



# ♥ SUNBONNET GIRL & PUPPY ♥

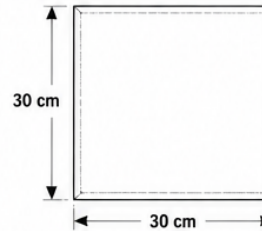
## ♥ APPLIQUÉ QUILT BLOCK TUTORIAL ♥

Finished Block Size: 30 cm x 30 cm (12" x 12")

### MATERIALS

- Cotton fabrics (assorted colors)
- Fusible web (lightweight)
- Thread to match fabrics
- Appliqué needles
- Fabric scissors
- Iron and ironing board
- Sewing machine (optional)
- Quilt batting
- Backing fabric
- Quilting thread

### BLOCK SIZE



**Finished Block:**  
30 cm x 30 cm  
(12" x 12")

**Seam Allowance:**  
0.7 cm  
(1/4")

### MAIN APPLIQUÉ METHODS



#### FUSIBLE APPLIQUÉ

Fuse the fabric shapes onto the background using fusible web. Then stitch around the edges.



#### BLANKET STITCH

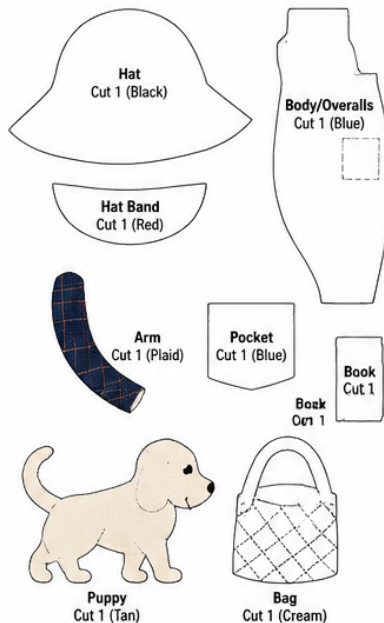
Use a blanket stitch to secure the edges neatly. Keep stitches even and close together.



#### TURN-UNDER APPLIQUÉ

Turn under the edge of the shape and stitch in place with a hidden appliqué stitch.

### APPLIQUÉ PATTERN (Actual Size)



\* Add 0.7 cm (1/4") seam allowance when cutting fabric pieces if not using fusible.

### STEP-BY-STEP TUTORIAL

#### 1 PREPARE THE FABRIC PIECES

Trace the patterns onto the paper side of fusible web. Rough cut and iron onto the wrong side of the fabrics.



#### 2 CUT THE PIECES

Cut out each piece on the drawn line carefully.



#### 3 ARRANGE & POSITION

Place the pieces on the background fabric (30 cm x 30 cm) to check the layout before fusing.



#### 4 FUSE IN PLACE

Once satisfied, fuse each piece onto the background using an iron.



#### 5 APPLIQUÉ STITCH

Stitch around each piece using a blanket stitch or your preferred appliqué stitch.



#### 6 ADD DETAILS

Stitch details such as the pocket, bag quilting lines, and book edge.



#### 7 QUILT THE BLOCK

Layer the block with batting and backing. Quilt as desired.



#### 8 SQUARE UP

Trim the block to 30 cm x 30 cm (12" x 12").



#### 9 BIND THE BLOCK

Attach binding strips (5 cm wide). Fold, sew to the front, flip to the back, and hand stitch or machine stitch in place.



