



Embroidered Heart Applique Dress and Construction Supply List

***Dress pattern sizes 1-6 will be provided in class (sample is a size 4)**

6" x 6" applique fabric with Shape Flex (fusible woven) ironed on the back

¾ yard for dress

¾ yard for lining

1 ½ yards of Shape Flex (fusible woven)

2 buttons

Embroidery/Sewing machine in working condition

Scissors

Thread to match fabric

Pins or clips

Disappearing marker (Air erase used on sample)

5" x 7" embroidery hoop

Stabil Stick Tear Away

Embroidery Design (same as heart on dress sample)

Bernina 990: several heart designs available in the accents folder and the mini folder

Bernina 790 Pro: Folder # 11/Design # 10

Bernina 790 Plus: Folder #1/Design # 2 (slightly different heart design)

Bernina 770 Pro: Folder # 6/Design # 10

Bernina 590: Folder # 5/Design #5

Bernina 770: Folder # 9/Design # 5



DRESS CONSTRUCTION INSTRUCTIONS

- 1. Cut 1 front and 1 back on fold from dress fabric and lining fabric.**
- 2. Iron Shape Flex on the entire piece of both front and back of dress fabric.**
- 3. Stitch out embroidery design (see instructions below) and press.**
- 4. Sew side seams on dress fabric – right sides together using ¼” seam. Press seams toward the back.**
- 5. Sew side seams on lining fabric – right sides together using ¼” seam. Press seams toward the front.**
- 6. Sandwich lining fabric to dress fabric with right sides together. Pin or clip the top of the dress together and sew ¼” seam.**
- 7. Clip curves. Be careful not to cut the seams. Cut corners at a diagonal to reduce bulk.**
- 8. Turn dress so that wrong sides are together and seams are on the inside. Press seams so that dress fabric and lining are even. Topstitch 1/8” so that lining will stay turned under.**
- 9. Turn hem up ½” on fabric and press lining hem up the same amount so that both are equal. Topstitch 1/8” around the bottom of the dress.**
- 10. Make two buttonholes. Sew buttons on the straps.**

EMBROIDERY INSTRUCTIONS

- 1. Iron Shape Flex on the 6” x 6” applique fabric square.**
- 2. Choose design from the machine.**
- 3. Mark your center of the dress (horizontal and vertical) with a disappearing marker just under the armholes.**
- 4. Hoop your Stabil Stick, score the paper, and tear off the paper. Place the front of the dress on the hoop with wrong side on the sticky side of the stabilizer.**
- 5. Use your pinpoint placement to place design. Design on sample was enlarged 20%.**
- 6. Stitch out design according to machine instructions.**