

Ti Leaf

Traditional Hawaiian Quilt

18in. Pillow Cover



ALOHAQUILTDESIGNS.COM

Hawaiian Applique Pillow Cover

18in. x 18in.

Materials

Fabric

- Applique (design fabric) 1 fat quarter 16in. x 16in.
- Background fabric 20in x 20in.
- Pillow lining fabric 20in. x 20in.
- Back of Pillow 5/8 yard

Batting

- 22in. square of Hobbs Thermore batting or 100% cotton thin batting
- 18in. Pillow Form

Thread

- Basting thread – any 50wt contrasting color will do
- Applique thread – 60 or 50wt cotton, polyester or silk thread to match applique design fabric
- Quilting thread – 40wt or heavier quilting thread to match for hand quilting

Quilting Supplies

- Very sharp medium fabric scissors 5-7in. length blades
- 8.5in. x 11in. piece of freezer paper
- Hand applique and quilting needles size 7-10
- Quilting Hoop 10-12in.
- Straight Pins
- Chalk pencils

Fabrics should be non-directional and have high contrast between the design and the background for best results.

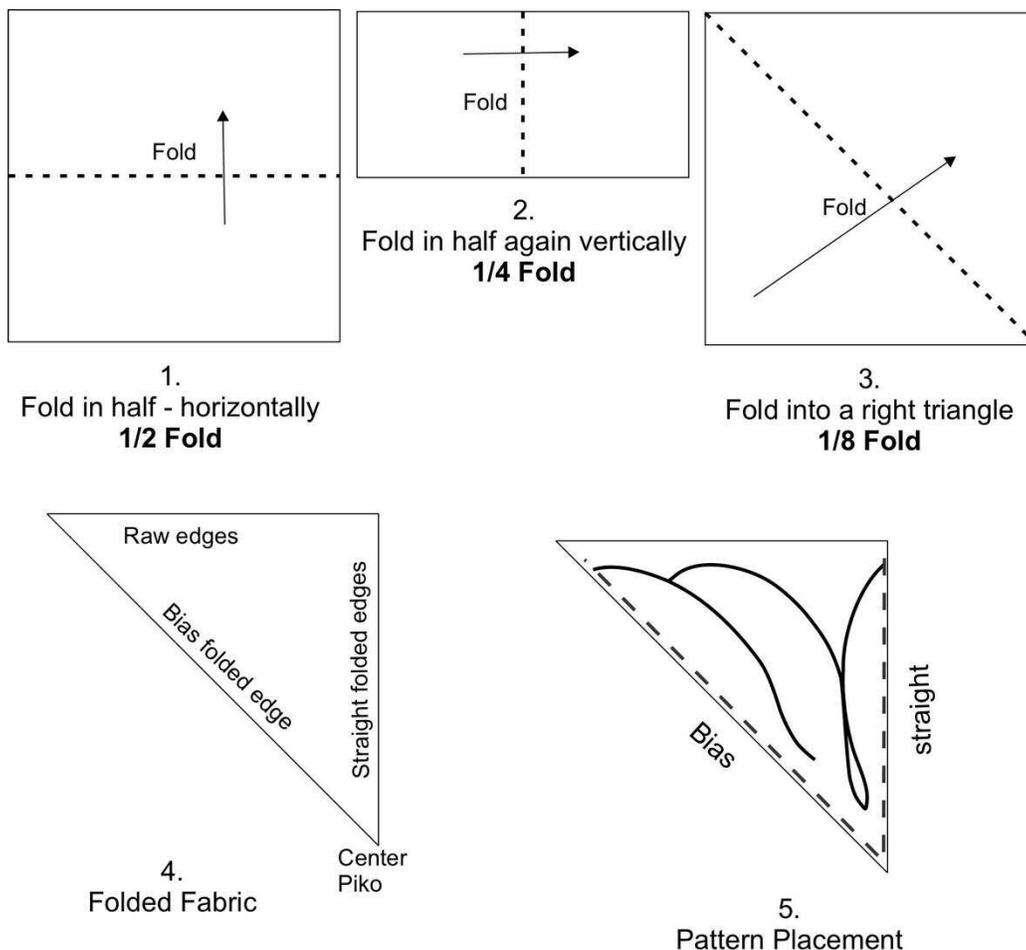
Pattern Preparation

- Trace or photocopy the 1/8th fold design and the flower template onto the paper side of freezer paper. Cut out the designs on the solid lines.

