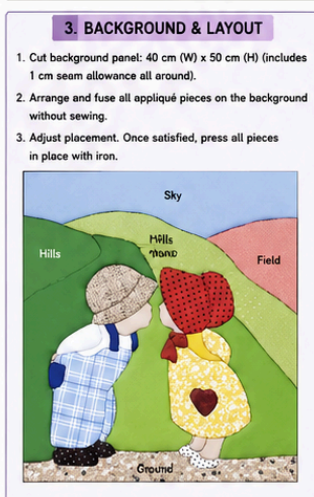


♥ SUNBONNET COUPLE APPLIQUÉ QUILT PANEL ♥

Finished Size: 40 cm x 50 cm (15.7" x 19.7")



3. BACKGROUND & LAYOUT

1. Cut background panel: 40 cm (W) x 50 cm (H) (includes 1 cm seam allowance all around).
2. Arrange and fuse all appliqué pieces on the background without sewing.
3. Adjust placement. Once satisfied, press all pieces in place with iron.

1. MATERIALS

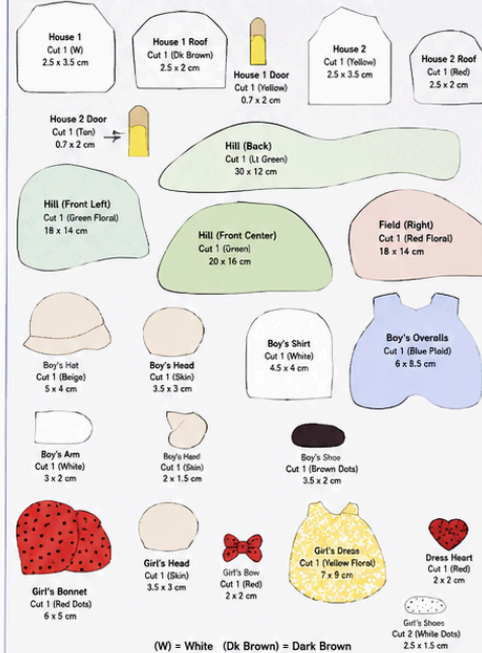
- Assorted cotton fabrics
- Fusible web (lightweight)
- Matching thread
- Appliqué needles
- Fabric scissors
- Quilting cotton for background & backing
- Batting (quilting)
- Iron & ironing board
- Fabric marker/pencil
- Ruler

FABRIC SUGGESTIONS

- Sky (light blue)
- Hills (light green)
- Hills (green)
- Field (floral)
- Path (floral)
- House 1 (white/pink)
- House 2 (yellow)
- Boy: Hat (beige)
- Boy: Shirt (white)
- Boy: Overalls (blue plaid)
- Boy: Shoes (brown dots)
- Girl: Bonnet (red dots)
- Girl: Dress (yellow floral)
- Girl: Bow (red)
- Girl: Shoes (white dots)
- Ground (small floral)

2. PATTERN PIECES (Actual Size)

Add 0.7 cm (1/4") seam allowance around all pieces



(W) = White (Dk Brown) = Dark Brown

4. APPLIQUÉ METHOD (FUSIBLE APPLIQUÉ)

1. Trace pattern pieces (reverse side of fabric).
2. Rough cut 0.5 cm outside the line.
3. Fuse to wrong side of fabric.
4. Cut on the drawn line.
5. Remove paper backing.
6. Position on background.
7. Appliqué stitch around edge (blanket stitch or slip stitch).

5. APPLIQUÉ STITCH GUIDE

BLANKET STITCH



SLIP STITCH (Invisible)



6. ASSEMBLY ORDER (Suggested)

1. Hills (back)
2. Field (right)
3. Hills (front left & center)
4. Houses
5. Ground
6. Boy (hat, head, shirt, overalls, arm, hand, shoes)
7. Girl (bonnet, head, bow, dress, heart, shoes)
8. Details: doors, windows

7. QUILTING & FINISHING

1. Layer quilt: Backing (wrong side up) + Batting + Appliqué panel (right side up).
2. Baste the layers together.
3. Quilt as desired. (Echo quilt around shapes looks beautiful)
4. Trim excess batting and backing.
5. Bind the edges with 4 cm wide fabric strips.

8. BINDING (4 cm Strips)

1. Sew strips together.
2. Fold in half, wrong sides together and press.
3. Sew binding to front, stitching 0.7 cm from raw edge.
4. Fold to the back and hand stitch in place.

