

AFRICAN SILHOUETTE FABRIC ART – STEP BY STEP TUTORIAL

Sewing • Patchwork • Appliqué • Quilting



1. MATERIALS

- 100% Cotton Fabric (Quilting weight)
- Fusible Interfacing (lightweight)
- Batting (quilt batting)
- Backing fabric
- Matching thread
- Fabric glue pen (optional)
- Black fabric for silhouette
- Frame 40 x 50 cm (optional)

2. TOOLS



3. FABRIC (U.S. COTTON) & CUTTING MEASUREMENTS

PIECE NO.	FABRIC COLOR	CUT SIZE (CM)	QTY
1	Dark Green	22 x 18	1
2	Rust Red	28 x 20	1
3	Slate Blue	22 x 16	1
4	Orange	18 x 16	1
5	Dark Brown	20 x 16	1
6	Mustard	22 x 14	1
7	Tan Brown	22 x 16	1
8	Olive Green	18 x 14	1
9	Blue	18 x 14	1
10	Teal	20 x 14	1
11	Purple	16 x 14	1
12	Gray Blue	16 x 14	1
13	Black (Silhouette)	30 x 30	1
14	Red (Dress)	26 x 18	1
15	Black (Dress Stripe)	26 x 8	1
16	White with Black Stripe (Headwrap)	18 x 24	1
17	Red (Headwrap)	16 x 20	1
18	Black (Headwrap)	16 x 16	1
19	Gold (Earring)	8 x 8	1

4. PATTERN LAYOUT & TRACING

- Enlarge or print the pattern (adjacent).
- Final size: 35 x 45 cm (finished panel).
- Trace each numbered piece on paper.
- Place the paper pattern on the wrong side of the fabric and cut with 1 cm seam allowance.



TIP:

Use a fabric glue pen to hold the pieces in place before sewing.

5. ASSEMBLY – APPLIQUÉ METHOD

1. Place the black silhouette (13) on the background center.
2. Starting from the background pieces, arrange and fuse or pin around the silhouette.
3. Appliqué each piece with a small zigzag stitch or blanket stitch.
4. Continue adding the headwrap, earring, and dress pieces.
5. Press seams flat as you go.
6. Quilt along the printed lines or add your own decorative stitching.



6. MAIN STITCHING METHODS

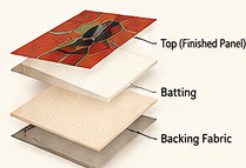
Straight Stitch	Use for piecing or securing.
Zigzag Stitch	Use for appliqué edges.
Blanket Stitch	Decorative edge finish.
Quilting Stitch	Follow contour lines for texture.
Backstitch	Use for details and outline.

7. QUILTING (OPTIONAL BUT RECOMMENDED)

- Quilt along the contour lines shown in the original.
- Use matching or contrasting thread.
- This adds texture and highlights each shape.



8. LAYERING



Baste the three layers together using pins or basting spray.

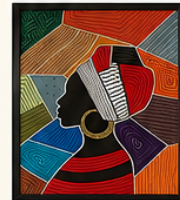
9. BINDING THE PANEL

1. Cut 5 strips of binding fabric 5 cm wide x 40 cm long.
2. Sew strips together end to end.
3. Fold in half lengthwise and press.
4. Bind all around the panel.
5. Miter the corners for a neat finish.



10. FRAMING (OPTIONAL)

- Stretch and secure the panel on foam board.
- Place in a 40 x 50 cm frame for a polished look.



USEFUL TIPS

- ✓ Use high-quality 100% cotton quilting fabric.
- ✓ Press fabric before cutting for accuracy.
- ✓ Keep seam allowance consistent (1 cm).
- ✓ Take your time with placement for perfect alignment.
- ✓ Quilting adds dimension and a professional finish.

FABRIC (U.S.) RECOMMENDATIONS

- Quilting Cotton by Moda Fabrics
- Kona Cotton Solids
- Riley Blake Designs
- Robert Kaufman Cotton
- Cotton + Steel Basics



