



RED ROSE QUILTED PILLOW TUTORIAL

PATCHWORK APPLIQUÉ & QUILTING – FINISHED SIZE: 45 x 45 CM



1. MATERIALS

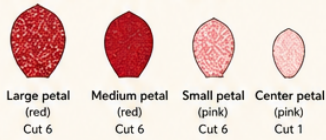
- Cotton Fabric (100% cotton, USA)

Red prints (rose petals)	35 x 35 cm
Light pink prints (rose petals)	25 x 25 cm
Dark green prints (leaves)	30 x 30 cm
Light green prints (leaves)	20 x 20 cm
Cream tone-on-tone (background)	50 x 50 cm
Burgundy solid (piping)	10 x 120 cm
Cream fabric (backing)	50 x 50 cm

- Batting (quilt batting) 50 x 50 cm
- Fusible web (lightweight)
- Thread: matching colors
- Needle (appliqué & quilting)
- Sewing machine & hand sewing needle
- Scissors, rotary cutter, mat
- Quilting clips, pins, iron

2. CUTTING (All measurements in CM)

ROSE PETALS (cut from red & pink fabrics)



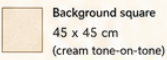
LEAVES (cut from green fabrics)



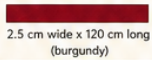
BERRIES (cut from red fabric)



BACKGROUND



PIPING (BINDING)



FINISHED SIZE: 45 x 45 CM



3. APPLIQUÉ PREPARATION

- 1 Iron fusible web onto the wrong side of all petals, leaves, and berries.
- 2 Cut out all shapes on the drawn lines.
- 3 Arrange all pieces on the background square (45 x 45 cm) as shown.
- 4 Appliqué the pieces using one of the methods below.

APPLIQUÉ METHODS (Choose one)

- A. Blanket Stitch (Hand)
Use a blanket stitch around each piece.
- B. Appliqué Stitch (Machine)
Use a small zigzag or straight stitch close to the edge.
- C. Turned Edge Appliqué
Turn under the edge and stitch with a blind stitch.

4. APPLIQUÉ & EMBELLISHMENT

- 1 Appliqué all petals from the center outwards.
- 2 Appliqué leaves around the flower.
- 3 Add stems (embroidery or stitched) and appliqué berries.
- 4 Secure all pieces. Press gently.

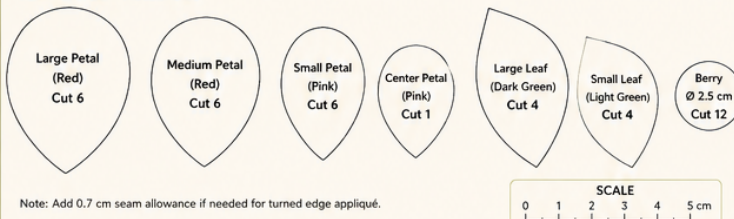
5. QUILTING

- 1 Layer the quilt:
Top (appliqué)
Batting
Backing
- 2 Baste with pins or spray baste.
- 3 Quilt the background:
• Swirls, feathers, or meandering designs.
• Quilt around the appliqué pieces.
- 4 Trim the layers even with the top square (45 x 45 cm).

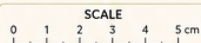
6. FINISHING THE PILLOW

- 1 Prepare piping: Fold piping in half lengthwise, press.
- 2 Pin piping to the front edge, stitch around.
- 3 Place backing fabric (right sides together).
- 4 Stitch all around, leaving a 15 cm opening.
- 5 Turn right side out through the opening.
- 6 Hand stitch the opening closed.
- 7 Insert cushion form (45 x 45 cm).
- 8 Your quilted pillow!

TEMPLATES (Actual Size)



Note: Add 0.7 cm seam allowance if needed for turned edge appliqué.



