

## Material and Instructions

**Material** - Although pure cotton material was initially used in quilting it is also suggested that a cotton/polyester blend be used due to a larger selection of colors and ease to work with. If you decide to use cotton material please remember to pre-wash your fabric.

**For Applique** - 2 pieces of fabric 22 inches square (1 for pattern, 1 for backing) contrasting colors.

Dual duty thread matching colors of applique

Basting Thread - Use any extra thread you have around the house

Straight Pins

Applique Needles or #7 quilting needles

**For Quilting** - 1 piece backing material 23 inches square

1 piece 5 ounce batting 23 inches square

Quilting thread matching colors of design and background material.

#7 Quilting Needles

14" Quilting Hoop

1" one yard elastic

3 large safety pins.

### Folding Cutting and Basting Instructions for Applique

Step #1 - Cut your material into a "22 square

Step #2 - Fold your material in half.

Step #3- Fold your material in half again.

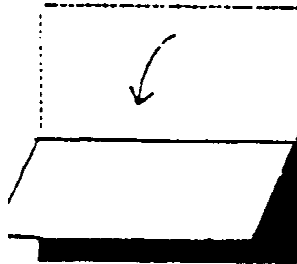
Step #4 - Fold your material into a right angle. Bringing all folded edges together. You should have a three folded edge on one side.

Step #5 - Cut out your paper pattern on only on its angles. **DO NOT CUT YOUR WHOLE PAPER PATTERN OUT AT THIS TIME**

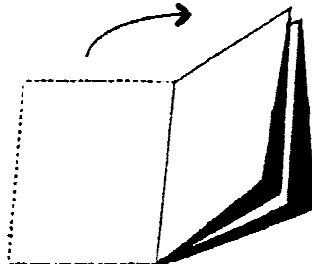
Step #6 - Place your pattern on your material and pin securely in place. Now cut our your whole design. Be sure to cut out all the bold lines.



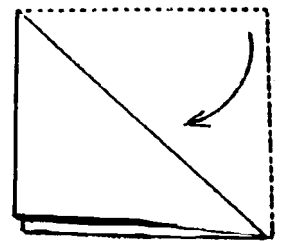
Step 1



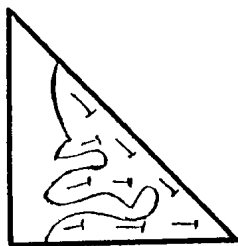
Step 2



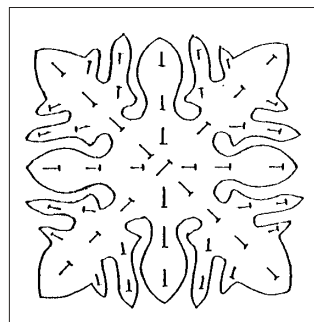
Step 3



Step 4



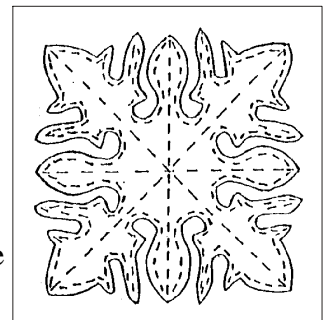
Step 5 & 6



Step 7

Step #7 - Center your design on your back material and pin..

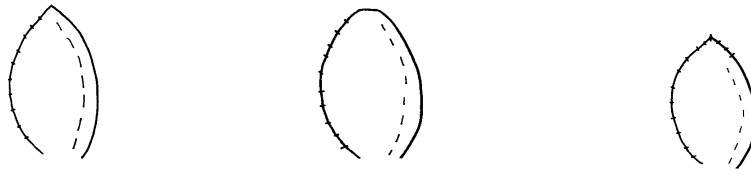
Step #8 - Baste your design 1/4" from the edge all around the design.



Step 8

## Applique & Quilting Instructions

**The Applique:** The applique stitch is simply a hemming stitch following along the edge of the design tucking approximately 1/8 inch under and making your stitch about 1/8" apart. End your thread on the back of your design with a simple knot.

