

# WOMAN PORTRAIT QUILT – STEP BY STEP TUTORIAL

Inspired by Elegant Patchwork Art



## FINISHED SIZE

Finished Size:  
45 cm x 45 cm

Block Size (without  
outer binding):  
43 cm x 43 cm

Seam Allowance:  
0.75 cm (1/4 inch)

## MATERIALS

- Assorted cotton fabrics (prints and solids)
- Background fabric (face): 30 cm x 30 cm (cream or light beige)
- Fusible web (lightweight)
- Batting: 45 cm x 45 cm
- Backing fabric: 45 cm x 45 cm
- Binding fabric: 150 cm x 6.5 cm
- Embroidery floss (black and color for lips)
- Sewing thread
- Sewing machine
- Hand sewing needle
- Scissors, rotary cutter
- Iron and pressing mat

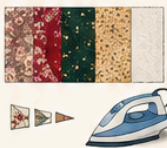
## FABRIC REQUIREMENTS

- Hair (strips, various prints): 30 pcs 4.5 cm x 20–25 cm
- Triangles (corner accents): 24 pcs 4.5 cm x 4.5 cm
- Face background fabric: 30 cm x 30 cm
- Backing fabric: 45 cm x 45 cm
- Binding fabric: 150 cm x 6.5 cm
- Batting: 45 cm x 45 cm

## HOW TO MAKE – STEP BY STEP

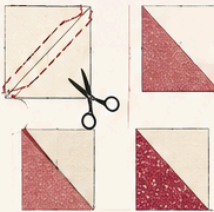
### 1 PREPARE THE FABRIC

- Cut all fabrics according to the requirements.
- Iron all pieces.



### 2 MAKE THE TRIANGLES

- Pair triangle squares (right sides together).
- Draw a diagonal line on the back.
- Sew 0.75 cm on both sides of the line.
- Cut on the line.
- Press open.



### 3 ARRANGE THE DESIGN



### 4 PREPARE THE FACE

- Using the background fabric, cut a piece 30 cm x 30 cm.



### 5 APPLIQUÉ THE FACE

- Trace the face shape onto fusible web.
- Fuse to the back of the face fabric and cut out.
- Iron in place on the background fabric.



### 6 ADD FACIAL DETAILS

- Embroider the eyebrow and eyelashes using black floss (back stitch and straight stitch).
- Embroider the nose with small stitches.
- Appliqué or embroider the lips using your favorite method.



### 7 ADD THE HAIR STRIPS

- Using fusible web or appliqué method, attach each fabric strip around the face, following the flow of the design.
- Overlap and curve strips to create movement.



### 8 COMPLETE THE HAIR

- Continue adding all fabric strips until the hair is complete.
- Make sure all edges together.
- Quilt as desired (echo quilting, outline quilting, or free-motion).



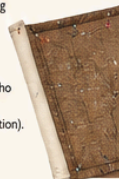
### 9 ADD THE TRIANGLE ACCENTS

- Arrange and sew the triangle units around the sides and corners to fill the background.
- Fuse or stitch in place.



### 10 QUILT THE LAYERS

- Layer the quilt top, batting, and backing fabric.
- Baste the layers together.
- Quilt as desired (echo quilting, outline quilting, or free-motion).



### 11 TRIM THE QUILT

- Trim the quilt square to 43 cm x 43 cm (keeping edges straight).

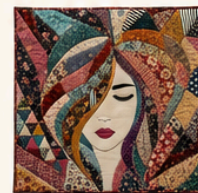


### 12 MAKE THE BINDING

- Fold binding strip in half lengthwise, press.
- Sew binding to the front, miter corners.
- Fold to the back and hand stitch in place.



### 13 FINAL QUILT



## SEWING AND QUILTING METHODS USED

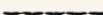
### Straight Stitch

Used for piecing fabric pieces together.



### Back Stitch

Ideal for detailed outlines like eyebrows.



