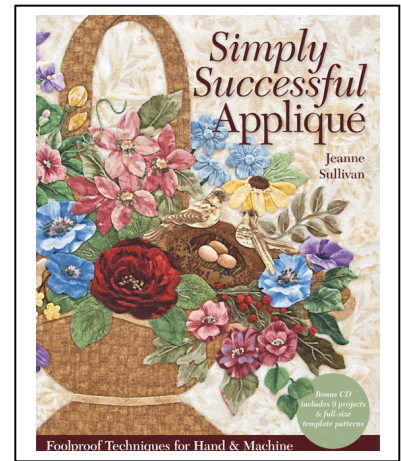


CLASS TITLE: Introduction to Simply Successful Appliqué

Project:

"Just for Pretty," an appliqué sampler, using *Simply Successful Appliqué* techniques.

Note: Using the *Simply Successful Appliqué* method, all appliqués are prepared in the same way until it comes time to sew them on to the background fabric. This class can be taught as a hand appliqué class or a machine appliqué class, or it can be combined so students decide how they would like to sew.



From *Simply Successful Appliqué* by Jeanne Sullivan

Simply Successful Appliqué is a user-friendly process textbook designed to support classroom instruction with:

- **Foundations:** The basics of the Simply Successful appliqué method – soup to nuts!
- **How-To's:** Step-by-step lessons for specific techniques
- **Project Pages:** Comprehensive support materials for completing each design.

Note: Each section features an abundance of clear step-by-step photos with explicit descriptions. I hope you will find the book's techniques and projects to be a perfect match for your teaching style and skills while providing a comprehensive student resource, helping to promote and reinforce successful learning.

The bonus CD includes printable full size master patterns (for hard copies and overlays) and a complete set of template patterns for each project. The template pages are formatted for easy printouts using 8 1/2" x 11" freezer paper sheets. No more tracing! Additionally, each project has a set of step-by-step instructions and close up photos of the design elements. (See book p. 122 for a sampling of what is on the CD for each project).

An unlimited variety of workshops can be developed using the book's projects, each focusing on an array of success-oriented special techniques and technical skills. As an example, the following class plan is presented using the *Just for Pretty Sampler* project. It was designed to teach many of the basic skills for Simply Successful appliqué.

The sampler is comprised of nine blocks. The class can be taught as:

- Option #1: A 3-hour, one-block introductory workshop.

- Option #2: A 6-hour workshop teaching one block, plus covering all special techniques needed for students to complete the remaining blocks and project on their own.
- Option #3: A comprehensive multi-session workshop in a "block of the week" format to complete the entire project. (The blocks are so easily and quickly finished that even working moms can reasonably complete one a week!)

Class Description

Just for Pretty is just for fun with a whole lot of learning built in! Begin with a flower and you'll breeze through the remaining *learn-as-you-go* blocks. Each of the nine delightful appliqué motifs can be completed in a few hours. Complete the project as a framed piece (shown below). Notice that it is appliquéd only and not quilted, though of course quilting is an option, as you can make a pillow cover or a small wall hanging. Finished individually, a single block can be made into a mug mat, needle book, pocket, sticky notepad cover, framed art piece or whatever else you might dream up! Take a moment to look in the book's "gallery" on pp. 52-59, also, to see a variety of design interpretations!



Just for Pretty Appliqué Sampler

-Skill Level: Appropriate for all. For those new to appliqué, this fun and easy project will provide a sound foundation of process and technical skills with stress-free, satisfying results. Experienced appliquéers will be introduced to new methods filled with tips, tricks and precision techniques to bring their appliqué to the next level.

-Special Skills Learned in Class: All basic techniques for *Simply Successful Appliqué* (see specific focus skills listed in the descriptions for each block below).

-Expectations: It is reasonable to expect that basic skills will be mastered by students, allowing for several appliquéed pieces to be prepped and sewn to the background during class.

time. With added class time, much more can be accomplished with some students completing the block and adding embroidery embellishment.

