

Introduction to Appliqué

700 Ways to Make Circles

By Katrina Ostby
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The directions in this workbook are for creating 4" circles in 6" finished blocks. The background fabrics are cut oversized to allow for a slight shrinkage when the circles are sewn in or on. All blocks will need to be trimmed to 6.5".

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1. General Directions

1.1 *Drawing Circles on Paper or Fabric*

Finding the Center of your Paper or Fabric

- fold in half in both lengthwise directions OR in both diagonal directions
- finger press
- the center is where the two folds intersect

Using a Compass to Draw a Circle

- use your ruler, turned upside down, to set the *radius* on the compass
- the *radius* is half the *diameter*
 - *diameter* is the distance across a circle
- place the fabric or paper on a rotary mat or a sandpaper board
- place the point of the compass on the center of the fabric or paper
- gently scribe the circle by spinning the compass around while holding the fabric to keep it from shifting

Tracing Circles

- Draw around the outside of a CD, can, bowl, plate, platter, etc.

1.2 *Cutting Circles on Paper or Fabric*

Circle Scissors

- includes a special cutter blade, a mat, and a disk with holes which spins inside a circular frame
- tool spins a small X-acto like blade to cut circles from 1" to 5.9" across
- cuts paper, freezer paper, cardstock, Mylar, and template plastic.
- will not cut fabric
- disk has alignment marks allowing you to center the hole
- Put a piece of paper on the cutting mat, align the spinner on top of the paper, put the cutter in the appropriate hole, and spin. It creates a nearly perfect circle.
- Martha Stewart and Cuttlebug make similar devices.

Rotary Circle Cutter

- Olfa makes an 18mm small rotary cutter tool which will cut circles from about 1" to 6" across
- works on paper and fabric

Rotary Cutter with Acrylic Half Circle Template

- June Taylor makes a set of acrylic templates, *Simple Circles*, which has half circles with seam allowances for finished circles 4", 5", 6", 7", 8", and 9".
- To cut a circle, fold the fabric/paper in half, place the dashed line of the template on the fold, and use a rotary cutter to cut around the template.

Rotary Cutter with Circle Template

- I saw a set of nested circular acrylic templates at a store the other day. Not sure how easy or safe it would be to use them because each ring was hollow.

Scissors

- sometimes marking the fabric or paper and cutting on the line with scissors is the fastest and easiest way to do it
- rumor has it that paper dulls scissors, so keep an old pair for cutting paper

1.3 *Temporarily Attaching Appliqué Pieces to the Background*

Pin

Baste

Water Soluble Glue

- apply glue 1/8" inside the seam line if hand stitching, OR glue right along the folded edge for machine sewing
- dry and heat set glue for 1-2 seconds with a hot iron
- Glue
 - Roxanne's Glue Baste
 - Elmer's Washable School Glue
 - Aleene's No-Sew Fabric Glue
 - Crafter's Pick Basting Glue
- Glue Applicators
 - Metal Tips (from Michaels)
 - Gutta Resist Bottles (from Dharma Trading Company)
- Glue Stick
 - Elmer's Washable Disappearing Purple School Glue Sticks
 - Avery Glue Stick
 - Fons & Porter has a thin, refillable glue pen
 - any acid free or archival glue stick

1.4 *Hand Sewing Appliqué Pieces*

Thread

- Silk Thread
 - very fine, stitches almost disappear
 - hard to knot
- Cotton or Poly Thread, 50-60 weight, the color of the appliqué, or a little darker
- Superior Thread offers rainbows of 30-36 prewound bobbins for about \$39, including a BobbinSaver donut
 - Bottom Line
 - So Fine
 - MasterPiece

Needles

- Hand appliqué needles need to be longer than quilting needles so you can use the needle to sweep the seam allowance under.
- Sharp, size 9-11
- Milliners, size 9-11
- Needle Threader

1.5 *Machine Sewing Appliqué Pieces*

Thread

- clear poly or nylon thread in needle, thread which matches background fabric in bobbin
- 40-60 weight thread the color of the appliqué, or a little darker, in both needle and bobbin

Needle

- Microtex Sharp size 70 for invisible thread
- Microtex Sharp size 70 or 80 for 50 wt cotton thread
- the smallest Jeans or Topstitch needle you can find for exotic threads
- Truthfully, almost any needle will work, even a Universal!

