



## Fabric Appliqué Panel Step by Step Tutorial

### Finished Size

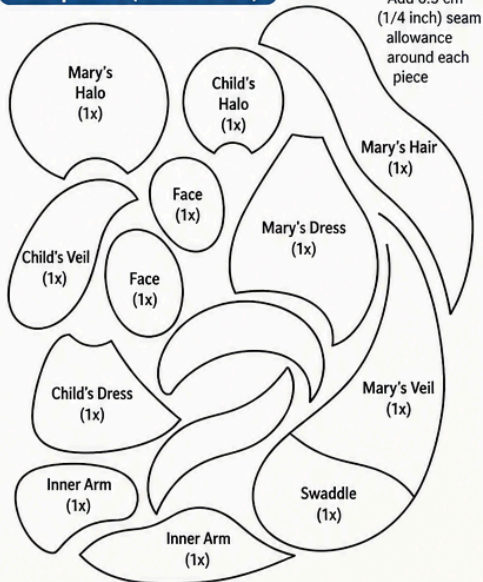


### Materials



- Cotton fabrics (various prints)
- Background fabric – 35 x 45 cm
- Border fabric – 5 x 110 cm (outer)
- Border fabric – 3 x 90 cm (inner)
- Fusible web (optional)
- Cotton batting – 35 x 45 cm
- Backing fabric – 35 x 45 cm
- Sewing thread
- Fabric scissors / Rotary cutter
- Pins or fabric clips

### Templates (Actual Size)



### 1 Cut the Fabrics



### 2 Prepare the Background



### 3 Position the Pieces



Arrange all pieces on the background fabric to check the composition.

### 4 Fuse or Pin



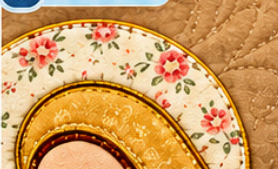
Use fusible web on the back of each piece or pin them in place.

### 5 Appliqué the Pieces



Use a straight stitch, blanket stitch or satin stitch to appliqué all pieces.

### 6 Add Details



Stitch around all shapes with a decorative stitch (straight, blanket or satin stitch).

### 7 Quilt the Background



Quilt the background as desired. Here we used free-motion quilting with a floral design.

### 8 Add Borders



Sew the inner border (3 x 90 cm), then the outer border (5 x 110 cm).

### 9 Assemble the Panel



Make a quilt sandwich: backing, batting and appliqué panel. Quilt and trim to the final size (30 x 40 cm).