CARE INSTRUCTIONS

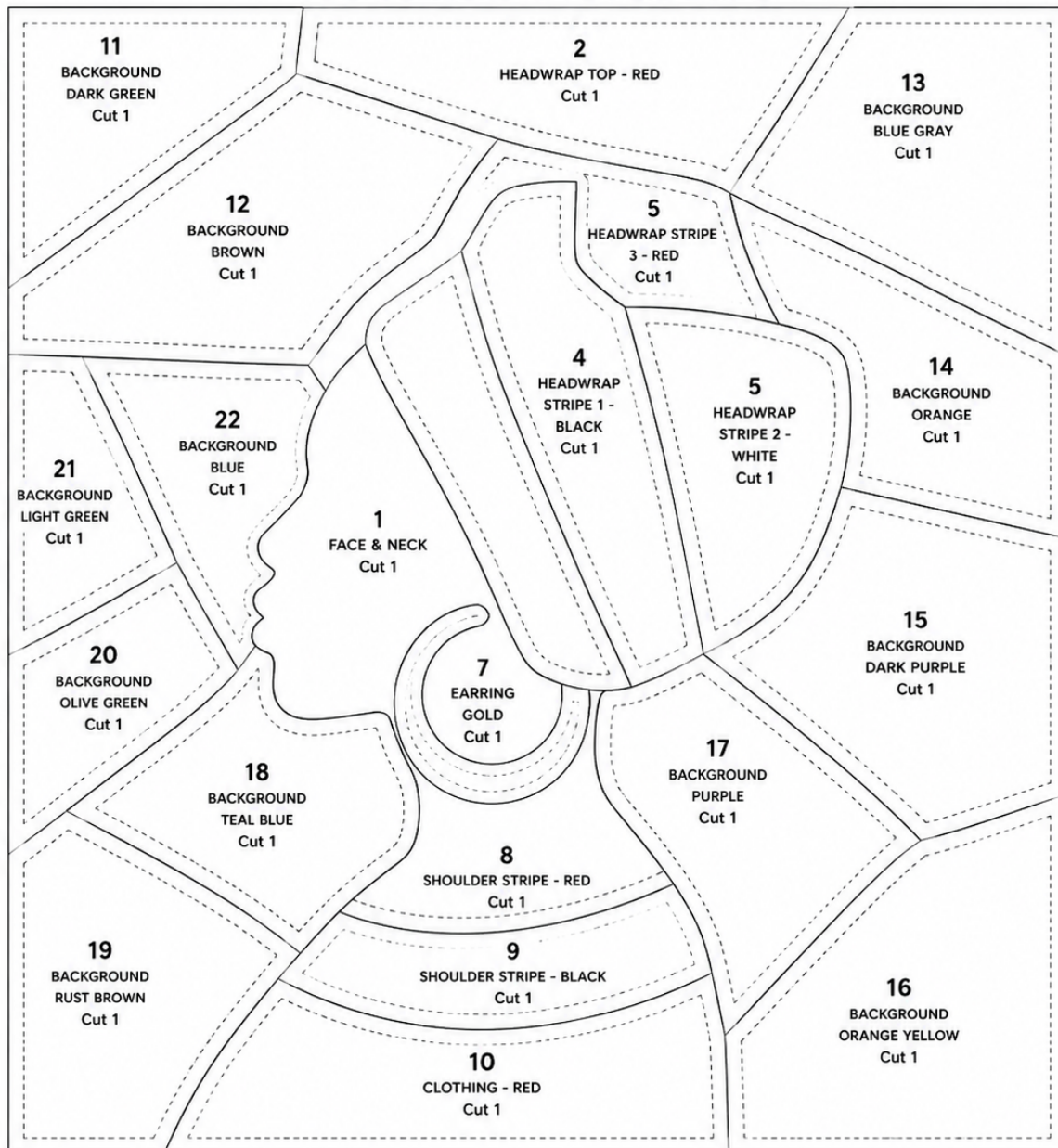


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AFRICAN WOMAN FABRIC ART – PATTERN

SEAM ALLOWANCE INCLUDED (1/4" / 6 mm)

FOR APPLIQUÉ OR FOUNDATION PIECING



NOTES:

- Seam allowance of 1/4" (6 mm) is included around all pieces.
- Use these pieces as templates to cut your fabric.
- Suitable for appliqué or foundation paper piecing.
- Mirror image not required.

KEY:

- Cutting Line
- - - Seam Allowance (1/4" / 6 mm)

MEASURE THIS SQUARE
BEFORE PRINTING

2 INCHES
5 cm

<https://creative.craftsforlove.com/> - SEE THE BEST PATTERNS

African Silhouette Fabric Art – Complete Step-by-Step Tutorial

Create a stunning African Silhouette Fabric Art wall panel using quilting, patchwork, and appliqué techniques. This detailed guide follows the tutorial chart faithfully while expanding every step so that beginners and experienced quilters in the United States can successfully complete the project from start to finish.

The finished artwork measures approximately 35 × 45 cm (14 × 18 inches) and can be framed in a 40 × 50 cm (16 × 20 inches) frame.

Introduction

This project combines several popular quilting techniques into one beautiful decorative artwork. Instead of traditional quilt blocks, the design is built by assembling individually cut fabric pieces around a central silhouette.

Each numbered fabric piece corresponds to the cutting chart and the pattern layout. Working one piece at a time ensures excellent accuracy while creating the beautiful stained-glass appearance shown in the original artwork.

