

QUILTED GIRL WITH PATCHWORK DRESS

♥ COMPLETE TUTORIAL – STEP BY STEP ♥

A beautiful wall quilt made using applique, patchwork and quilting techniques.



FINISHED SIZE: 50 cm (W) x 50 cm (H)

MATERIALS

- Cotton fabrics (assorted colors)
- Felt or wool for applique (skin, hair, hat)
- Batting (quilt wadding)
- Backing fabric
- Sewing thread (matching colors)
- Applique glue or fabric glue stick
- Embroidery floss (for details)
- Quilting thread
- Applique needles
- Fabric scissors
- Rotary cutter, mat and ruler
- Pins and clips
- Iron and ironing board

MAIN METHODS USED

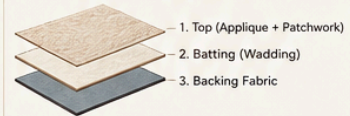
-  **Applique:** Sewing fabric shapes onto a background fabric.
-  **Patchwork (Quilt as You Go):** Sewing small fabric pieces together to form blocks.
-  **Quilting:** Joining the quilt layers and stitching to add texture and durability.
-  **Embroidery:** Adding decorative stitches for details.
-  **Pressing:** Using steam iron to set seams and keep the work flat and crisp.

COLOR & FABRIC SUGGESTION



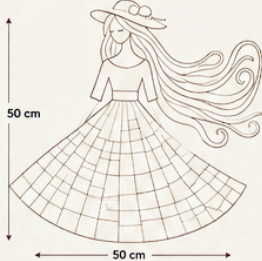
Use a mix of warm and cool tones for a balanced and harmonious look.

FINISHED QUILT LAYERS



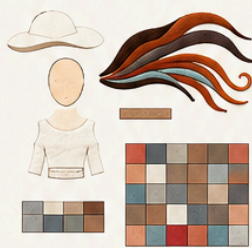
1. PREPARE THE PATTERN

Enlarge or print the full-size pattern. Trace all pieces onto fusible web or template plastic.



2. CUT THE PIECES

Cut all the fabric pieces for the girl (applique) and the squares/rectangles for the skirt (patchwork).



3. APPLIQUE THE GIRL

Place the pieces on the background fabric and applique using a blanket stitch or small invisible stitch.



4. PATCHWORK THE DRESS

Arrange and sew the small squares and rectangles row by row. Press seams open.



5. ATTACH THE SKIRT

Pin and applique or carefully sew the patchwork skirt to the girl's waist.



6. ADD DETAILS

Embroider flowers, leaves, swirls and decorative stitches on the skirt and hat. Add beads or French knots if desired.



7. QUILT THE TOP

Layer the quilt top, batting and backing. Baste the layers together. Quilt around the dress, hair and background. Use echo quilting or free-motion designs.



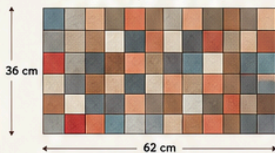
8. TRIM & BIND

Trim the extra batting and backing. Bind the edges with fabric binding (5 cm wide strips).



MEASUREMENTS & CUTTING GUIDE (cm)

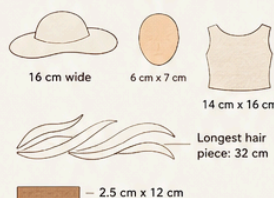
PATCHWORK DRESS (Example – Adjust as desired)



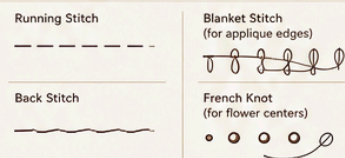
Seam allowance: 0.7 cm (1/4 inch)

- Cut pieces:
- 90 squares/rectangles 5 cm x 5 cm (or mix sizes: 4x4, 4x5, 5x6 cm)
 - Waistband: 2 pcs 2.5 cm x 12 cm
 - Dress top: 1 pc 14 cm x 16 cm
 - Hat: 1 pc (approx. 16 cm wide)
 - Background fabric: 55 cm x 55 cm

OTHER APPLIQUE PIECES (Approx.)