Stitch

- blanket/button hole stitch
30-50 weight thread to make the stitches show
(STARR 50wt, Bernina 430, stitch 50, 2.2 wide 2.5 long, top tension 4.0)
- satin stitch
30-50 weight thread
(STARR 50wt, Bernina 430, stitch 2, 2.7 wide 0.4 long, top tension 2.5)
- blind hem stitch
invisible thread or very fine thread to hide the stitches
(YLI Smoke Nylon, STARR 50wt in bobbin, Bernina 430, stitch 3, reversed, 0.9 wide 1.0 long, top tension 0.5, bobbin thread through eye in bobbin case)
- zig-zag
invisible thread
(YLI Smoke Nylon, Bernina 430, stitch 2, needle 5 right, 0.9 wide 0.9 long, top tension 0.5, bobbin thread through eye)
- top stitch
straight stitch just inside circle in a coordinating thread
(STARR 50wt, Bernina 430, stitch 1, 0 wide 2.0 long, top tension 4.0)

1.6 *Katrina's guidelines: appliqué versus reverse appliqué*

- For circles 1" and smaller, use appliqué
- For circles 8" and larger, use reverse appliqué
- If the background is pieced, use appliqué
- If the circle is pieced, use reverse appliqué

1.7 *Using a Circle Tool on Your Sewing Machine*

3-10" in diameter

stabilizer necessary if doing embroidery -- tear away or H2O soluble

1.8 *Trimming Your Circle Blocks*

Use a 6.5" square acrylic ruler if you have one

Use your compass to draw a circle with a sharpie marker 4" in diameter, centered on the ruler.

2. Turned Edge Techniques

2.1 Sewing an Inset Circle

1. Prepare background fabric
 - 7" square
 - fold in half in both lengthwise and diagonal directions (eighths)
 - with a washout marker, draw two circles centered on the wrong side of the fabric, 3.5" and 4" in diameter
 - mark where the fold lines are between the two circles on the wrong side of the background fabric
 - cut out the inner 3.5" circle
 - clip about every 1/2" around the background piece, stopping a few threads before the outer circle
2. Prepare the circle fabric
 - 5" square
 - fold in half in both lengthwise and diagonal directions (eighths)
 - with a washout marker, draw a circle centered on the right side of the fabric, 4.5" in diameter
 - mark the fold lines in the seam allowance on the right side of the fabric
 - cut on the outer, 4.5" circle marking
3. Pin background onto circle fabric
 - with right sides together, put a pin through each tick mark
 - add two more pins between each tick mark
4. Machine stitch
 - the circle fabric will be on the bottom
 - stitch on the drawn line OR use a 1/4" foot
 - use a stiletto to align the fabric edges as necessary
5. Press seam
 - in for a raised circle/classic appliqué look
 - out for a flatter, reverse appliqué look
6. Trim block to 6.5"

Advantages: machine stitched so threads don't show, works as small as 3"

Disadvantages: takes forever to pin, easy to get tucks, there are much easier ways

2.2 *Needle-Turn Appliqué*

1. Prepare the background fabric
 - 7" square
 - fold in half in both lengthwise directions (quarters)
 - OPTIONAL: Mark a 4" circle on your fabric with an erasable marker or pencil.
2. Prepare the circle fabric
 - 5" square
 - fold in half in both lengthwise directions (quarters)
 - with a washout marker, draw circles centered on the right side of the fabric, 4" and 4.5" in diameter
 - cut on outer circle marking
3. Position circle on background fabric.
 - use fold lines to center circle on background
4. Baste 1/2" to 5/8" inside the edge of the circle.
5. Hand sew
 - use needle (10 straw) to sweep fabric under to the marked line
 - OR crease the fabric on the marked line with your fingers.
 - bring needle up and out through fold in circle fabric
 - stitch with small stitches, going down adjacent to where the thread comes out of the fold of the circle, and running under the background fabric before coming up and out through the fold in the circle about 1/8" away from the previous stitch
6. If desired, cut away background fabric, 1/4" inside seam line.
7. Press seam allowances
 - in for a raised circle/classic appliqué look
 - out for a flatter, reverse appliqué look
7. Trim block to 6.5"

