



# *A guide to Needle-Turn Appliqué.*

Use this guide to help walk you step by step through the process of making your own appliqué wall hanging!

**\*\*PLEASE NOTE\*\***

The illustrations shown in the instructions may not match your kit exactly. The steps for all kits are the same - the illustrations are for example only, to show the general steps.

**If you would like to see photographed images of each step head here:**  
<https://www.itsallinthestitch.com/pages/d1yk1ttable0fcont3nts>

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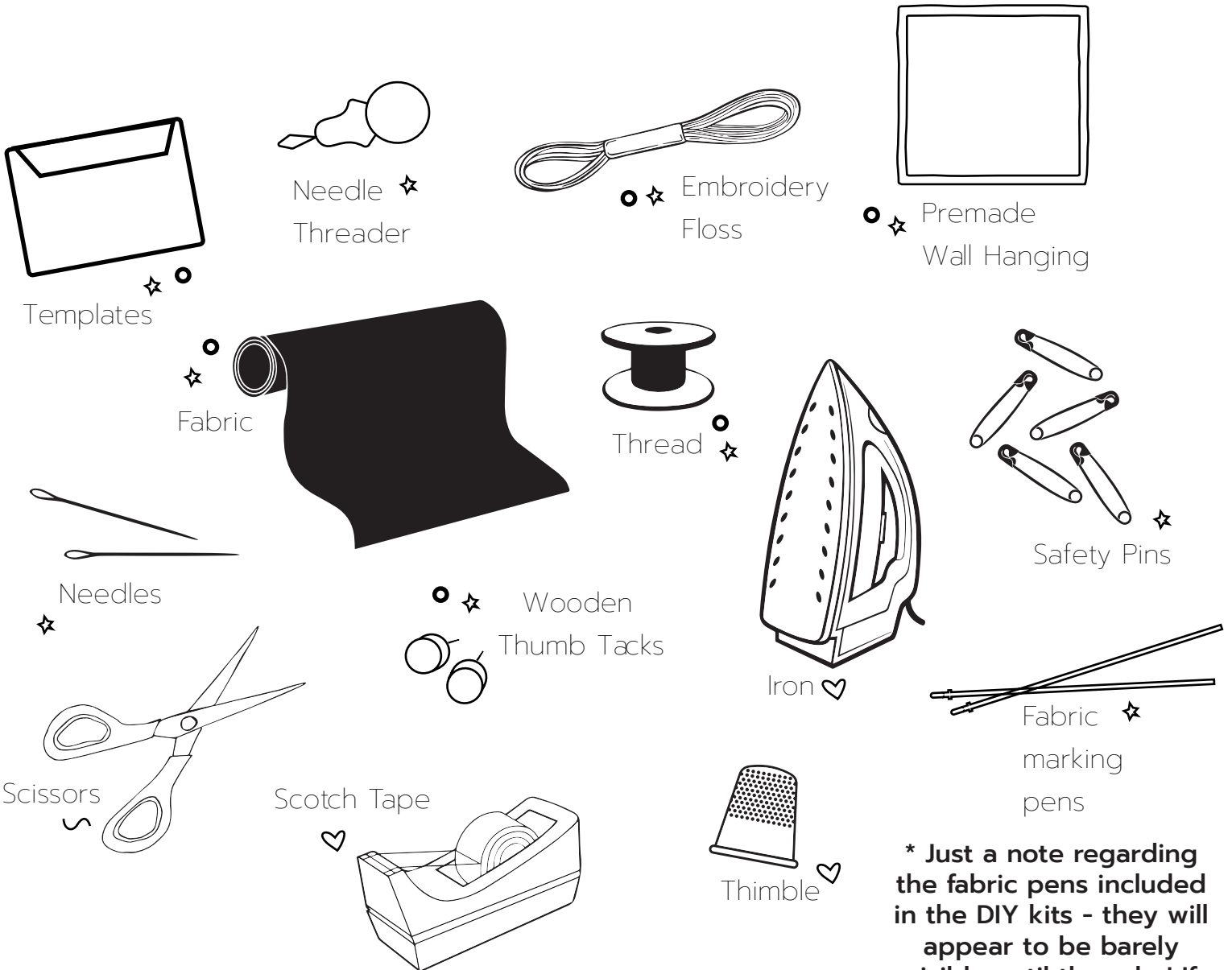


Before we get going, let's do some prep work!