BASIC STITCH GUIDE



TIPS FOR BEST RESULTS

- ✓ Always press your fabrics before cutting.
- ✓ Use high-quality cotton fabrics.
- ✓ Pin or glue applique pieces before stitching.
- ✓ Quilt slowly and evenly for a smooth finish.
- ✓ Take your time with embroidery – it adds charm!

CARE INSTRUCTIONS

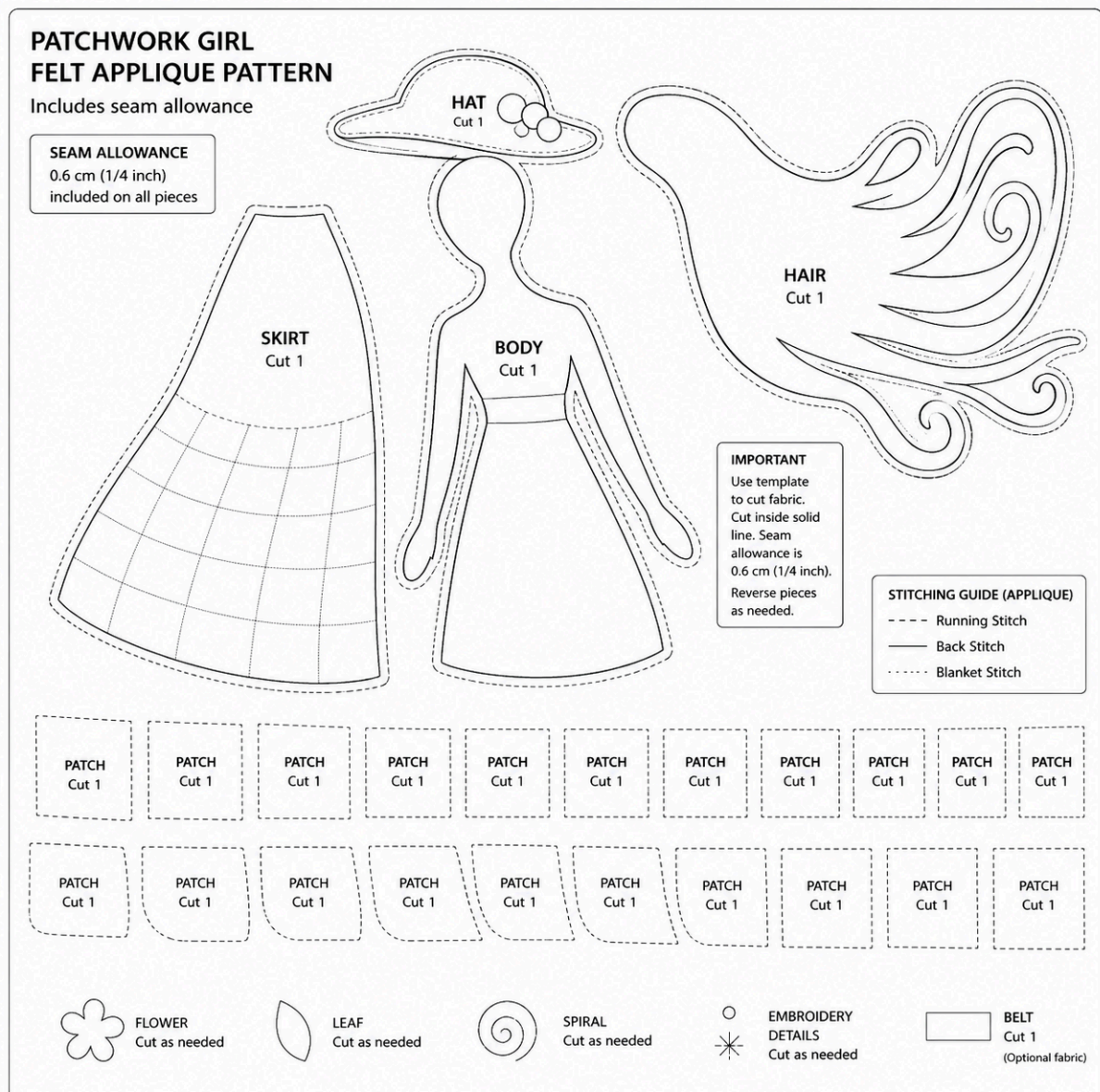


ENJOY YOUR HANDMADE QUILT!

This quilt is perfect as wall art, a gift or a decorative piece for any special space.