-Students will enjoy the simplified, foolproof techniques and be delighted by their immediate success. It doesn't take years of practice to do fine appliqué!

Class Length

See workshop scheduling options listed above.

The Design #1 flower block is recommended for the first lesson in any *Just for Pretty* sampler class offering (in a 3-hour, 6-hour or multi-session instructional time frame) because the book uses photo sequences of the same block to illustrate every step, from start to finish. While this block works very well as a one-session class, students will love coming back for a series of classes. The week-by-week workshop option below is arranged in skill-building order. Students can easily complete a block each week to make the entire sampler.

Class Supply List

Required textbook: *Simply Successful Appliqué* by Jeanne Sullivan

Supplies and Equipment: See also book Chapter 1 and CD for list of specific items to gather for each project.

Note: Many items lend themselves to sharing so that the supply list can be shortened and costs kept reasonable. Items the teacher can offer to share are marked with an asterisk. The cost for shared supplies can be built into the class materials fee and/or registration. It's been my experience that after trying the shared items in class, most students will purchase their own for home use.

- *Thread suitable for appliqué in colors to match/blend with motif fabrics. *Note: See book for recommended thread for appliqué by hand, pp. 60-62, and also appliqué by machine, p. 84. Note: Students can share in class but will need to have their own for home.*
- *Small assortment of 6-strand cotton floss for embroidery details (i.e. Weeks or DMC). Include 18" lengths of green plus several other colors to coordinate with color plan. *Note: Can be shared in class but will need own for home.*
- Scissors (for paper and fabric) – 4" or 5", slim with fine points.
- Tweezers with slanted, flat tips
- Mechanical Pencil. Fine 0.5 lead size.
- Mechanical chalk pencil. 0.9 chalk leads. Bohin recommended.
- Clover White Marking pen
- Ultra fine tip permanent marker – black

- Embroidery hoop – 4" diameter preferred
- Small pins for basting (sequin pins 1/2" and/or small pearl head pins 3/4")
- *Magic Spray Sizing – Light Body
- Small glass bowl/container for liquid sizing
- Washable basting glue
- Small paintbrush: Size #1 round – artist's brush with short handle (6"- 8" approx.) preferred.
- Thick mouse pad: 3/8" to 1/4" thickness preferred.
- *T-pin
- *Clear acetate plastic sheets (page protector covers) or clear transparency sheets: For overlays and embroidery transfers. Note: See also teacher preparation below.
- Freezer paper sheets: 8 1/2" x 11". Note: See also teacher preparation below.
- *Freezer paper on the roll (approx. 1 yd. length should do it).
- *9 Ziploc plastic bags – sandwich size
- *Appliqué needles for hand appliqué (Size 12 Sharps...I like Piecemaker brand); Microtex Sharp Size 60/8 for machine appliqué (Universal needles can be substituted).
- *Embroidery Needles Size #8 for floss and fine #12 pearl cotton
- *Chenille Needles: #22 for Pearl Cotton #3 and #5; #20 for Pearl Cotton #8 (available in one size needle packs, or multi-size needles in each pack)
- *Cotton thread: Coats #50 wt. or equivalent in light neutral color to baste in registration marks.
- Sewing awl or stiletto
- *Pearl head pin – 1 1/4" length (alternative: stiletto/awl)
- Pin Cushion
- Thread Heaven thread conditioner (for hand appliqué)
- *Small square of Patch Back. JSD.
- Elmer's Washable School Glue Stick
- *Natural wood toothpicks, *nail care sticks
- *Several sheets of white copier paper
- Hard Pressing Board...I mean HARD, as in plywood covered with thin cotton batting and Teflon ironing surface.
- Travel Iron. Rowenta preferred.
- For machine appliqué classes: A zigzag sewing machine.