### Appliqué

Attaching fabric pieces using fusible web and stitching.



### Half-Square Triangle (HST)

Technique used for triangle accent pieces.



### Quilting (Echo or Outline)

Adds texture and secures the layers together.



### Mitered Corner Method

Used for neat binding corners.



### Hand Stitching

For securing the binding on the back.



## TIPS

- Use a variety of prints for the hair to create depth and movement.
- Press each piece before sewing for best results.
- Take your time with the layout before fusing or sewing.
- You can quilt by hand or machine depending on your preference.



## COLOR SUGGESTIONS

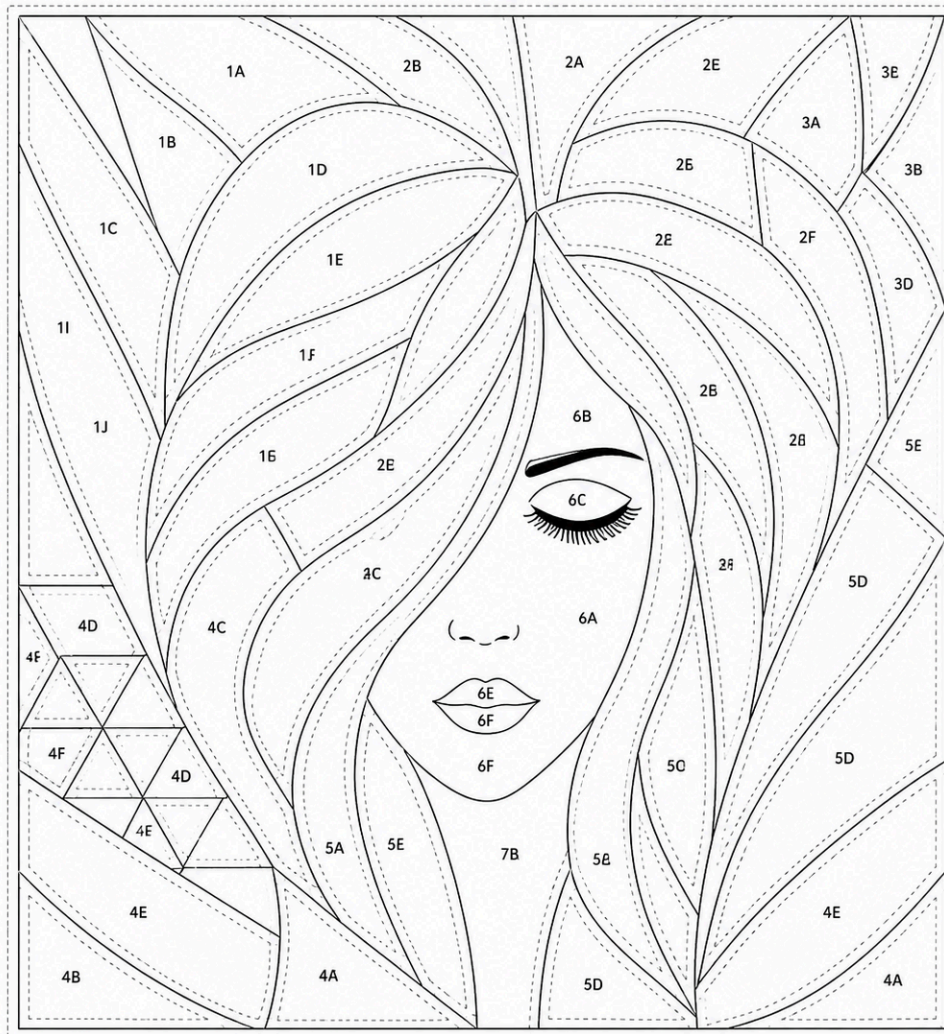


Quilt with love,  
stitch your art!