### 10 Final Result



### Main Sewing Techniques Used



Straight Stitch



Blanket Stitch



Satin Stitch

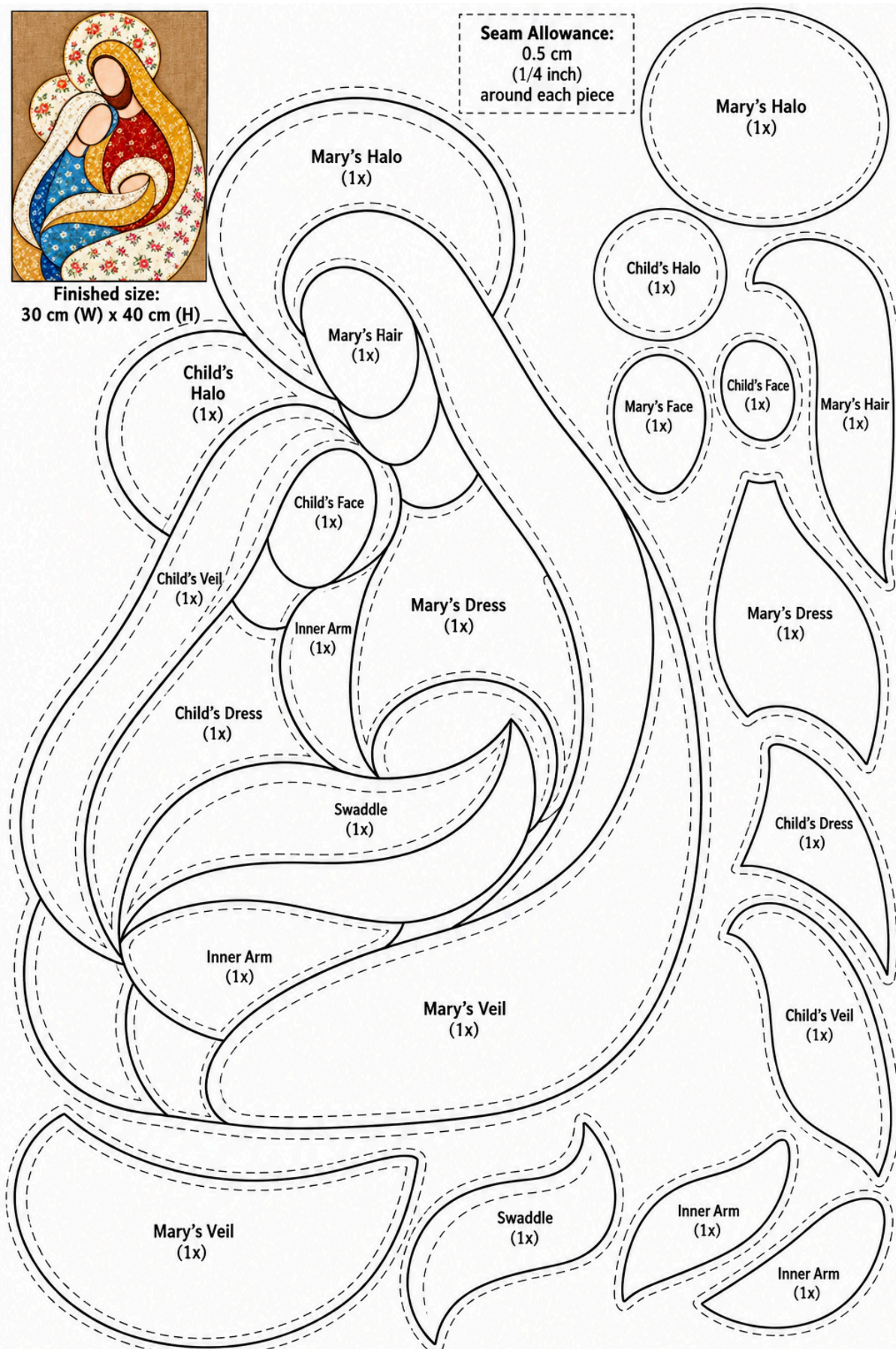


Free-Motion Quilting



Finished size:  
30 cm (W) x 40 cm (H)

Seam Allowance:  
0.5 cm  
(1/4 inch)  
around each piece



# Fabric Appliqué Panel – Complete Step-by-Step Tutorial

This Fabric Appliqué Panel is a beautiful sewing and quilting project made with layered cotton fabrics, floral prints, decorative appliqué stitching, and quilted borders. The finished design measures approximately 30 cm wide × 40 cm high (11.8 × 15.7 inches) and can be displayed as a wall hanging, framed textile panel, or decorative quilted piece.

The tutorial below follows the construction shown in the reference chart. All primary measurements are given in centimeters, while a few inch equivalents are included to make the instructions convenient for sewists in the United States.

The project uses several familiar American quilting techniques, including fusible appliqué, straight stitch, blanket stitch, satin stitch, free-motion quilting, quilt-sandwich assembly, and fabric borders. You can reproduce the colors shown in the chart or use scraps from your own collection for a more personal patchwork appearance.

## Step 1 – Gather the Fabrics and Sewing Supplies

Start by selecting 100% quilting cotton for the appliqué pieces. Small floral prints work especially well because they add visual detail without overwhelming the curved shapes.