Optional Items:

- Battery powered personal sewing light (with magnifier, if needed). This is especially for the "Over 40 Crowd"... the added lumens will make a world of difference!
- Quilter's lapboard. JSD.
- Thimble-It finger protectors or thimble
- If needed, a needle threader
- For comfort: Chair pad, foot stool

Fabric: See *Just for Pretty Sampler* project CD page 19 for yardage requirements, cutting instructions, etc.

The instructions are based on 4" finished size blocks. If the project will be done in a larger size, be certain to enlarge the size of the master pattern, templates and overlay (using the same copier enlargement settings for all). Remember to increase fabric amounts accordingly. When possible, encourage students to pre-wash fabric prior to class.

TIP: "An Appointment to Shop!" At the time of registration, have copies of the required book available for purchase (or include it in the registration fee). Students will appreciate you suggesting they read Chapter 2, the section on *Color Planning a Project*, before they make their fabric decisions. Also recommend they look at the project photo on book p.123, the back cover photo and the gallery samples on p.53, for inspiration. Offer the student undivided attention and help (right then or by appointment prior to class...their own personal fabric shopper!) to help select their project fabrics, thread and any additional supplies they may need from the supplies and materials list (above).

TIP: Make a shop sample of the project and make up fabric kits – lots of them! Many times students will intend to gather their own fabrics for a class project, but never get a chance to do it – a kit is heaven-sent if they can buy one from you at the last minute! And, after the class, increase book sales with a special promotion of available kit and book combos. It's a win-win! These combos make great gifts, too!

Teacher Preparation

I'm always trying to think of things that I can do ahead of class that will save precious instructional time during class. For instance, I'd much rather designate more time for demonstrations and student practice than for tracing. To that end, you'll find the book's CD priceless! It includes master patterns and individual appliqué templates. The master patterns can be printed out on copy paper in sections and taped together full-size. The templates can be printed on freezer paper sheets using an inkjet printer, and the overlay can be printed onto clear transparencies and taped together. No more wasted tracing time! Preparing pattern packets for students ahead of time will get you off and running as soon as they walk into the classroom! Please know that each student must purchase the book before they can receive a pattern packet from you.

Keep track of your expenses and time, and calculate how much you will be charging for the packet. Work with the shop ahead of time, telling them how much you are charging so they can tell students. Also, decide who will collect the materials fee from the students and when.

Another thing I do ahead is to make up a "Needles, Pins & Necessaires" sample packet in a small snack size Ziploc baggie. It is as much for me as it is for my students. All they need can be found quickly in one spot and they're using the same quality items I've come to rely on for good results. As an example, my packet includes several 1/2" sequin pins, several 3/4" pearl head pins, a few toothpicks, a natural wood nail care stick, a Piecemaker Hand Appliqué Sharps needle (size 12), a Piecemaker Embroidery needle (size 8 for floss), a Chenille needle (size 22) for #3 pearl cotton and a single Thimble-It finger protection pad. For machine appliqué, I provide a Schmetz Microtex sharp needle in size 60/8.

I invite students to cut lengths of thread from my personal collection of YLI Silk 100 thread so they can compare their hand appliqué stitches with those made using cotton thread. Additionally, I provide a can of spray sizing and roll freezer paper to be shared.

The following is a list of other things I make sure the shop/venue has available or I bring to class to ensure it goes smoothly:

- Sample of completed project
- Spray bottle with water. See book pp. 13-15.
- For machine appliqué: demonstration sewing machine with zigzag stitch capability (needle down function helpful)
- Light box for students who may need it for working with dark fabrics
- Copy paper and broad line marker (if chalk board/ dry erase board is not available) -- in case I want to illustrate a concept, draw a sample leaf, etc.
- At my teaching station I have a double set* of *all* supplies and materials, a fabric kit, and pre-made samples, as necessary. I have a hard pressing board, iron with extension cord, sewing light with magnifier. *The double set helps me spend less time searching for an item needed for demonstrations and it's there to help a student who may not be prepared.
- For machine appliqué, adjust demo machine settings in advance of student arrival so it's ready to stitch without too much "fiddling'."