Make sure you have all of your supplies:

### KEY

- ☆ Included in full kit
- Included in partial kit
- ~ Not included, but need to have
- ♥ Recommended but not required



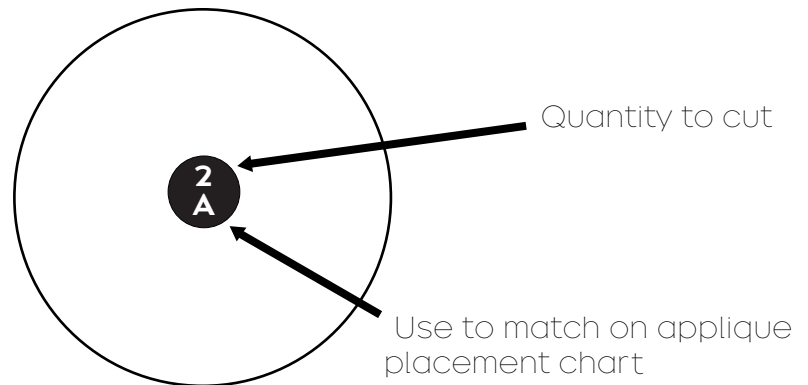
I recommend using your iron to flatten out your fabric and premade wall hanging before starting. If you don't have an iron you can spritz it with water and throw it in the dryer or use a blowdryer. Now we can get going!

**\* Just a note regarding the fabric pens included in the DIY kits - they will appear to be barely visible until they dry! If you have problems seeing the lines you draw, give it a moment to dry and they should appear pretty opaque.**



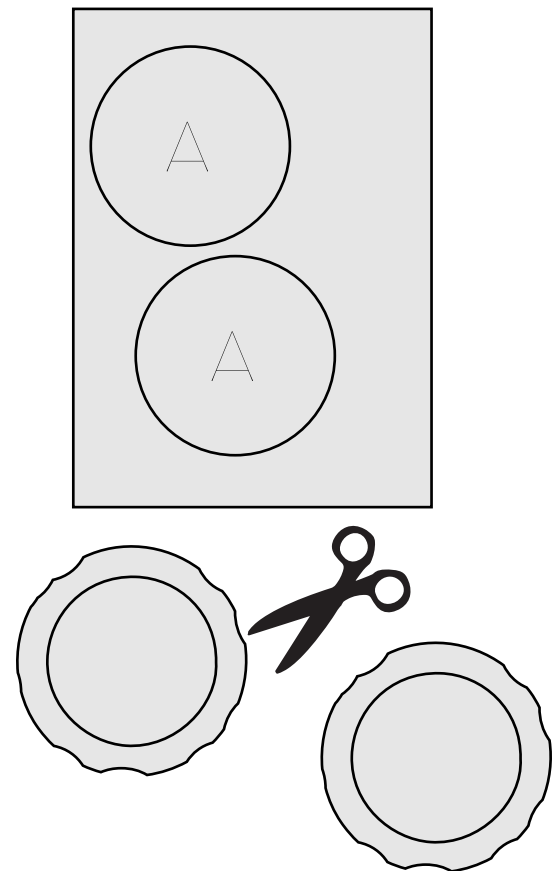
# STEP 1

We'll start by cutting out our appliqué pieces. Grab one of your templates and place it on top of the corresponding fabric. Refer to your appliqué placement chart to see the color for each piece. The letter will be used to reference placement and corresponding fabric. The number will be used to reference placement and corresponding fabric. The number will be the quantity you are cutting.