MEASUREMENTS SUMMARY

- Finished Size: 40 cm x 50 cm
- Seam Allowance: 0.7 cm
- Background Panel: 40 cm x 50 cm (cut 42 cm x 52 cm)
- Binding Strips: 4 cm wide x WOF (width of fabric)

TIPS FOR SUCCESS

- Use a light box or window to trace pieces easily.
- Press frequently, but do not stretch fabric.
- Take your time with small details like doors, bows, and shoes.
- Use fine thread and small stitches for a neat finish.
- This panel is perfect for wall hanging, baby quilt or gift! ♥

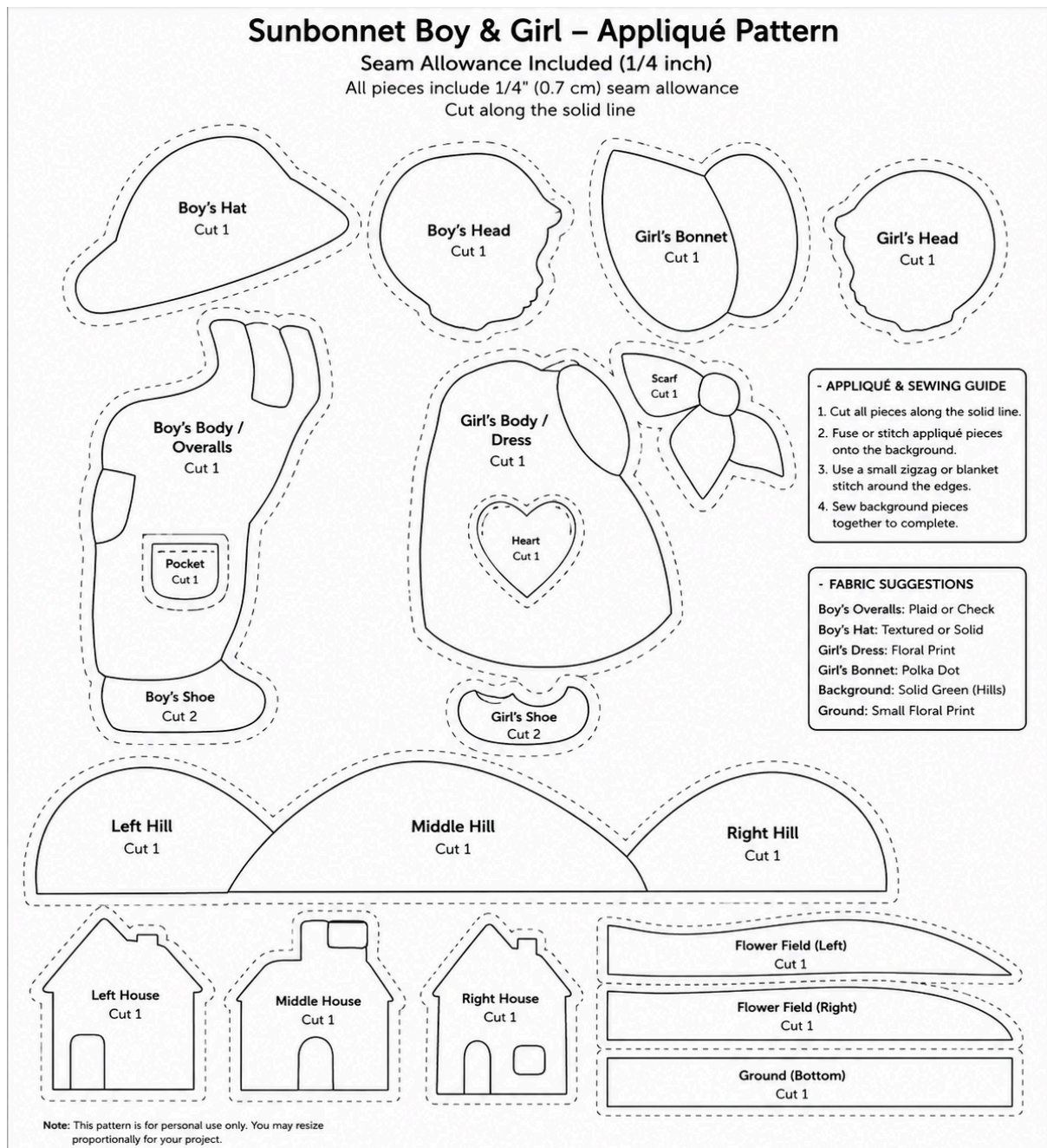
LEGEND – MAIN QUILTING & SEWING METHODS (USA)