Classroom Preparation

If teaching room has adequate electrical outlets and capacity, set tables up for students to partner using their personal hard pressing boards and irons.

If the classroom arrangement does not allow enough room for personal hard pressing boards and irons, a few "prepping stations" can be set up around the room for sharing. Having a supply of good quality electrical extension cords on hand will make set-up easier. Note: Bring tape to secure loose cords to floors. Each station should be equipped with:

- Iron & extension cord
- Hard pressing surface
- Sewing light (with magnifier, if available) & extension cord

- Small glass bowl for liquid sizing

READY TO BEGIN: Class Agenda: Blocks are arranged here in order of skill development, *not* numerical order.

Block Design #1: Flower F1 (seen in development throughout the book).



Workshop: Students will learn the basics of Simply Successful Appliqué, targeting accurate appliqué preparation and precision needle skills (by hand and/or machine). Lesson focus will be on appliques with curves (petals), pointy points (leaf) and oval shapes (flower center). Embroidery will include stem stitches and French knots.

-See Chapter 2 *Preparation Essentials* and Chapter 3 *Simply Successful Appliqué Basics*.

-See Chapter 4 *Hand Appliqué* and/or Chapter 5 *Machine Applique*

-See Flower F1 color photo and block Assembly Guide on CD page 20

Teacher directed mini-lessons with students actively participating to create their own block:

- Background fabric preparation
- Explain how the master pattern, template patterns and templates work.
- Preparing templates
- Preparing fabric appliqués
- Demonstrate how to use an overlay
- Basting techniques
- Ready to Stitch Tutorial: Invisible stitches by hand and/or machine. Cover techniques for single-layer appliqué (i.e. the leaf) and multi-layered appliqué (i.e. petals that cover the leaf, the oval flower center).
- Soft pressing the block
- Embroidery Tutorial: Thread preparation and basic stitches to embellish the block.

- For full-day or multi-day classes: Cover how to piece sashing and assemble the project blocks. See CD pp. 26-28.

Block Design #5: Flower F5



Workshop: Students will review the basics of Simply Successful Appliqué, reinforcing the skills of accurate appliqué preparation and precision appliqué stitching (by hand and/or machine). Note: Students might like to try hand appliqué if they completed Block #1 by machine; or vice versa. Focus will be on petal appliques with points and circle shapes (flower center). Embroidery will include French knots and detached chain (lazy daisy) stitches.

-See Flower F5 color photo and Assembly Guide on CD page 22.

Teacher directed review mini-lessons with students actively participating to create their own block:

- Background fabric preparation
- Preparing templates
- Preparing fabric appliques: Feature pointed petals, round flower center.
- How to use an overlay
- Basting techniques
- Appliqué Sewing Tutorial: Invisible stitches by hand and/or invisible stitches by machine
- Soft pressing the block
- Embroidery Tutorial: Design transfer, thread preparation. Feature detached chain leaves and French knots using pearl cotton.

Block Design #9: Flower F7



Workshop: Students will review the basics of Simply Successful Appliqué, reinforcing the skills of accurate appliqué preparation and precision appliqué stitching (by hand and/or machine). Focus will be on appliques with curves, pointy points and learning to make a small circle shapes. Embroidery will include stem stitches and French knots.

-See Flower F7 block color photo and Assembly Guide on CD 25.

Teacher directed review mini-lessons with students actively participating to create their own block:

- Background fabric preparation
- Preparing templates
- Preparing fabric appliqués
- Appliqué Sewing Tutorial: Review invisible stitches by hand and/or invisible stitches by machine
- Embroidery Tutorial: Feature French knots (surrounding flower center) and stem stitches (leaf vein).

Block Design #8: Cherries



Workshop: Students will reinforce the basics of Simply Successful Appliqué, working to refine the skills of accurate appliqué preparation and precision appliqué stitching (by hand and/or machine). Focus will be on fussv cutting appliqués for realistic cherries.