Place each piece onto the respective fabric with the number/letter facing up, so you can see it. This will ensure that the piece is cut the correct direction! Using one of the fabric pens (they are heat erasable and don't need to be placed into another pen to be used), trace all the way around the template, onto the fabric.\* Get your scissors and cut about 1/4"-1/2" bigger than the line you just drew - this extra space is called a seam allowance.

This part is kind of a balancing act, as cutting the seam allowance too big can cause things to look bulky or result in curves that aren't very smooth. Cutting the seam allowance too small will cause issues with fraying and make it difficult to turn under. If you aren't sure, always err on the side of caution and cut the seam allowance large for now, as you can trim it down while sewing the appliqué piece on!



Repeat with all of the templates in the amounts shown on each piece.

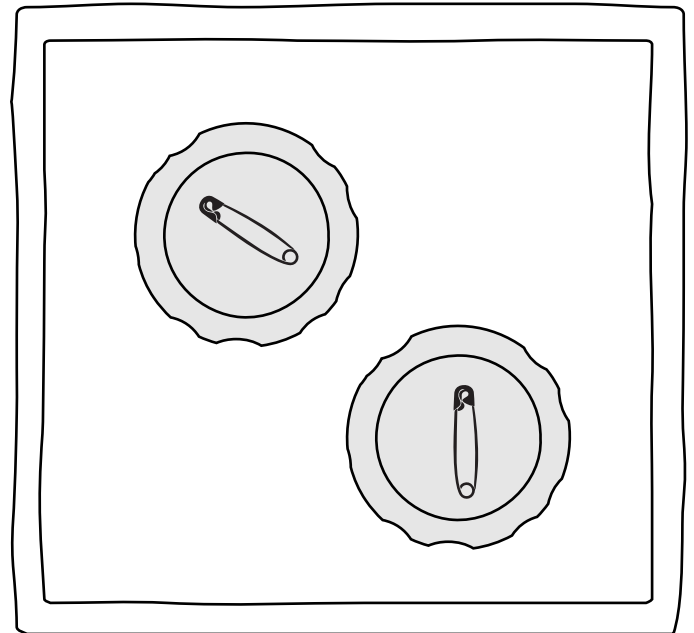


# STEP 2

Next, you'll place your appliqué pieces onto the wall hanging. The appliqué placement chart will tell you which pieces will go on, in what order. Just make sure the side you have traced on is facing up!

Pin them down with the safety pins, using the appliqué placement chart as a reference for where each piece will go. (You do not need to pin them all down at once but it is a good idea to lay them all out to ensure your spacing is correct!)

Do your best to avoid over-handling the pieces, as the edges can begin to fray and make it a little more difficult to sew down!

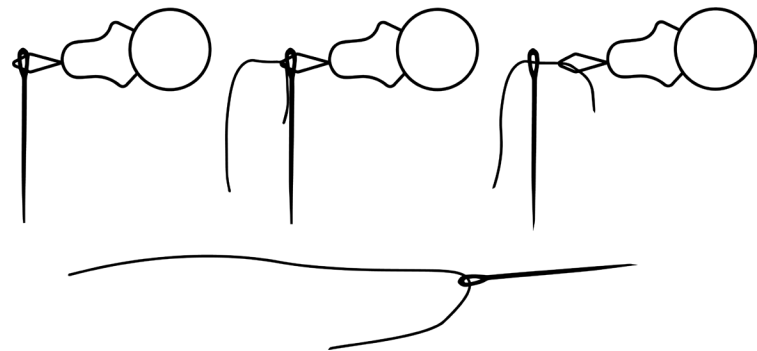


# STEP 3

Now we'll prep the needle! Cut a piece of thread the length from your shoulder to wrist (about 24"). Take your needle threader and insert it into the eye of the needle (the smaller of the two needles in your kit). While holding it there, slip the thread through the loop on the needle threader and pull the threader back out. Pull until it has a short tail on one side and a long tail on the other.