## WOMAN PORTRAIT QUILT – APPLIQUÉ PATTERN

Includes 1/4 inch (6 mm) seam allowance  
Print at 100% – Do not scale



### PIECE GUIDE

- 1A-1J Left hair sections
- 2A-2J Right hair sections
- 3A-3E Top right hair/background
- 4A-4F Bottom left background
- 5A-5E Bottom right background
- 6A Face
- 6B Eyelid
- 6C Eyelash
- 6D Nose detail
- 6E Lips (top)
- 6F Lips (bottom)
- 7A-7B Neck

### LEGEND

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

### INSTRUCTIONS

1. Print this pattern at 100% (Actual Size).
2. Cut out each piece on the solid cutting line.
3. Place the pieces on your fabric and cut around.
4. Sew or appliqué the pieces together following the image as a guide.

### SCALE CHECK



TIP: Use fusible web for appliqué or hand appliqué with small stitches.

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

## Woman Portrait Quilt – Complete Step-by-Step Tutorial

Create a striking woman portrait art quilt using curved fabric strips, patchwork triangles, appliqué, embroidery, and decorative quilting. This project combines traditional quilting

**techniques with an expressive portrait design, making every finished piece unique.**

**The completed quilt measures approximately  $17\frac{3}{4} \times 17\frac{3}{4}$  inches (45 × 45 cm). Before adding the binding, the quilt should measure about 17 × 17 inches (43 × 43 cm).**

**This tutorial uses a  $\frac{1}{4}$ -inch seam allowance, approximately 0.75 cm, unless another measurement is specified.**

## **Materials and Supplies**

**Gather all materials before beginning:**

- **Assorted cotton fabrics in floral, geometric, striped, dotted, and solid designs**
- **Light cream or light beige cotton fabric for the face**
- **Fusible web for appliqué**
- **Quilt batting**
- **Backing fabric**
- **Binding fabric**
- **Black embroidery floss**
- **Embroidery floss in a suitable lip color**
- **Coordinating sewing thread**
- **Hand-sewing needle**
- **Embroidery needle**
- **Sewing machine**
- **Fabric scissors**
- **Rotary cutter**
- **Cutting mat**
- **Quilting ruler**
- **Iron**
- **Pressing mat or ironing board**
- **Fabric marking pencil**
- **Safety pins, curved basting pins, or temporary basting spray**

- Optional free-motion quilting foot
- Optional walking foot
- Optional lightbox or bright window for tracing

Choose quilting-quality cotton whenever possible. Cotton is stable, easy to press, and suitable for both machine and hand sewing.

## Fabric Requirements

For the colorful hair, prepare approximately:

- 30 fabric strips
- Each strip should be about  $1\frac{3}{4}$  inches wide (4.5 cm)
- Strip lengths may vary from approximately 8 to 10 inches (20 to 25 cm)

For the triangle accents, prepare:

- 24 squares
- Each square should measure approximately  $1\frac{3}{4} \times 1\frac{3}{4}$  inches (4.5 × 4.5 cm)

Additional fabric pieces:

- Face background fabric: 12 × 12 inches (30 × 30 cm)
- Backing fabric:  $17\frac{3}{4} \times 17\frac{3}{4}$  inches (45 × 45 cm)
- Batting:  $17\frac{3}{4} \times 17\frac{3}{4}$  inches (45 × 45 cm)
- Binding strip: approximately 59 inches long ×  $2\frac{1}{2}$  inches wide (150 × 6.5 cm)

It is helpful to cut the backing and batting slightly larger than the quilt top. The excess can be trimmed after quilting.