For a panel similar to the example, prepare gold/yellow floral fabric, red floral fabric, blue floral fabric, cream floral fabric, skin-tone fabric, and brown fabric. Scraps are perfectly suitable for many of the smaller pieces.

Prepare a piece of background fabric measuring approximately 35 × 45 cm (13.8 × 17.7 in). The example uses a warm tan fabric

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because it contrasts nicely with the cream, blue, red, and gold appliqué pieces.

You will also need approximately 35 × 45 cm of cotton batting and 35 × 45 cm of backing fabric. Cutting these slightly larger than the expected finished panel gives you room for quilting and final trimming.

For the borders, prepare approximately 3 × 90 cm of fabric for the inner border and 5 × 110 cm for the outer border. The tutorial image combines a gold inner border with a red floral outer border.

Other useful supplies include fusible web, coordinating sewing thread, decorative thread, fabric scissors or a rotary cutter, cutting mat, pins or fabric clips, iron, sewing machine, quilting needle, ruler, and marking tool.

## **Step 2 – Prepare the Appliqué Templates**

The pattern is constructed from separate curved templates. These include the halos, faces, veil sections, garment sections, hair section, inner arm pieces, and swaddle pieces.

Print or trace the templates at the size needed to create a final panel approximately 30 × 40 cm. Before cutting your fabric, compare the complete template arrangement with the finished-project diagram.

The chart recommends adding approximately 0.5 cm (about 1/4 inch) around each piece when a seam allowance is required. Keep this measurement consistent so overlapping sections remain proportional.

If you are using raw-edge fusible appliqué, you can instead trace directly along the finished shape and use the edge

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stitching to secure it. This is often the easiest approach for the many curved pieces in this design.

Write the name of every piece on its template. Also add useful information such as 1x, fabric color, orientation, and placement order. This prevents similar curved pieces from being confused during assembly.

For asymmetrical pieces, remember that tracing onto the paper side of fusible web normally reverses the shape when fused to the fabric. Check orientation before cutting valuable fabric.

### **Step 3 – Cut All the Fabric Pieces**

Press all fabrics before cutting. Flat fabric makes tracing and cutting curved appliqué shapes considerably easier.

If using fusible web, trace each pattern onto its paper side. Leave a small space between neighboring shapes and roughly cut around each traced piece.

Fuse each traced shape to the wrong side of its corresponding fabric, following the temperature and timing instructions supplied by the fusible-web manufacturer.

Allow the pieces to cool before cutting precisely along their outlines. Sharp appliqué scissors are especially helpful around the tight curves of the faces and smaller inner sections.

Organize the pieces on your work surface. Keep the cream pieces together, blue sections together, gold sections together, and red sections together so you can quickly identify everything during assembly.

Do not remove all fusible-web paper immediately. First arrange the pieces over the background to verify that every component has been cut and that its orientation matches the reference.

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## **Step 4 – Prepare the 35 × 45 cm Background**

Cut the background to approximately 35 × 45 cm and press it thoroughly.

Fold it gently in half vertically and horizontally and finger-press the folds. These temporary center guidelines help position the appliqué composition without drawing permanent lines.

Lay the fabric on a large flat surface with the right side facing upward.

Position the complete appliqué approximately in the center. Remember that the panel will eventually be trimmed and surrounded by borders, so maintain a comfortable amount of background around the design.

The finished composition should flow vertically, with the halos toward the upper portion and the large sweeping curved fabric sections forming the lower half.

Once you are happy with the position, take a quick photo before moving anything. This gives you a useful placement reference if pieces shift while you work.

## **Step 5 – Position the Appliqué Pieces**

Build the composition from the backmost pieces toward the foreground. This is one of the most important steps because several shapes overlap.

Begin with the halos and the large outer garment or veil shapes. These establish the overall silhouette and make positioning the smaller pieces much easier.