Help Video: How to Prep Your Needle

[itsallinthestitch.com/needle-prep](https://www.itsallinthestitch.com/needle-prep)

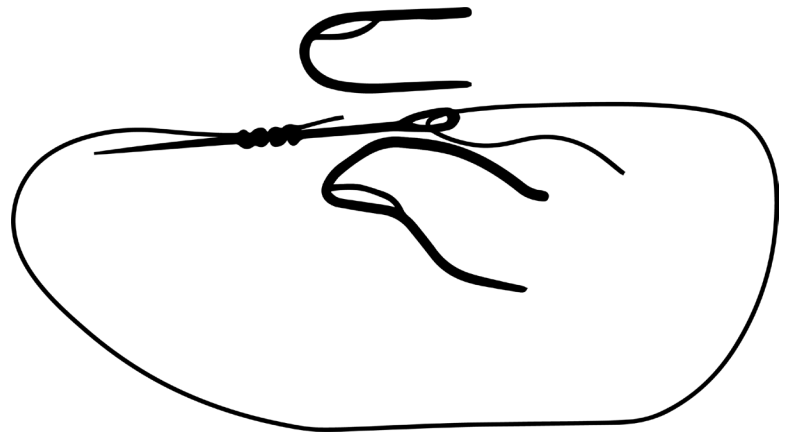


Next, we'll make a knot in our thread.

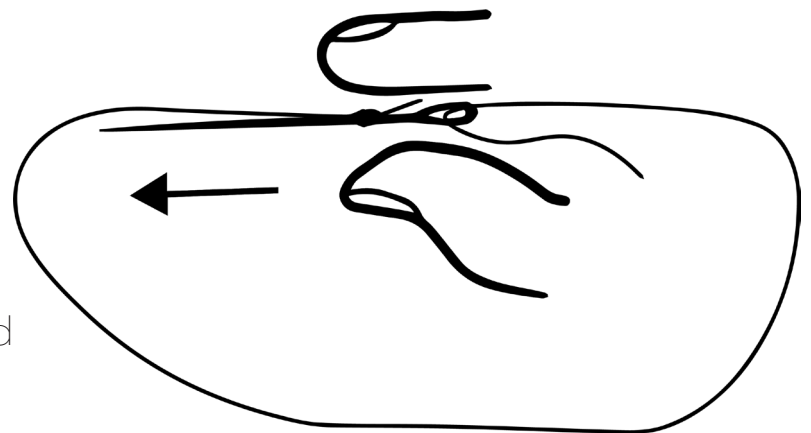
Hold the long thread tail and the eye of the needle between your index finger and thumb, with the tip of the needle pointing in the same direction as your finger and the thread tail going the opposite way.



With your other hand, wind the thread around the needle 4-5 times. Make sure you keep the wound thread tight, but loose enough so you can slide it down the needle.



Keeping a hold on the eye of the needle, pull the wound thread and top of the thread tail down the needle so you can hold the wound thread between your index finger and thumb. While holding the wound thread, carefully pull the needle through and the thread will follow.



When you are almost at the end of the thread, let go of the wound part and pull on the tail of the thread. Pull until your knot is tight.



Now you're ready to sew!



# STEP 4

Before starting it's important to know that the stitching will not be 100% invisible - the goal is just to make it barely noticeable. So don't have unrealistic expectations for yourself!

