

## Hawaiian Appliqué by Machine -- Supply List

You will learn how to cut out a Hawaiian style appliqué using my paper snowflake method, then use satin stitch machine appliqué to complete one small 6" sample block plus begin work on an 18-19" square (finished size) design in class.

Kit Fee: \$22 includes complete Nourish the Body, Nourish the Soul pattern, one package white Mistyfuse, half yard of baking parchment.

Use the boxes to check off what you have packed.

- Glasses if you need them!
- Sewing Machine in good working order, with which you are familiar, that can do straight and adjustable zigzag. Sewing machine manual and, if you have it, walking foot. An open-toe embroidery foot is a real plus.

**NOTE:** Omit this item if taking workshop at a quilt show where machines are provided!

**Fabric selection tip:** make sure your fabrics have strong contrast in both value (light vs. dark) and visual texture (if one fabric is busy, the other should be less busy or solid/nearly solid). Successful appliqué almost always has sharply contrasting fabrics. You'll need additional fabric if you want to add borders after class. **Another hint:** overlap your fabrics: is there a distinct edge visible where the fabric colors match? If so, good. If not, test-drive another pairing. If the fabrics blend (for example, of both fabrics share a color), you lose the edges in the applique designs. You can somewhat rescue this with a sharply contrasting thread, but it makes your life more challenging. It's easier if there is a distinct edge.

- For 6" sample block: two 7x7 inch squares of contrasting fabric; it is good if one is a solid / near solid
- Fabric for each 18" block:  
Note: if you want to try to make more than one, bring this amount for EACH square; you may have time to start a second one in class if you tend to work quickly.
  - One 21x21 inch square of background fabric
  - One 21x21 inch square of contrasting "motif" fabric
  - Scraps of both for stitch-out sample, minimum of 4x8 inches for the background piece
  - Optional: a second 21" square of background fabric (if you are careful when cutting, you can get two blocks out of the Motif fabric)
- Fusible Web: One package of white Misty Fuse is included in your kit. If you prefer a different fusible, you are welcome to bring and use it. You will need 20x20 for each block, plus 6x6 for practice.
- Freezer paper and tear-away stabilizer:  
*Note: stabilizer is not interfacing or fusible, but a distinct product to prevent puckering and improve decorative stitching. You will need BOTH freezer paper AND stabilizer for each block.*  
For sample block:
  - o 6x6 inch square of freezer paper
  - o 6x6 inch square of tear-away or water-soluble-paper stabilizer

Continued on next page...

For EACH 20x20 inch block you wish to make:

- o 20x20 inch square of freezer paper to make cutting templates
- o 20x20 inch square of tear-away or soluble-paper stabilizer (may be freezer paper OR tear-away stabilizer—Sarah will have some extras for a modest cost)
- o Extra freezer paper and stabilizer for practice

The USS Quilt (Usual Sewing Stuff for Quilting):

- o Scissors for PAPER as well as fabric; if you have small embroidery scissors, bring them
- o Pins, extra sewing machine needle(s) (just in case...sigh...it happens!)
- o Seam Ripper (aka Mr. Frog...rippit rippit...we sure hope not!)
- o 18 mm Rotary cutter and mat--this is optional, but I totally love my little rotary cutter.

Thread

- o For your satin stitching, bring a WIDE VARIETY of thread—we'll do sample stitchouts in class. They may either (a) match the appliqué fabric or (b) contrast well with both the appliqué and background fabrics. In my the full sized version of Nourish the Body, Nourish the Soul, I use a white-on white print, a blue batik, and bright magenta thread. Variegated threads often don't work well; bring at least twice as many choices as you think you'll need!

Other stuff:

- o Pen and paper for notes
- o A sense of humor ;^}
- o Chocolate and caffeine help <grin>!