WOF – Width of Fabric
RS – Right Side
WS – Wrong Side
SC – Seam Allowance
Press – Use iron to set fabric
Baste – Temporary hold layers
Quilt – Stitch through all layers
Bind – Finish quilt edge



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Sunbonnet Couple Appliqué Quilt Panel Tutorial

The Sunbonnet Couple Appliqué Quilt Panel is a charming fabric art project featuring a boy and girl standing together in a colorful country landscape. The finished panel measures

approximately 40 cm wide by 50 cm high, or 15.7 x 19.7 inches. It combines fusible appliqué, decorative stitching, simple quilting, and traditional binding techniques.

This tutorial follows the illustrated pattern closely and explains every stage in detail, from selecting fabrics and preparing the appliqué pieces to quilting and binding the finished panel. The instructions are suitable for confident beginners as well as experienced quilters who want a small decorative project.

The pattern pieces shown in the original chart are intended to be used at their actual size. Add a 0.7 cm or 1/4-inch seam allowance around pieces that will be turned under or stitched with a finished edge. For raw-edge fusible appliqué, the seam allowance may be omitted unless you prefer a slightly larger piece for trimming.

Step 1: Gather the Materials and Tools

Before beginning, collect all the materials so you can complete the project without interruptions.

You will need:

- Assorted cotton quilting fabrics
- Lightweight fusible web
- Matching sewing thread
- Appliqué needles
- Small, sharp fabric scissors
- Quilting cotton for the panel background and backing
- Quilt batting
- Iron and ironing board
- Fabric marker or pencil
- Quilting ruler
- Rotary cutter and cutting mat, if available
- Straight pins or fabric clips
- Sewing machine

- Hand-sewing needle
- Light box or a bright window for tracing
- Optional tear-away stabilizer

Choose good-quality quilting cotton because it is easy to press, cut, fuse, and stitch. Prewash the fabrics when possible, especially if you expect the quilt panel to be washed later. Prewashing helps remove excess dye and reduces the chance of uneven shrinkage.

Press every fabric before tracing or cutting the pieces. Wrinkles can change the size and shape of small appliqué parts.

Step 2: Choose the Fabrics

The illustrated project uses a bright country-inspired color palette. You can recreate the same colors or substitute fabrics from your own collection.

For the landscape, prepare:

- Light blue fabric for the sky
- Light green fabric for the upper hills
- Medium or dark green fabric for the front hills
- Red floral fabric for the right-side field
- Dark floral fabric for the left-side field
- Small floral fabric for the ground strip

For the houses, prepare:

- White or pale pink fabric for House 1
- Dark brown fabric for the roof of House 1
- Yellow fabric for House 2
- Red fabric for the roof of House 2
- Yellow and tan scraps for the doors and windows

For the boy, prepare:

- Beige fabric for the hat
- Skin-tone fabric for the head and hand
- White fabric for the shirt
- Blue plaid fabric for the overalls
- Dark brown dotted fabric for the shoes

For the girl, prepare:

- Red dotted fabric for the bonnet
- Skin-tone fabric for the head and hand
- Red fabric for the bow
- Yellow floral fabric for the dress
- Red fabric for the heart
- White dotted fabric for the shoes

Small-scale prints work especially well for the clothing and landscape pieces. Large prints may hide the shapes of small components such as the bow, hands, shoes, windows, and doors.

Step 3: Cut the Background Panel

Cut the main background panel to approximately:

40 cm wide x 50 cm high

This is about:

15.7 inches wide x 19.7 inches high

The chart indicates that the background panel includes approximately a 1 cm allowance around the outside edge. For easier quilting and trimming, you may cut the background slightly larger, approximately 42 x 52 cm, or about 16 1/2 x 20 1/2 inches, and trim it to the final size after quilting.

The landscape will cover most of this background, but the full panel provides a foundation on which all the appliqué shapes can be arranged and fused.

Press the panel carefully and lay it flat on your work surface.

