



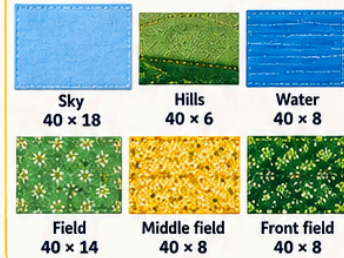
Finished size: 40 cm x 40 cm

MATERIALS



- 100% cotton quilting fabric (in various prints and colors)
- Cotton batting: 42 cm x 42 cm
- Backing fabric: 42 cm x 42 cm
- Thread (matching colors)
- Fusible web or fabric glue
- Basic sewing tools

MAIN FABRIC PIECES (measurements in cm)



PATTERN PIECES (with seam allowance)



1 PREPARE THE BACKGROUND



Cut the background pieces as indicated and sew them together. Press the seams. The background should measure 40 cm x 40 cm.

2 PREPARE THE APPLIQUÉ PIECES



Use the templates to cut all appliqué pieces with a 0.5 cm seam allowance. You can use fusible web to make the pieces easier to position.

3 ASSEMBLE THE GIRLS



Sew the girl's dresses, hats, arms and legs. Add details such as lace, bows and flower trim. Use a backstitch or hand stitching for decorative details.

4 ADD APPLIQUÉ TO THE BACKGROUND



Position the girls on the background and appliqué with straight stitch, zigzag stitch or hand stitch. Add the house, boat, trees, clouds and other elements.

5 MAKE THE SUNFLOWERS



Fold and stitch the petals. Assemble 8 petals around the center and secure with stitches. Add the leaves and place them on the panel.

6 ADD DETAILS



Add flower trim to the hats, bows, berry circles and hand embroidery details on the grass and flowers. Use French knots, straight stitches and backstitch.

7 QUILTING



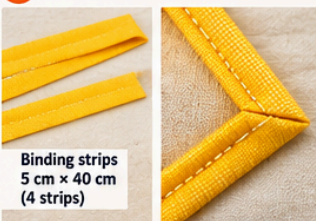
Quilt the sky, hills, water and fields with straight or free-motion quilting. Quilt around the appliqué pieces to highlight the design.

8 LAYER THE PANEL



Place the backing fabric right side down, then the batting, and the quilted top panel right side up. Baste with clips or pins.