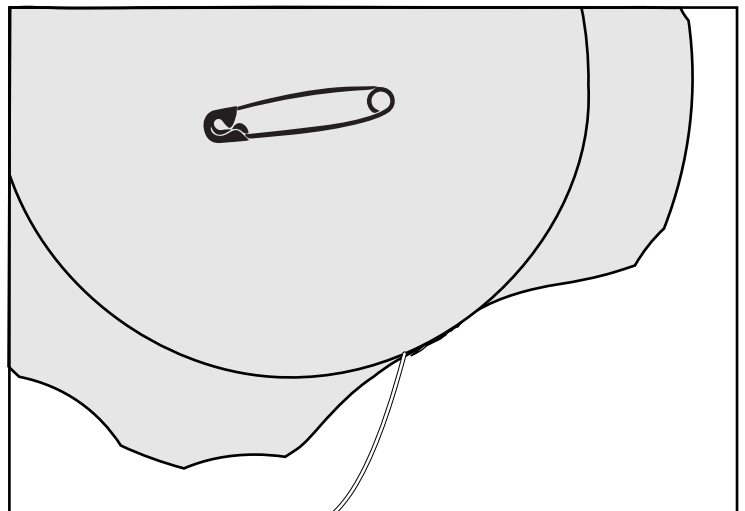
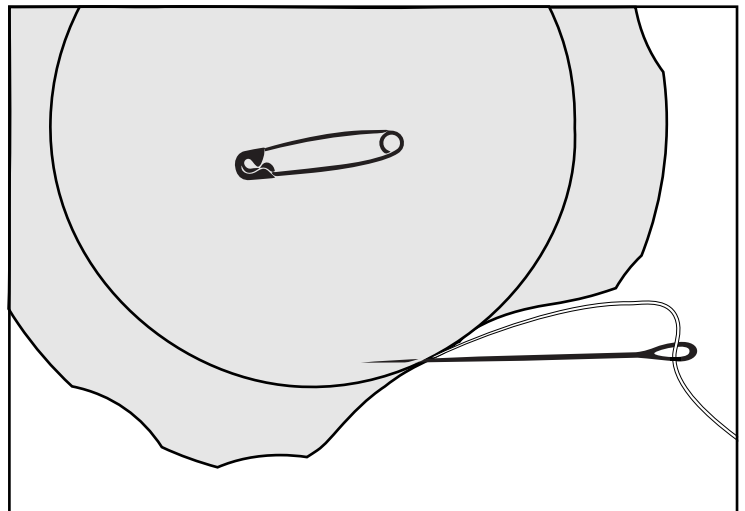
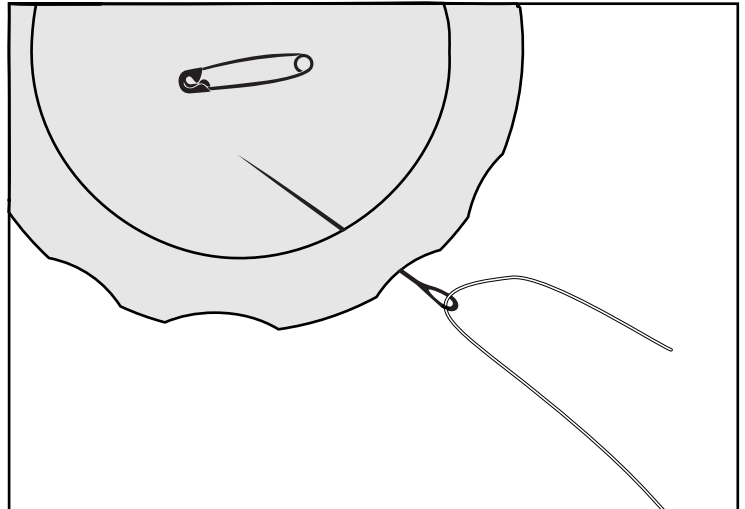
Starting with the appliqué piece of your choice, bring your needle from the bottom to the top, coming up right through the line you drew when tracing the template. Fold under the seam allowance and bring your needle back down through the wall hanging fabric (only the top layer though!) and then straight back up through the edge of the appliqué piece, about 1/8" away from where you went down.

**I highly recommend watching the video linked above for this step, as it is much easier to demonstrate than it is to explain in words!**

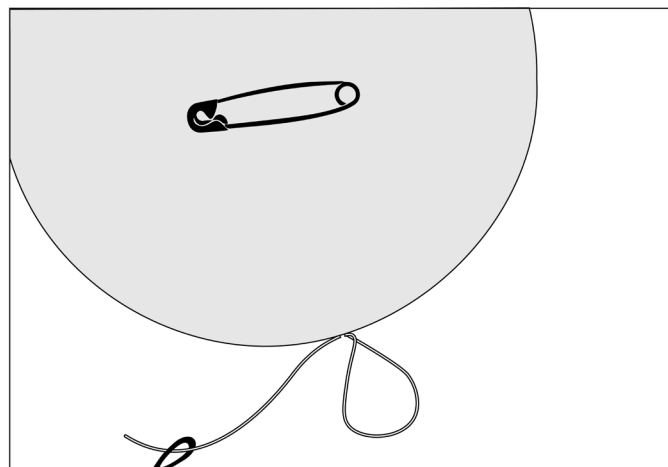
\*\*It's important that you insert your needle DIRECTLY under where you came out of the appliqué piece. It is also important to grab as little of the appliqué piece as possible, as both of these things can cause you stitches to be super noticeable!