Double-pointed leaves will be mastered. Students will be given a choice to create the tiny cherry nub with foundation appliqué or embroidery. Embroidery will include side-by-side stem stitches and satin stitch.

-See Cherries block color photo and Assembly Guide on CD 24

Teacher directed review mini-lessons with students actively participating to create their own block:

- Preparing fabric appliqués: Feature double-pointed leaves. Tiny cherry nub (appliqué optional or can use embroidery).
- Embroidery Tutorial: Side-by-side rows of stem stitches to create cherry stems. Satin stitches to create the cherry nub. Stem stitches to create the cherry "smiles".

Block Design #7: Flower F6



Workshop: Students will create a flower using Simply Successful Appliqué, reinforcing the skills of accurate appliqué preparation and precision appliqué stitching (by hand and/or machine). Focus will be on flowers made with curvy petals, which are applied in multiple layers.

-Find Flower F6 block color photo and Assembly Guide on CD 24.

Teacher directed review mini-lessons with students actively participating to create their own block:

- Preparing fabric appliqués: Feature smaller curved petals. Focus skills: accurate placement and layering of appliqués.
- Appliqué Sewing Tutorial: Using stab stitches (by hand) for multi-layer appliqué, and/or invisible stitches by machine.
- Embroidery Tutorial: If needed, review/refine French knots and stem stitches.

Block Design #2: Butterfly



Workshop: Students will learn to make deep U's and narrow curves as needed to create the butterfly wings and butterfly body. Accurate appliqué preparation will be reinforced as will precision appliqué stitching, by hand and/or machine. Embroidery will include fly stitch, backstitch, French knots and detached chain stitch.

-See Butterfly block color photo and Assembly Guide on CD20.

Teacher directed mini-lessons with students actively participating to create their own block:

- Preparing fabric appliqués: Feature deep inside U's and narrow outside curves. Appliqué Sewing Tutorial: Feature wrapping stitches to reinforce deep inside U curves. Invisible stitches by hand and/or invisible stitches by machine
- Embroidery Tutorial: Feature fly stitch and backstitch.

Block Design #4 and Block Design #6: Bird 1 and Bird 2

Workshop: Students will review deep inside Us while creating the bird body, sharp points for the beak and wing tips, and scalloped edges on the wing. Focus will be on appliqués with curves, pointy points and small circle shapes. Embroidery will include stem stitch, side-by-side stem stitches, backstitch and French knots.

- See Bird 1 and Bird 2 block color photo and Assembly Guides on CD 21-23. Both blocks are the same, but appearing as mirror images.

Teacher directed mini-lessons with students actively participating to create their own block:

- Preparing fabric appliqués: Feature tiny sharp point (beak) and narrow wavy lines, sharp inside V, broad and narrow outside curves (bird head). Feature deep inside U (bird body). Feature sharp point and scalloped edge with inside v's (wing).
- Appliqué Sewing Tutorial: Feature sharp points and inside v's, making invisible stitches by hand and/or invisible stitches by machine.
- Embroidery Tutorial: Feature side-by-side stem stitches (legs and feet), backstitch (facial and beak detail), French knot (eye).

Block Design #3: Small Flowers F2, F3 & F4



Workshop: Students will learn tips and trick for managing tiny appliques by making small ovals and tiny circles to create a three-flower cluster. Hand stitches that are closer together and machine stitches with closer settings and frequent needle down/pivots will be demonstrated and practiced. Embroidery will include stem stitches and French knots.

-See Small Flowers F2, F3 & F4 block color photo and Assembly Guide on CD 21.

Teacher directed mini-lessons with students actively participating to create their own block:

- Preparing fabric appliques: Feature working "tiny" techniques for oval petals. Feature tiny foundation circles for flower centers.
- Appliqué Sewing Tutorial: Feature hand stitches with smaller gauge for smooth petal edges and round centers. Feature machine stitches made with narrow width and length settings.
- Embroidery: Stem stitch detail on leaf. French knots surround flower centers.