9 BINDING

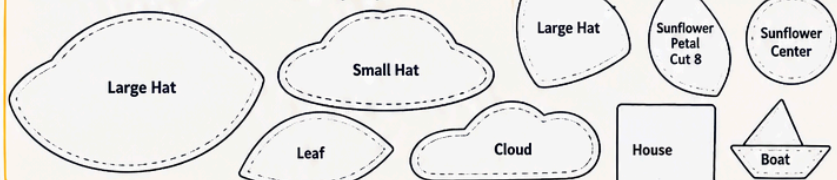


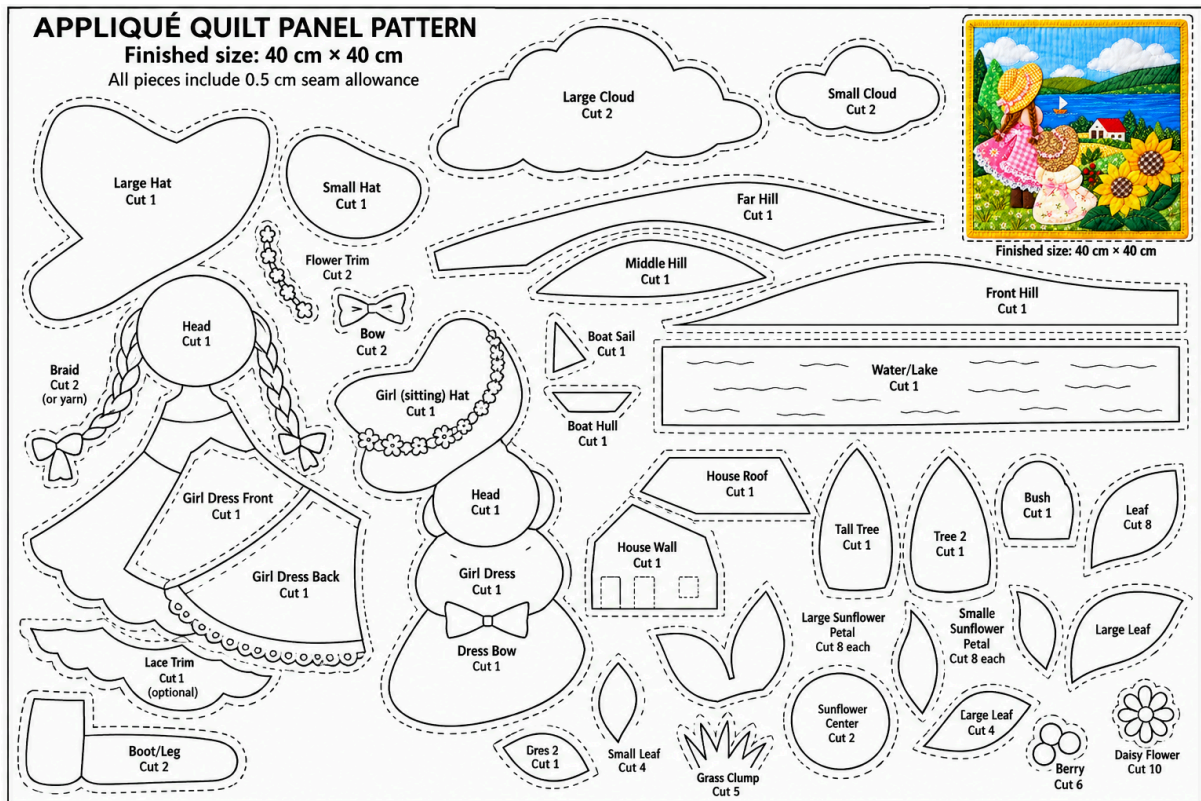
Join the binding strips, fold in half, and sew around the panel. Miter the corners and hand stitch or machine stitch to finish.

MAIN STITCHES USED



TEMPLATE EXAMPLE (actual size may vary)





Lakeside Girls and Sunflowers Appliqué Quilt Panel – Complete Tutorial

This cheerful 40 cm × 40 cm appliqué quilt panel combines several classic American quilting and sewing techniques: layered landscape appliqué, dimensional flowers, decorative hand stitching, simple character construction, machine or hand quilting, and traditional binding. The finished piece features two girls in sun hats overlooking a blue lake, rolling green hills, a small cottage, a sailboat, and large dimensional sunflowers.

The instructions below follow the supplied tutorial graphic closely. All measurements are given in centimeters, including the seam allowances and quilt-sandwich dimensions. Because appliqué pieces can shift slightly during construction, treat the smaller template dimensions as practical guides and test their

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placement on the 40 × 40 cm background before permanently stitching them.

For best results, use 100% cotton quilting fabric. Small-scale gingham, floral, and tonal prints work especially well because they preserve the handcrafted country-quilt appearance of the original design.

Step 1 – Gather the Materials

For the main quilt top, prepare assorted cotton fabrics in sky blue, water blue, several greens, yellow, pink, cream, brown, red, and orange/yellow. Mixing solids, gingham, tiny florals, and tone-on-tone quilting cottons will give the panel more visual depth.

You will need approximately:

- Assorted 100% cotton quilting fabrics
- Cotton batting measuring 42 × 42 cm
- Backing fabric measuring 42 × 42 cm
- Coordinating sewing and quilting thread
- Fusible web or temporary fabric glue
- Basic sewing tools
- Fabric scissors
- Rotary cutter, ruler, and cutting mat
- Iron and ironing surface
- Sewing machine
- Hand-sewing needle
- Embroidery needle
- Pins or quilting clips
- Optional lace, narrow ribbon, tiny bows, and decorative flower trim

The graphic uses a finished panel size of 40 × 40 cm. The batting and backing are intentionally larger so that the quilt

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sandwich has approximately 1 cm of excess around every side during quilting.