Folding and Cutting

Hawaiian quilts are folded and cut similar to a snowflake. Most traditional Hawaiian applique designs are designed on a 1/8 fold. The pattern template is only 1/8th of the design.

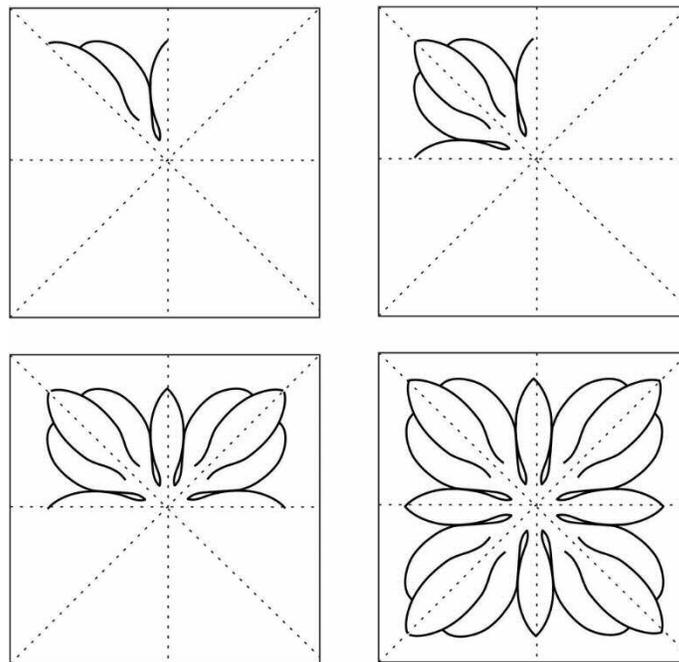
- Background fabric – Fold the 20in square into and 1/8th fold following diagram 1-4 below. Lightly press the fold lines. Make sure the folds are aligned on the bias and straight edges. The pressed lines will be placement guidelines.
- Applique design fabric – Fold the 16in. square into a 1/8th fold following diagram 1-4 below. Make sure the folds are aligned on the bias and straight edges
- Place your cut 1/8th fold pattern template onto the applique fabric and pin into place. Be sure to place the bias edge of the pattern on the bias edge of the folded background fabric and to match the center points. Pin well to prevent the layers from shifting while cutting. With a chalk pencil trace around your design. Remove the paper design template and re-pin the layers. Make sure the folded edges stay aligned.
- Carefully cut out the applique design cutting directly on the chalk lines. Cut only on the lines. Do not open the design when cut, keep it folded until it is ready to be placed on the background fabric.



Basting for Hand Applique

- Unfold the background fabric with the right side up. Place the cut applique design into the top left quadrant. Carefully un-fold the design into each quadrant aligning each section with the placement guidelines in the background fabric.
- Pin the applique to the background making sure that each arm of the applique is evenly spaced and aligned.
- Using a contrasting thread; thread baste the applique to the background using a long (1-2in.) running stitch around the entire applique. Keep the basting stitches a 1/2in. away from the edge of the applique.

Applique Placement on Background



Appliqueing “Needle Turn”

