



The supplies you will need are:

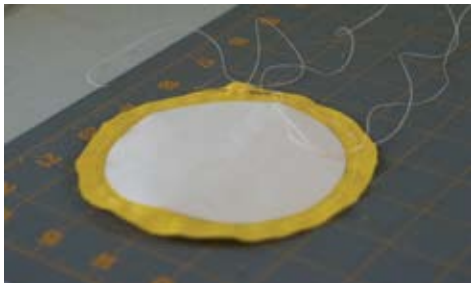
- Freezer paper
- Iron
- Fabric
- Sewing or Craft Needle
- Scissors
- Pencil
- Quilting Thread



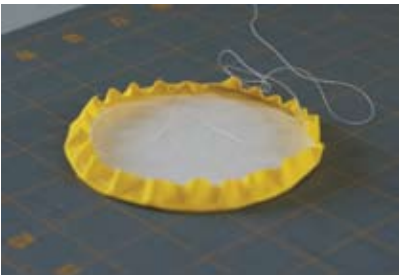
To begin, choose the shape or character you would like to make, and remember to *make it backwards!* The image that you draw onto the freezer paper will be reversed when finished. Draw the desired shape onto the matte (NOT shiny) side of the freezer paper with pencil. If you draw with marker, you may experience some color transference onto your fabric. Cut out the freezer paper pattern.



Iron the shiny side of the freezer paper on the **WRONG** side of the fabric, leaving 1/4" to 1/2" between the shape and the edge of the fabric. After it has cooled, cut out the shape, leaving 1/4" to 1/2" seam allowance, depending on the size of the object. Be sure to use clipping and notches to your advantage if you are making a shape that has hard corners, to reduce bulk.



Using quilting thread, baste around the outside edge of your shape. Overlap the first and last stitch by at least 1/2". This will help the seam allowance to be properly pulled in.



Next, pull the gathering stitches from both sides, making sure that the freezer paper lays flat. If the freezer paper begins to peel, loosen the gathering, re-iron the piece, and re-gather the shape.



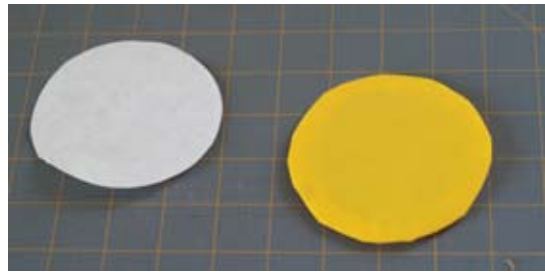
Iron the seam allowance towards the middle of the shape, using the cotton or wool setting on your iron. Check the gathering stitches and tighten them when necessary.



After the freezer paper has cooled, tighten the gathering stitches and tie them off. At this point, you can choose to leave the stitches in (as I do) or take them out, but it will be easier to work with if they are left in.



Peel back the freezer paper and turn the edges of your shape back to the inside of the shape. The freezer paper can be used many times over, and will re-adhere with the use of an iron.



To make sure that the edges of the shape are smooth, a blind stitch can be used, or the piece may be attached using a number of appliqué stitches or topstitching.