

Aloha Hibiscus Class Plan

For more info, contact:
Annie Unrein s annieu@infowest.com
www.byannie.com

In this 4 to 6 hour class, students will learn a great technique for fusible appliqué and steps for foundation paper piecing.

A. Overview of Steps (.25 hour)

1. Fusible thread appliqué
Why use this method? (see pattern page 1)
2. Assemble quilt center (See Step A, page 2)
3. Piece inner border using paper piecing technique (see page 7) or traditional piecing technique (see page 6)

B. Fusible Thread Appliqué (.5 hour to 1.5 hour)

1. Preparation
 - a. Wind bobbin with fusible thread.
 - b. Put something smooth (MonoPoly smoke or SoFine) on top
 - c. #70/10 topstitch needle and open toe foot (#37 on Bernina works well)
 - d. I find it easier to sew around curves with a small (2.0) stitch length, but longer stitches are OK.
2. Basic Steps (see pattern page 1)
 - a. Make templates and trace shapes onto fabric. *Be sure to reverse templates for half of leaves.*
 - b. Prepare pieces for appliqué.
 - Begin by stitching around each leaf. Cut out and set aside.
 - Next stitch Hibiscus Piece A. Cut out and set aside.
 - Then stitch Hibiscus Piece B. Cut out and set aside.
 - End by stitching Stigma. Trace onto yellow fabric and stitch around each, but don't cut out yet.

C. Paper Pieced Inner Border (1 to 1.5 hours)

1. Preparation:
 - a. Make sure that students have cut 3¼" squares in half and 5" squares in quarters *diagonally*.
 - b. Fold each Unit A pattern on lines PLUS ¼" seam allowance on piece A1.
 - c. Set machine stitch length to about 1.5.
 - d. Ideally each student will have a pressing mat, travel iron and small cutting mat at their side. Alternatively, students may use a wooden pressing tool to press seams as they work.
2. Initial steps
 - a. With right side of fabric up, glue one purple triangle over piece A1 on back of paper pattern with bias edges along seam allowance. Long (straight grain) edge will extend beyond pattern edge.
 - b. With right sides together, align A2 green triangle with bias edge along bias edge of A1 and one straight edge matching straight edge of A1.

- c. On paper side of pattern, stitch through paper and fabric along stitching line. Press to A2.
 - d. In same manner, align A3 green triangle on other side of A1. Stitch and press.
 - e. Fold pattern back on stitching line between A3 and A4. Trim fabric using Add-A-Quarter ruler.
 - f. Add piece A4, matching edges of A3. Continue stitching, pressing, and trimming until entire strip is pieced.
 - g. Trim edges being careful to add ¼" seam allowance on all sides.
3. Paper piece all Unit A needed for project.
 4. Join three Unit A for each side of table runner.
 5. Add 2" squares on each end of top and bottom pieced Unit A.

TIP:
Have students make one Unit A to get the concept. Then suggest that they speed things up by chain stitching the remaining units.

D. Assemble Pillow or Table Runner (.5 hour)

1. Assemble quilt center (See Step A, page 2)
2. Add borders. (See Step C, page 3.)

E. Fuse Flowers, Leaves & Stigma in Place (.25 to .5 hour)

1. Position pieces as desired. (See Step D, page 3)
2. Fuse leaves in place first.
3. Next fuse Hibiscus Piece A, followed by Hibiscus Piece B.
4. Finally cut out and fuse Stigma pieces.

F. Decorative Stitching Around Appliqué Elements (1.25 to 1.5 hours)

1. Change to open toe embroidery foot and #90/14 topstitch needle. Use thread to match each piece. My choice is usually Superior Threads' Highlights.
2. I prefer to stitch using a single buttonhole stitch with length at about 2.0 and width at about 2.25.
3. Begin by stitching edges of leaves. TIP: Pull thread to back and tie off at end of each piece.
4. Next stitch around Hibiscus Piece A.
5. Trim away background under Piece A if desired.
6. Stitch around Hibiscus Piece B.
7. Finally stitch around Stigma.

TIP:
To move things along, students may fuse the flowers and leaves to the quilt center and add the borders later.

G. Finish by Quilting and Binding (last .25 hour)

1. Explain how to join binding strips using a diagonal seam.
2. Offer suggestions for quilting and finishing the table runner or pillow.