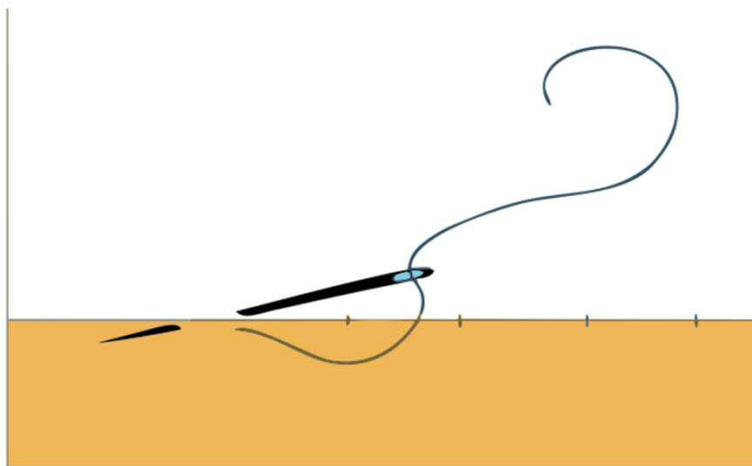
- The Hawaiian applique stitch is an invisible blind hem stitch and uses the “needle turn” method of applique.
- Match your applique thread to the applique fabric or use a neutral color. Thread your needle with 14-18in. of thread. The needle does all the work and is used to gently turn under the seam allowance to the basting stitches.
- Start your applique in the middle of an open area. Never start your stitching on a peak or in a valley. Turn under only what you can hold under your thumb at a time. Folding under an 1/8th of an inch of the edge of the applique design; take tiny little tack stitches to applique the design to the background (about 10-16 stitches per inch).
- Applique the entire design to the background removing basting stitches as you work.

Needle-Turn Applique

Needle Turn Applique is “the Hawaiian way”. I like to refer to it as needle -turn in the raw. Tools like starch and stiletos are not used. Only your sewing needle will be used to turn the edge under.

Method:

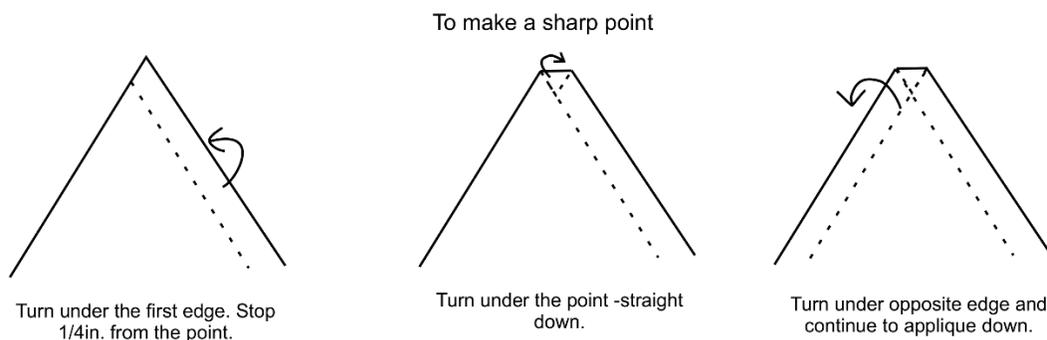
Turn under $\frac{3}{16}$ in. of the applique edge with your needle about one inch at a time. Attach the applique to the background with a blind hem stitch keeping about 8 -12 stitches per inch.



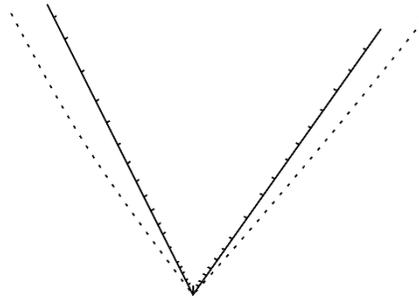
Blind Hem Stitch-

1. Bring the needle up thru the background and the applique fold just catching the edge of the fold. 2. Send the needle down into the background right next to where the thread comes out of the applique fold, tip the needle forward and come up again catching the fold keeping stitches no more than $\frac{1}{8}$ in. apart.

Perfect Points:



A point is created where the seam allowance on each side meets. 1. Sew up where the two seam allowances meet, folding over the complete first side. 2. Fold the point of the applique straight down. Where your thread is coming out of now will be your new point. Take an extra stitch in the same spot. 3. Fold down the opposite edge of the applique. Mold the point to your liking and continue sewing down the edge of the applique.



Reverse Point-

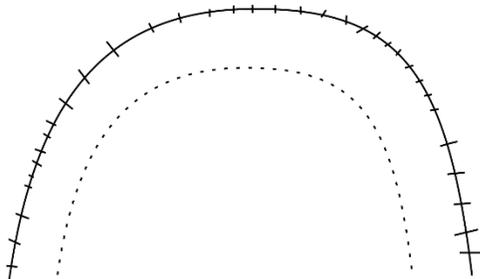
Turn under the seam allowance to the bottom of the "v" on one side. Take several stitches in the "v". Seam allowance will become less towards the "v".