Advantages: works as small as 1"

Disadvantages: hard to get the circle perfect

2.3 *Needle-Turn Appliqué: Freezer Paper*

1. Prepare the background fabric
 - 7" square
 - fold in half in both lengthwise directions (quarters) to mark center of fabric
2. Prepare freezer paper template
 - cut a 5" square of freezer paper
 - fold in half in both lengthwise directions (quarters) to mark center of the template
 - mark and cut a 4" circle
3. Prepare the circle fabric
 - 5" square
 - iron shiny side of freezer paper template to the wrong side of circle fabric
 - cut circle fabric 3/16" to 1/4" outside the freezer paper
4. Place circle fabric on top of background fabric, with both right side up
 - to align, put a pin through the center (where the 2 fold lines meet) of the background fabric, then through the center folds on the freezer paper and unmarked circle fabric
5. Baste 1/2" to 5/8" from the edge of the circle. Use a sturdy needle!
6. Hand sew following the directions in step 5 of **Needle-Turn Appliqué** above
7. Cut a slit in the background fabric to remove the freezer paper.
8. Press, then trim block to 6.5"

Advantages: easier to get near perfect circles than needle-turn, no glue or starch to remove

Disadvantages: must cut a slit in backing fabric to remove the freezer paper

Reference: roughly based on the technique in *Batik Gems* by Laurie Shifrin

Alternative technique: Iron the template to the front of the fabric. Use the freezer paper as a guide for how much fabric to sweep under with your needle. Template can be peeled off so you don't have to slit the backing fabric.

Alternative technique: Make template from *EQ Printables Self-Adhesive Template Sheets*. Finger press sticker-like template to the right side of the fabric, then use the template as a guide for how much fabric to sweep under with your needle. Peel off and reuse template until the adhesive wears out.

2.4 *Turned Edge: Starch*

1. Prepare the background fabric
 - 7" square
 - fold in half in both lengthwise directions (quarters)
2. Cut a 4" circle of template material
 - Freezer Paper (2 layers, preshrunk then ironed together)
 - Cardstock
 - Heat Resistant Mylar
3. Prepare the circle fabric
 - cut a circle of fabric about 4.5" in diameter
4. Baste a running stitch about 1/8" in from the edge of the fabric circle.
5. Place the template against the wrong side of the circle.
 - iron shiny side of freezer paper to wrong side of circle
6. Pull the basting threads together to gather the edges.
7. Distribute the gathers evenly.
8. Spray lightly with starch or sizing.
9. Iron until dry. Press the back, then front.
 - If using no melt or heat resistant Mylar, set iron to silk or cooler.
10. Loosen threads, remove template and finger press if necessary to restore shape.
11. Press again.
12. Position on background fabric.
13. Use glue or pins or baste to hold circle in place.
14. Hand or machine stitch.
 - **1.4 Hand Sewing Appliqué Pieces**
 - **1.5 Machine Sewing Appliqué Pieces**
15. Press, then trim block to 6.5"

Advantages: absolutely perfect circles as small as 3/8"

Disadvantages: need to wash out starch (and glue) after block or quilt is complete

Alternative templates: Template substitutions:

- very thin translucent washers from hardware store (3/8" to 2" across)
- desert size paper plate, flatted with an iron (about 6" across)

Alternative technique: The Pearl Pereira method calls for using a circle of freezer paper and ironing it to the wrong side of the circle fabric. Spray a bit of starch into a lid. Use a stencil brush to apply the starch to the seam allowance. Use a stiletto or cuticle stick to pull the seam allowance over the freezer paper a little at a time and dry each little section with an iron before moving on. For tiny circles, put a pin through the middle of the circle into the pressing surface and spin the circle around as you turn and press. For me, Pearl's process is a bit slower for big circles, but is easier and faster for small circles.