Happy Quilting! ♥





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Quilted Girl with Patchwork Dress – Complete Step-by-Step Tutorial

Create a beautiful **Quilted Girl with Patchwork Dress** wall hanging using traditional **appliqué, patchwork, quilting, embroidery, and binding** techniques. This project is beginner-friendly with patience, yet detailed enough to satisfy experienced quilters. Every step follows classic quilting methods commonly used throughout the United States.

The finished project measures approximately **50 cm × 50 cm (19¾" × 19¾")**, but you may enlarge or reduce the pattern while maintaining the proportions.



Materials and Supplies

Before starting, gather everything you need.

Fabrics

- Cotton quilting fabrics (assorted colors)
- Light skin-tone cotton
- White cotton for blouse
- Assorted prints and solids for the patchwork dress
- Brown, auburn, black, rust and gray fabrics for the hair
- Floral fabrics for the hat decoration
- Backing fabric (approximately 55 × 55 cm)
- Quilt batting (55 × 55 cm)

Stabilizers

- Fusible web
- Lightweight fusible interfacing (optional)

Sewing Supplies

- Sewing machine
- Rotary cutter
- Self-healing cutting mat
- Acrylic quilting ruler
- Fabric scissors
- Small embroidery scissors
- Iron
- Ironing board
- Pins or quilting clips
- Temporary fabric glue stick (optional)

Threads

- Cotton piecing thread
- Quilting thread
- Embroidery floss
- Invisible thread (optional)

Needles

- Universal machine needles
- Hand appliqué needles

- Embroidery needles
- Quilting needles

Step 1 – Prepare the Pattern

Print or trace the complete design at full size.

The design includes:

- Hat
- Head
- Neck
- Blouse
- Belt
- Hair sections
- Patchwork skirt
- Decorative flowers

Trace every appliqué piece onto the paper side of the fusible web.

Remember:

- Trace each piece individually.
- Reverse pieces only if necessary.
- Label every pattern piece.
- Mark placement lines.

Iron the fusible web onto the wrong side of each fabric according to the manufacturer's instructions.

Allow everything to cool completely before cutting.

Finished Measurements

Finished quilt:

Width: 50 cm

Height: 50 cm

Backing fabric:

55 × 55 cm

Batting:

55 × 55 cm

Recommended seam allowance:

0.7 cm (¼ inch)

Step 2 – Cut All Pieces

Cut every appliqué carefully.

Main Pieces

Hat

Approximately:

16 cm wide

Face

Approximately:

6 × 7 cm

Dress Bodice

Approximately:

14 × 16 cm

Hair

Longest strand:

32 cm

Belt strip:

2.5 × 12 cm

Step 3 – Cut the Patchwork Squares

Prepare the skirt first.

Cut approximately:

- 90 squares
- 5 × 5 cm

You may also mix:

- 4 × 4 cm

- 4.5 × 4.5 cm
- 5 × 6 cm

Using several sizes creates a more handmade appearance.

Choose balanced colors:

- Cream
- Beige
- Ivory
- Light Gray
- Dark Gray
- Dusty Blue
- Teal
- Rust
- Brick Red
- Soft Brown
- Chocolate
- Taupe

Distribute lights and darks evenly.

Avoid placing similar colors side by side.



Step 4 – Sew the Patchwork Dress

Arrange all squares on a design wall or large table.

Move pieces until the color balance feels natural.

Sew squares into rows using a **¼-inch seam allowance**.

Press every seam after sewing.

Alternate seam directions on each row.

Join all rows.

Press once again.

Trim the completed skirt into the curved dress shape using the pattern.



Step 5 – Prepare the Background

Cut one background fabric measuring:

50 × 50 cm

Light neutral fabrics work best.

Press thoroughly.

Mark the center using light fold lines.

This helps position the appliqué accurately.

Step 6 – Assemble the Girl

Following the pattern placement:

Attach:

- Head
- Neck
- Blouse
- Belt
- Hair
- Hat
- Flowers

Finally position the patchwork skirt.

Double-check alignment before fusing.

Fuse pieces permanently using a hot dry iron.

Allow the project to cool.

Step 7 – Stitch the Appliqué

Secure every appliqué edge.

Recommended stitches include:

Blanket Stitch

The traditional American appliqué stitch.

