



Finished Size



Materials

- Background fabric 25 cm x 25 cm
- Ground fabric 25 cm x 8 cm
- Dress fabric 15 cm x 20 cm
- Hat fabric 15 cm x 15 cm
- Skin fabric 10 cm x 10 cm
- Goose fabric (cream) 15 cm x 15 cm
- Beak and feet fabric (orange) 10 cm x 10 cm
- Boots fabric (brown) 10 cm x 10 cm
- Thread for hand sewing (embroidery thread)
- Stuff for appliqué (optional)

Basic Stitches Used



Blanket Stitch
Used to applique the pieces.



Running Stitch
Used for details and to secure.

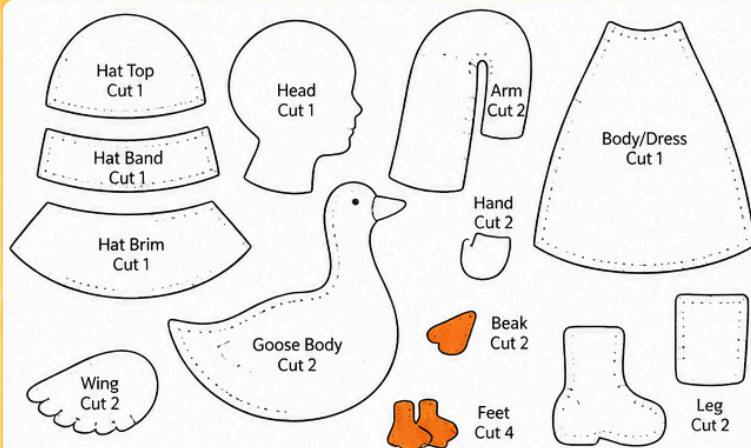


Backstitch
Used for outlines and fine details.



French Knot
Used for small flower details on the dress.

Full-Size Templates (Add 0.5 cm seam allowance where needed)



Cutting the Fabric Pieces



1 Prepare the Background



Cut the background 25 cm x 25 cm and the ground 25 cm x 8 cm. Sew the ground at the bottom with a 0.5 cm seam allowance. Press.

2 Make the Girl Pieces



Cut and prepare the girl pieces. Add hair under the hat. Sew small details on the hat with backstitch.

3 Make the Goose



Sew the wing onto the goose body with blanket stitch. Attach the beak and feet. Add a black eye with a French knot or small bead.

4 Appliqué the Pieces



Arrange all pieces on the background. Pin in place. Sew each piece with blanket stitch using matching thread.

5 Add Details



Use French knots for small flowers and running stitch for extra details on the dress and sleeves.

6 Finish the Panel



Sew the boots, legs and other details. Check all edges and make sure everything is securely appliquéd.