2.5 *Turned Edge: Leave-In Template*

1. Prepare the background fabric
 - 7" square
2. Draw and cut out a 4" circle on template material:
 - Wash-Away Appliqué Sheets (fusible) by C&T Publishing
 - Ricky Tims Stable Stuff
 - Sharon Schamber's Applique Stabilizer
3. Prepare the circle fabric
 - 5" square
4. Fuse or use a bit of glue stick to adhere the template to the center of the circle fabric.
5. Trim the circle fabric leaving a generous 1/4" seam allowance.
6. Apply glue stick to the seam allowance and use fingers to fold seam allowance to the back of the template.
7. Press to set the glue.
8. Position circle on the background fabric then follow steps 13 and 14 from **Turned Edge: Starch** above.
9. Press, then trim block to 6.5"

Advantages: The leave-in stabilizer adds a bit of height to the appliqué element. For more intricate shapes this technique is more valuable.

Disadvantages: Appliqué elements are stiff until washed, and very hard to hand quilt. The fusible in the Wash-Away Appliqué Sheets remains difficult to hand sew even after blocks are washed. Blocks or quilt should be washed to remove glue.

Reference: *Piece by Piece Machine Appliqué* by Sharon Schamber

Reference: *more! hand appliqué by machine* by Beth Ferrier

2.6 *Turned Edge: Perfect Circles™*

To avoid problems with the fabric raveling or being hard to handle, when working with *small circles*, follow the directions for the **Turned Edge: Starch** above EXCEPT replace steps 2-3 with steps 1-3 below:

1. Mark circle on fabric (front or back).
2. Sew a running stitch about 1/8" outside the circle.
3. Then cut out the circle.

Reference: Perfect Circles™ by Karen Hay Buckley

2.7 Turned Edge: Really Small Circles

1. Prepare templates
 - Iron 2 layers of freezer paper together.
 - Mark and cut out a circle the desired size from 1/4" to 2" in diameter.
2. Iron shiny side of freezer paper template to wrong side of circle fabric.
3. Cut out circle, leaving a 3/16" to 1/4" seam allowance.
4. Spray some starch into a cup.
5. Use a stencil brush to apply starch to seam allowance.
6. Put a pin through the center of the circle and into a firm ironing surface.
7. Use a stiletto to pull in the seam allowance and press with hot iron.
8. The paper will spin around the pin as you work it with the stiletto and iron.
9. Press from the front, then remove freezer paper.
10. Finger press back into correct shape then iron again.
11. Hand appliqué onto background.

Advantages: As viewed on Pearl's DVD, this technique is fast and produces perfect circles.

Disadvantages: Starch needs to be removed from blocks or quilt.

Reference: *Appliqué Techniques with Pearl P. Pereira* DVD available from <http://www.p3designs.com/>

2.8 Turned Edge: Fusible Interfacing Appliqué

1. Prepare the background fabric
 - 7" square
 - fold in half in both lengthwise directions (quarters)
2. Prepare the circle fabric
 - 5" square
 - fold in half in both lengthwise directions (quarters)
3. Prepare the template
 - 5" square of medium weight fusible interfacing
 - lightly mark center of fusible
 - draw a 4" diameter circle centered on the non-fusible side of the interfacing with a pencil
4. Put the interfacing, fusible side down, on top of the circle fabric, right side up.
 - use a pin through the centers to align the fabric and interfacing
5. Sew on the marked line then trim the seam allowance to a shy 1/4".
6. Cut a small slash in the middle of the fusible interfacing, and turn circle right side out.
 - a purple Thang or bodkin helps with turning
7. Center circle on background fabric.
 - use fold lines to help center the circle
8. Iron the appliqué to the background fabric.
9. Machine stitch the appliqué in place, using a blind hem stitch or a blanket stitch. See section **1.5 Machine Sewing Appliqué Pieces**
10. Press, then trim block to 6.5"

Advantages: Fairly easy. Interfacing results in a slightly raised appliqué element.

Disadvantages: The interfacing makes the appliqué elements a little stiffer, and you must be careful that the interfacing doesn't show. I can't get the edge as smooth as I can with many of the other methods.

