

Episode 15 Class Notes: Appliqué On Sashings

In this episode, we'll be trying different types of appliqué. We'll also be stitching some of the feature sashings we've made.

- **A Note on Machines:** I'll be demonstrating on my Bernina B570QE and sharing the settings I use. Please remember to consult your machine's manual for equivalent stitches and settings. It's always best to do a little test first.

Creating a Test Sample:

Before stitching on your actual pieces, let's make a practice sample:

- Sandwich two small scraps of background and backing fabric with a piece of batting in between. Press well.
- Fuse or glue a few appliqué test shapes onto the top fabric scrap.
- Use this sample to experiment with the stitches below and adjust your machine settings (stitch length, width, tension, foot pressure) until you're happy.

Hand Appliqué Option:

If you prefer handwork, you can certainly hand blanket stitch your appliqués. Just be mindful to not take stitching right through to the back as the stitching won't look nice on the back of your quilt.

Pieces We'll Be Working On:

- **Appliqué Sample:** For testing stitches.
- **Tulip Block (A2):** We'll blanket stitch this appliqué (if you haven't already). *Note: Block A2 should be appliquéd before trimming.*
- **Lattice Sashing:** Ensure you have ironed batting onto the back of this piece (no backing fabric needed yet). We'll stitch the lattice strips and appliqué shapes.
- **Double Up / Four Up Sashings:** We'll stitch *only* along the edges of the very top strip.

Machine Set Up:

- **Thread:** [MonoPoly clear thread](#) in the top (use the gauze net on the spool!) and in the bobbin.
- **Foot:** Open Toe Foot (the one used for quilting and piecing).
- **Feed Dogs:** UP.
- **Machine Bed:** Place your [Sew Slip Mat](#) on the machine bed.

- **Tension:** Check your top tension. MonoPoly is fine, so you might need to loosen it. (My machine tension defaults to 5.25; I lower it to 4.25). Test on your sample!
- **Foot Pressure:** Reducing foot pressure helps pivot smoothly around curves. (My machine default is 70; I lower it to around 35 for blanket stitch, and even lower, maybe 16 or 9, for tight curves or raw edge). Experiment to find what works for your machine.
- **Pauline's Tip:** Pop rubber door wedges under the back corners of your machine to tilt it forward slightly – helps with visibility and posture!

Appliqué Stitching Techniques:

(Remember to test these on your sample first!)

1. Blanket Stitch Appliqué (Example: Tulip Block)

- **Stitch:** Select a Blanket Stitch. You want it quite small. (My Bernina setting: #1309, Length 1.9, Width 2.6).
- **Positioning:** Aim for the straight part of the stitch to land just on the background fabric, right next to the appliqué edge, with the "bite" of the stitch going into the appliqué shape.
- **Method:** Bring your bobbin thread to the top to start neatly. Stitch slowly, especially around points and curves. Use your machine's knee lift or manually lift the presser foot to pivot. Use a tie-off function or small securing stitches to finish.

2. Zig Zag Appliqué

- **Stitch:** Select a standard Zig Zag. Choose a narrow width and short stitch length. (My Bernina setting: #2, Length 0.95, Width 2.0).
- **Positioning:** The needle should swing from just off the appliqué edge into the background, to just onto the appliqué edge, encasing the raw edge.
- **Method:** Adjust foot pressure as needed for curves – taking pressure off makes pivoting much easier!

3. Raw Edge Appliqué (Straight Stitch)

- **Stitch:** Select a Straight Stitch. Use a shorter stitch length (eg. 1.9).
- **Positioning:** Stitch very close to the raw edge of the appliqué shape.
- **Method:** Reduce foot pressure significantly (maybe down to 9 on my machine) to allow easy maneuvering. Stitch around the shape 2-3 times for security and a textured look. This gives a slightly "woolly" edge effect, which can be lovely!

Stitching Bias Edges:

- **Stitch:** Straight Stitch (Length around 2.3, adjust as needed).
- **Foot Pressure:** Normal or slightly reduced might be fine, increase if needed for control.
- **Positioning:** Align the *inside edge* of your Open Toe Foot right against the edge of the bias strip. Adjust your *needle position* sideways until the needle stitches precisely on the very edge of the bias fabric.

- **Method:** Watch the edge of the *foot* against the bias edge (not the needle) to guide your stitching accurately. Stitch down one side, then turn and stitch down the other side. You can pivot carefully to stitch close to other appliquéés where the bias meets them.

Stitching the Lattice Sashing:

- Remember, batting should already be ironed onto the back (no backing fabric).
- Stitch down both sides of the main lattice strips first using the bias stitching method above.
- Then, stitch around all the appliqué shapes (flowers, leaves, stems) using your chosen appliqué method (eg. Raw Edge). You may need to carefully stitch along a lattice edge, pivot to go around an appliqué shape, then continue along the lattice.

Stitching Double Up / Four Up Sashings:

- **Goal:** Stitch *only* the edges of the very top strip to secure it. The lower strips remain loose to create a flange/peeper effect after washing. **Do not stitch the outer edges** of the entire sashing unit yet.
- **Stitch:** Straight Stitch (Length around 2.5).
- **Positioning:** Align the inside edge of the foot against the top strip's edge. Adjust needle position to stitch right *on* the edge of that top strip.
- **Method:** Stitch down both sides of the **top strip only**.

Helpful Tools Mentioned:

- [Corey's Hook-N-Snip Tweezer Set](#): The Hook-N-Snips are great for snipping the fine MonoPoly thread close to the fabric (short blade goes underneath) and has a point useful for guiding fabric or unpicking. The fine tweezers are helpful for picking up and managing the fine MonoPoly thread.

Take your time, enjoy the process, and remember it's *your* quilt – choose the methods you like best. Learn about your machine, test your stitches, and have fun watching it all come together.

Happy stitching!

Pauline