### FINISHED BLOCK!



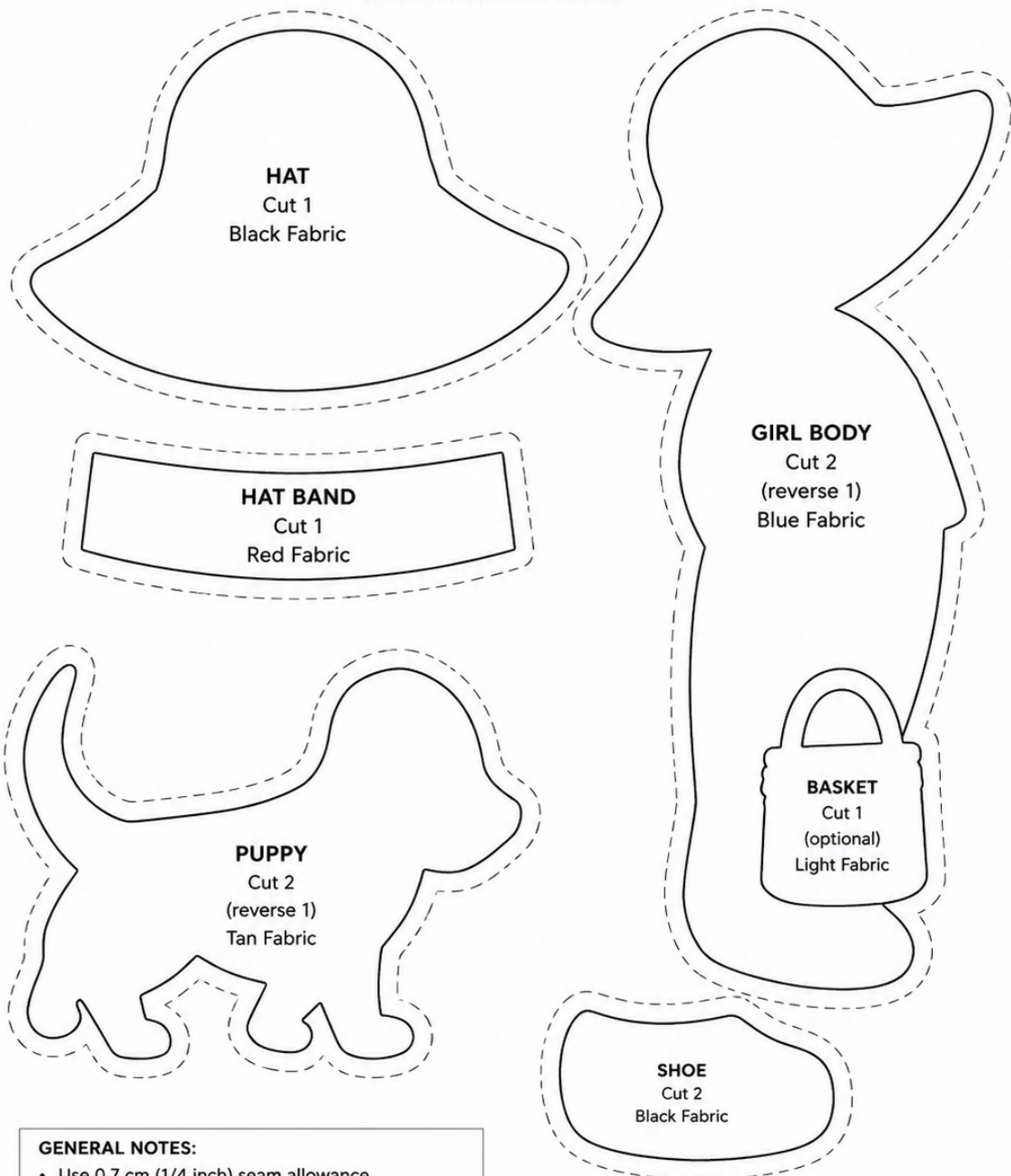
**TIP:** Use high-quality cotton fabrics for best results. Take your time with stitching for a beautiful finish!

Happy Sewing & Quilting! ♥



## SUNHAT GIRL WITH PUPPY SEWING PATTERN

All pieces include 0.7 cm (1/4 inch) seam allowance  
unless otherwise noted.



### GENERAL NOTES:

- Use 0.7 cm (1/4 inch) seam allowance.
- Cut accurately and transfer markings.
- Sew right sides together.
- Turn, press, and topstitch or applique as desired.