Continue all the way around the appliqué piece, sewing on the line you drew.

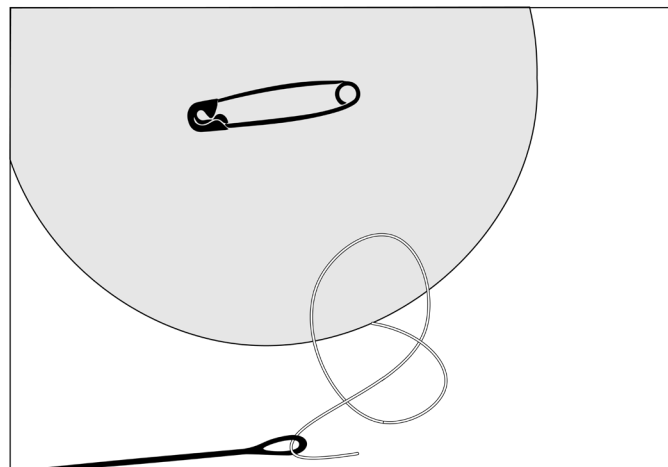
Help Video: How to Do  
Needle-Turn Appliqué  
[itsallinthestitch.com/ht-applique](http://itsallinthestitch.com/ht-applique)



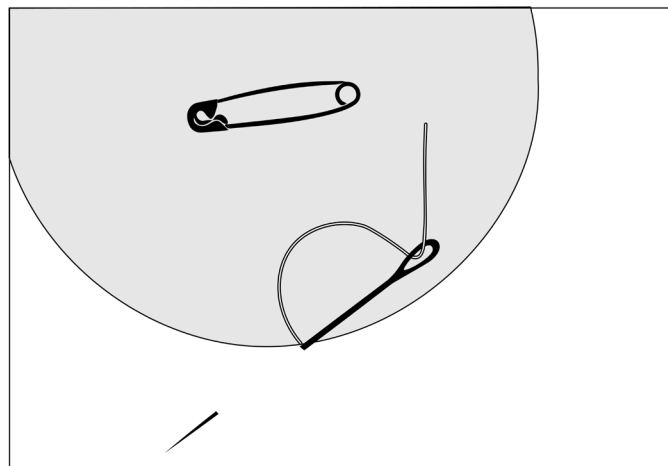
Once you reach the spot where you began sewing, you can tie off your thread. Start by grabbing a little piece of the wall hanging fabric (only the top layer!).



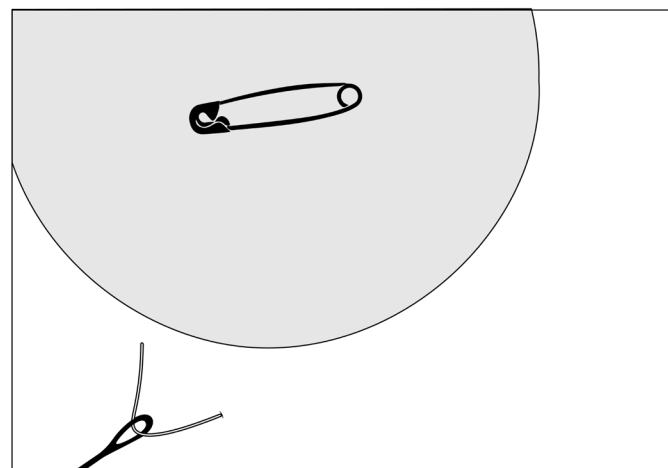
Pull the thread through but not all the way through, forming a loop. Then put your needle through that loop, coming around twice and pulling taut to make a double knot!



