

# RIC-RAC PROTEA WITH SHWE SHWE

LEANNE STEWART SAQG ACCREDITED TEACHER

Suitable for confident beginners and all those that love to embellish with appliqué.

**Appliqué** is ornamental needlework in which pieces of fabric in different shapes and patterns are sewn or stuck onto a larger piece to form a picture or pattern. The technique will be accomplished by machine.

## Super Easy Techniques you will learn to make an appliqué protea

- Using starch, appliqué paper and spray glue
- Raw edge appliqué
- Different appliqué stitches
- Sewing circles without any puckering
- Using embellishments in the right places
- Cutting and stitching fabric on the bias
- Pressing seams
- Squaring off blocks
- Sandwiching a block
- Sewing on a binding without a wavy edge



## LIST OF REQUIREMENTS:

### Fabric for one Protea block

1 x Fat Quarter Shwe shwe for back ground

Bring 1m extra if you want to make a bag

– choose a variety of Shwe Shwe colours to make your protea/flowers (smaller pieces are fine)

1m Stitch and Tear

1m Appliqué paper

1m Batting

Ric-Rac 1.2m (for the more adventurous bring a variety of colours)

### Rulers:

10 and/or 12 inch rulers

Usual 24 inch quilters ruler

### Needles:

Denim Needle

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## SHWE SHWE

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Embroidery Needle (80)

Quilting Needle

### Machine Feet:

Walking Foot

Open Toe foot

Edgestitch foot Bernina 10 (if possible)

### Thread:

Threads to match Rick-Rack colours, Mettler Silk finish (if possible)

Threads to match background fabrics

Accent Thread for flowers

Quilting Thread

### Notions:

**NB:** **cardboard** or Big Cereal box or back of calendar to make a 12" circle

Compass

**NB:** **Spray Starch**

Spray Glue

Fabric Glue stick

Wooden Skewer

Small paint brush (1/4" brush head)

Pins

Sewing Needles

Fabric Marker (Blue fabric erasable/soluble pen, white pencil and HB pencil)

Machine stitch Card

Clean and Oiled Sewing Machine and all accessories

Scissors (big and small sharp ones)

Rotary Cutter

Cutting Mat

Portable ironing board (if you have)