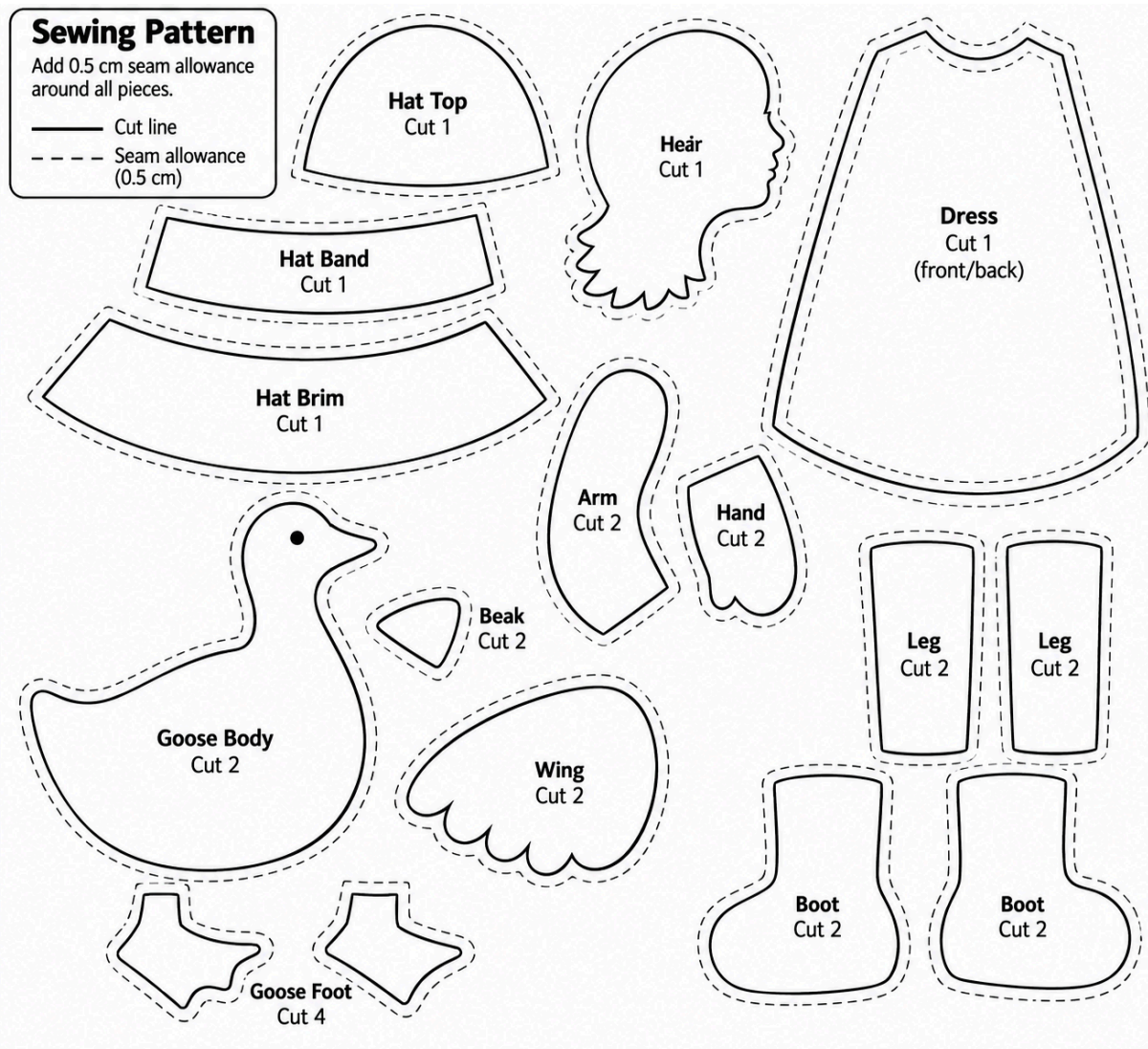
7 Final Look



Your appliqué panel is ready!
Finished size: 20 cm x 20 cm.

Helpful Tips

- ✓ Use 100% cotton fabric.
- ✓ Iron each piece before sewing.
- ✓ Use contrasting thread for a handmade look.
- ✓ You can also use fusible web to hold pieces in place.
- ✓ Adjust the size by scaling the templates.
- ✓ This design can be used in quilts, cushions, bags, or wall panels.



Girl and Goose Fabric Appliqué Panel – Complete Sewing Tutorial

This charming Girl and Goose Fabric Appliqué Panel is a hand-sewn fabric project featuring a little girl in a floral yellow dress and plaid hat walking beside a cream-colored goose. The finished design measures approximately 20 cm × 20 cm (7.9 × 7.9 inches) and combines simple appliqué shapes with decorative hand embroidery.

The project is suitable for confident beginners as well as experienced sewists who enjoy folk-art appliqué, hand

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stitching, quilting, and fabric scrap projects. You can follow the measurements from the tutorial graphic while scaling the templates if you would like a larger wall hanging, cushion front, tote bag panel, or quilt block.

For the best result, use 100% cotton quilting fabric for the background and appliqué pieces. Cotton is easy to cut, press, stabilize, and stitch by hand, making it an excellent choice for this type of detailed fabric appliqué.

Step 1 – Gather the Materials

Prepare all your materials before cutting. The tutorial uses a combination of textured solids and printed cotton fabrics.

You will need approximately:

- Background fabric: 25 cm × 25 cm (9.8 × 9.8 in), blue-gray
- Ground fabric: 25 cm × 8 cm (9.8 × 3.1 in), brown
- Dress fabric: 15 cm × 20 cm (5.9 × 7.9 in), yellow floral cotton
- Hat fabric: 15 cm × 15 cm (5.9 × 5.9 in), plaid cotton
- Skin-tone fabric: 10 cm × 10 cm (3.9 × 3.9 in)
- Goose fabric: 15 cm × 15 cm (5.9 × 5.9 in), cream or ivory
- Beak and feet fabric: about 10 cm × 10 cm (3.9 × 3.9 in), orange
- Boot fabric: about 10 cm × 10 cm (3.9 × 3.9 in), dark brown
- Embroidery floss or hand-sewing thread
- Lightweight fusible web, optional
- Fine hand-sewing needle
- Fabric scissors
- Pins or appliqué pins
- Iron and ironing surface
- Fabric marking pencil
- Paper for tracing the templates

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Choose fabrics with enough contrast that each piece remains clearly visible. The yellow floral dress is the focal point, while the subdued blue background allows the girl and goose to stand out.

Step 2 – Understand the Main Sewing Stitches

Several simple stitches create the handmade character shown in the tutorial.