Step 4: Prepare the Main Landscape Pieces

The landscape consists of several overlapping pieces. The back pieces must be positioned first, followed by the pieces that appear closer to the viewer.

The approximate pattern dimensions shown in the chart are:

- Back hill: 30 x 12 cm
- Front-left hill: 18 x 14 cm
- Front-center hill: 20 x 16 cm
- Right field: 18 x 14 cm

Trace each landscape piece onto the paper side of the fusible web. Write the name of the piece on the paper so the pieces do not become mixed up.

When using fusible web, remember that the traced image will be reversed after it is fused and cut. This usually does not matter for hills, but it is important for directional pieces such as people, clothing, houses, arms, and doors.

Cut roughly around each traced shape, leaving about 1/4 inch to 1/2 inch of extra fusible web outside the drawn line.

Place the rough-cut fusible shape on the wrong side of the selected fabric, with the adhesive side touching the fabric. Follow the manufacturer's heat instructions and press it in place.

Allow the piece to cool completely before cutting on the traced line.

Step 5: Prepare the House Pieces

The two small houses sit near the top of the landscape.

The pattern chart includes the following approximate pieces:

- House 1: cut one from white or pale pink fabric, approximately 2.5 x 3.5 cm
- House 1 roof: cut one from dark brown fabric, approximately 2.5 x 2 cm
- House 1 door: cut one from yellow fabric, approximately 0.7 x 2 cm
- House 2: cut one from yellow fabric, approximately 2.5 x 3.5 cm
- House 2 roof: cut one from red fabric, approximately 2.5 x 2 cm
- House 2 door: cut one from tan fabric, approximately 0.7 x 2 cm

The house sizes are small, so use sharp embroidery scissors for clean corners and smooth roof lines.

Tiny windows may be cut from fabric scraps, created with embroidery, or added with a permanent fabric marker after the appliqué has been stitched.

Keep the house pieces together in labeled envelopes or small containers until the final arrangement stage.

Step 6: Prepare the Boy's Appliqué Pieces

The boy is positioned on the left side of the panel.

Prepare the following pieces:

- Boy's hat: cut one from beige fabric, approximately 5 x 4 cm

- Boy's head: cut one from skin-tone fabric, approximately 3.5 x 3 cm
- Boy's shirt: cut one from white fabric, approximately 4.5 x 4 cm
- Boy's overalls: cut one from blue plaid fabric, approximately 6 x 8.5 cm
- Boy's arm: cut one from white fabric, approximately 3 x 2 cm
- Boy's hand: cut one from skin-tone fabric, approximately 2 x 1.5 cm
- Boy's shoe: cut one from dark brown dotted fabric, approximately 3.5 x 2 cm

The illustrated boy faces toward the right. When tracing his pattern pieces onto fusible web, reverse directional shapes when necessary.

Plaid fabric can shift visually, so consider the direction of the plaid before fusing the overalls pattern. Position the pattern so the plaid appears straight when the boy is standing upright.

For a dimensional look, the shirt may be placed partly underneath the overalls. The arm and hand are then positioned so they extend toward the girl.

Step 7: Prepare the Girl's Appliqué Pieces

The girl stands on the right side of the panel and faces the boy.

Prepare the following pieces:

- Girl's bonnet: cut one from red dotted fabric, approximately 6 x 5 cm
- Girl's head: cut one from skin-tone fabric, approximately 3.5 x 3 cm
- Girl's bow: cut one from red fabric, approximately 2 x 2 cm

- Girl's dress: cut one from yellow floral fabric, approximately 7 x 9 cm
- Dress heart: cut one from red fabric, approximately 2 x 2 cm
- Girl's shoes: cut two from white dotted fabric, approximately 2.5 x 1.5 cm each
- Girl's hand: cut one from skin-tone fabric using the pattern shape

Pay close attention to the direction of the girl's head, bonnet, hand, and dress. These shapes must face toward the left so she appears to be standing with the boy.

The bonnet consists of overlapping curved sections. Keep the pattern pieces in order and compare them with the finished illustration before fusing.

The small red heart is centered near the lower front of the dress. It can be fused and stitched separately after the dress has been attached.

Step 8: Trace and Fuse the Appliqué Pieces

Place each pattern piece on the paper side of the fusible web and trace around it with a pencil.

Cut approximately 0.5 cm, or just under 1/4 inch, outside the traced line. This rough-cut margin prevents adhesive from collecting on the iron.