For the yellow binding, prepare four strips approximately 5 × 40 cm. In practice, cutting the strips slightly longer or joining them into one continuous binding strip can make installation easier.

Press every fabric before cutting. Flat fabric produces much more accurate templates and prevents wrinkles from being permanently trapped beneath appliqué pieces.

Step 2 – Cut and Assemble the Landscape Background

Begin with the landscape rather than the characters. The background establishes the final dimensions and provides the surface onto which all of the dimensional appliqué will be added.

According to the tutorial graphic, the primary background sections are approximately:

Sky: 40 × 18 cm

Hills: approximately 40 × 6 cm

Water: approximately 40 × 8 cm

Field: approximately 40 × 14 cm

Middle field: approximately 40 × 8 cm

Front field: approximately 40 × 8 cm

These sections overlap in the finished design, so they should not be interpreted as six strips that must total exactly 40 cm in height. Instead, several are layered appliqué landscape sections.

Start with the blue sky. Position the distant green hill across its lower portion. Add another darker green hill so the two shapes overlap naturally.

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Place the blue water beneath the distant hills. The water should occupy roughly the middle portion of the panel and extend from one side to the other.

Next, layer the yellow and green fields over the lower edge of the water. Use curved rather than perfectly straight upper edges to create the appearance of rolling countryside.

Stitch the landscape pieces using a straight stitch, narrow zigzag stitch, blanket-style appliqué stitch, or small hand appliqué stitches. Press carefully as you work, but avoid stretching the fabric.

Step 3 – Make the Clouds, Trees, Cottage, and Sailboat

Trace the cloud templates onto white or cream fabric. The tutorial shows a useful reference size of approximately 12 × 6 cm for a cloud, although several different sizes create a more natural sky.

Position the clouds in the upper blue section. Secure them with fusible web if desired, then stitch around their edges. A small white running stitch can create the soft handmade appearance seen in the project.

For the trees, use several shades of green. A typical tree piece in the tutorial is approximately 6 × 10 cm. Vary the height and width instead of making every tree identical.

Add a line of trees near the water and cottage. Additional large trees can be placed along the left side, where they help frame the girls.

The cottage is approximately 7 × 5 cm in the tutorial. Cut a cream house body and contrasting red roof. Add tiny brown rectangles for the door and windows.

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Make the miniature sailboat from an orange or brown hull and a small white triangular sail. Position it on the blue water toward the center-left of the landscape.

Secure these smaller appliqués carefully. Because the cottage windows and boat are tiny, fabric glue or lightweight fusible web can make assembly much easier.

Step 4 – Prepare All Girl Appliqué Pieces 🧡

The large girl is the main foreground character. The graphic gives an approximate 9 × 12 cm reference for the large dress template, although the completed figure becomes considerably larger after the head, hat, hair, legs, and decorative skirt are added.

Cut the dress from pink fabric. A combination of pink gingham and pink floral cotton gives the skirt additional movement. Add a separate skirt overlay if you want to reproduce the layered appearance.

Cut the large hat at approximately 8 × 7 cm. Use yellow or orange gingham. You can divide the hat into crown and brim pieces or construct it as a layered appliqué.

For the smaller girl, prepare a cream floral dress and a smaller hat approximately 7 × 6 cm. Add a pale fabric head beneath the hat.

Use narrow brown fabric strips, yarn, embroidery floss, or another textile technique for the larger girl's braids. Divide the strands into three sections and braid them before attaching them underneath the hat.

Small pink bows can be sewn to the ends of the braids. Another bow can decorate the smaller girl's dress.

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Do not permanently attach the girls to the landscape yet. First assemble them independently so that you can adjust their final placement.

Step 5 – Add Lace, Hat Trim, and Dimensional Details

The large girl's skirt is one of the most decorative parts of the quilt. Sew narrow white lace trim around the bottom edge before attaching the dress to the panel.

You can layer a floral pink skirt beneath a gingham section, allowing both fabrics to remain visible. This produces the dimensional patchwork effect shown in the graphic.

Decorate the large yellow hat with narrow pink trim or tiny fabric flowers. Follow the curve of the crown and stitch the trim securely by hand.