----- = Seam Allowance  
———— = Cut Line

# Sunbonnet Girl & Puppy Appliqué Quilt Block Tutorial

Create a charming Sunbonnet Girl and Puppy appliqué quilt block using cotton fabrics, fusible web, simple appliqué stitches, and basic quilting techniques. This project finishes at 30 cm × 30 cm, approximately 12" × 12", and features a girl wearing blue overalls, a large black hat, a small quilted bag, and a tan puppy.

The tutorial uses a combination of fusible appliqué, blanket stitching, and optional turn-under appliqué. It is suitable for confident beginners as well as experienced quilters looking for a small decorative project.

For the most consistent result, read the complete tutorial before cutting your fabrics.

## Finished Block Size

The completed quilt block measures:

30 cm × 30 cm  
12" × 12"

The recommended seam allowance is:

0.7 cm  
1/4"

The pattern pieces shown in the original template are intended to be used at actual size. When printing or tracing the pieces, make sure the pattern is not reduced or enlarged unless you intentionally want to change the finished block size.

## Materials and Supplies

You will need:

- Cotton fabrics in assorted colors
- One 30 cm × 30 cm or 12" × 12" background fabric
- Lightweight fusible web
- Thread in colors that match the fabrics
- Black, red, blue, plaid, cream, tan, and brown fabric scraps
- Appliqué needles
- Fabric scissors
- Paper scissors for cutting fusible web
- Iron
- Ironing board or pressing mat
- Sewing machine, optional
- Quilt batting
- Backing fabric
- Quilting thread
- Rotary cutter
- Acrylic quilting ruler
- Cutting mat
- Straight pins or fabric clips
- Fabric marking pencil
- Hand-sewing needle
- Binding fabric
- Printer paper or tracing paper
- Optional embroidery floss for small details

Choose tightly woven, good-quality cotton fabrics. Lightweight fabrics are easier to fuse and stitch than very thick denim. To achieve a denim appearance without excessive bulk, use lightweight blue cotton printed to resemble denim.

## Fabric Color Guide

**The original design uses the following colors:**

- **Hat: Black**
- **Hat band: Red**
- **Girl's overalls or body: Blue**
- **Girl's sleeve or arm: Dark blue plaid**
- **Pocket: Blue**
- **Book: Brown or rust**
- **Bag: Cream or off-white**
- **Puppy: Tan**
- **Background: White or cream**
- **Binding: Blue plaid or blue gingham**

**You may change the colors, but keeping a strong contrast between the appliqué pieces and the background will make the design easier to see.**

## **Pattern Pieces**

**Prepare the following appliqué pieces:**

- **1 black hat**
- **1 red hat band**
- **1 blue body and overalls piece**
- **1 plaid arm**
- **1 blue pocket**
- **1 brown book**
- **1 cream bag**
- **1 tan puppy**

**The bag may also include a separate handle if you prefer to create the handle from fabric rather than stitching it.**

**The body and overalls pattern includes the general outline of the girl's clothing. The pocket is added separately on top of the overalls. The arm overlaps the body, while the bag sits in front of the lower arm and body area.**

The puppy should be positioned near the girl's feet, facing toward her.

When using traditional turned-edge appliqué, add a 0.7 cm or 1/4" seam allowance around the pattern pieces before cutting the fabric.

When using fusible raw-edge appliqué, cut the fabric directly on the finished pattern line unless your fusible web manufacturer recommends otherwise.

## Main Appliqué Methods

The project may be completed with one appliqué method or a combination of methods.

### Fusible Appliqué

Fusible appliqué is the easiest option for beginners.

The fusible web is attached to the wrong side of the fabric. The paper backing is removed, and the appliqué shape is fused to the background with an iron. The raw edges are then secured with stitching.

This method creates crisp shapes and makes it easier to arrange all the small pieces before sewing.

### Blanket Stitch Appliqué

A blanket stitch creates a decorative border around each appliqué piece.

You may sew it by hand or with a sewing machine. Keep the stitches evenly spaced and close enough together to secure the raw edges.

