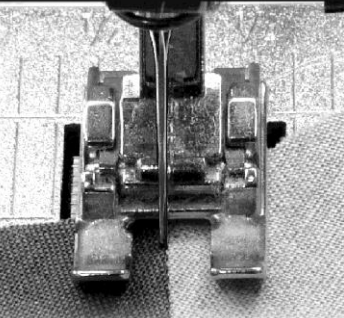
 <p>Carefully iron the seam allowance over the edge of the paper, easing in the fullness as you go to avoid pleats and puckers along the edge.</p>	<p>Be sure the fold is exactly at the edge of the paper. *****</p>  <p>Starch and fold the seam allowance with the half-star on template C.</p>	<p>Now you are ready to join templates A to B and C to D. It is a good idea to lay out the whole block, so you can see if you are satisfied with your color choices before you begin sewing.</p> 
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LIGHT BOX

Place templates A and B fabric-side-up on a light box or window. As soon as the light is turned on, you will see the edges of the freezer paper templates and the black registration marks, which you will use to align the edges of the paper. Overlap the seam allowances (folded edge of template A on top and the flat edge of template B on the bottom) and match the edges of the paper templates by aligning all of the registration marks.

Check to make sure your paper templates are not overlapped, and press the edges together until the glue holds. Take your pieces to the ironing board and press with a steam iron to dry the glue. Align the edges of templates C and D in the same way.

 <p>Needle catches 1mm (2-3 threads) as it swings to the right.</p>	 <p>Needle clears the folded edge (but just barely) as it swings to the left.</p>
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Thread your machine with invisible thread. Polyester monofilament, such as Superior MonoPoly is preferable. You can put regular cotton thread in the bobbin and make changes in your tension so the bobbin thread doesn't show, but it may be easier to wind invisible thread on the bobbin as well.

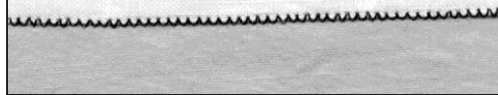
CAUTION: Plastic bobbins can sometimes become distorted when used with monofilament. To avoid distortion, wind slowly and don't fill the bobbin completely.

Use the sharpest, finest machine needle you have. A Microtex Sharp needle is recommended.

Set your machine for a simple zigzag stitch.

- * Recommended stitch width: 1mm.
- * Recommended stitch length: 1mm.

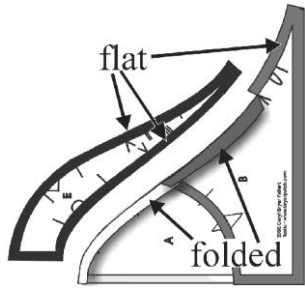
Actual size of ideal 1mm stitch



You can use any zigzag foot, but an open toed embroidery foot is preferable, so you can see exactly where your stitches will hit. Position your open toed foot at the beginning of the seam and lower your needle, catching 1mm along the folded edge. As the needle swings to the B template, it will clear the folded edge of template A, but come down right next to it.

Instructions for Piecing the Sample Appliecing® Block - Copyright © 2009 Caryl Bryer Fallert- page 3

Now you are ready for template E. Notice that the point is narrower than the seam allowance for the last 2" (5cm). You can fold one seam allowance or the other, but not both. If you fold either seam allowance, you risk distorting the long, delicate point. You may not have to fold it at all. Fold the part of the A-B module that will be stitched to the E template first. That will stabilize the long, thin point, and if you need to fold one of the E seam allowances later, it will be easier.

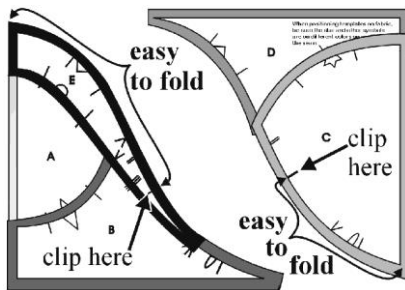


On the A-B module, clip to the V that marks the end of the E template. Starch and fold from the V to the outside edge of template A. The seam between A and B will fold easily along with the rest of the seam allowance.

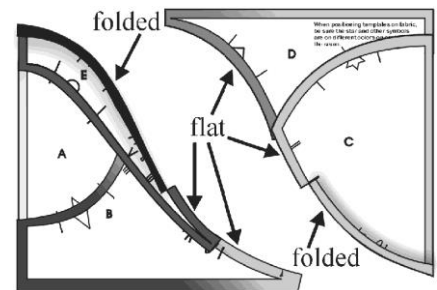
On the light box, align the edges of template E with module A-B. Glue and stitch over the folded edge as you did in the previous step. Stitch only as far as the clip (end of the paper on template E). **DO NOT** stitch all the way to the end of the template E seam allowance.



Now you are ready to sew the last seam in your block. You could fold the entire C-D side, or the E-B side, but you can also choose to avoid folding over seams and do a little folding on each side.