The smaller girl's hat can be made from brown floral cotton. Add another line of tiny pink flowers around the crown.

Use backstitch for fine decorative lines and French knots for tiny flowers or flower centers. These two embroidery techniques are especially useful for reproducing the handcrafted details of the original project.

Before attaching the figures, arrange both girls over the finished landscape. The taller girl should sit toward the lower-left portion, while the smaller figure overlaps slightly toward the center.

Step 6 – Make the Dimensional Sunflowers

The sunflowers are a major focal point of this design. Each flower is constructed from individually shaped petals arranged around a round fabric center.

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The tutorial suggests sunflower petals of approximately 5 × 4 cm, with eight petals per flower. You may make the smaller flower's petals slightly smaller to create better visual proportion.

Cut two matching fabric shapes for a petal if you want a padded, dimensional version. Place them right sides together, stitch around the sides while leaving an opening, turn right side out, and press.

Alternatively, fold a single petal piece and turn its raw edges inward. Stitch along the center to create the characteristic raised shape.

Prepare eight petals and arrange them in a circular formation. Slightly overlap the bases so there are no obvious gaps around the center.

Cut a round center from brown gingham or another brown print. Place it over the petal bases and stitch securely around its circumference.

Repeat the process for the second sunflower. Place the larger sunflower toward the upper-right foreground and the smaller flower slightly below and to the left.

Step 7 – Create and Position the Sunflower Leaves

Cut several leaves from dark and medium green cotton. The graphic gives an approximate 7 × 4 cm reference for a leaf template.

For a dimensional leaf, cut two matching shapes, sew them right sides together, turn, and press. You can also use a single appliqué layer if you prefer a flatter quilt.

Stitch a curved or straight line through the middle of each leaf to imitate the central vein.

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Arrange several leaves beneath and around the sunflowers. Allow some leaves to overlap because this gives the flower cluster much more depth.

Secure the lower portions firmly, but you can leave parts of the leaf edges slightly raised if this panel will be used primarily as wall décor.

If the finished piece will be washed frequently, secure all edges completely.

Step 8 – Add the Final Landscape Details

Now fill any visually empty spaces with smaller elements.

Tiny red berry circles can be positioned in the lower-middle landscape. Secure them with small appliqué stitches.

Add embroidered grass using several straight stitches of different lengths. Slightly angle the stitches so the grass does not look mechanical.

Decorative flower details can be made with French knots, tiny fabric circles, miniature appliqué flowers, or simple embroidery.

Use backstitch or running stitch to emphasize selected hill contours and leaf veins.

For the lake, sew several horizontal, gently irregular lines using pale blue or white thread. These stitches suggest ripples and reinforce the water section at the same time.

At this stage, compare your composition with the reference. Make sure the important visual areas—the girls, cottage, boat, flowers, water, and hills—remain easy to distinguish.

Step 9 – Secure All Appliqué Pieces

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Once you are satisfied with the composition, permanently attach all remaining appliqués.

For raw-edge appliqué, lightweight fusible web is particularly convenient. Fuse the shapes according to the manufacturer's directions and stitch around their edges afterward.

A small zigzag stitch can prevent raw edges from fraying. Use a short stitch length and test the settings on scrap fabric first.

A straight stitch close to the edge gives a more relaxed folk-art appearance. Minor fraying can become part of the handmade aesthetic.

For traditional turned-edge appliqué, add approximately 0.5 cm seam allowance around pieces that require turned edges, as indicated in the tutorial graphic.

Hand appliqué is another option. Turn the seam allowance beneath the piece gradually and use tiny nearly invisible stitches to secure it.

The dimensional elements should be attached last so they do not interfere with stitching the flatter background pieces.

Step 10 – Build the Quilt Sandwich

After the appliqué top is completely assembled, press it carefully from the back.

Prepare the three quilt layers:

Top panel: 40 × 40 cm

Cotton batting: 42 × 42 cm

Backing fabric: 42 × 42 cm

Place the backing fabric on your work surface with the wrong side facing upward.

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Center the batting over the backing.