Position the fusible web on the wrong side of the chosen fabric. The paper side should face upward, and the adhesive side should touch the fabric.

Press according to the fusible web manufacturer's directions. Avoid sliding the iron. Lift and lower it over each section so the fabric does not stretch or distort.

Allow the fabric to cool. Cut each shape directly on the traced line.

Remove the paper backing carefully. A pin can be used to score the paper near the center without damaging the fabric.

After removing the paper, the thin adhesive layer should remain on the wrong side of the fabric.

Step 9: Arrange the Background and Landscape

Before permanently fusing anything, arrange every major shape on the background panel.

Begin with the pieces that appear farthest away.

The suggested order is:

- 1. Back hill**
- 2. Right-side field**
- 3. Front-left hill**
- 4. Front-center hill**
- 5. Houses**
- 6. Ground strip**
- 7. Boy**
- 8. Girl**
- 9. Small details**

Place the sky fabric or background at the top of the panel. Position the back hill so it overlaps the lower part of the sky.

Add the right-side floral field. Place the front-left and front-center hills over the lower edges of the back hill and field.

The exact curves may overlap slightly. This is helpful because it prevents gaps from showing between the pieces.

Stand several feet away and inspect the composition. Confirm that the landscape fills the panel and that the people will fit comfortably without touching the outer edges.

Step 10: Position the Houses

Place the houses near the top of the rolling hills.

House 1 belongs on the upper-left side of the composition.

House 2 belongs toward the upper-right side.

Build each house from the bottom layer upward:

- 1. Main house shape**
- 2. Roof**
- 3. Door**
- 4. Windows**
- 5. Optional chimney details**

Leave enough space between the roofs and the top edge of the panel for quilting and binding.

The houses should remain secondary elements. Avoid making their colors or details stronger than the central couple.

Step 11: Assemble the Boy

Arrange the boy on the lower-left side of the panel.

Begin with the pieces that must sit underneath other shapes. A practical layering order is:

- 1. Shoe**
- 2. Shirt**
- 3. Arm**
- 4. Overalls**
- 5. Hand**
- 6. Head**

7. Hat

The overalls should overlap the lower section of the shirt. The boy's arm extends from the shirt and moves toward the girl.

Position the head above the shirt and overalls. Place the hat so it covers the upper part of the head.

Check the overall silhouette before pressing. The boy should appear to lean slightly toward the girl without looking unbalanced.

Step 12: Assemble the Girl

Arrange the girl on the lower-right side of the panel.

A suggested layering order is:

- 1. Shoes**
- 2. Dress**
- 3. Hand**
- 4. Head**
- 5. Bonnet sections**
- 6. Bow**
- 7. Dress heart**

The shoes should extend slightly below the dress. The head sits behind the bonnet, with only the face area visible.

Place the hand so it reaches toward the boy's hand. The two hands may touch or slightly overlap to create the appearance that the couple is holding hands.

Arrange the bonnet sections to create a rounded sunbonnet shape. Add the bow near the neck area.

Center the red heart on the lower front of the dress.

Step 13: Fuse the Complete Design

Once you are satisfied with the full arrangement, fuse the pieces permanently.

It is safer to fuse the composition in sections rather than pressing the entire panel at once.

Begin with the landscape layers. Cover the pieces with a pressing sheet or clean cotton cloth and press according to the fusible web instructions.

Allow the panel to cool before moving it.

Next, fuse the houses and ground strip.

Finally, fuse the boy, girl, and all small details.

Do not move the iron back and forth. Press straight down, lift the iron, and reposition it. Sliding can shift small pieces and distort fabric grain.

After fusing, inspect every edge. Press again briefly if any edge is loose.

Step 14: Stitch Around the Appliqué Shapes

Although fusible web holds the pieces temporarily, stitching around the edges creates a durable and professional finish.

The chart recommends either a blanket stitch or an almost invisible slip stitch.

For machine appliqué, use:

- A narrow zigzag stitch
- A machine blanket stitch
- A straight stitch placed close to the raw edge

A stitch length of approximately 1.5 to 2.0 mm works well for small shapes. Test the stitch on scrap fabric before stitching the panel.

Begin with the landscape pieces and work from the back layers toward the front layers.

Stitch slowly around curves. Stop with the needle down, lift the presser foot, and pivot the fabric slightly. Continue using many small pivots rather than forcing the curve.