Reference: Eleanor Burns, video on PBS

2.9 Turned Edge: Waste Not Want Not Circle In A Square

A nifty technique for use with a set of fabrics, where you want each fabric to be used for both a circle and a background, and you don't to waste *any* fabric.

1. Prepare the fabrics
 - 8" squares for a finished block size 6" with a 4" circle
 - starch and press each square in half, right sides together, in both lengthwise directions
 - draw a 4.5" diameter circle centered in each square of fabric
 - carefully cut out each circle on the drawn line
2. Prepare reusable 4" circle template
 - Heat Resistant Mylar
 - Freezer Paper (2 layers, preshrunk then ironed together), reuse 5-10 times
 - Cardstock
3. Prepare the circles
 - hand or machine baste about 1/8" inside each circle
 - place template against wrong side of circle
 - pull the basting thread tight, spray with starch, and iron dry
 - remove template
 - press again
4. Prepare the backgrounds
 - fold background along the crease lines
 - sew a 3/8" seam along each crease line
 - trim seam allowance to 1/4" and press open
 - this makes the hole in the background square smaller and allows the circles which were cut out earlier to be appliquéd over the hole
 - to add extra visual interest:
 - cut each of the backgrounds into quarters along the fold lines
 - mix and match the pieces
 - then sew them back together with a 3/8" seam allowance
5. Center circle on square, baste, glue, or pin.
6. Hand or machine stitch circles.
7. Trim finished blocks to 6" OR 6.5"

Advantages: No fabric waste! Very smooth circles.

Disadvantages: Four short seam lines are visible on the background fabric.

Reference: <http://mrsschmenkmanquilts.wordpress.com/2009/07/10/i-heart-circles/>

2.10 **Turned Edge: Reverse Appliqué: Starch**

I love this basic techniques because it allows you to machine stitch a perfect circle, and the stitches don't show! It works great for circles from 1" up to 16".

1. Cut a 7" square of circle fabric, background fabric, and two pieces of freezer paper.
2. Fold one piece of freezer paper in half twice to mark its center.
 - OR use a ruler to draw lines
3. Iron the two pieces of freezer paper individually to preshrink, then together, shiny sides down.
4. Draw a 4" circle in the middle of the freezer paper.
5. Cut the circle out of the freezer paper
 - use Circle Scissors or Olfa Circle Cutter to get a perfect circle OR
 - cut a slash inside the circle to start your paper scissors
6. Iron the freezer paper to the wrong side of the background fabric.
7. Cut out the inside of the circle from the background fabric, leaving a 1/2" to 3/4" seam allowance. Yes, I really mean 3/4"!
8. Clip the seam allowance about every 1/4", leaving a few threads between the edge of the freezer paper and the end of the clip.
9. Spray some starch into a cup, and use a stencil brush to apply the starch to the seam allowance. Work with about 3" at a time.
10. Use a bamboo skewer or stiletto or cuticle stick to pull a bit of the seam allowance over the freezer paper, iron dry, pull up more, shift the iron, etc.
11. When the edge of the ring is turned under completely, iron from the front.
12. With the background fabric wrong side up, place a very thin line of glue very close to the fold of the fabric, all around the circle.
13. Lay the circle fabric, right side down on top of the glued background piece.
14. Press to dry glue.
15. Turn the block right side up.
16. Gently remove the freezer paper.
17. Machine sew along the crease line with a straight stitch and a normal stitch length.
 - If you can't see the crease, use a pencil, white pencil or fine point washout marker to make the crease line more visible.
18. If you sew too far outside the crease line, finish sewing the circle, then go back and stitch that area a second time.
 - Don't rip out the bad stitches unless you sewed *inside* the crease line.
19. Trim seam allowance to about 1/4"
20. Press (seams can be pressed in or out)
21. Trim block to 6.5", making sure the circle is centered.

Advantages: Hidden stitches, very smooth curves. Freezer paper template can be reused up to 10 times.

Disadvantages: Steam can burn your fingers!

