

# Needleturn Appliqué Lesson

## Supplies

**Background Fabric Square**—6"

**Fabric for Appliqué piece/s**

**Freezer Paper**

**Needle** - Straw, appliqué, milliner, or sharp needle.  
Any needle with a small barrel.

**Thread** - Cotton embroidery thread or silk thread  
(usually thinner than regular thread) to match  
appliqué piece. Contrast thread for basting.

**Scissors**

**Eyeglasses** if necessary

**A willingness to "Try, try again."**



## Advance Preparation

1. Trace appliqué shape onto dull side of freezer paper.
2. Cut out shape on the line.
3. Iron freezer paper shiny side down onto right side of appliqué fabric.
4. Trace around shape with white chalk marking pencil, or other non-permanent fabric marker.
5. Trim fabric to within 3/16" - 1/4" around freezer paper shape.
6. Peel off freezer paper, then place appliqué piece onto right side of background fabric.
7. Using contrast thread, baste appliqué piece to background far enough into the shape to be able to turn the fabric under at the marked line without interfering with basting stitches.

## Instructions

Thread your needle with matching thread, tie a single knot on one end. Insert the needle through the bottom of the appliqué piece and up through the marked line to begin. Fold fabric under and begin stitching your appliqué to the background. The needle will come out of the fold and directly into the background fabric. Space your stitches about 1/8" apart or less. Continue around appliqué shape, folding fabric under and stitching as you go. You may need to clip inner corners, and trim outer curves to make the edges smooth and appliqué lie flat. Continue stitching around the appliqué shape, then pull thread to wrong side of fabric, and take three tiny stitches through one layer of the background. Tie a knot and bury the thread between the layers.