For sharp corners, stop at the corner with the needle down, lift the presser foot, turn the panel, and continue along the next edge.

Use matching thread for a subtle finish or contrasting thread for a folk-art appearance.

Step 15: Hand-Appliqué Option

The panel may also be finished by hand.

Thread a fine appliqué needle with matching cotton thread. Knot the end and bring the needle up from the back of the panel near the edge of the appliqué piece.

Take a tiny stitch into the appliqué edge and return the needle to the background fabric almost directly below the first stitch.

Continue around the shape using small, evenly spaced stitches.

A slip stitch should be nearly invisible from the front. Use thread that closely matches each appliqué fabric.

For a decorative blanket stitch, bring the thread under the needle as each stitch is formed. Keep the spacing and depth consistent.

Hand stitching takes longer, but it gives the panel a traditional handmade character.

Step 16: Add the Small Details

After the main appliqué shapes have been secured, add the small decorative elements.

Possible details include:

- **House windows**
- **House doors**
- **Roof lines**
- **Overall straps**
- **Shirt seams**
- **Bonnet section lines**
- **Bow folds**
- **Shoe outlines**
- **Hill contours**
- **Small flower centers**
- **Hand and arm definition**

These details may be created with fabric appliqué, embroidery, machine stitching, or a permanent fabric marker.

Keep facial details minimal. Traditional sunbonnet figures often have no visible facial features because the bonnet and hat cover most of the face.

Use fine thread and small stitches so the decorative details do not overpower the fabric design.

Step 17: Prepare the Quilt Sandwich

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

Lay the backing fabric on a clean surface with its wrong side facing upward.

Place the batting on top of the backing.

Position the appliqué panel over the batting with the right side facing upward.

The layers should be arranged as follows:

- 1. Backing, wrong side up**
- 2. Batting**
- 3. Appliqué panel, right side up**

Smooth the layers from the center toward the outside edges.

Baste the quilt sandwich using safety pins, temporary basting spray, or long hand-basting stitches.

Begin in the center and work outward to avoid wrinkles.

Step 18: Quilt the Panel

Quilt the layers together using your preferred method.

A simple option is to echo quilt around the appliqué shapes. Stitch approximately 1/8 to 1/4 inch outside the edges of the people, houses, hills, and field sections.

You may also quilt:

- Gentle horizontal lines across the sky**
- Curved contour lines through the hills**
- Small loops or flowers in the field**
- Straight lines around the ground strip**
- Outline stitching around the boy and girl**
- Simple free-motion textures in open areas**

Avoid quilting directly through very small appliqué details unless extra definition is desired.

Begin quilting near the center and work toward the edges. Smooth the panel frequently to prevent puckers.

Backstitch securely at the beginning and end of each quilting line, or bury the thread tails by hand.

Step 19: Trim the Quilted Panel

After quilting, place the panel on a cutting mat.

Use a quilting ruler and rotary cutter to trim the excess batting and backing.

Square the corners carefully. The finished panel should measure approximately:

40 x 50 cm

or:

15.7 x 19.7 inches

Check that opposite sides are equal in length and that all corners form right angles.

Do not trim into the appliqué design. Leave enough space around the outer shapes for the binding.

Step 20: Prepare the Binding

The chart recommends binding strips approximately 4 cm wide, which is about 1 1/2 inches.

Cut enough strips to go completely around the quilt panel, plus at least 8 to 10 inches of extra length for joining the ends.

Join the strips end to end. Diagonal seams are usually less bulky than straight seams.

To make a diagonal join:

- 1. Place two strips right sides together at a 90-degree angle.**
- 2. Sew diagonally from one corner to the opposite corner.**

3. Trim the seam allowance to approximately 1/4 inch.
4. Press the seam open.

Continue joining strips until you have one continuous binding strip.

Fold the binding in half lengthwise with the wrong sides together. Press the full length.

Step 21: Sew the Binding to the Front

Begin along one side of the panel, several inches away from a corner.

Leave a loose binding tail approximately 6 to 8 inches long.

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

Sew the binding to the front using a 0.7 cm or 1/4-inch seam allowance.

Stop sewing approximately 1/4 inch before reaching the corner. Backstitch and cut the thread.

Fold the binding away from the quilt at a 45-degree angle. Then fold it back down so the folded edge is aligned with the top edge and the raw edges align with the next side.

