

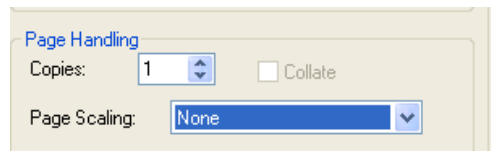
Give & Take Appliqué™ is a fun fusing technique that takes advantage of positive/negative design! This free pattern introduces you to our method. See our website for more patterns.

Send pictures of your projects we'll post them on our blog: info@patchworkstudio.com



PRINTING THIS PATTERN:



When you print this pattern, be sure to select Page Scaling = None. The block pattern should measure 6 1/2" square.



Helpful Hints

- Read through all the directions before beginning.
- Choose a top quality fusible web like **Lite Steam-A-Seam 2®** for this project. Read the manufacturer's directions thoroughly before beginning.
- Use a pair of sharp embroidery scissors when cutting. Take extra care to cut smooth curves and sharp points.
- When stitching down the web, a good quality thread is essential. We like Mettler™ Machine Embroidery and King Tut or Rainbows thread by Superior Threads.
- Try out your stitch length and width on some scraps to get a perfect stitch. Write the setting down so you can refer to it later.
- We usually use a zigzag stitch but other decorative stitches are fun too. Try blanket stitch, feather stitch – see what your machine can do!
- An appliqué pressing sheet will ensure that no part of the fusible web sticks to your iron. It is a good investment for all your fusible projects.

To make the runner you need:

| | |
|--------------------|--|
| Light yellow print | • 4 squares 6 1/2" (block backgrounds) |
| Purple print | • 1 square 6 1/2" (appliqué) |
| Orange print | • 1 square 6 1/2" (appliqué) |
| Turquoise | <ul style="list-style-type: none"> • 2 squares 9 3/4", cut in quarters diagonally (side setting triangles)  • 2 squares 5 1/8", cut in half diagonally (corner triangles)  • 4 squares 1 1/2" (inner border corners) • 4 squares 3" (outer border corners) |
| Stripe | • 3 strips 1 1/2" x width of fabric (inner border) |
| Dark blue print | <ul style="list-style-type: none"> • 3 strips 3" x width of fabric (outer border) • 3 strips 2 1/4" x width of fabric (binding) |
| Fusible web | • 2 squares 6 1/2" (we recommend Lite Steam-a-Seam 2®) |
| Backing | • 1/2 yard |
| Batting | • 18" x 44" |

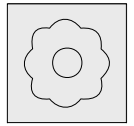
Equipment needed

- Sewing Machine capable of zigzag stitch.
- Basic Sewing Supplies - pins, scissors, etc
- Rotary cutter, mat, ruler
- Thread for appliqué and piecing

1. Prepare the Appliqué Shapes:

Trace the pattern (on page 3) on the paper side of the two fusible web squares with a pencil.

If you use Lite Steam-a-Seam 2®, check your fusible web squares to see which paper liner removes first by peeling apart at the corner. Trace on the liner that stays attached to the web.

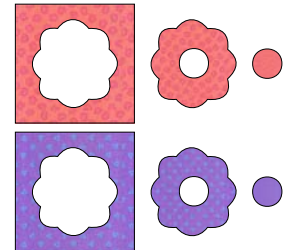


2. Fabric Preparation & Fusing:

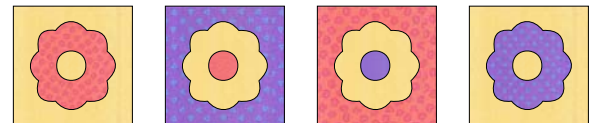
Fuse the fusible web squares, paper side up and fusible side down, to the wrong side of the Purple and Orange 6 1/2" squares, matching outer edges. Follow the manufacturer's directions for pressing temperature and time and use an appliqué pressing sheet.

Make a small slit in the sides of each shape and then use a sharp pair of scissors to cut **continuously** on the traced lines. You will have three shapes to cut out from each fused square.

Remove the paper from the back of the fused shapes. Refer to the picture and arrange the shapes and colors on the light print 6 1/2" squares. To help with placement, place the paper removed from the largest shape on the square and align the flower with the cut out area. In the same way, use the paper removed from the flower to place the circle.

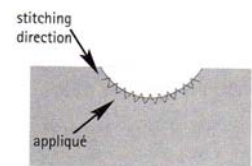


Cover with an appliqué pressing sheet and fuse in place following the manufacturer's directions. You will have a total of 4 blocks.



3. Appliqué Stitching:

Thread your machine with thread to match the appliqué shapes both on the top and in the bobbin. Set your machine to a narrow zigzag. Stitch around each appliqué shape. We recommend an open-toe embroidery foot when stitching. *Some people find it helpful to pin a stabilizer to the back of the blocks before stitching. Remove the stabilizer after stitching.*



4. Runner Assembly: (use 1/4" seams throughout)

Lay out the blocks, the 6 side setting triangles (you will have 2 triangles left over) and the 4 corner triangles as shown below. Join the blocks and triangles into rows, then join the rows. Press all seams open.