7. LEGEND – MAIN METHODS IN SEWING & QUILTING

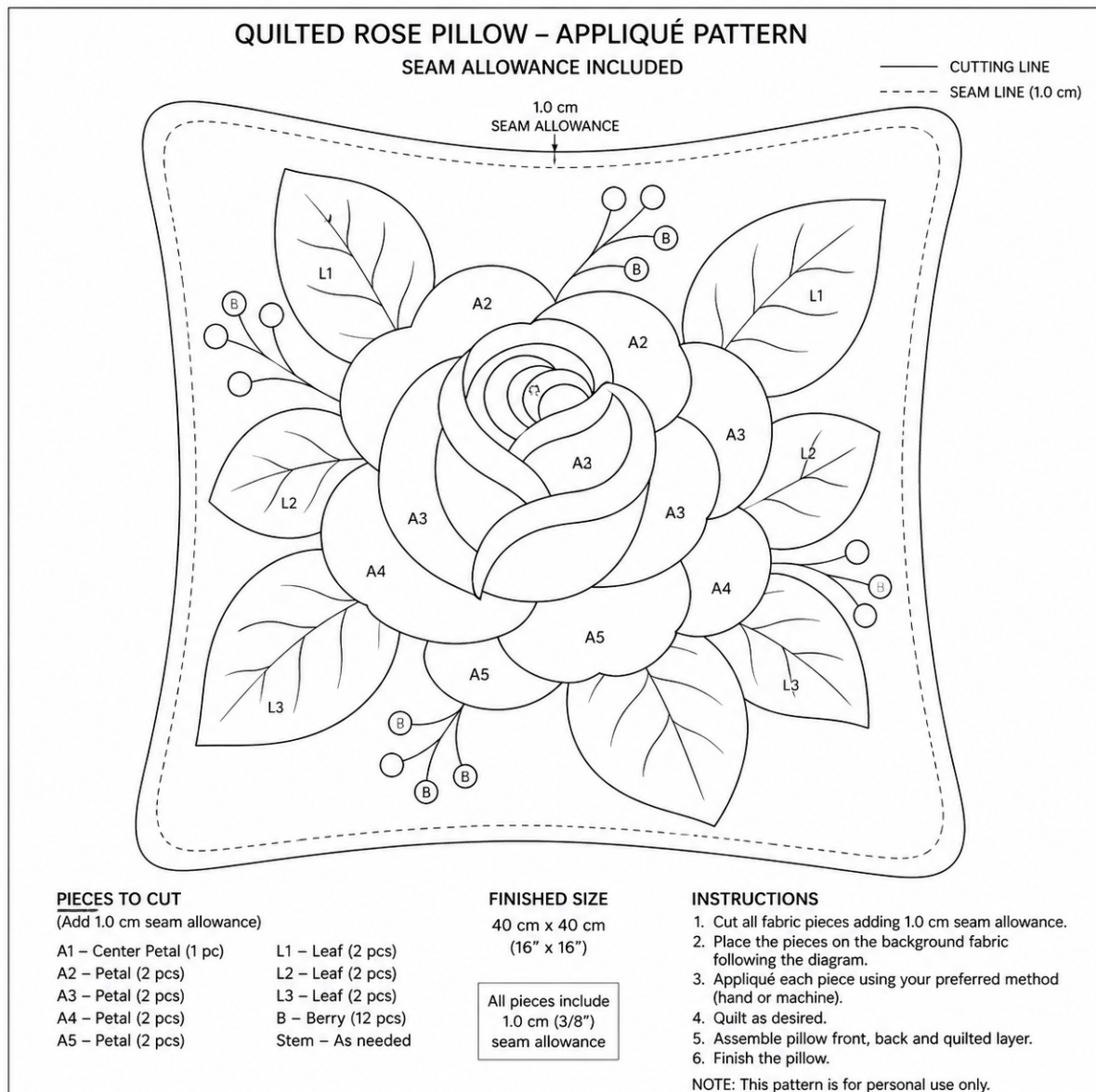
---	Straight Stitch Seam and edge stitching.	✂	Appliqué Attach shapes to background.
W W	Zigzag Stitch Appliqué edge finishing.	⚙	Quilting Join layers with decorative stitching.
	Blanket Stitch Hand appliqué stitch.	⦶	Piping Creates a clean, decorative edge.
---	Running Stitch Basting or detail.	🧊	Pressing Use iron to set seams and pieces.
---	Backstitch Strong stitch for stems.		

TIPS:

- Use high quality 100% cotton fabrics (USA).
- Press often for a flat and beautiful finish.
- Quilt as desired to highlight the design.

Enjoy your
handmade pillow!





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Red Rose Quilted Pillow Tutorial

Complete Patchwork Appliqué & Quilting Guide (Finished Size: 45 × 45 cm) 🌹 🧵

This complete tutorial is based on the design shown in the reference chart and follows traditional American patchwork, appliqué, and quilting methods. Every step has been expanded with detailed explanations so beginners and experienced quilters alike can successfully create the pillow from start to finish.

