

# Be Still My Heart



Welcome Spring with this charming 37 x 42 inch quilt.

## Fabric

1  $\frac{1}{3}$  yards Background Fabric  
 $\frac{1}{2}$  yard Pastel Rainbow Ombre Fabric  
 $\frac{3}{4}$  yard Candy Rainbow Ombre Fabric  
 $\frac{1}{3}$  yard Blue Rainbow Ombre Fabric  
 $\frac{1}{4}$  yard Green Rainbow Ombre Fabric

### Note:

Fat Eighths or large scraps in assorted colors and values can be substituted for the Ombre fabric.

## Notions

Favorite Applique tools  
 Rotary Cutter, ruler and mat  
 (16 $\frac{1}{2}$ " square ruler recommended)  
 Cotton thread for piecing  
 Basic sewing supplies  
 Sewing machine in good working order

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Appplewood Farm Publications

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## Step One

### Tulips and Berries

#### Pastel Rainbow Ombre Fabric

Cut two strips 6" x WOF (Width of Fabric)

Cut three 6" x 3" rectangles from each strip,  
set these aside for next month's piecing.

Use the remaining fabric for the appliqué.



#### Candy Rainbow Ombre Fabric

Cut two strips 6" x WOF

Cut three 6" x 3" rectangles from each strip,  
set these aside for next month's piecing.

Cut four strips 2" x WOF

Set these aside for the binding

Use the remaining fabric for the appliqué.



#### It's time to Appliqué

What follows is a quick summary of the technique outlined in my books, *Hand Applique by Machine and More! Hand Applique by Machine*, available from your local quilt shop or my website. Please feel free to substitute any applique technique you enjoy.

#### You'll need:

Freezer paper (or the nearly magical Wash Away Applique Sheets)

glue stick

Polyester invisible thread

Stapler

Fabrics

Make photocopies of the full size appliqué templates. Fold the freezer paper to make six layers. (Or use six layers of the Wash Away Applique Sheets.) Staple the individual photocopies to the folded freezer paper, inside each shape. Following the lines on the photocopies cut out the shapes.



Using a hot iron, press the shiny side of the freezer paper shapes to the wrong side of the fabrics you have chosen for the appliqué. Cut out around the freezer paper shapes **ADDING** about 1/4" seam allowances as you cut.

Apply the glue stick to the exposed fabric seam allowance. Pinch the seam allowance to the freezer paper. Glue baste all of the shapes this way. Glue the basted shapes in place.

Thread your sewing machine with the polyester invisible thread. Adjust either the blind hem stitch (basic setting of Width of 1 and Length of 1) or the zig zag stitch (basic setting of Width of 1 and Length of 2) so that it is very narrow and very short.

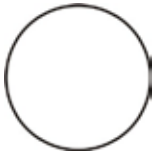
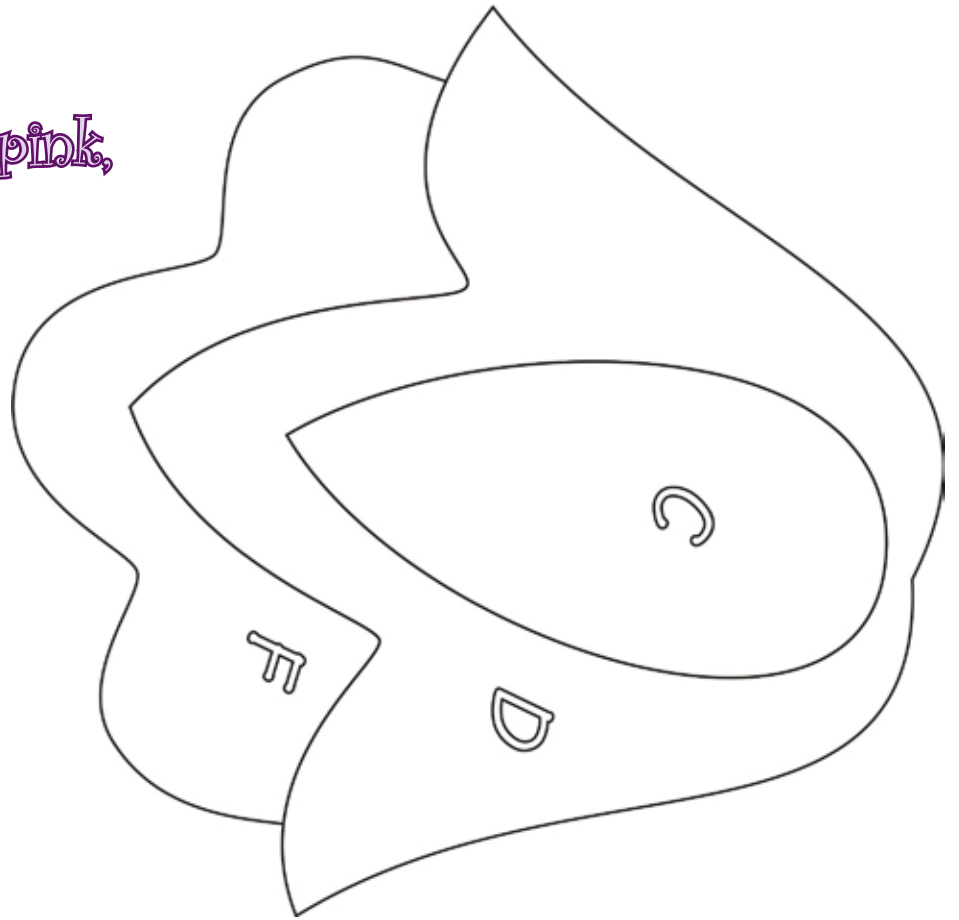
Sew the flower motifs together before sewing them to the background. This allows you to arrange them more easily on the background.

Place the motifs in the appropriate positions. Hold the stitched motifs in place with a dab of glue or straight pins. Using the same stitch as above, sew the motifs to the background units.

(If you are using the Wash Away Applique Sheets you can skip this next part.)

Cut the background fabric away from behind each appliqué. Place a damp towel on the back of the completed appliqué. Let it sit for about 20 minutes to soften the glue. The freezer paper shapes should slide right out. Press the finished appliqué immediately to dry it. Don't ever let it air dry. Even prewashed fabric can run when left sitting wet.

Make nine tulips,  
three each of the pink,  
peach and purple.



Make 47 berries in  
assorted shades of aqua.

These berries are about  $\frac{3}{4}$ " in diameter. A scrapbooker's circle punch is a quick and easy way to create perfect circle templates. If you're using the Wash Away Applique Sheets you won't have to worry about removing them!