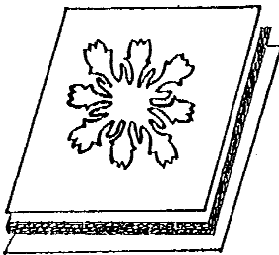


**Points:** In order to keep your points during the applique, simply stay one stitch away from the point, tuck the whole point under your last stitch, then tuck the opposite edge of your design you will be sewing, tug your thread and your point should reappear. Sew your point and then continue your applique on the opposite side of the point.



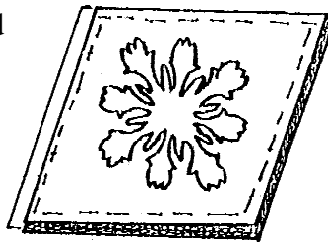
**Inside Corners:** In order to applique the inside corners tuck all the way into the inner corner of your design and sew as far into the corner as possible. Then begin to tuck the opposite end of your design into the corner you just sewed. The inside corner should turn under automatically.

**Preparing your Applique piece for quilting.** After your design is completely applique to its backing remove the basting thread.

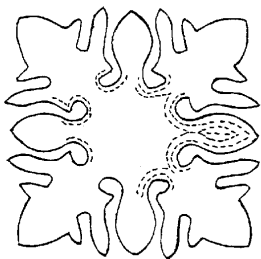
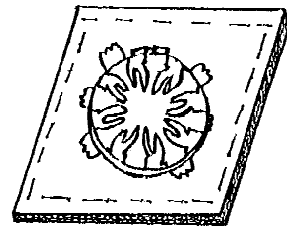


Place your batting between your finished applique top and the backing fabric.

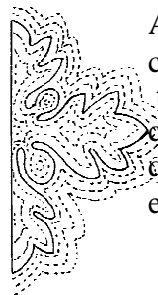
Baste the outer edge to prevent shifting of your batting.



Place your piece on the center of your hoop.. Be sure the material is flat on the front and back to avoid puckering.

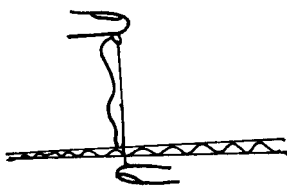


**Quilting** - Quilt the center of your design first. Starting from the outer edge of your center into the center itself. Your quilting lines should be about a 1/4" to 3/4" apart. Strive for 8-10stitches per inch.



After you've completed quilting the center then continue on the design area, then stitch in the ditch (the background close to the design) then start your echo quilting from your design to the complete edge of your background.

### Quilting Techniques -



#1 Place your needle in front of your previous stitch.

#2 Poke through all three layers, gently touching your bottom finger.



#3 Rock your needle all the way back touching your top material.

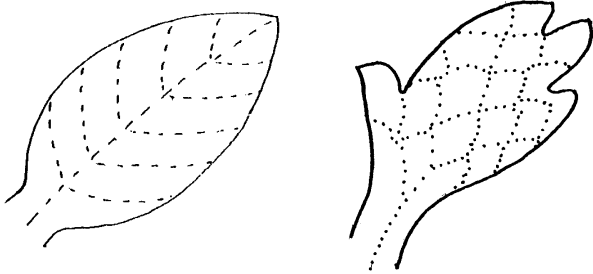
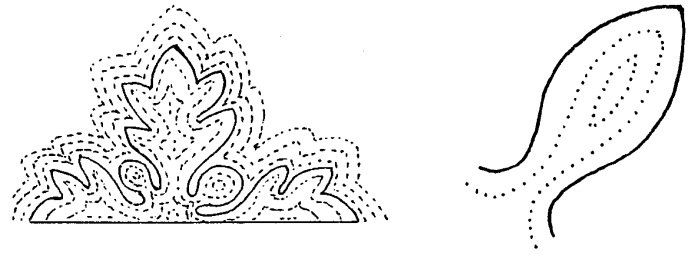
#4 Push up front of needle with bottom finger while rocking back end of needle to top material.



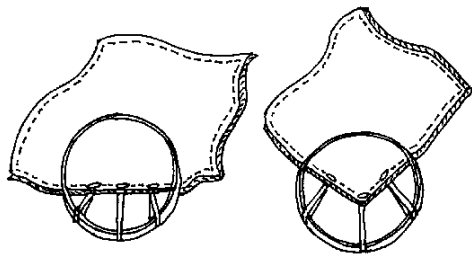
#5 Push needle through all three layers.

#6 Knot your thread in your batting.