For machine stitching, use a short, narrow blanket stitch. Test the stitch on a fabric scrap before sewing the actual block.

## Turn-Under Appliqué

Turn-under appliqué creates a softer, more traditional finish.

Add a 0.7 cm or 1/4" seam allowance around each pattern piece. Turn the seam allowance under along the finished line and secure the folded edge with a small hidden appliqué stitch.

This method does not require fusible web, although a small amount of temporary glue may help hold the pieces in place.

### Step 1: Prepare the Background Fabric

Cut one square of background fabric measuring slightly larger than the finished block.

A practical starting size is:

33 cm × 33 cm

Approximately 13" × 13"

The extra fabric provides room for trimming after the appliqué and quilting are complete.

Press the background fabric carefully to remove all wrinkles and fold lines.

Fold the background lightly in half vertically and horizontally, then finger-press the folds. These temporary center lines will help you position the appliqué.

Do not create sharp permanent creases. The lines should only be visible enough to guide the placement.

Place the background fabric right side up on a flat work surface.

### Step 2: Trace the Pattern Pieces

Place the fusible web over the pattern with the paper side facing up.

Trace each shape onto the paper side of the fusible web.

Label every piece immediately. Write the piece name and fabric color inside the traced shape. For example:

- Hat — black
- Hat band — red
- Body and overalls — blue
- Arm — plaid
- Pocket — blue
- Book — brown
- Bag — cream
- Puppy — tan

When tracing for fusible appliqué, remember that the finished piece may be reversed after fusing. For this design, reversing the complete image is not usually a problem as long as all pieces are traced and assembled consistently.

If the direction of the girl and puppy must match the original design exactly, reverse the pattern before tracing.

Leave approximately 1/2" of space between the traced shapes.

### **Step 3: Rough-Cut the Fusible Shapes**

Use paper scissors to cut around each traced fusible shape.

Do not cut directly on the drawn line yet.

Leave approximately 1/8" to 1/4" of fusible web outside each traced shape. This creates a small margin that makes the pieces easier to fuse and cut accurately.

Keep all labeled pieces organized as you work.

Separate the pieces by fabric color to avoid attaching a pattern to the wrong fabric.

## **Step 4: Fuse the Pattern Shapes to the Fabrics**

Place each fusible web shape glue side down on the wrong side of the appropriate fabric.

The paper side should face upward.

Follow the fusible web manufacturer's instructions for iron temperature and pressing time. Most lightweight fusible products require a dry iron and only a few seconds of pressure.

Do not slide the iron back and forth. Place the iron down, press, lift it, and move to the next area.

Fuse the shapes as follows:

- Hat pattern to black fabric
- Hat band pattern to red fabric
- Body and overalls pattern to blue fabric
- Arm pattern to plaid fabric
- Pocket pattern to blue fabric
- Book pattern to brown fabric
- Bag pattern to cream fabric
- Puppy pattern to tan fabric

Allow all fabrics to cool completely before cutting.

Cooling helps the adhesive bond properly and prevents the paper from separating too soon.

## **Step 5: Cut the Appliqué Pieces**

Use sharp fabric scissors to cut each appliqué shape directly on the traced line.

**Cut slowly around curves, especially around the puppy, hat brim, arm, and bag handle.**

**For tight inside curves, make several small cuts rather than trying to turn the scissors sharply.**

**Do not stretch the fabric while cutting.**

**After cutting, compare each fabric shape with the pattern to make sure no important sections were accidentally removed.**

**Keep the paper backing attached until you are ready to arrange the design.**

## **Step 6: Prepare the Small Details**

**Before assembling the complete block, decide which small details will be made from fabric and which will be stitched later.**

**Possible stitched details include:**

- **Puppy's eye**
- **Puppy's nose**
- **Puppy's mouth**
- **Puppy's ear line**
- **Puppy's leg divisions**
- **Overall seams**
- **Pocket topstitching**
- **Book outline**
- **Bag quilting lines**
- **Bag handle**
- **Hat band stitching**

**Very tiny details are often easier to embroider than to cut from fabric.**

Use a removable fabric marker to lightly plan these lines after the main pieces have been fused.