The primary technique is the blanket stitch. It is worked around the outside edge of appliqué pieces and creates the small perpendicular stitches visible around the dress, goose, hat, and boots.

A running stitch can be added to interior areas where you want a simple decorative line. Make the stitches relatively short and evenly spaced for a tidy folk-art appearance.

Use backstitch for outlines and small details requiring greater definition. Backstitch works especially well around facial features or wherever a continuous embroidered line is needed.

The design can also incorporate French knots. These tiny knots work beautifully for small flower centers and other decorative details on the girl's dress.

You do not have to make every stitch mechanically identical. Slight variations in hand stitching contribute to the warm handmade appearance of this appliqué style.

Step 3 – Prepare the 20 cm × 20 cm Background

Start with a 25 cm × 25 cm piece of blue-gray background fabric. The additional fabric around the finished 20 cm design gives you room for handling, trimming, and finishing.

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Press the fabric carefully. A flat background makes positioning the appliqué pieces considerably easier.

Cut the brown ground fabric approximately 25 cm wide × 8 cm high. Position it horizontally across the bottom of the background.

The exact visible height of the ground can be adjusted slightly according to your composition. In the reference design, it occupies roughly the lower portion of the panel and creates a clear walking surface beneath the girl and goose.

Pin or temporarily fuse the brown section in place. Sew across its upper edge using a neat stitch appropriate for your chosen finish.

After assembly is complete, the project can be squared to approximately 20 cm × 20 cm. Avoid trimming to the final dimensions too early because the extra fabric makes the appliqué work easier to handle.

Step 4 – Trace and Cut the Girl Templates

Trace the individual girl components from the pattern. The major shapes include the dress/body, head, arm, hand, hat top, hat band, hat brim, legs, and boots.

When the template indicates a seam allowance, add approximately 0.5 cm (3/16 in) around the relevant piece. For raw-edge appliqué, however, you may choose to cut directly on the finished outline depending on your preferred construction method.

Cut the main dress from the yellow floral fabric. The dress should have a gently flared shape with a rounded lower hem.

Cut the head and visible skin areas from your skin-tone cotton. Small pieces are easier to control if you leave extra fabric

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around them while tracing and perform the final trimming afterward.

Cut the hat sections from plaid fabric. Pay attention to the direction of the plaid. Deliberately aligning the pattern makes the finished hat appear more structured.

Finally, prepare the brown boots and the leg pieces. Keep every cut component beside its paper template until you are ready to assemble the figure. This prevents similarly sized pieces from becoming mixed up.

Step 5 – Assemble the Girl

Lay the dress on a flat surface and begin arranging the remaining pieces around it without sewing anything yet.

Position the head behind the upper portion of the dress. The hat overlaps the top of the head, so test all three components together before fixing them permanently.

Arrange the hat brim, hat top, and hat band. The plaid fabric should create the layered appearance of a traditional fabric hat.

Position the arm along the side of the dress and place the hand at its lower end. Refer frequently to the finished project so the hand naturally reaches toward the goose.

Add the legs beneath the dress and place the dark brown boots over the lower ends of the legs. Keep the boots close together while maintaining enough separation to make both shapes recognizable.

Once you are satisfied with the arrangement, lightly press the pieces if using fusible web. Otherwise, secure them temporarily with appliqué pins or small basting stitches.

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Step 6 – Make the Fabric Goose

The goose consists of several simple components: a cream body, cream wing, orange beak, orange feet, and eye.

Cut the main goose body from cream cotton. Its silhouette includes the rounded body, neck, and head.

Next, cut the separate wing. Position the wing on top of the body so that it follows the rounded contour of the goose.

Sew the wing to the body using blanket stitch. A contrasting neutral thread can emphasize the handmade outline, while matching thread produces a subtler appearance.

Cut the beak from orange fabric and attach it at the front of the head. Prepare the small orange feet and position them beneath the body.

For the eye, make a tiny French knot with dark embroidery floss. Alternatively, use a very small hand-embroidered satin stitch. Secure the thread firmly on the reverse.

Step 7 – Position the Complete Scene

Place the background on a large flat surface and arrange the completed girl and goose over it.

Start with the girl because she occupies most of the composition. Her boots should sit naturally against the brown ground section.

Position the goose slightly behind and to the left of the girl, with its head directed toward her hand. This relationship between the two figures is an important part of the original composition.

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Check the space around the outside of the design. Remember that the final panel will be approximately 20 cm × 20 cm, so avoid placing important pieces too close to the eventual trimmed edges.

Photograph the arrangement with your phone before moving anything. The photo gives you a quick positioning reference if a piece shifts while sewing.