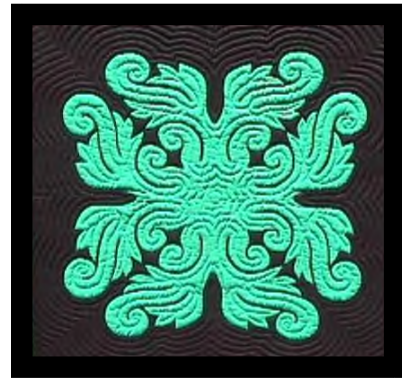
**Traditional or Echo Quilting** - This type of quilting follows the outline of the pattern and flows to the edge of the quilt square.



**Definitive Quilting** - This style of quilting is used when the quilter wants to define the pattern being quilted to represent the flower or leaf to its closest likeness.



Use your elastic and safety pins to stretch and straighten the outer edges of your quilt.

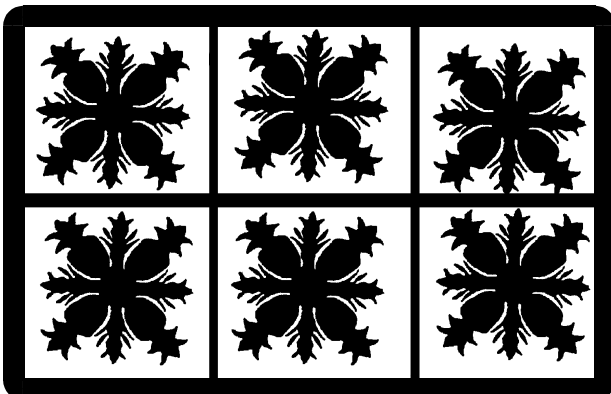


Completed cushion top or wall hanging.  
Pattern # 160 Volume 10

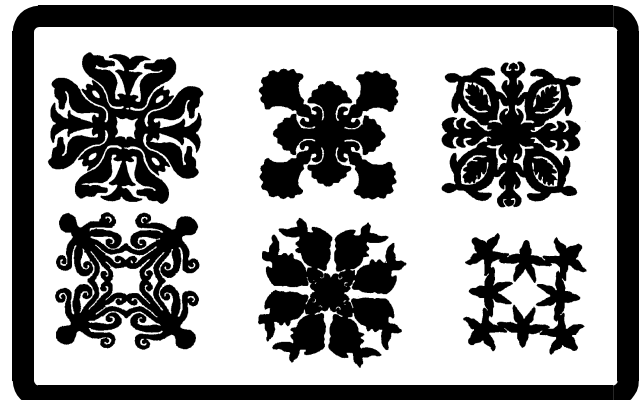
**Cushion** - With your quilting completed place the finished piece facing in against the cushion backing fabric. Sew along three sides and turn it right side out. Sew two pieces of inner cushion fabric together, leaving opening an for filing. Fill with filing of your choice and sew the opening shut. Place cushion inside of quilted piece and blind stitch the edges close. Or use a zipper and a cushion form.

**Wall hanging** - Your quilted piece would also make an excellent wall hanging. This is simply done by having your quilted piece framed and mounted for display. You can also bias the edge of your quilt and on the back make a sleeve to hang your quilt on a pole.

**Kapa Pohopoho or Crazy Quilt:** After the applique process attach 9 or more pieces of applique squares together using a border in between the pieces. The side of the borders will determine the completed size of your quilt. Quilting is done after all of the pieces are attached.



