

## No WORRY Needle Turn Applique with Jessica Defibaugh

To begin this ... take a deep breath.

This is super EASY. This is super FUN.

My best advice is to get started.

Supplies you will need.

Appliqu é needles

Appliqu é pins

Silk thread

Drawing on fabric pencils

Freezer paper

Here are some pictures and my sort of explanation to needle turn...

1. Cut your template out with Freezer paper.



2. Iron on the Freezer paper to the top of your fabric... this is important... iron on to the top! Freezer paper easily peels away and can be used again and again.



3. Trace around your template with a fabric pencil.



4. Cut around the traced paper and fabric about 1/8 inch away from the paper.



5. Remove the freezer paper and you should see the pencil marking and the additional 1/8 inch around the freezer paper on your fabric.
6. Lay your cut fabric pieces on top of your appliqué backing in the design required.



7. Pin down the bottom layer. You will appliqué from the bottom of your design up.



8. The 1/8 inch and the drawn pencil line should all be turned under as you needle turn.
9. Hold your hand like this.



10. Place your fabric between your index and middle finger. You will use your thumb to hold down the spot that you are needle turning as you go along.



11. All the work of turning is done with your needle and/or a toothpick.

12. Your rhythm in needle turning is...

Behind one

Up two

Pull three

And repeat.

(the rhythm is what I say to myself as I work)

Behind One – Take your needle straight down just behind the thread that just came out with the previous stitch.

Up two – Rock your needle slightly to come up just ahead of the thread that just came out with the previous stitch.

Pull three – Pull the needle up to and just taut to complete the stitch.

And repeat.

TIP – if you embroidery – the challenge is to not come into your stitch at an angle but come in straight down… this is HARD for a lot of YOU! PRACTICE!

13. Your stitches should be a consistent length.

14.PRACTICE. PRACTICE. PRACTICE.