After you make the knot, insert the needle back into the wall hanging without going through the back, and come up about an inch away from where you went down. Pull the thread and then trim it so it retreats back into the wall hanging.



After you've finished sewing down the bottom layer of appliqué, you can move onto the next and repeat until complete! Read on below for tips on harder techniques and troubleshooting certain problems.



## Advanced Techniques Points and Concave Curves:

Help Video: Points and  
Concave Curves  
[itsallinthestitch.com/points](https://itsallinthestitch.com/points)



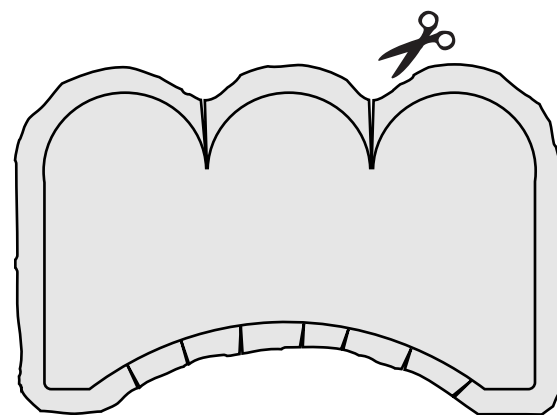
### Concave Curves

To prep your piece with concave curves, you're going to make snips through the seams allowance, about every 1/4". It's important that your cut is going to, NOT through, the line you've drawn for your appliqué piece. You can sew as you normally would, but I recommend trying not to make your stitches come through on the snipped line, as it could cause the line to sever further.

If you have trouble going through these curved parts, I always recommend taking it slow and moving your stitches closer together. When in doubt, always make smaller, more gradual, stitches!

### Points

For points, you'll make one snip through the tip of the point. Start sewing as you normally would, then when you're approaching the point you'll make a stitch very close and then come up directly through the point. When you come back down to secure the stitch, try going in as far as you can to the point without causing tugging on the piece. After that, continue as normal!



## Troubleshooting Smooth Curves:

Help Video: Troubleshooting  
Smooth Curves  
[itsallinthestitch.com/s-curves](https://itsallinthestitch.com/s-curves)



Circles are considered more of a beginner shape for needle turn appliqué, but they can still take a little troubleshooting to get right! If you find that your curves are more pointy than smooth, it may be one of following things causing it.





## 1. Your stitches are too big.

If your stitches are too far apart, the curve will be more jagged since it forces you to fold under larger chunky at a time! Switch to smaller, closer together stitches, to make a more gradual curve.

## 2. Your seam allowance is too big.

The size of your seam allowance is kind of a balancing act. With smaller pieces, you can't cut the seam allowance too large, as it can make it bulky and hard to tuck under. This can make your curve less smooth! Just be sure not to cut it too small, as it can be hard to tuck under without fraying the edge of the fabric.

If you fix both of those things and are still having problems, you can also try tucking the point in with the needle while tugging on the thread.

When sewing on a curve, it's important to just focus on the next quarter of an inch, take your time, and practice, practice, practice!!

## How to Stop & Start Thread in the Middle of Your Appliqué Piece:

Help Video: How to Stop & Start Your Thread  
[itsallinthestitch.com/stop-start](https://itsallinthestitch.com/stop-start)



Sometimes you will run out of thread in the middle of your project or have your thread break - don't worry though, stopping and starting again is super easy!

When you get to the point where you are almost out of thread tie it off just as you would when you're done with the applique piece. If you break your thread then you will want to undo some of your stitches so there is enough thread to work with and then tie off.

When you bring your needle back through to start sewing again, come through the line you traced the applique piece on, just as you would when starting from the beginning.