## Choosing the Fabric Colors

The hair is the focal point of this quilt, so use a wide variety of prints and colors. Combine shades such as:

- Teal
- Turquoise
- Burgundy
- Wine red
- Rust
- Burnt orange
- Gold
- Mustard
- Navy
- Plum
- Rose
- Cream
- Brown
- Black

**Mix small floral prints with stripes, dots, abstract prints, and solid fabrics. Using both dark and light fabrics creates depth and movement.**

**Avoid placing several fabrics with the same value beside one another. Alternate dark, medium, and light pieces so each curved strip remains visible.**

## **Step 1: Prepare and Cut the Fabric**

**Wash and dry the fabric before cutting if you normally prewash quilting cotton. Prewashing helps remove excess dye and reduces the possibility of uneven shrinkage later.**

**Press every fabric piece carefully.**

**Cut approximately 30 strips for the hair. The strips do not all need to be identical. Slight variations in width can make the portrait appear more organic.**

**A practical starting width is 1¾ inches, but some strips may be cut narrower or wider. Curved pieces will be shaped later.**

**Cut the 24 small squares for the triangle units.**

**Cut one 12 × 12-inch square from the light cream or beige face fabric.**

**Cut the batting and backing to approximately  $17\frac{3}{4} \times 17\frac{3}{4}$  inches.**

**Cut enough binding strips to create a continuous strip approximately 59 inches long. Join shorter strips with diagonal seams when necessary.**

## **Step 2: Make the Half-Square Triangle Units**

**Pair two contrasting fabric squares with right sides together.**

**Use a removable fabric marker to draw a diagonal line from one corner to the opposite corner on the wrong side of the lighter square.**

**Sew one line  $\frac{1}{4}$  inch away from the marked diagonal line on each side.**

**Cut directly along the marked line.**

**Open the two triangle units and press the seam allowances toward the darker fabric.**

**Trim each unit so it is square and consistent in size.**

**Repeat this process until you have enough triangle units for the corners and side accents.**

**Use a mixture of floral, dark, bright, and neutral fabrics. High contrast will make the triangles more noticeable around the portrait.**

## **Step 3: Plan the Complete Composition**

**Before sewing, arrange the face, hair strips, and triangle units on a flat surface or design wall.**

**Position the face slightly below the center of the quilt. The portrait should feel balanced, but it does not need to be perfectly symmetrical.**

**Arrange the hair strips so they flow around the face. Some strips should curve from the upper left toward the face, while others should flow from the top and right side.**

**Allow several hair sections to cross diagonally. This creates the sweeping movement shown in the design.**

**Place the triangle units along the edges and corners. Group some of them into small geometric blocks rather than spacing every triangle evenly.**

**Take a photograph of the layout before removing any pieces. This provides a useful reference while sewing.**

## **Step 4: Create the Face Template**

**Draw or print a simple female face outline that fits comfortably inside the 12 × 12-inch face fabric.**

**The face should be elongated, with a gentle jawline and a rounded chin.**

**Include the placement of:**

- **One visible eyebrow**
- **One closed eye**
- **Eyelashes**
- **Nose**
- **Lips**
- **Jawline**
- **Hairline**

**Because much of the face will eventually be covered by the hair, only one eye needs to be prominently visible.**

**Trace the face shape onto the paper side of the fusible web.**

**Do not add seam allowance to the face template because the face will be fused and appliquéd rather than traditionally pieced.**

## **Step 5: Fuse and Cut the Face Appliqué**

**Place the rough adhesive side of the fusible web against the wrong side of the face fabric.**

**Follow the fusible web manufacturer's instructions carefully. Use the recommended temperature and pressing time.**

**Do not slide the iron back and forth. Lower the iron, hold it in place, lift it, and move to the next area.**

**Allow the fabric to cool completely.**

**Cut along the traced face outline using sharp fabric scissors.**

**Remove the paper backing from the fusible web.**

**Position the face on the quilt background, checking that there is enough space around it for the hair and triangle accents.**

**Fuse the face in place.**

**Stitch around the outer edge using a narrow zigzag stitch, blanket stitch, or straight appliqué stitch.**

**Use thread that blends with the face fabric for a subtle finish.**

## **Step 6: Add the Facial Details**

**Transfer the eyebrow, eye, nose, and lip markings onto the face using a removable fabric marker.**



**Embroider the eyebrow with black embroidery floss. Use a backstitch or small stem stitches.**

**For the closed eye, stitch a smooth curved line with black floss.**

**Add several eyelashes using individual straight stitches. Make the outer lashes slightly longer than the inner lashes.**