Begin sewing the next side from the edge. Repeat this process at all four corners.

When you return to the starting point, join the binding ends neatly and complete the seam.

Step 22: 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.

Clip or pin the binding in place.

Use a hand-sewing needle and matching thread to slip stitch the folded edge to the backing fabric.

Do not allow the stitches to pass through to the front of the panel.

At each corner, fold the binding into a neat miter. Check the front and back to make sure both corners are crisp.

Continue until the entire binding has been secured.

Step 23: Final Pressing and Inspection

Give the completed panel a gentle final press.

Use a pressing cloth over the appliqué shapes to protect the fabrics, fusible adhesive, and decorative stitching.

Inspect the panel for:

- **Loose appliqué edges**
- **Unsecured thread tails**
- **Missed binding stitches**
- **Fabric puckers**
- **Open binding seams**
- **Uneven corners**
- **Pencil or marker lines**

Remove visible basting stitches and trim loose threads.

Avoid stretching the quilt while pressing. Lift and lower the iron instead of sliding it across the surface.

Step 24: Add a Hanging Sleeve

A hanging sleeve is useful when the quilt will be displayed on a wall.

Cut a fabric rectangle slightly shorter than the width of the finished panel. A sleeve approximately 3 to 4 inches deep is suitable for a small wall quilt.

Hem both short ends.

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

Turn it right side out and press, placing the seam along the center back.

Hand stitch the upper and lower edges of the sleeve to the quilt backing. Do not stitch through to the front.

Leave a little fullness in the sleeve so a hanging rod can slide through easily.

Step 25: Care Instructions

Display the quilt away from strong direct sunlight because sunlight can fade fabric over time.

Remove light dust with a soft lint roller or a low-powered vacuum fitted with a protective screen.

When washing is necessary, use cool water and a mild detergent. Hand washing is safest for a small decorative appliqué quilt.

Do not wring the quilt. Support it fully when lifting it from the water.

Roll it in a clean towel to remove excess moisture, reshape it, and dry it flat.

Avoid high dryer heat because heat can shrink fabrics unevenly and weaken some fusible products.

Tips for Success

Use a light box or bright window to trace the pattern shapes accurately.

Press frequently, but do not stretch the fabric. Small appliqué pieces can become distorted easily.

Take extra time with the tiny windows, doors, bows, hands, and shoes. These details make the finished scene more expressive.

Use fine thread and short stitches for a neat appliqué finish.

Keep the iron soleplate clean. Fusible adhesive may transfer to the iron if it touches an uncovered edge.

Use a pressing sheet whenever possible.

Make a full layout before fusing. Once the adhesive has been pressed permanently, repositioning a piece can be difficult.

Label every pattern piece, especially the bonnet sections, hills, clothing parts, and house components.

Keep the project covered or stored flat while working so small pieces are not lost.

Measurement Summary

The main measurements for this project are:

- **Finished panel: 40 x 50 cm, approximately 15.7 x 19.7 inches**
- **Suggested oversized background before trimming: 42 x 52 cm, approximately 16.5 x 20.5 inches**

- Appliqué seam allowance: 0.7 cm, approximately 1/4 inch
- Binding strip width: 4 cm, approximately 1.5 inches
- Binding stitching allowance: 0.7 cm, approximately 1/4 inch

The appliqué pattern pieces should be printed or traced at actual size unless you intentionally want to enlarge or reduce the complete design.

Suggested Assembly Order

For the most consistent result, complete the panel in this order:

1. Prepare and press all fabrics.
2. Cut the background panel.
3. Trace the pattern pieces onto fusible web.
4. Fuse the web to the wrong side of each fabric.
5. Cut all appliqué pieces on the traced lines.
6. Arrange the back hill and right-side field.
7. Add the front hills.
8. Position the houses.
9. Add the ground strip.
10. Assemble the boy.
11. Assemble the girl.
12. Fuse the complete layout.
13. Stitch around all appliqué pieces.
14. Add embroidery and small details.
15. Layer the backing, batting, and panel.
16. Baste and quilt.
17. Trim and square the panel.
18. Attach the binding.
19. Add an optional hanging sleeve.
20. Press and inspect the finished quilt.

Your Sunbonnet Couple Appliqué Quilt Panel is now complete. The finished piece can be displayed as a wall hanging, framed textile artwork, decorative table panel, or handmade gift.

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