



## DECEMBER 2006 BLOCK OF THE MONTH

### *Heart Reverse Applique*

Turn in at January meeting

**Techniques:** Reverse appliqué and curves and using a fabric glue stick.

What is reverse appliqué? In reverse appliqué, the appliqué is created by making a cutout in the foreground fabric in the shape of the appliqué, then turning under the edges (or doing raw-edge applique, explained later) to expose the underneath fabric.

**Block size:** 8-1/2 unfinished.

**Colors:** A solid or patterned red heart (background) under a white or patterned white foreground; or a solid or patterned white heart under a red or patterned red foreground.

**Cutting:**

- Cut a 9-inch square of the foreground fabric (you'll square down to 8-1/2 inches after the appliqué stitching is finished).
- Cut a square of background (heart) fabric large enough to cover the appliqué design, plus about 1/2 an inch. After you finish stitching the appliqué, you'll trim the heart's seam using scissors.

**Tracing the Heart Template:**

With removable chalk or pencil, trace the appliqué heart in the center on the **RIGHT SIDE** of the foreground square. To center the heart on the foreground fabric, fold the block in half vertically and finger press; then fold horizontally and finger press. Cut out the paper template and lay it on the foreground square, lining up the hash marks with the vertical and horizontal folds. The drawn appliqué shape is the exact size of the FINISHED heart appliqué.

**Construction:**

**READ ALL INSTRUCTIONS BEFORE YOU DO ANY CUTTING.**

1. If you plan to do the heart appliqué as raw-edge appliqué (no turned under edge), cut out the drawn heart exactly on the lines. HINT: Cut a slit in the center of the heart with scissors to get started. You'll end up with a foreground square with a heart-shaped hole in the center.
2. If you plan to do the heart appliqué as either hand needleturn or machine needleturn, draw an echo heart line **INSIDE** the heart (toward the center of the heart). Leave about 1/4-inch seam allowance to turn under. Cut out the drawn heart on the **INNER** drawn line so you will have a seam allowance to turn under.
  - a. Clip the seam allowance on the curves, not quite to the line that represents the finished heart appliqué size. How much you need to clip will depend on the flexibility of your fabric and your experience.
  - b. For ease in sewing the appliqué, try using a water-soluble fabric glue stick. A couple inches at a time, put dabs of glue stick on the **WRONG** side of the

- appliqué, approximately between the two drawn lines. Fold the seam allowance under and finger press. The glue stick will hold the seam in place as you stitch the appliqué to the background fabric.
- c. Place your background fabric behind the foreground square, right-side up. Make sure it completely covers the heart-shaped hole, with at least a ¼ inch seam in all directions. Pin or baste background fabric in place so it doesn't shift while you're sewing.
  - d. To hand-stitch: Use an appliqué blind stitch or decorative stitch such as a blanket-stitch or zig-zag to sew the heart "hole" to the background fabric. Be careful to keep both layers flat so that the background doesn't bunch or crease.
  - e. To machine-stitch: Make sure the background fabric is well-pinned in place. Use a decorative or machine blind stitch to sew the appliqué down. Machine stitching is more likely to create creases, so sew slowly and check the flatness of the two layers frequently.
3. Once the appliqué foreground is sewn to the background, turn the block over and carefully trim the background appliqué to within about ⅛ inch of the stitch line.
  4. Trim the finished block to 8-1/2 inches square. Because appliqué tends to pull the fabric inward, you may or may not need to trim the finished block.