**The nose should remain delicate. Use a light gray, beige, or soft brown thread and small stitches. A simple nostril line and a few subtle contour stitches are enough.**

**For the lips, use burgundy, deep rose, wine red, or plum embroidery floss.**

**You may embroider the lips using satin stitch, or appliqué a small lip shape cut from fabric.**

**When embroidering the lips, begin with the outer outline. Fill the upper and lower lips with closely spaced stitches, changing the direction slightly to follow the natural curves.**

**Secure all thread ends carefully on the back.**

## **Step 7: Shape the Hair Strips**

**Place the fabric strips around the face according to your planned arrangement.**

**To create curved strips, lightly bend each strip into position before attaching it. Gentle curves can be formed without cutting, while stronger curves may require small wedges or shaped fabric sections.**

**For raw-edge appliqué, apply fusible web to the back of the hair fabrics before cutting the final shapes.**

**For turned-edge appliqué, add approximately ¼ inch around each shape, turn the edges under, and press.**

**Trim the ends of the strips at angles so they fit naturally beside neighboring pieces.**

**Avoid making every strip the same width or curve. Variation creates a more expressive result.**

**Begin with the strips that appear behind the others. These are usually the outer and upper hair sections.**

**Work gradually toward the strips closest to the face.**

## **Step 8: Attach the Hair Strips**

**Fuse or pin the first group of hair strips in place.**

**Stitch around each strip using one of these methods:**

- **Narrow zigzag stitch**
- **Blanket stitch**
- **Straight raw-edge appliqué**
- **Hand appliqué**
- **Decorative machine stitching**

**Continue adding overlapping strips.**

**Each new strip should slightly cover the raw edge of the previous strip whenever possible. This creates smooth transitions and prevents small gaps.**

**Curve some strips toward the face and others away from it.**

**Use darker fabrics near selected edges to create shadows. Place lighter or brighter fabrics in areas where you want highlights.**

**Keep checking the overall composition from a distance. The hair should frame the face without hiding the eye, nose, or lips.**

**Continue until the major hair sections are complete.**

## **Step 9: Add the Triangle Accents**

**Arrange the half-square triangle units along the open areas of the quilt background.**

**Create small geometric clusters in the corners and along the side edges.**

**Some triangles can be sewn into pairs, rows, pinwheel-inspired sections, or irregular groups.**

**Stitch the units together using a ¼-inch seam allowance.**

**Press the seams carefully, alternating seam directions where possible to reduce bulk.**

**Trim the assembled sections so the edges are straight.**

**Fuse, piece, or appliqué the triangle groups around the portrait.**

**Fill remaining spaces with floral or printed fabric sections as needed. The background should feel full and colorful without distracting from the face.**

## **Step 10: Complete the Quilt Top**

**Inspect the entire quilt top for uncovered background areas, loose fabric edges, or awkward gaps.**

**Add additional curved strips where the hair appears incomplete.**

**Check that all appliqué edges are securely stitched.**

**Press the quilt top from the back whenever possible. Place a pressing cloth over embroidered or fused areas.**

**Do not pull or stretch the quilt top while pressing.**

**Square the quilt top to approximately 17 × 17 inches (43 × 43 cm) before layering.**

**The final measurement can vary slightly, but all four corners should form right angles.**

## **Step 11: Assemble the Quilt Sandwich**

**Place the backing fabric on a clean, flat surface with the wrong side facing upward.**

**Smooth it carefully and secure the edges with painter's tape if necessary.**

**Place the batting over the backing.**

**Center the completed quilt top over the batting with the right side facing upward.**

**Smooth all three layers from the center toward the outer edges.**

**Baste the layers together using safety pins, curved quilting pins, long hand-basting stitches, or temporary basting spray.**