Take your time throughout the process. Precision is far more important than speed.

Materials

Before beginning, gather every material so your workflow remains smooth.

Fabrics

- 100% Cotton Quilting Fabric (quilting weight)
- Lightweight Fusible Interfacing
- Quilt Batting
- Backing Fabric
- Black Fabric for the Silhouette
- Coordinating Sewing Thread
- Fabric Glue Pen (Optional)

Recommended Finished Frame

- 40 × 50 cm (16 × 20 in.)

Fabric Color and Cutting List

Cut each piece according to the measurements below.

Pie ce	Color	Size
1	Dark Green	22 × 18 cm
2	Rust Red	28 × 20 cm
3	Slate Blue	22 × 16 cm
4	Orange	18 × 16 cm

5	Dark Brown	20 × 16 cm
6	Mustard	22 × 14 cm
7	Tan Brown	22 × 16 cm
8	Olive Green	18 × 14 cm
9	Blue	18 × 14 cm
10	Teal	20 × 14 cm
11	Purple	16 × 14 cm
12	Gray Blue	16 × 14 cm
13	Black (Silhouette)	30 × 30 cm
14	Red (Dress)	26 × 18 cm
15	Black (Dress Stripe)	26 × 8 cm
16	White with Black Stripe (Headwrap)	18 × 24 cm
17	Red (Headwrap)	16 × 20 cm

18	Black (Headwrap)	16 × 16 cm
19	Gold (Earring)	8 × 8 cm

Tools

Prepare your workspace with the following tools.



Fabric Scissors



Rotary Cutter



Self-Healing Cutting Mat



Quilting Pins



Sewing Machine



Matching Thread



Iron and Ironing Board

Step 1 – Preparing the Pattern

Print the numbered pattern at full size.

The finished panel should measure approximately 35 × 45 cm.

Each numbered section represents one fabric piece.

Carefully inspect every line before cutting.

If necessary, tape multiple printed pages together so the pattern is perfectly aligned.

Tracing the Pattern

Lay tracing paper over the printed pattern.

Trace every numbered section individually.

Clearly write the corresponding piece number on each traced section.

Also indicate the fabric color to avoid confusion later.

For example:

Piece 7 – Tan Brown

Piece 14 – Red Dress

Piece 18 – Black Headwrap

This simple step prevents mistakes during assembly.

Adding Seam Allowances

Place every paper pattern on the wrong side of its corresponding fabric.

Using a fabric pencil, trace around each piece.

Add a 1 cm (3/8 inch) seam allowance around every edge before cutting.

Cut slowly and accurately.

Maintain smooth curves wherever possible.

Step 2 – Organizing the Fabric Pieces

Before sewing anything, organize every cut piece.

Arrange them in numerical order.

This saves considerable time during assembly.

Many quilters like placing each piece into a small labeled container or zip bag.

Keeping everything organized dramatically reduces mistakes.

Step 3 – Creating the Background

Lay your background fabric flat on a large work surface.

Press it thoroughly so no wrinkles remain.

Locate the center.

Mark the center lightly using removable fabric chalk.

This center point will be used to position the silhouette.

Step 4 – Positioning the Silhouette

Place Piece 13, the black silhouette, in the center of the background.

Check all surrounding spacing.

There should be enough room around every edge for the remaining numbered sections.

Once satisfied with the position, lightly secure the silhouette using:

- Fabric glue pen
- Fusible interfacing
- Or quilting pins

Avoid stretching the fabric.

Step 5 – Building the Background

Now begin assembling the surrounding background pieces.

Start with the largest sections first.

Work outward from the silhouette.

A recommended order is:

1 Piece 1

2 Piece 2

3 Piece 3

4 Piece 4

Continue adding one piece at a time.

Check alignment before permanently attaching each section.

If using fusible appliqué, press each piece according to the manufacturer's instructions before sewing.

Step 6 – Adding the Headwrap

The headwrap consists of several pieces.

These include:

- **White striped section**
- **Black section**
- **Red section**

Place each section exactly according to the numbered pattern.

The striped piece should remain perfectly straight to preserve the woven appearance.

Take extra time here.

This area becomes the focal point of the artwork.

Step 7 – Creating the Dress

Position the large red dress section.

Next, place the black stripe.

Ensure both curves align smoothly.

The horizontal stripes should appear evenly spaced.

Press gently before stitching.

Step 8 – Adding the Gold Earring

Cut the gold earring carefully.

Smooth curves make the finished piece look professional.

Position it slightly away from the neck to create realistic spacing.

Secure it before stitching.

Because this piece is small, many quilters prefer using a glue pen rather than pins.

Step 9 – Appliqué Stitching

Once every fabric piece is correctly positioned, begin sewing.