The project combines raw-edge or turned-edge appliqué, free-motion quilting, traditional binding, and pillow construction techniques commonly used in the United States.

The finished pillow measures **45 × 45 cm (17¾ × 17¾ inches)**.

Materials

Prepare all materials before beginning your project.

Fabrics

- Red print cotton fabric (large petals): **35 × 35 cm**
- Light pink print cotton fabric (small petals): **25 × 25 cm**
- Dark green print cotton fabric (large leaves): **30 × 30 cm**
- Light green print cotton fabric (small leaves): **20 × 20 cm**
- Cream tone-on-tone cotton fabric (background): **50 × 50 cm**
- Burgundy solid fabric (binding/piping): **10 × 120 cm**
- Cream cotton fabric (back): **50 × 50 cm**

Batting

- Cotton quilt batting: **50 × 50 cm**

Stabilizers

- Lightweight fusible web

Sewing Supplies

- Matching cotton thread
- Hand sewing needles
- Sewing machine
- Rotary cutter
- Cutting mat
- Fabric scissors
- Pins or quilting clips
- Iron and ironing board
- Fabric marking pencil
- Ruler
- Walking foot (recommended)
- Free-motion quilting foot (optional)

Cutting All Fabric Pieces

Accuracy during cutting is extremely important.

Press every fabric before cutting.

Use a rotary cutter and acrylic ruler for clean edges.

Rose Petals

Large Petal (Red)

- Cut 6

Medium Petal (Red)

- Cut 6

Small Petal (Pink)

- Cut 6

Center Petal (Pink)

- Cut 1

Leaves

Large Leaf (Dark Green)

- Cut 4

Small Leaf (Light Green)

- Cut 4

Berries

Cut **12 circles** measuring **2.5 cm** in diameter.

Stems

Prepare **6 stems** using either:

- Narrow fabric strips
- Embroidery stem stitch
- Bias strips

Background

Cut one square:

45 × 45 cm

Binding (Piping)

Cut one strip:

2.5 cm × 120 cm

Preparing the Appliqué Pieces

Apply lightweight fusible web to the wrong side of every appliqué fabric.

Follow the manufacturer's instructions regarding temperature and pressing time.

Allow the pieces to cool completely before cutting.

Trace every template onto the paper side of the fusible web.

Carefully cut each piece directly on the marked line.

Remove the backing paper only when ready to place each shape.

Arranging the Design

Lay the cream background square on a flat surface.

Locate the exact center.

Begin arranging the rose.

Work from the middle outward.

The center petal should be positioned first.

Next, arrange the small petals around it.

Continue adding the medium petals.

Finish with the large outer petals.

Once the flower is complete, position the leaves around the outside.

Distribute the large and small leaves evenly to balance the composition.

Finally, add the berry clusters and stems.

Step back several feet and examine the arrangement before permanently fusing the pieces.

Fusing the Design

Once satisfied with the layout:

Cover the project with a pressing cloth.

Press each section carefully.

Do not slide the iron.

Instead, press straight down for several seconds.

Allow everything to cool before moving the fabric.

Confirm that every piece is securely attached.

Appliqué Stitching

Choose one traditional appliqué method.

Blanket Stitch (Hand Appliqué)

Perfect for a traditional handmade appearance.

Work slowly around every edge.

Maintain equal stitch spacing.

Keep thread tension consistent.

Machine Appliqué Stitch

A narrow zigzag stitch works beautifully.

A satin stitch can also be used.

Keep the stitching close to every fabric edge.

Pivot carefully around curves.

Turned Edge Appliqué

Turn the seam allowance underneath each shape.

Secure using blind stitches.

This creates a smooth professional finish with no raw edges visible.

Adding the Leaves

After the rose is completely stitched:

Sew each leaf individually.

Begin with the leaves positioned behind the flower.

Overlap naturally where needed.

Maintain smooth curves while stitching.

Avoid stretching the background fabric.

Adding the Stems

The stems can be made several ways.

Option 1

Embroidery Stem Stitch

Produces a classic hand-embroidered appearance.

Option 2

Fabric Bias Strips

Narrow folded strips stitched into place.

Option 3

Machine Straight Stitch

Fast and durable.

Whichever method you choose, keep the curves soft and natural.

Adding the Berries

Position the twelve berry circles.

