

Hand Applique - Freezer Paper Method

Gather supplies:

Bottle of spray starch
Small craft paint brush
Small craft iron

Permanent marker
Toothpicks
Freezer paper

Spray your starch into a small glass jar, one with a lid. When it is not in use you can keep it air tight. Wait for the foam to evaporate while you prep the rest of your items.

To start – trace all pattern pieces onto the freezer paper – I do this on the dull side of the paper. Before cutting the pieces out, tear off another piece of freezer paper and iron the two together, shiny side to dull side. Now when you cut out each pattern piece you have double thickness which makes it much easier to press. You can do this right on your ironing board. When done just peel off.

Cut out all pattern pieces directly on the line and mark each piece. If there are no pattern piece numbers or letters just make a small check on the top of the template. This way when you go to press onto the fabric you will place the correct side down. I can't tell you how many times I placed the shiny side of the freezer paper up instead of down on the fabric, this will just iron the piece directly on your iron! Now your pattern templates are double-strong and this helps keep your edges from curling when you begin starching.

Place the freezer paper templates on the wrong side of your fabric and press.

Cut each shape out adding 1/4" seam allowance all the way around the template as you cut.

Now, with your craft paint brush paint your starch around a small part of the fabric and turn the fabric and press. Make sure your fabric is right up to the template otherwise your shape won't match. I use a toothpick! This actually helps to roll the fabric right up to the paper.

Now that all of your pattern pieces have been starched, pressed and cooled – remove freezer paper templates pieces. I save all my pieces in a small plastic baggie for future use, this can be a big time saver in the future. Press each piece again to make sure the edges are crisp.