

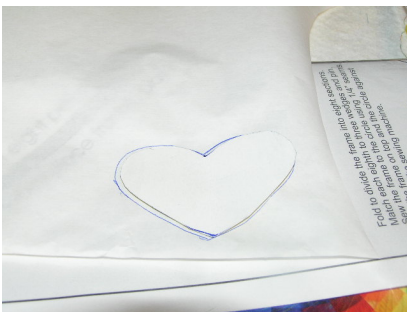
First find a shape- I would stick to easy, gentle curves until you get the hang of it . I used just regular thin poster board for the template



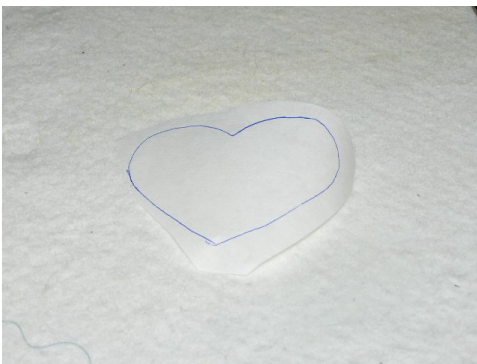
I use Heat N Bond lite for sewing or you can use Wunder Under- just make sure it is sewable



Then you trace the pattern onto the paper side of the fusing



Then cut out the fusing- cut larger than the outline



Place that glue side down on the wrong side of the fabric



To protect the iron and surface underneath you can use a teflon pressing sheet or applique sheet. I have the pressing sheet , so I cover it up



Press in place according to manufactures instructions- if it doesn't stick the first time press it again. After it is pressed in place cut out along the lines



After it is cut out placed right side up on the right side of the background fabric



Cover and press



Then I sew along the edge of the fabric – choose how you want it. There is no right or wrong way, it is all a matter of personal preference. Sorry I was being lazy and didn't take my walking foot off – but use a foot that gives you a good clear view of the needle. At this point you can also choose to do the stitching by hand



here are a few stitches I played with