## **Step 7: Arrange the Girl and Puppy**

Place the background fabric right side up.

Remove the paper backing from the main appliqué pieces.

Begin with the largest shapes:

1. Position the blue body and overalls.
2. Place the black hat above the body.
3. Position the puppy near the girl's feet.
4. Add the plaid arm.
5. Add the cream bag.
6. Add the pocket.
7. Add the book.
8. Add the red hat band.

The girl should stand vertically near the right half of the block. Leave enough space around the design for quilting and binding.

The puppy should be placed on the lower left side of the girl, facing toward her.

The large black hat should slightly overlap the upper body area. The brim should hide the head and face, which is characteristic of a traditional Sunbonnet design.

The arm should extend downward in front of the body.

The bag should overlap the lower part of the arm and sit near the front of the girl's clothing.

The book should appear beside or behind the body, depending on the pattern placement.

**Step back and examine the complete composition before fusing. Check that:**

- The design is centered.
- The girl is not too close to the edge.
- The puppy is not positioned below the final trimming line.
- All overlapping pieces appear natural.
- The hat band follows the curve of the hat.
- The bag is placed at a comfortable angle.

**Take a photograph of the arrangement before moving the pieces. The photograph can serve as a placement reference if anything shifts.**

## **Step 8: Fuse the Appliqué in Place**

**Once you are satisfied with the arrangement, fuse the pieces to the background.**

**Start with the pieces that sit underneath other shapes.**

**A suitable fusing order is:**

- 1. Body and overalls**
- 2. Puppy**
- 3. Book**
- 4. Arm**
- 5. Hat**
- 6. Hat band**
- 7. Pocket**
- 8. Bag**

**However, the correct order depends on the exact pattern overlap. Examine the design carefully before pressing.**

**Cover the appliqué with a pressing sheet or clean cotton cloth if required by the fusible web instructions.**

**Press one section at a time.**

**Do not move the iron sideways because the fabric pieces may shift.**

**Allow the block to cool on a flat surface.**

**After cooling, gently check the edges. If any edge lifts, press it again briefly.**

**Avoid excessive heat, which can flatten the fabric or cause the fusible adhesive to seep through.**

## **Step 9: Stitch Around the Appliqué Pieces**

**Stitch around every appliqué piece to secure the edges.**

**You may use:**

- **Blanket stitch**
- **Zigzag stitch**
- **Straight stitch close to the edge**
- **Hand appliqué stitch**
- **Decorative machine stitch**

**For the look shown in the tutorial, a blanket stitch is an excellent choice.**

**Match the thread to each fabric for a subtle finish. Use contrasting thread only when you want the outline to become part of the design.**

**Begin with the larger pieces.**

**Stitch slowly around curves. Stop with the needle down before lifting the presser foot and turning the fabric.**

**For inside corners, sew to the corner, stop with the needle down, lift the presser foot, rotate the fabric, lower the presser foot, and continue.**

For outside corners, stitch to the edge, take one small anchoring stitch, pivot, and continue.

Backstitch carefully at the beginning and end, or pull the thread tails to the back and knot them by hand.

Do not pull the fabric while sewing because this may create puckers around the appliqué.

## **Step 10: Stitch the Hat and Hat Band**

Stitch around the entire outer edge of the black hat.

The hat brim is one of the most noticeable areas, so keep the stitches smooth and evenly spaced.

Next, stitch around the red hat band.

Use matching red thread or a slightly darker red for definition.

For additional texture, add one or two rows of straight stitching across the hat band.

Keep the decorative stitches inside the band so they do not cross onto the black hat fabric.

## **Step 11: Add the Overall Details**

Stitch around the blue body and overalls.

Use blue thread that matches the fabric.

Add a curved or straight seam line to separate the upper body section from the pants if indicated by the pattern.

Stitch the pocket in place.