Position the appliqué quilt top over the batting with the right side facing upward.

Smooth all three layers from the center outward. There should be approximately 1 cm of batting and backing extending beyond each edge of the quilt top.

Baste the sandwich with safety pins, quilting pins, temporary basting spray, or long hand-basting stitches.

Step 11 – Quilt the Panel

Begin quilting near the center and gradually work outward. This reduces the possibility of wrinkles developing between the layers.

Use straight-stitch quilting along the landscape divisions. Follow the edges of the water, fields, and hills.

Quilt around the clouds, cottage, trees, girls, flowers, and major leaves. This technique is often called outline quilting or quilting around the appliqué.

Additional stitching can be added inside larger landscape areas.

For the water, horizontal quilting lines reinforce the visual impression of gentle waves.

On the fields and hills, curved quilting lines can follow the natural direction of the landscape.

The goal is to secure the entire quilt sandwich without flattening every dimensional element. Keep the raised sunflower petals, hats, lace, and other embellishments visually prominent.

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Step 12 – Trim and Square the Quilt

After quilting, place the panel on a cutting mat.

Use a quilting ruler to check all four sides.

Trim away the excess backing and batting so the quilt returns to its intended 40 × 40 cm finished panel dimensions before binding.

Check each corner with the ruler. Ideally, every corner should form a clean 90-degree angle.

Do not trim decorative appliqué pieces accidentally. If a leaf or other element extends close to the edge, move or secure it before trimming.

Give the panel one final inspection before adding the binding.

Step 13 – Prepare the Yellow Binding

The tutorial uses a bright yellow binding approximately 5 cm wide.

Prepare four strips approximately 5 × 40 cm, or cut longer strips and join them to create one continuous binding.

If joining strips, place two ends right sides together and sew them diagonally. Trim the excess fabric and press the seam open.

Fold the binding in half lengthwise with wrong sides together and press.

Beginning along one side of the quilt, align the raw edges of the binding with the raw edge of the quilt.

Leave a short free tail before beginning to sew.

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Continue around the quilt, forming mitered corners at each corner.

Step 14 – Finish the Binding

After attaching the binding to the front, fold it over the quilt edge toward the back.

The folded edge should cover the original binding seam.

Secure it with quilting clips.

For a traditional finish, hand-sew the folded binding edge to the backing with small invisible stitches.

For a faster machine finish, stitch in the ditch from the front while making sure the stitching catches the folded binding on the back.

Pay particular attention to the corners. Fold them into neat diagonal miters and secure them with several small stitches.

Press the completed binding lightly without crushing the dimensional flowers.

Main Sewing and Quilting Stitches Used

Straight Stitch: Use it for basic construction, quilting lines, landscape details, and some appliqué edges.

Zigzag Stitch: A useful machine-appliqué technique for securing raw fabric edges and reducing fraying.

Backstitch: Ideal for embroidery details, outlines, flower stems, and decorative accents.

French Knot: Perfect for tiny flower centers and other small raised decorative details.

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Quilting Stitch: Use hand or machine quilting to secure the quilt top, batting, and backing while adding texture to the landscape.

When changing between differently colored fabrics, matching thread usually creates the cleanest appearance. Contrasting thread can instead be used deliberately when you want the stitching itself to become part of the design.

Step 15 – Final Inspection and Finishing Touches 🌻

Check every dimensional appliqué carefully. Tug very gently on the sunflower petals, bows, braids, lace, hats, and leaves to make sure they are securely attached.

Remove visible basting threads and trim loose thread tails.

If you used a washable fabric marker, remove the markings according to the manufacturer's instructions.

Press the quilt carefully from the back. Avoid placing a hot iron directly over dimensional flowers, lace, bows, or synthetic decorative trim.

Your finished piece should measure approximately 40 × 40 cm and retain the layered, dimensional appearance of the original tutorial graphic.

The completed Lakeside Girls and Sunflowers Appliqué Quilt Panel can be displayed as textile wall art, incorporated into a larger quilt, adapted into a decorative cushion front, or used as inspiration for other landscape appliqué projects.

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