To create a reverse point; 1. turn under the seam allowance starting in the "v" and roll the seam from bottom to your stitching. 2. Applique down into the "v" making your stitches closer together towards the "v". The seam allowance will be very small near the "v". 3. Turn under the seam allowance on the opposite edge and applique out of the "v".

Curves:

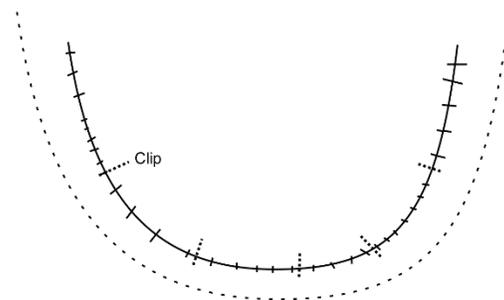
Outer Curves: clipping is not necessary. Turn under the seam allowance in smaller increments as you work your way around a curve. The smaller the curve the smaller the seam allowance will need to be.

Inner Curves: Clipping is necessary to ease the seam allowance under. Clip minimally. Clip the seam allowance almost to the turned edge.



Outside Curve -

Turn under the edge of the applique two stitches ahead at a time. Do not snip outer curve edge.



Inside Curve-

Clip inner seam about a 1/8in. in to ease under the seam allowance under. Needle turn the edge under and applique keeping stitches small and tight.

Applique stitching should be done with a light weight thread like 60wt cotton or silk. The goal is to get the stitches to sink into the applique fabric and disappear. Applique needles are thin and longer.

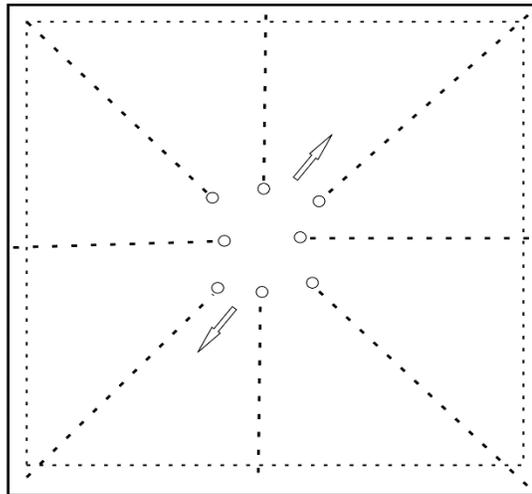
When all applique is done, lightly press and square up block.

Hand Quilting Your Hawaiian Quilt

Pull out the basting threads and lightly press the quilt block. Hawaiian quilting is done thru all layers of the quilt so do not cut away the background behind the applique.

Batting choice is important in Hawaiian quilts. Echo quilting lines show up best when a lofty batting is used. Washable wool is my preferred batting for Hawaiian applique.

Put together your quilt sandwich. Layer your quilt top, batting and the backing fabric.



Thread Basting - Hand Quilting
Baste in each quadrant starting in the center with a knot and stitch with running stitches towards the outer edge.

Hand Quilting Stitches can be described as a running stitch to sew the layers of the quilt together. Stitches can be any size. What matters is that the stitches are all uniform in size and spacing. 4 stitches per inch would be considered “big stitch quilting” and 12 stitches per inch is fine or expert quilting. Stitches can be small or larger depending on the desired look of your quilt.

Thimbles-

A metal with deep holes on the top and sides are best. Quilting thimbles usually have a square top. A thimble should fit snug and should not fall off when you shake your hand.

Thread-

Hand quilting thread is traditionally a glazed cotton thread. The glaze is a wax coating. Any thread will work but the thread needs to be strong. Wax can be applied to machine quilting or piecing thread. 40 weight thread or thicker are best.