Add a second line of topstitching around the pocket approximately 1/8" inside the edge to create a realistic denim appearance.

**You may also add:**

- **Side seams**
- **A waistband line**
- **A pocket opening**
- **Decorative gold or tan topstitching**
- **Small bar tacks at the pocket corners**

**Keep the details simple enough that the design does not become crowded.**

## **Step 12: Stitch the Arm and Book**

**Stitch around the plaid arm with matching dark blue thread.**

**Make sure the arm remains visually separate from the blue body. A slightly darker thread may help define the edge.**

**Stitch around the brown book.**

**Add an inner rectangle or line near the edge to represent the book cover.**

**A narrow line of gold, tan, or dark brown stitching can make the book appear more dimensional.**

**Secure all thread ends on the back of the block.**

## **Step 13: Stitch and Quilt the Bag**

**Stitch around the cream bag using cream or light beige thread.**

**Add diagonal lines across the bag to create a quilted diamond pattern.**

**First, mark evenly spaced diagonal lines in one direction.**

**Then mark a second set of diagonal lines crossing the first set.**

**Stitch along all marked lines.**

For a small bag, spacing of approximately 1/2" works well.

Add the bag handle with one of these methods:

- Use a narrow cream fabric strip.
- Use satin cord.
- Use embroidery floss.
- Stitch several rows of straight stitching.
- Use a small bias strip.

Secure the handle firmly at both ends.

## Step 14: Add the Puppy Details

Stitch around the tan puppy using matching tan or light brown thread.

Work slowly around the tail, legs, ears, and muzzle.

Add the facial features with dark brown or black embroidery thread.

Suggested details include:

- One small eye
- A black nose
- A short curved mouth
- An ear line
- A line separating the front legs
- A line separating the back legs
- Optional small paw lines

Use small backstitches or stem stitches.

Do not make the eye or nose too large. Tiny details will keep the puppy's expression soft.

You may add light brown stitching inside the ear for extra definition.

## **Step 15: Press the Completed Appliqué**

Place the appliqué block face down on a thick towel or padded pressing surface.

Press from the back using the temperature appropriate for the fabrics and fusible web.

A padded surface helps protect raised embroidery and appliqué stitching.

Do not press directly over dimensional details with heavy pressure.

Turn the block right side up and inspect it.

Trim loose threads, but do not trim the background fabric to its final size yet.

## **Step 16: Prepare the Quilt Sandwich**

Cut the batting and backing fabric slightly larger than the appliqué top.

Suggested sizes are:

- Appliqué top: approximately 33 cm × 33 cm or 13" × 13"
- Batting: approximately 35 cm × 35 cm or 14" × 14"
- Backing: approximately 35 cm × 35 cm or 14" × 14"

Place the backing fabric wrong side up.

Center the batting on top.

Place the appliqué block right side up over the batting.

Smooth all three layers from the center outward.

Baste the layers using:

- Safety pins

- Thread basting
- Temporary basting spray
- Long hand-basting stitches

Make sure there are no folds or wrinkles on the backing.

## Step 17: Quilt the Block

Quilt the background around the appliqué.

The original project uses a textured, all-over quilting design in the cream background.

You may choose:

- Free-motion stippling
- Small loops
- Meandering lines
- Echo quilting around the appliqué
- Diagonal grid quilting
- Straight-line quilting

Avoid quilting directly over the main appliqué pieces unless you want additional texture.

Begin quilting near the center and work toward the edges.

Keep the quilting density relatively even across the block.

Quilt close enough to the appliqué edges to make the figures stand out, but do not stitch through the decorative edge stitching unless intended.

Check the back frequently for puckers or thread nests.

When the quilting is complete, secure and trim all thread ends.