Pin each component carefully or use fusible web according to the manufacturer's directions. Work from larger underlying pieces toward smaller overlapping pieces.

Step 8 – Appliqué the Girl to the Background

Begin stitching the major girl components.

Work blanket stitch around the dress, keeping your stitches approximately consistent in depth and spacing. The graphic uses visible contrasting stitches, so they can become an intentional decorative element.

Continue around the head, arm, hand, hat, legs, and boots. When one shape overlaps another, hide the underlying edge whenever appropriate rather than stitching through unnecessary layers.

Take particular care around tight curves. Smaller stitches make rounded areas easier to control and produce smoother outlines.

Around the boots, use contrasting thread if you want to reproduce the strong folk-art appearance shown in the reference.

Periodically inspect the back of your work. Avoid large knots and excessively long thread carries because they can create bumps when the finished panel is pressed or quilted.

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Step 9 – Appliqué the Goose

Once the girl is securely attached, sew the goose to the background.

Start with the main cream body. Use small blanket stitches around the entire silhouette, carefully following the curves around the neck, head, breast, and tail.

Secure the wing if you have not already stitched it to the body. Its decorative outline provides additional dimension without requiring bulky padding.

Attach the orange beak with very small stitches. Because the piece is small, reduce your stitch length around its pointed areas.

Add the orange feet at the bottom. Make sure they visually meet the ground rather than appearing suspended above it.

Finish the eye and inspect the goose for loose edges. All appliqué pieces should lie flat without puckering the background.

Step 10 – Add Embroidered Details

The embroidery gives the project much of its personality.

Use running stitch for simple decorative lines and additional definition. Keep your thread tension relaxed so the fabric remains flat.

If your floral dress fabric already contains printed flowers, you can embellish selected motifs instead of embroidering every flower.

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Create tiny French knots at selected flower centers. You can also add short embroidered stems or leaves if desired, while keeping the overall design consistent with the reference.

Add subtle details to the hat with running stitch or backstitch. Avoid excessive embroidery because the plaid fabric already provides considerable visual texture.

Press the project from the reverse side when the embroidery is finished. Place a clean pressing cloth beneath the front so the dimensional stitches are not flattened directly against the ironing board.

Step 11 – Check and Secure Every Appliqué Edge

Examine the entire panel before finishing it.

Run your fingers gently around the edges of the dress, hat, goose, wing, boots, hands, beak, and feet. Look for any sections that have not been securely stitched.

Check your blanket stitches for loose loops. Correcting them now is much easier than repairing the project after it has been incorporated into another item.

Inspect the back as well. Trim excessively long thread tails while leaving secure knots intact.

Press the panel gently from the back. Use the heat setting recommended for your fabric and fusible web.

Finally, square the project to approximately 20 cm × 20 cm (7.9 × 7.9 inches) if that is your desired finished panel size.

Step 12 – Finish the Panel

Your Girl and Goose Fabric Appliqué Panel is now ready to use.

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For a simple wall panel, add batting and backing fabric, quilt around the figures, and finish the outside with binding.

For a cushion, use the appliqué panel as the cushion front and add an envelope-style or zippered backing.

You can also incorporate the finished block into a larger appliqué quilt, alternating it with coordinating patchwork blocks.

Another option is to enlarge the templates and create a larger wall hanging. When resizing, scale all template pieces by the same percentage so the proportions remain consistent.

The pattern also works beautifully as a tote bag front, decorative sewing-room panel, fabric book cover, or handmade gift.

Helpful Tips for a Professional Finish

Use 100% cotton quilting fabric whenever possible because it presses cleanly and is easy to appliqué.

Press every fabric before tracing and cutting. Wrinkles can distort small pattern pieces and affect their final dimensions.

Use contrasting embroidery thread when you want the blanket stitches to become part of the design. Choose matching thread for a cleaner and more subtle appearance.

Lightweight fusible web is helpful for keeping complicated arrangements stable while you stitch, particularly around the girl's smaller components.

When resizing the project, scale every template together. For example, increasing every piece by the same percentage preserves the relationship between the girl, goose, and background.

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Most importantly, work slowly around small curves and corners. A few extra minutes spent controlling stitch placement can noticeably improve the finished appliqué.

Final Result

Once completed, you will have a handmade 20 cm × 20 cm Girl and Goose appliqué scene with a floral dress, layered plaid hat, dimensional goose, brown boots, embroidered details, and decorative blanket stitching.

The combination of blanket stitch, running stitch, backstitch, and French knots creates the traditional handcrafted character shown in the tutorial graphic. With the basic technique mastered, you can easily adapt the same method to other fabric appliqué characters, quilt blocks, cushions, bags, and decorative wall panels.