Excellent for visible decorative edges.

Invisible Appliqué Stitch

Perfect for a softer appearance.

Narrow Zigzag Stitch

Very durable.

Ideal for beginners.

Machine Blanket Stitch

Produces a professional finish while preventing fraying.

Work slowly around curves.

Reduce stitch length around tight corners.

Pivot with the needle down.

Step 8 – Add Embroidery Details

Hand embroidery brings the quilt to life.

Decorate:

Hair

- Flowing accent lines

Flowers

- French knots
- Satin stitch

Leaves

- Fishbone stitch
- Stem stitch

Dress

- Tiny flowers
- Swirls
- Hearts
- Leaves
- Decorative vines

Hat

- Flower centers
- Small leaves

Use two or three strands of embroidery floss for delicate detail.

Step 9 – Make the Quilt Sandwich

Layer the quilt.

From bottom to top:

1. Backing fabric (wrong side up)
2. Batting
3. Quilt top (right side up)

Smooth each layer carefully.

Remove wrinkles.

Pin baste every 10–12 cm or use spray basting.

The quilt should remain perfectly flat.

Step 10 – Quilt the Project

Begin quilting from the center.

Recommended quilting styles include:

Echo Quilting

Follow around the girl's outline.

Free-Motion Quilting

Perfect for backgrounds.

Meandering

Adds soft texture.

Swirls

Beautiful around the hair.

Pebbles

Excellent for background fill.

Straight-Line Quilting

Ideal inside the skirt blocks.

Quilt the background more densely than the appliqué.

This makes the girl stand out beautifully.



Step 11 – Trim the Quilt

After quilting:

Trim excess batting.

Trim excess backing.

Square the quilt.

Measure carefully.

Corners should be exactly 90 degrees.



Step 12 – Prepare the Binding

Cut binding strips:

5 cm wide

Join strips diagonally.

Press seams open.

Fold binding in half lengthwise.

Press.

Attach binding to the front using a **¼-inch seam allowance**.

Fold to the back.

Finish by hand or machine.

Create neat mitered corners.



Basic Stitch Guide

Running Stitch

Used for temporary basting.

Back Stitch

Strong hand-sewing stitch.

Ideal for repairs.

Blanket Stitch

Best choice for appliqué edges.

French Knot

Perfect for flower centers.

Stem Stitch

Excellent for vines and stems.

Satin Stitch

Creates smooth filled embroidery.

Color Palette Suggestions

Traditional combinations:

- Cream + Beige + Rust
- Ivory + Dusty Blue + Gray
- Taupe + Chocolate + Brick Red
- Sage Green + Warm Brown
- Soft Aqua + Cream
- Charcoal + White
- Light Gray + Coral

Mix warm and cool fabrics evenly.

Balance prints with solids.

Repeat colors throughout the skirt for harmony.

Professional Quilting Tips

- ✓ Wash fabrics before cutting if shrinkage is a concern.
- ✓ Press every seam immediately.
- ✓ Always use a fresh rotary blade.
- ✓ Replace machine needles regularly.
- ✓ Test stitch length on fabric scraps.
- ✓ Keep appliqué edges smooth.

- ✓ Use high-quality cotton thread.
- ✓ Quilt from the center outward.
- ✓ Avoid pulling the quilt while sewing.
- ✓ Trim threads often for a clean finish.
- ✓ Keep the iron nearby throughout the project.
- ✓ Step back occasionally to check color balance.

Care Instructions

To keep your quilt beautiful for years:

- Spot clean whenever possible.
- Hand wash gently if necessary.
- Use mild detergent only.
- Never use bleach.
- Do not wring.
- Lay flat or hang to dry.
- Iron on the reverse side using medium heat.
- Store flat or rolled rather than folded for long periods.
- Keep away from prolonged direct sunlight to preserve fabric colors.

Congratulations!

Your **Quilted Girl with Patchwork Dress** is now complete.

This charming wall quilt combines classic **American appliqué**, **patchwork piecing**, **machine quilting**, and **hand embroidery** into a timeless decorative piece. With careful cutting, accurate piecing, thoughtful color placement, and detailed stitching, you'll create a quilt that is both beautiful and durable—perfect for decorating your sewing room, gifting to a loved one, or displaying as handmade art.

Happy Quilting!  

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