Next, position the face shapes, hair, garments, inner curved sections, arms, and swaddle.

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Use the tutorial image as your placement guide. The design relies heavily on sweeping curves, so small adjustments can significantly change its appearance.

Before permanently attaching anything, stand back and inspect the complete composition. Check the spacing around the outer edges and make sure the design appears centered.

When everything looks correct, mark a few registration points with a removable fabric marker or take another photograph.

## **Step 6 – Fuse or Pin the Pieces in Place**

For fusible appliqué, remove the backing paper from the lowest layer first.

Return that piece to its correct position and press it according to the fusible manufacturer's directions. Avoid sliding the iron because that can distort the fabric.

Continue attaching pieces one layer at a time. This method gives you much more control than attempting to fuse the entire design simultaneously.

If you prefer traditional appliqué, omit the fusible web and use fine pins, appliqué glue, or temporary basting stitches instead.

Pay particular attention to the narrow curves surrounding the faces and swaddle. These areas need to remain smooth so the decorative stitching can follow them cleanly.

After all pieces are attached, allow the panel to cool completely before taking it to the sewing machine.

## **Step 7 – Appliqué Around Every Shape**

The chart highlights three useful finishing methods: straight stitch, blanket stitch, and satin stitch.

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A straight stitch produces a clean, understated outline. Stitch approximately 2–3 mm inside the raw edge when you want some of the fabric edge to remain visible.

A blanket stitch is an excellent traditional choice for appliqué. The stitch anchors the raw edge while creating a decorative handmade appearance around each shape.

A narrow satin stitch produces a stronger outlined effect. It works especially well if you want the boundaries between differently colored fabrics to resemble stained glass.

Start with the pieces that are underneath other layers and work progressively toward the foreground. Pivot frequently around curves instead of trying to force the fabric through the machine in one continuous turn.

The reference design uses prominent decorative outlines, so choose thread that clearly defines the individual shapes. Gold, dark brown, or another contrasting thread can create a similar visual effect.

## **Step 8 – Add Decorative Stitching and Details**

Once every appliqué piece is secure, inspect the complete design and decide where additional decorative stitching would improve definition.

Follow the curved outlines around the halos, veils, garments, arms, and swaddle. Smooth stitching emphasizes the flowing character of the composition.

If you want a raised decorative effect like the illustrated example, use a heavier decorative thread where your machine and needle combination allows it.

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Keep stitch density balanced. The purpose of decorative stitching is to emphasize the shapes rather than cover the printed fabrics.

At intersecting curves, stop with the needle down, raise the presser foot, pivot the fabric slightly, lower the foot, and continue. Repeating this technique creates much smoother curves.

When the decorative work is complete, press the panel gently from the reverse side using a pressing cloth if necessary.

## **Step 9 – Quilt the Background**

Prepare a quilt sandwich using the appliqué panel, cotton batting, and backing fabric.

Place the backing fabric with the wrong side facing upward, place the batting over it, and position the appliqué panel on top with the right side facing upward.

Smooth all three layers from the center toward the edges. Secure them with safety pins, temporary basting spray, or basting stitches.

The reference chart demonstrates free-motion quilting with a floral-inspired design in the open background areas. You can reproduce that look or choose simple loops, leaves, gentle waves, or echo quilting.

Avoid excessive quilting directly over the appliqué unless you specifically want that effect. Quilting mainly around the shapes can make the appliqué appear slightly raised.

Work gradually from the central area outward to reduce puckering. Frequently check the back to make sure folds have not formed.

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## **Step 10 – Trim and Square the Quilted Panel**

After quilting, place the project on a cutting mat and carefully square it with a quilting ruler.

The central project should ultimately work toward a finished size of approximately 30 × 40 cm once its border treatment and final trimming are complete.

Do not automatically cut to the finished dimensions before accounting for the borders. Instead, calculate the dimensions of your sewn border strips and trim the quilted center accordingly.