Batting –

The best batting for hand quilting is a low loft polyester or silk. Wool is also very nice for hand quilting. Density matters when hand quilting. Cotton battings can be very thin, but the fibers are compacted or

needle punched together creating a thin dense batting. Some are even binded together with resins or glue. Dense battings create lots of tension on the needle and cause hand pain and tiredness.

Needles-

Hand quilting needles are generally referred to as “betweens”. Betweens are short and strong with a short immediate increase in diameter from the tip to the center of the needle. Needles do not have to be small to create small stitches. A great universal size needle to start with is size 9.

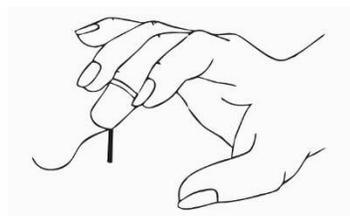
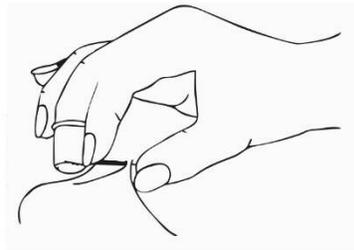
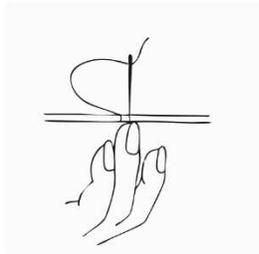
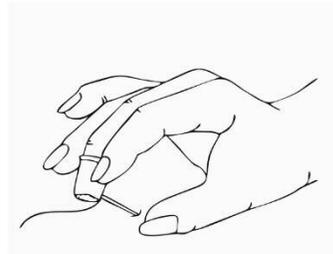
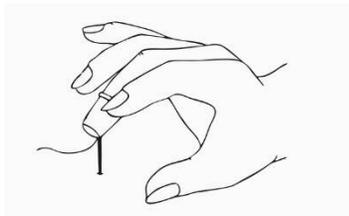
The Rocker Stitch –

This stitch method creates a fine line of even stitches by rocking the needle between vertical and horizontal positions. Balance the eye of your needle on your thimble and rock the needle to a horizontal position – push – rock the needle back up to vertical. Repeat and load 4 to 6 stitches on your needle then pull the needle thru the fabric. It is easiest to sew towards your body or from right to left, if you are right handed.

The Fabric Folding Method –

This method creates a quick and pain free line of stitches by folding the fabric over the tip of the needle with your underneath hand. Balance the eye of your needle on your thimble and for the first stitch rock your needle to the horizontal position – push- slightly rock needle towards vertical and fold the fabric onto the tip of the needle. Repeat the slight rock and folding of fabric onto the tip to load more stitches and then pull the needle thru the fabric.

Hand Quilting Stitch - Rocker Method



Quilting Styles –

There are many different quilting styles for Hawaiian quilts.

Echo Quilting – (kuiki Lau) This is the most popular. Symbolically, the echoes are to represent the gently cooling breezes caressing the islands from all sides, or the waves of ocean lapping the shores of the land from all sides. Echo quilting was traditionally done in both the background and the applique. Echo quilting is rows of quilting lines that follow the design. The rule of thumb is the quilting lines should be 1/2in. to 5/8in. away from each other. To begin stitch in the ditch around the applique design. Then continue the quilting rows following the design like a wave that bounces off an object or island.

All over Quilting – An all over design like a cross hatch was common in early Hawaiian quilts. You may want to mark your lines before you baste your quilt sandwich.

Definitive Quilting – Is a modern style that creates objects within the applique and the background. Creating stamen in flowers and vines in leaves is definitive quilting.

Finish your Quilt-

After all the quilting is done. Bind the quilt with 3in. binding strips. Name your Hawaiian Quilt. This is the most crucial step in Hawaiian Quilt making.

Hawaiian Traditions:

Never use the color black – it is unlucky.

Do not sit on a Hawaiian Quilt.

Your Hawaiian quilt took a long time to make and many hours of love went into every stitch. Your mana or (spirit energy) is sewn in.

Do not sit on a Hawaiian Quilt.

Sleep under your quilt for one night before giving it away.

Ti Leaf Hawaiian Applique

14in. diameter

1/8th Fold