There are two recommended appliqué stitches.

Small Zigzag Stitch

Perfect for securing raw fabric edges.

Provides excellent durability.

Ideal for beginners.

Blanket Stitch

Creates a decorative hand-crafted appearance.

Often used in traditional appliqué quilts.

Take your time.

Sew one piece completely before moving to the next.

Step 10 – Pressing During Construction

Press frequently.

Never allow bulky seams to build up.

After attaching each new section:

- ✓ Press flat**
- ✓ Remove wrinkles**
- ✓ Check alignment**

Always lift the iron instead of sliding it across the fabric.

Sliding can distort the appliqué pieces.

Step 11 – Decorative Quilting

Once all appliqué work is complete, begin quilting.

This project uses quilting lines to imitate carved wood grain and flowing textures.

Follow the printed contour lines inside every fabric section.

These stitched lines create remarkable visual depth.

You may use:

- Matching thread for a subtle appearance**
- Contrasting thread for a more decorative effect**

Slow, consistent stitching produces the cleanest results.

Step 12 – Quilting Stitch Recommendations

Several stitch types work well throughout the project.

Straight Stitch

Ideal for joining fabric sections.

Excellent for structural seams.

Zigzag Stitch

Used around appliqué edges.

Provides secure edge finishing.

Blanket Stitch

Adds decorative handmade character.

Perfect for visible appliqué edges.

Quilting Stitch

Used inside the fabric pieces.

Follows printed contour lines.

Adds texture and dimension.

Backstitch

Excellent for outlining details.

Useful around small elements like the earring.

Step 13 – Layering the Quilt

After completing the decorative stitching, prepare the quilt sandwich.

Layer everything in this order:

Top Fabric Panel



Batting



Backing Fabric

Align all edges carefully.

Smooth wrinkles from the center outward.

Secure all layers using:

- **Quilting pins**
- **Or temporary basting spray**

Ensure nothing shifts before quilting.

Step 14 – Final Quilting

Quilt through all three layers.

Follow the decorative contour lines.

This stage creates:

- ✓ Texture
- ✓ Stability
- ✓ Dimension
- ✓ Professional appearance

Take your time around curved areas.

Step 15 – Trimming the Panel

After quilting is complete:

Trim all edges square.

Measure carefully.

The finished panel should remain approximately:

35 × 45 cm

Straight edges make binding much easier.

Step 16 – Making the Binding

Cut five strips of binding fabric.

Each strip should measure:

5 cm wide

40 cm long

Join the strips end to end.

Press the seams open.

Fold the completed strip lengthwise with wrong sides together.

Press firmly.

Step 17 – Attaching the Binding

Sew the binding around the entire panel.

Use a consistent seam allowance.

Fold the binding over to the back.

Hand stitch or machine stitch the final edge.

Create neat mitered corners for a professional finish.

Step 18 – Framing the Artwork (Optional)

Stretch the finished panel over a mounting board.

Ensure it remains centered.

Place it inside a:

40 × 50 cm frame

The frame protects the artwork while giving it a gallery-quality appearance.

Fabric Recommendations

The following quilting cotton brands are excellent choices for this project.

- **Moda Fabrics Quilting Cotton**
- **Kona Cotton Solids**
- **Riley Blake Designs**
- **Robert Kaufman Cotton**
- **Cotton + Steel Basics**

These brands provide consistent weight, excellent color quality, and reliable durability.

Helpful Tips

- 💡 **Always prewash fabrics if shrinkage is a concern.**
- 💡 **Press fabric before cutting.**
- 💡 **Keep the 1 cm seam allowance consistent throughout the project.**
- 💡 **Label every pattern piece.**
- 💡 **Dry-fit all pieces before stitching.**
- 💡 **Work from the center outward.**
- 💡 **Press after every major step.**
- 💡 **Replace rotary blades regularly for clean cuts.**
- 💡 **Good lighting greatly improves accuracy.**
- 💡 **Take breaks during detailed stitching to reduce fatigue.**

Care Instructions

To preserve your finished artwork:

- Machine wash using cold water on a gentle cycle.
- Use a mild detergent.
- Do not use bleach.
- Tumble dry on low heat or air dry.
- Iron on low heat if needed.
- Store flat or hang away from direct sunlight to preserve fabric colors.

Final Thoughts

Congratulations! 🎉

By following this complete tutorial, you have created a beautiful African Silhouette Fabric Art panel using quilting, patchwork, and appliqué techniques. Each carefully cut piece, decorative quilting line, and precise stitch contributes to a striking work of textile art that can be proudly displayed in your home or gifted as a handmade keepsake.

Enjoy the creative process, take your time with every step, and remember that patience and accuracy are the keys to achieving a polished, professional result. Happy quilting! 🧵 ✨