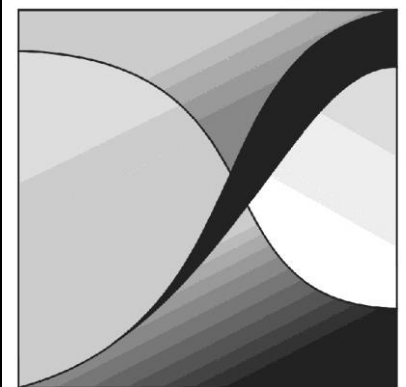
The parts of the seam allowances bracketed in the left diagram will be easy to fold. Folding the delicate points and seams at the opposite ends of the modules will be more difficult. Clip the seam allowances to the matching registration marks indicated in the diagram. Starch the easy section of each seam allowance, and iron them over the edges of the paper templates. See right diagram.



Run glue stick along the folded back seam allowances on each module. On the light box, align the clips and join the two halves by sliding the flat seam allowances under the folded sections. Align the edges of the paper templates and the registration marks as you did in the earlier steps. Begin the seam at one corner of the block. Sew over the folded edge with the 1mm zigzag stitch until you reach the clips. Lift the presser foot, and move the block 1mm so that the new folded edge will be caught as you continue stitching to the opposite corner of the block.

When it is time to remove the paper, just peel it away from the back of the fabric. Most of the pieces will come out whole. If the plastic has melted into the fabric and the paper is hard to remove try stretching the fabric on the bias. This usually pops the paper right out.

Now that you have completed this simple block, you can apply Caryl Bryer Fallert's Appliecing® technique to more complex blocks and to many other freeform quilt designs.



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Thread

Monofilament is recommended for joining the templates invisibly. Nylon will work, but a polyester monofilament like Superior Monopoly is stronger and much less likely to break. When sewing with mono-filament over a wide range of values (light to dark) the clear mono-filament will look shiny on the dark areas and the smoke colored mono-filament will look dirty on the light colored areas. If you will be sewing your whole quilt with only one shade of monofilament, clear is recommended. If you have two sewing machines, thread one with clear monofilament and the other with smoke colored monofilament. This will allow you to sew the dark colored fabrics with smoke and the light colored fabrics with clear, without rethreading.

Scissors

You will be able to cut a smoother curve than you can draw with a good pair of scissors. For long, smooth curves, 8" shears are recommended. For smaller, tighter curves, 7" shears work best. Very sharp, pointed scissors like Ginghers will be more manageable than scissors with thick blades and blunt points.

Trimming the seam allowance:

After the template has been ironed onto the wrong side of your fabric, trim the seam allowances to approximately ¼" on all sides. More than ¼" of fabric in the seam allowance can cause wrinkles and puckers when you fold over the edges. It can also make removing the paper more difficult.

Folding over the edges

When joining the edges of two templates, fold just one of the two seam allowances over the edge of the paper. Leave the seam allowance on the second template flat. Don't fold all the edges on one template at the same time. Make decisions on which edges to fold one at a time, as you get ready to join each template. If one template joins in the middle of the second template, clip to the point where the templates join to allow yourself the option of folding or not folding the remainder of the edge when the next template is joined.

To fold the edge

Spray some aerosol laundry starch into a small container. Liquid laundry starch can also be used. Used 35mm film cartridges make a perfect container for liquid starch. Place them inside the lid of the starch can to make them spill-proof. If you have starch left over at the end of the day, they can be covered and stored for another day.

With a watercolor brush or a cotton swab, brush starch along the seam allowance of one of your templates. If the paper becomes soaked, iron it flat until it is dry and firm enough to allow the seam allowance to be folded over without distortion. The fabric of the seam allowance should be just damp. With a dry iron, carefully fold the damp seam allowance over the edge of the paper, making sure that the fold is exactly at the edge of the paper and the curve is smooth, without any pleats or puckers. The starch will keep the seam allowance folded, crisp, smooth, and flat while you are aligning the second template. If you discover that the edge of the paper got mushy and was distorted by the iron, add a little more starch in that area, iron it flat, and start over. Most commercial fabrics contain sizing and permanent press finishes, which can prevent the fabric from forming a crisp flat fold. Prewashing your fabrics in hot water will remove some of this finish and help your edges lie flat.

Lay the two templates right side up on a light box. With light to medium value fabrics, you will be able to see all of your registration marks from the right side. Align the two templates so all the registration marks match. The seam allowances will be overlapped, and the edges of the paper will be just touching. You will see a tiny crack of light along the edges of the paper.

When everything is perfectly aligned, hold the edges in place with glue stick or scotch tape tabs. Tape tabs can be reused four to six times before they stop sticking. Be sure to remove them before you reach them with the needle. They will be impossible to remove completely if you sew through them. To make a scotch tape tab:

- * Pull 1½"-2" off the roll.
- * Fold back about ½" on one end (sticky side to sticky side) to form a handle. This will make the tape easier to remove.

When do you remove the paper?

The paper templates stabilize any fabrics that have been cut on the bias. Leave the paper in until all edges of a template have been completely surrounded by other templates. If the bulk of the paper becomes awkward under the arm of the sewing machine, remove paper only from templates that are already surrounded by other templates. When the quilt top is finished, do a row of straight stitching along the paper at the outside edge of the quilt. This will stabilize any bias edges and prevent them from stretching when the paper is removed. If you plan to add an outer border, sew the border on before removing the paper at the edges.

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