## Step 18: Square Up the Block

**Place the quilted block on a cutting mat.**

**Use a square ruler to trim the block to:**

**30 cm × 30 cm**

**12" × 12"**

**Align the ruler carefully with the design.**

**Before cutting, confirm that the girl and puppy remain centered and that no appliqué piece is too close to the cutting line.**

**Trim one side at a time.**

**After trimming the first side, use it as a straight reference for trimming the remaining sides.**

**Check that all four corners form 90-degree angles.**

**Measure the block one final time before binding.**

## **Step 19: Prepare the Binding**

**The tutorial recommends binding strips approximately:**

**5 cm wide**

**Approximately 2" wide**

**Cut enough binding strips to go around all four sides of the block, plus at least 8" of extra length for joining the ends.**

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

**Trim the seam allowances and press the joining seams open.**

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

**Press the entire strip carefully.**

For the original appearance, use blue plaid, blue gingham, or another coordinating blue fabric.

## **Step 20: Attach the Binding to the Front**

Place the raw edges of the folded binding along the raw edge of the quilt block.

Leave a loose tail of approximately 4" before beginning to stitch.

Using a 1/4" seam allowance, sew the binding to the front of the block.

Stop approximately 1/4" before the first corner.

Backstitch and cut the thread.

Fold the binding upward at a 45-degree angle.

Then fold it downward so the folded edge aligns with the top edge of the block and the raw edges align with the next side.

Begin sewing again 1/4" from the corner.

Repeat this process at all four corners.

Stop several inches before reaching the starting point.

Join the binding ends neatly, then finish sewing the remaining section.

## **Step 21: Finish the Binding**

Fold the binding over the raw edge to the back of the quilt block.

The folded edge should cover the machine-stitching line.

Use pins or clips to hold the binding in place.

**Hand-stitch the folded edge to the backing using a small ladder stitch or slipstitch.**

**For a fully machine-finished binding, stitch in the ditch from the front while carefully catching the folded binding edge on the back.**

**Fold each corner into a neat miter.**

**Take several hidden stitches at the corners to keep them secure.**

**Press the finished binding lightly.**

## **Step 22: Final Inspection**

**Lay the completed block on a flat surface.**

**Check all appliqué edges for loose sections.**

**Inspect the binding and corners.**

**Remove visible marking lines according to the marker manufacturer's directions.**

**Trim any remaining thread ends.**

**Check that the block measures approximately 12" × 12".**

**The completed block may be used as:**

- **A mini wall quilt**
- **A pillow front**
- **A tote bag panel**
- **A table decoration**
- **A framed textile picture**
- **A larger quilt block**
- **A sewing-room decoration**
- **A handmade gift**

## Helpful Tips for the Best Result

Always test fusible web on a fabric scrap before using it on the final project.

Use paper scissors for fusible web and fabric scissors only for fabric.

Press instead of ironing. Sliding the iron can distort the appliqué pieces.

Use lightweight fabrics for the layered sections to prevent excessive bulk.

Reduce the stitch length around tight curves.

Match the thread colors to the fabrics for a clean finish.

Use a stabilizer behind the background fabric if the appliqué stitching causes puckering.

Take your time when arranging the pieces. Correct placement is easier before fusing than after the adhesive has been activated.

Keep the puppy and the lower part of the girl safely inside the final 12" cutting area.

For realistic denim details, use tan or gold topstitching thread on the blue overalls.

For a softer handmade appearance, stitch the appliqué edges and details by hand.

## Care Instructions

Wash the finished block gently in cool water.

Use a mild detergent.

**Do not use bleach.**

**Lay the block flat to dry or tumble dry on a low setting if all fabrics and adhesives are machine-washable.**

**Press from the back with a warm iron when necessary.**

**Always check the fusible web manufacturer's care recommendations before washing the completed project.**

## **Final Result**

**Your finished Sunbonnet Girl and Puppy Appliqué Quilt Block should feature a beautifully layered Sunbonnet girl dressed in blue, wearing a large black hat with a red band, carrying a small cream quilted bag, and standing beside a sweet tan puppy.**

**Careful fabric placement, even appliqué stitching, delicate embroidered details, textured background quilting, and a blue plaid binding will create a finish that remains loyal to the original tutorial design.**

**Happy sewing and quilting! ❤️ 🧵**

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