Secure each one using:

- Small blanket stitch
- Satin stitch
- Tiny machine zigzag

The berries should appear to grow naturally from the stems.

Final Press Before Quilting

Lightly press the completed appliqué.

Do not flatten the stitched texture.

Check for loose threads.

Trim them carefully.

Preparing the Quilt Sandwich

Layer the project in this order:

Top (appliqué)

↓

Batting

↓

Backing fabric

Smooth every layer carefully.

Remove wrinkles.

Pin baste or spray baste thoroughly.

Secure the entire quilt sandwich before quilting.

Quilting the Background

This project uses traditional American free-motion quilting.

Recommended quilting motifs include:

- Swirls
- Feathers
- Meandering
- Echo quilting
- Curved vines

Begin quilting in the center.

Gradually work toward the outer edges.

Avoid excessive puckering.

Maintain an even quilting density.

Quilting Around the Rose

Echo quilt around every petal.

Follow the flower's natural shape.

Leave small consistent spacing between quilting lines.

Quilt closely around every leaf.

Add additional quilting inside larger leaves if desired.

This makes the appliqué stand out beautifully.

Trimming the Quilt

After quilting:

Trim all four sides.

Square the pillow carefully.

Final quilt size should remain:

45 × 45 cm

Making the Binding (Piping)

Fold the burgundy strip in half lengthwise.

Wrong sides together.

Press firmly.

Align the raw edges with the pillow edge.

Sew all around the perimeter.

Clip curves if necessary.

Join the ends neatly.

Preparing the Pillow Back

Place the backing fabric right sides together with the quilted front.

Pin securely.

Leave a **15 cm opening** for turning.

Stitch around all four sides.

Use approximately a **0.7 cm seam allowance**.

Backstitch at both ends of the opening.

Turning the Pillow

Trim the corners carefully.

Turn the pillow right side out through the opening.

Push out the corners gently using a blunt tool.

Never use scissors, as they may puncture the fabric.

Press the pillow carefully.

Inserting the Pillow Form

Insert one pillow form measuring:

45 × 45 cm

Work each corner into place.

Fluff until evenly filled.

Adjust the insert until the pillow looks smooth and full.

Closing the Opening

Fold the seam allowance inward.

Press lightly.

Close the opening using an invisible ladder stitch by hand.

Take small even stitches.

Pull gently after every few stitches to hide the seam.

Final Pressing

Give the completed pillow one final light press.

Avoid crushing the quilting texture.

Remove any remaining thread tails.

Inspect all edges.

Check every appliqué piece for secure stitching.

Templates (Actual Size Reference)

Prepare the following templates before cutting fabric:

- Large Petal × 6
- Medium Petal × 6
- Small Petal × 6
- Center Petal × 1
- Large Leaf × 4
- Small Leaf × 4
- Berry Circle Ø 2.5 cm × 12

If using turned-edge appliqué, add approximately **0.7 cm seam allowance** around every template.

Main Sewing & Quilting Techniques Used

Straight Stitch

Used for construction seams and edge stitching.

Zigzag Stitch

Ideal for machine appliqué and securing raw edges.

Blanket Stitch

Traditional hand appliqué stitch with decorative edges.

Running Stitch

Useful for temporary basting and hand details.

Backstitch

Strong stitch used for stems and reinforcement.

Appliqué

Attaching decorative fabric pieces to the background.

Quilting

Joining the quilt top, batting, and backing with decorative stitching.

Piping

Creates a clean, professional edge around the pillow.

Pressing

Essential after nearly every step to improve accuracy and achieve crisp, professional results.

Helpful Tips for Success

- Wash and press all fabrics before cutting to prevent shrinkage.
- Use 100% cotton quilting fabric for the best results.
- Replace rotary blades regularly for cleaner cuts.
- Test stitch length on scrap fabric before sewing the project.
- Match thread color closely to each appliqué fabric.
- Press after each major step rather than waiting until the end.
- Quilt from the center outward to reduce distortion.
- Keep quilting stitches evenly spaced for a balanced appearance.
- Use quality batting for better texture and durability.
- Take your time during appliqué—the accuracy of this stage greatly affects the finished pillow.

Congratulations! Your **Red Rose Quilted Pillow** is now complete. This elegant design combines traditional American appliqué and quilting techniques into a timeless decorative pillow that is suitable for home décor or as a thoughtful handmade gift. Happy quilting! 

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