Reference: *Piec-liqué* technique by Sharon Schamber

2.11 *Turned Edge: Reverse Appliqué: Gluestick*

- This uses the same procedures described above, except glue stick replaces the starch and Heat Resistant Mylar replaces the Freezer Paper.
- A thin layer of glue stick is applied to the template to make it stick to the wrong side of the backing fabric.
- The hole is cut out and clipped as above.
- A thin layer of glue stick is applied around the hole and the seam allowance is gently pulled onto the glued template.
- A *very cool iron* is used to set the glue.
- Glue stick is applied to the background fabric right up to the edge of the hole, then and circle fabric is placed on it and pressed, again with a *very cool iron*.
- Carefully release from the template from the background fabric.
- Stitch, press, and trim as above.

Advantages: Same as **Turned Edge Reverse Appliqué: Starch**. Gluing down the seam allowance of the circle is faster than starch turning it. No risk of steam burns from the starch. Mylar template can be used hundreds of times.

Disadvantages: Glue should be washed out of blocks or quilt. Fingers get goeey. Mylar is more expensive than freezer paper.

Reference: Modification of a procedure which uses freezer paper described at: http://www.dioramarama.com/2009/02/tutorial_easy_pieced.html

2.12 *Turned Edge: Reverse Appliqué: Katrina's Drunken Path*

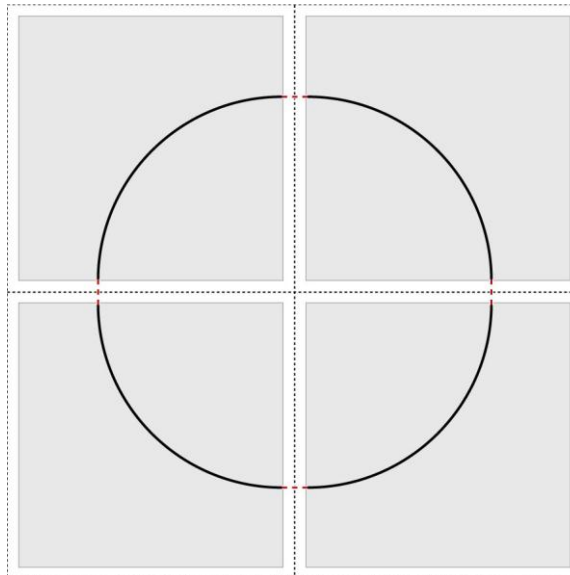
Create circles using the **Turned Edge Reverse Appliqué: Starch** technique above, EXCEPT:

1. When drawing the "circle" on freezer paper folded into quarters, the add in 1/4" seam allowances along the fold lines
2. After trimming the blocks to size, cut each block into quarters.

Advantages: This is the only way I can make a drunkards path block with no tucks.

Disadvantages: A little more fabric waste than some other techniques.

Reference: You may request the file from me, ask for: DrunkardsPath 6 in blocks.jpg



3. Raw Edge Techniques

3.1 *Raw Edge Appliqué: Fusible Interfacing*

1. Iron a light to medium weight fusible interfacing to your circle fabric.
 - the interfacing stabilizes the edge of the fabric and reduces raveling
2. Draw and/or cut out circle:
 - used CD's can be used to draw circles
 - fold fabric in half and use a half circle cutter
 - fold fabric in quarters and use a quarter circle template/rotary cutter
3. Fold circle and background in half in both directions.
4. Place circle, centered, on background.
5. Pin or glue or baste.
6. Sew circle to background by machine. See the section 1.5 **Machine Sewing**

Appliqué Pieces.

Advantages: The fusible interfacing makes it so the edges do not ravel. The interfacing adds some height to the appliqué.

Disadvantages: Interfacing makes the appliqué circle slightly stiffer, but not as stiff as many fusible webbings.