Check that all four corners are square and that the appliqué remains visually centered.

Trim excess batting and backing from the edges using a rotary cutter and ruler.

Measure the panel again before cutting the border pieces. Measuring the actual sewn panel is more reliable than relying exclusively on the original calculations.

## **Step 11 – Add the Inner Border**

The graphic uses an approximately 3 cm wide gold inner-border strip.

Cut strips long enough for the sides and top/bottom of your actual quilted center. The chart estimates approximately 90 cm total, although your exact requirement may vary after trimming.

Sew the first two opposite border strips in place using a consistent seam allowance.

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**Press the seams toward the border fabric unless the fabric thickness makes another direction more practical.**

**Add the remaining two border strips and press again.**

**Check the panel for squareness before proceeding to the outer border. Correcting a small alignment problem now is easier than correcting it after the second border is attached.**

## **Step 12 – Add the Outer Border**

**The outer border shown in the graphic uses approximately 5 cm wide red floral strips, with around 110 cm total indicated as a starting quantity.**

**Measure the panel after adding the inner border and cut the outer strips according to those actual measurements.**

**Attach two opposite sides first, press them outward, and then attach the remaining sides.**

**The red floral border creates strong contrast with the gold inner border while repeating the red fabric used inside the appliqué.**

**Once sewn, carefully press the complete panel without stretching the border edges.**

**Square the project again and confirm that the final dimensions are approximately 30 × 40 cm.**

## **Step 13 – Finish the Edges**

**There are several ways to finish this decorative panel.**

**For a conventional quilted finish, add binding around all four sides. A binding width of approximately 5–6 cm before folding works well for many small wall quilts.**

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Machine-sew the binding to the front, fold it around the raw edge, and secure it to the back by hand or machine.

If you plan to hang the panel, you can add a fabric hanging sleeve to the upper back edge before completing the final hand stitching.

Another option is to place the completed textile piece inside a shadow-box-style frame, provided the fabric has enough space and is not compressed tightly against glass.

Give the finished piece one final gentle press from the back.

## **Step 14 – Understanding the Main Sewing Techniques**

Straight stitch appliqué is the simplest technique represented in the chart. A line of stitching runs close to the fabric edge, securing it while preserving a clean outline.

Blanket stitch appliqué combines an edge-running stitch with small perpendicular stitches that reach into the appliqué. It creates the familiar decorative finish often found in American folk-art quilts.

Satin stitch appliqué uses closely spaced zigzag stitches to cover the raw fabric edge. This creates a bold outline and can be especially effective when using gold or contrasting thread.

Free-motion quilting is performed with the feed dogs lowered or covered, depending on the machine. The quilter moves the fabric manually to create curves, leaves, flowers, spirals, and other designs.

Fusible appliqué uses a heat-activated adhesive layer between the appliqué and background. It is particularly useful here because the design contains numerous curved and overlapping pieces.

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Together, these techniques create the dimensional, highly finished appearance shown in the tutorial graphic.

## **Step 15 – Final Result**

Your completed Fabric Appliqué Panel should measure approximately 30 × 40 cm (11.8 × 15.7 inches), allowing for small variations caused by seam allowances, quilting density, and final trimming.

The combination of blue floral cotton, red floral cotton, cream prints, golden fabric, and a warm neutral background creates the colorful layered appearance seen in the reference project.

The most important factor is careful layering. Arrange the entire design before fusing, work from the background toward the foreground, and secure every curved edge carefully.

Do not worry if your panel does not look identical to the reference. Different floral prints and fabric scraps naturally give each appliqué project its own character.

For an even more traditional scrap-quilt appearance, individual sections can be cut from different coordinating remnants instead of repeating the same print.

Once the final binding or edge treatment is complete, the panel is ready to display as a quilted wall hanging, decorative fabric panel, handmade seasonal decoration, or framed textile artwork.