Inner Border:

Measure the length and width of the runner and cut two pieces to match each measurement. Sew the short borders to the sides of the runner. Sew the 1 1/2" turquoise squares to the ends of the remaining strips and sew these to the top and bottom of the runner. Press to the outside.

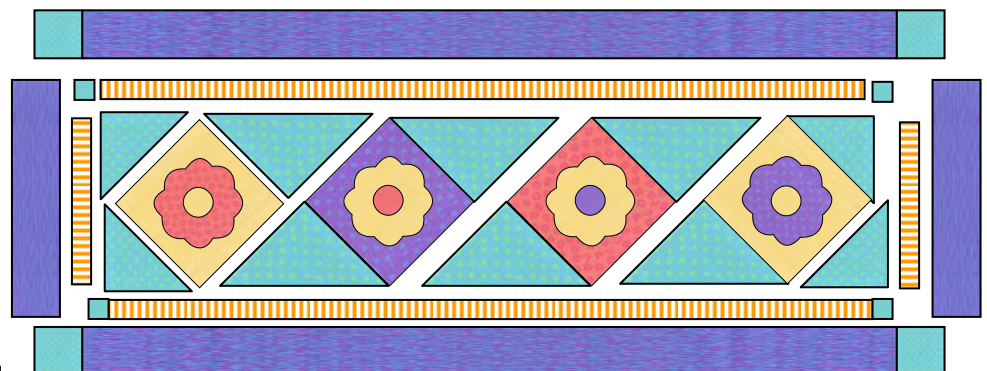
Outer Border:

Measure, cut and sew strips and 3" turquoise squares to the sides and then top and bottom (as for the Inner Border). Press to the outside.

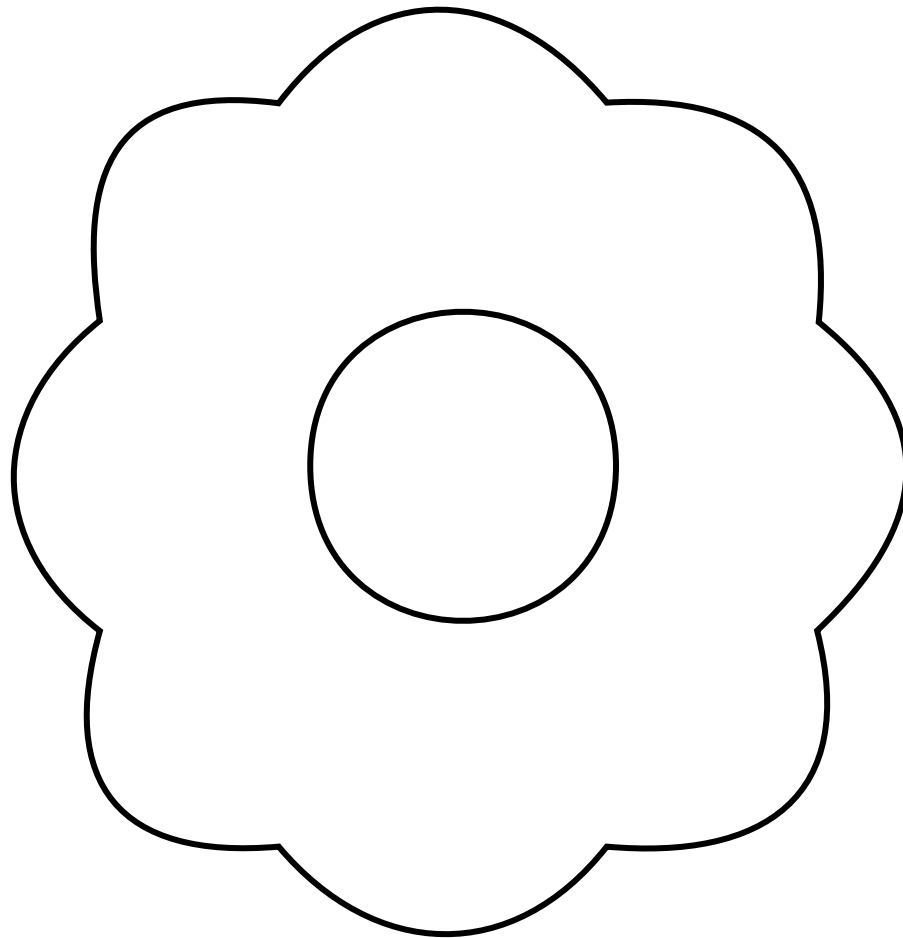
5. Quilting and Finishing:

Layer the runner top with backing and batting and quilt the layers by hand or machine. We stitched around each appliqué shape and in the ditch between the blocks and triangles.

Join the 2 1/4" binding strips together diagonally on the short ends. Press the strip in half to create a double-fold binding. Apply the binding all around the edge, turn it to the back and slipstitch the folded edge in place by hand.



Posies Runner
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Daphne and Susan are available to teach our Give & Take Appliqué™ technique. Students can work from one of our patterns or create their own appliqué design with our guidance. For complete information about this and our other workshops please visit our websites:

Daphne: www.DaphneGreig.com
Susan: www.SusanPM.com