# STEP 5

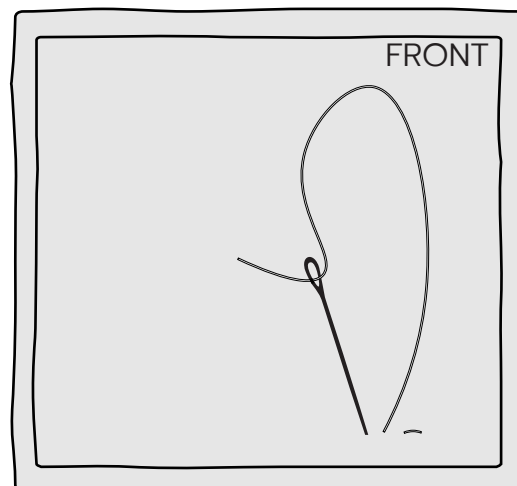
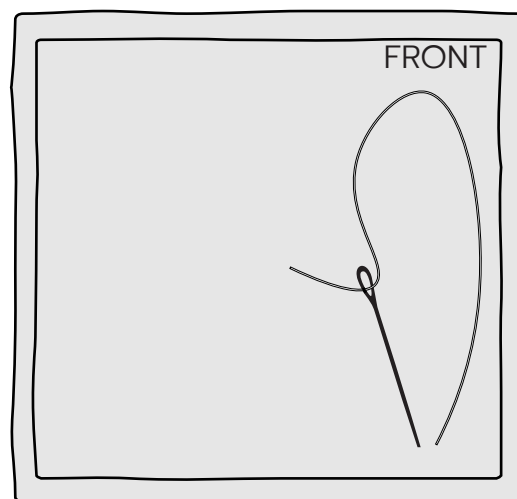
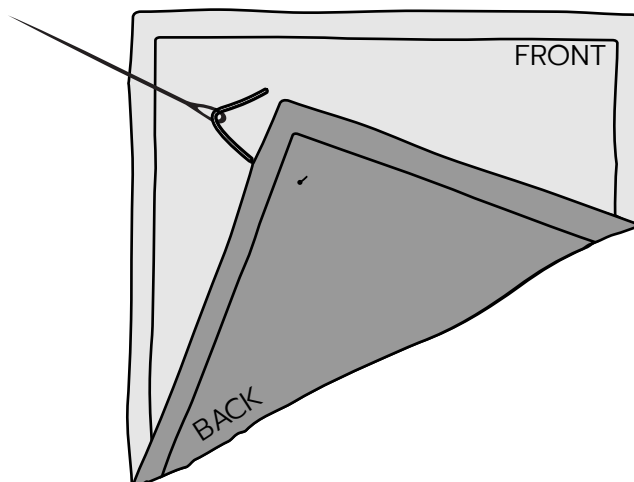
Help Video: How to Hand Quilt  
[itsallinthestitch.com/hand-quilt](http://itsallinthestitch.com/hand-quilt)



Now that you've finished the appliqué, you can get to quilting your wall hanging using the running stitch. Grab your needle (the larger of the two needles) and the embroidery floss included in your kit. The embroidery floss is made up of six threads, cut a piece of the floss like you did when threading your needle for the appliqué pieces, and then remove three of the strings. This will leave you with one strand, made up of three threads - use this for the hand quilting portion.

Tie a knot in the thread just as you did before, then bring your needle up through the wall hanging from the bottom and make a stitch to the left or right of where the thread came through. Now just repeat this process! When you're done you can tie off the thread the same way you did with the appliqué.

You can freehand your design or plan it out with scotch tape, using the tape as your guide to quilt! To see some examples of quilting on your specific design, check out the placement chart included with your kit.



# FINISHING TOUCHES

And just like that you're done with your quilted appliqué wall hanging!! Now just hang it up with the included push pins and admire your beautiful work. If you have some of the fabric pen marking still visible, just take a hot iron to them and they'll disappear.

Again, if you have ANY questions please don't hesitate to reach out:  
**hello@itsallinthestitch.com**

Tag **@itsallinthestitch** or hashtag **#itsallinthestitchkits** on instagram when sharing your wall hanging so I can see your finished project!



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