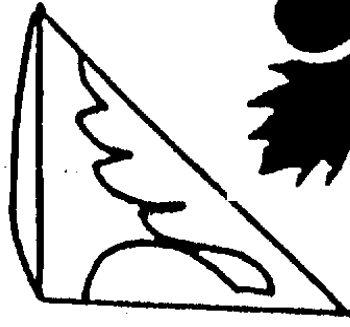
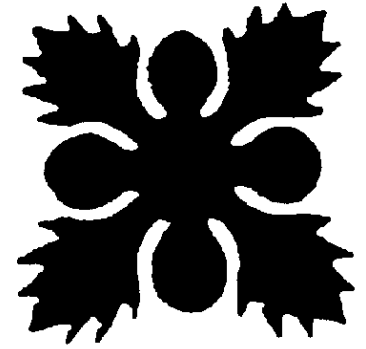
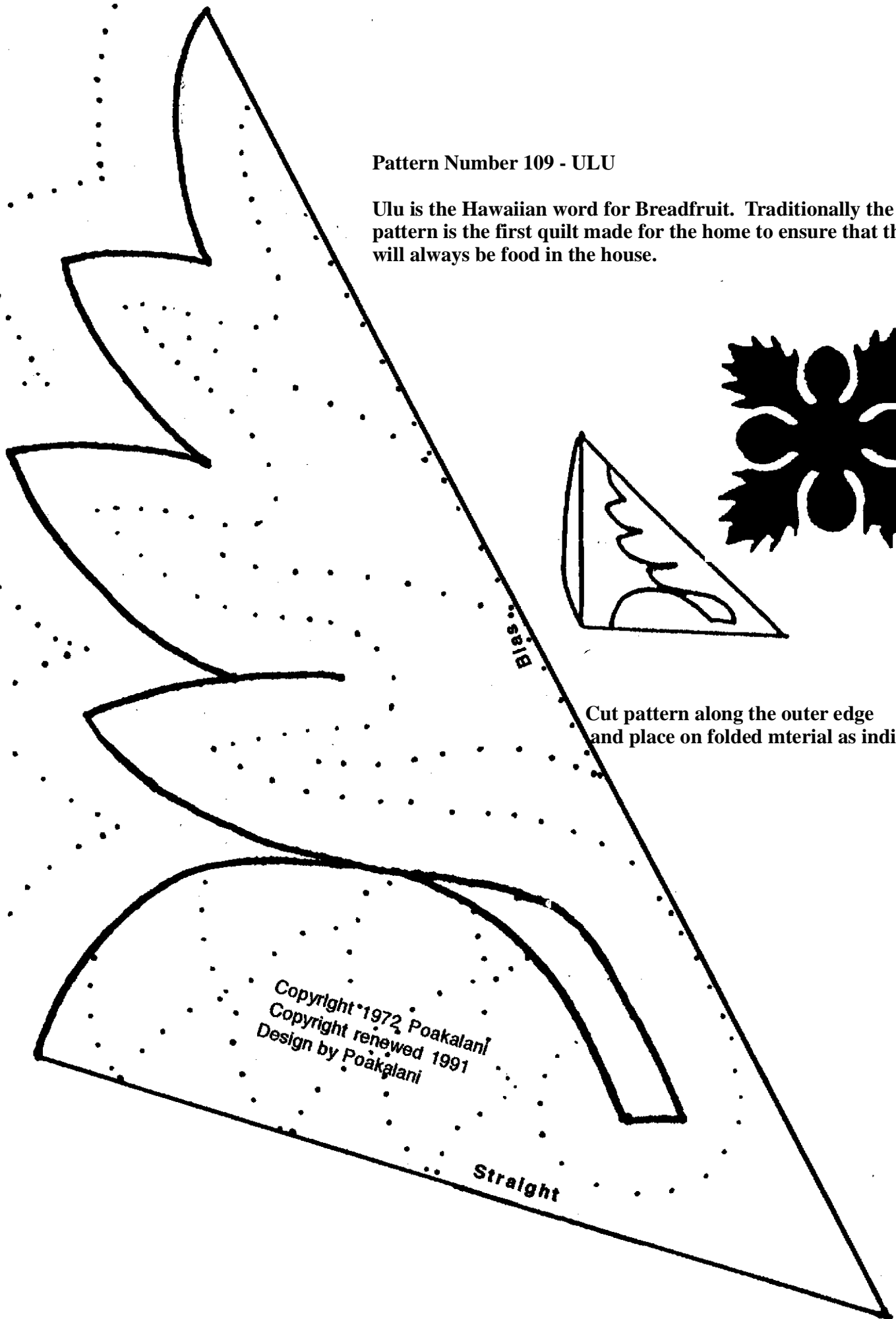
Pattern #100 Volume 1



Pattern Volume 9 & 12

Pattern Number 109 - ULU

Ulu is the Hawaiian word for Breadfruit. Traditionally the Ulu pattern is the first quilt made for the home to ensure that there will always be food in the house.



Cut pattern along the outer edge and place on folded material as indicated.

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Straight