Reference: <http://www.bijoulovelydesigns.com/2010/02/circle-quilt-tutorial-part-one-creating.html>

3.2 *Raw Edge Appliqué: Fusible Web*

1. Prepare background
 - 7" square
 - fold in half in both lengthwise directions (quarters)
2. Prepare fusible web
 - 4.5" square of fusible web
 - Draw a 4" circle on the release paper.
 - Cut about 1/8" to 1/4" outside the circle AND about 1/4" to 3/8" inside the circle, creating a ring of fusible.
 - Cutting away the inside of the fusible results in a softer feel for the circle.
3. Prepare circle
 - 5" square
 - Iron fusible ring to wrong side of circle fabric.
 - Cut out circle on drawn line.
 - Remove release paper.
 - Gently finger press circle fabric in half in both directions.
4. Place circle, fusible down, centered on background.
5. Iron, following directions on fusible web.
6. Sew circle to background by machine. See section 1.5 **Machine Sewing Appliqué Pieces.**

Advantages: The fusible reduces raveling of the edges. This is much faster than any turned edge method.

Disadvantages: The fusible makes the appliqué circle stiffer. Cutting away the unnecessary fusible reduces the stiffness.

3.3 *Raw Edge Appliqué*

1. Fold 5" circle and 7" background fabrics in half in both directions.
2. Draw 4" circle with pencil or washout marker on the back of circle fabric.
3. Cut out circle.
4. Place circle, centered, on background.
5. Glue or baste circle in place. Get glue close to the edge of the circle fabric.
6. Sew circle to background by machine with a satin stitch or blanket stitch.
7. Trim block to 6 1/2".

Advantages: No stiffness. Fast.

Disadvantages: Prone to fraying unless circle is sewn down with a satin stitch. Must wash glue out.

Recommendation: Use a *circle embroidery tool*. Stack tear away stabilizer, then background fabric, then the uncut circle fabric, all right sides up. Sew a circle (ever so slightly smaller than your desired circle), with a straight stitch, then cut away the excess circle fabric very close to the line of stitching, then satin stitch around the circle, then remove tear away stabilizer.

3.4 *Very Raw Edge Reverse Appliqué*

1. Cut 7" squares of the background and circle fabrics.
2. Mark the middle of the circle fabric on the wrong side of the fabric.
3. Place background fabric on top of circle fabric, both right side up.
4. Flip stack over.
5. Draw a 4.5" circle centered on the background fabric.
6. Machine stitch on the drawn circle with a thread which coordinates with or matches the background fabric. Use a shorter stitch, 2.0.
7. Flip stack right side up.
8. Trim away the background fabric 1/4" inside the stitched circle, revealing the circle fabric.
9. Trim block to 6.5".

Advantages: Fast. Really Fast if you use a circle embroidery tool.

Disadvantages: Since you don't cut away the excess circle fabric, much of the quilt will have an extra layer of fabric. Gives a slightly frayed, primitive look.

Reference: Shawn from *Quiltin' Cousins* explained this procedure to me.

4. Paint/Dye/Bleach

4.1 *Bleach using freezer paper masks*

1. Prepare the background fabric
 - a. 7" square
 - b. fold in half in both directions
2. Freezer paper mask
 - a. 7" square, fold in half in both directions with a 4" circle cut out
 - b. OR 4" circle, folded in half in both directions
3. Iron freezer paper onto background fabric
4. Gently sponge "Soft Scrub with Bleach" onto the fabric.
5. Allow bleach to work for 1-5 minutes.
6. Rinse fabric well.
7. Stop the action of the bleach by rinsing the fabric in one of the following:
 - a. Anti-chlor 1 teaspoon/2.5 gallons of water
 - b. Hydrogen peroxide, diluted 1:3
8. Dry fabric, press, then trim to size

4.2 *Shiva Paintstik or Pentel Arts Fabric Fun Pastel Dye Stick*

1. Prepare background
 - a. 7" square
 - b. fold in half in both lengthwise directions (quarters)
2. Prepare freezer paper mask
 - a. 7" square
 - b. gently fold in half in both lengthwise directions
 - c. mark and cut out a 4" circle
3. Iron freezer paper onto background fabric
4. Rub some paint onto the freezer paper
5. Use a stencil brush or firm fabric paintbrush to spread the paint onto the fabric
6. Allow fabric to dry for 24-28 hours, then cover painted fabric with paper and heat set iron.

4.3 *3D Circles with Shiva Paintsticks*

Reference: *Casting Shadows: Creating Visual Dimension in Your Quilts*. Colleen Wise. 2005. C&T Publishing ISBN 978-1-57120-295-6. Pages 56-68.