**Begin basting in the center and work outward.**

**Keep the layers smooth and avoid stretching the quilt top.**

## **Step 12: Quilt the Portrait**

**Quilt around the face outline first. This secures the portrait and helps define its shape.**

**Stitch near the edges of the hair strips using echo quilting, outline quilting, or free-motion quilting.**

**You may quilt approximately  $\frac{1}{8}$  to  $\frac{1}{4}$  inch away from the appliqué edges.**

**Add additional quilting lines inside larger hair strips when needed.**

**For the face, use minimal quilting so the surface remains soft and clean. A few contour lines may be added around the cheek, jawline, or neck.**

**Quilt the background with gentle curved lines, loops, small flowers, or simple echo quilting.**

**Quilt around the triangle units to emphasize the geometric sections.**

**Keep the quilting density reasonably consistent across the quilt. Areas with very dense quilting will appear flatter than areas with little quilting.**

**Remove basting pins as you approach them. Never sew directly over a pin.**

### **Step 13: Square and Trim the Quilt**

**After quilting, place the quilt on a cutting mat.**

**Use a large square ruler and a long quilting ruler to check the corners.**

**Trim the quilt to approximately 17 × 17 inches.**

**Make sure the portrait remains centered and that important fabric details are not cut away.**

**Trim only a small amount from each side whenever possible.**

**Check the quilt one final time for loose threads.**

## **Step 14: Prepare the Binding**

**Join the binding strips with diagonal seams to reduce bulk.**

**Place two strips right sides together at a 90-degree angle.**

**Sew diagonally from one corner to the opposite corner.**

**Trim the seam allowance to approximately  $\frac{1}{4}$  inch and press the seam open.**

**Repeat until you have one continuous binding strip approximately 59 inches long.**

**Fold the strip in half lengthwise with wrong sides together.**

**Press the entire strip carefully.**

## **Step 15: Attach the Binding**

**Begin sewing the binding to the front of the quilt, leaving a loose tail of approximately 6 to 8 inches.**

**Align the raw edges of the binding with the raw edge of the quilt.**

**Sew using a  $\frac{1}{4}$ -inch seam allowance.**

**Stop approximately  $\frac{1}{4}$  inch before the first corner.**

**Backstitch and remove the quilt from the machine.**

**Fold the binding upward at a 45-degree angle.**

**Fold it back down so the new fold aligns with the quilt edge.**

**Continue sewing from the top of the next side.**

**Repeat this process at all four corners to create mitered corners.**



**When you reach the beginning, join the binding ends neatly, trim the excess, and finish sewing the remaining section.**

## **Step 16: Finish the Binding by Hand**

**Fold the binding over the raw edge toward the back of the quilt.**

**The folded edge should cover the machine-stitching line.**

**Use clips to hold the binding in place.**

**Hand-stitch the folded binding edge to the backing using a blind stitch or ladder stitch.**

**At each corner, fold the fabric to form a neat miter.**

**Take small stitches that catch only the quilt backing and the folded binding edge.**

**Avoid sewing through to the front of the quilt.**

**Secure the thread firmly when the binding is complete.**

## **Step 17: Add Optional Hanging Sleeves or Labels**

**To display the quilt as wall art, add a hanging sleeve to the upper back edge.**

**Cut a fabric strip approximately 4 inches wide and slightly shorter than the quilt width.**

**Hem the short ends.**

**Fold the strip lengthwise with right sides together and sew the long edge.**

**Turn it right side out and press.**

**Hand-sew the sleeve to the upper back of the quilt without stitching through the front.**

**You may also add a fabric label containing:**

- **Quilt title**
- **Maker's name**
- **Completion date**
- **City or state**
- **A short personal message**

## **Straight Stitch Method**

**A straight stitch can be used for piecing triangle units and attaching raw-edge appliqué pieces.**

**Use a shorter stitch length around detailed curves.**

**For regular piecing, a stitch length of approximately 2.0 to 2.5 mm works well.**

**Test the stitch on a scrap before sewing the quilt.**

## **Backstitch Embroidery Method**

**Backstitch is ideal for the eyebrow, eye outline, nose, and other detailed facial lines.**

**Bring the needle up slightly ahead of the previous stitch.**

**Insert the needle into the end of the previous stitch.**

**Continue forming a smooth, continuous line.**

**Use shorter stitches around tight curves.**

## **Appliqué Method**

**Appliqué is used to attach the face and curved hair pieces to the background.**

**Fusible appliqué is the easiest option for beginners.**

**After fusing each piece, secure the edges with a narrow zigzag, blanket stitch, or straight stitch.**

**Always test the iron temperature and stitch settings on scrap fabric first.**

## **Half-Square Triangle Method**

**Half-square triangles add sharp geometric contrast to the flowing hair design.**

**For accurate results:**

- **Cut precise squares**
- **Draw a clear diagonal line**
- **Sew consistently on both sides**
- **Press without stretching**
- **Trim every unit to the same size**

**A square quilting ruler with a diagonal guide is especially helpful.**

## **Echo and Outline Quilting**

**Echo quilting follows the shape of the appliqué at a consistent distance.**

**Begin close to the edge of a face or hair piece.**

**Add additional lines that repeat the original shape.**

**Outline quilting is simpler and usually uses only one line near each appliqué edge.**

**Both techniques help the portrait stand out from the background.**

## **Mitered Corner Method**

**A mitered corner creates a clean diagonal fold at each corner of the binding.**

**Stop sewing one seam allowance before the corner.**

**Fold the binding away from the quilt at a 45-degree angle.**

**Fold it back down along the next edge.**

**Begin sewing at the edge of the quilt.**

**When the binding is folded to the back, adjust the fabric until the corner forms a neat diagonal.**

## **Helpful Tips**

**Use many different fabric prints in the quilt to create depth and movement.**

**Take a photograph of the layout before attaching the pieces.**

**Press after every major construction stage.**

**Use a pressing cloth over fusible appliqué.**

**Keep embroidery stitches small and controlled.**

**Use a new sewing machine needle before quilting.**

**A size 80/12 universal or quilting needle is suitable for many cotton quilting projects.**

**Use a walking foot for straight-line quilting through multiple layers.**

**Use a free-motion foot for curves, loops, and artistic quilting.**

**Practice facial embroidery on scrap fabric before stitching the final face.**

**Avoid overworking the face. A few carefully placed lines are more effective than excessive detail.**

**Check the quilt from several feet away during construction. This makes it easier to evaluate color balance and facial proportions.**

## **Final Care Instructions**

**After completing the quilt, remove any visible fabric markings according to the manufacturer's instructions.**

**Lightly steam the quilt from the back if necessary, but avoid pressing the quilt completely flat.**

**For wall display, keep the quilt away from prolonged direct sunlight to reduce fading.**

**When storing the quilt, roll it around an acid-free tube or fold it loosely with clean cotton fabric between the folds.**

**For washing, use cold water and a gentle detergent. Hand washing is safest for heavily appliquéd or embroidered art quilts.**

**Lay the quilt flat to dry and reshape it while damp.**

## **Final Result**

**Your finished woman portrait quilt should measure approximately  $17\frac{3}{4} \times 17\frac{3}{4}$  inches, including the binding. The expressive curved hair, detailed embroidered face, colorful triangle accents, and decorative quilting will make the project a unique piece of textile art.**

**Because the design uses improvisational fabric placement, your quilt does not need to look exactly like the reference. Maintain the main structure—a light appliquéd face, one visible closed eye, flowing patchwork hair, geometric triangle accents, and a balanced square composition—while allowing your own fabric choices to give the portrait its individual personality.**