

to 1.0. If your machine does not allow you to reduce the length and width sufficiently for invisible appliqué, try using a very narrow zigzag stitch or a super-stretch stitch.

3. When stitching, the left swing of the needle should just catch the appliqué shape and the small straight stitches should be positioned off the shape and running along its edge on the background fabric.

4. After the shapes are appliquéd, cut away the background fabric, leaving a ¼in seam allowance. Moisten the freezer paper with a spray of water to dissolve the glue and leave for five to 10 minutes. Supporting the stitching, carefully remove the freezer paper.

Satin stitch

1. Use rayon machine-embroidery thread in the top of the machine and lightweight bobbin thread in the bobbin, an 80/12 jeans needle or machine embroidery needle, and an open-toed appliqué foot.

2. Select zigzag stitch and adjust the width as required and the length as for buttonholes.

3. Satin stitch always requires a stabiliser behind the work — remember “think satin stitch, think stabiliser”.

4. Bring the bobbin thread to the top of the work and stitch approximately 10 very small straight stitches, just on the edge of the appliqué shape, taking care not to fray the edge. These small stitches lock off the work so the top and bottom threads can be trimmed flush with the surface of the work. The small straight stitches will be covered by satin stitch.

5. Switch to zigzag stitch with a width of 2.4 to 2.5 and a length approximately 0.5.

6. When satin stitching on curves, pivot the work to keep the stitches perpendicular to the edge of the appliqué shape. To pivot in the wide part of a curve, a convex or outer curve, stop with the needle in the background fabric, lift the presser foot, turn the work slightly and do a few more stitches. To pivot on an inner curve, a concave curve, pivot with the needle in the appliqué shape.

7. You may need to alter the tension on your machine for the best results. If the bobbin thread is showing, reduce the top tension and tighten the bobbin tension if necessary. Caroline's Bernina bobbin case has a ‘finger’ through which the bobbin thread is inserted. This automatically tightens the bobbin tension.

8. To stitch the circles onto the large flowers, set the stitch width to approximately 2.4 and the length to approximately 0.5 (or the same length for stitching buttonholes).

9. To assemble each flower, place the full D flower pattern under a Teflon-coated appliqué mat or a piece of silicon baking paper. You will be able to see the paper pattern through the appliqué mat. Peel the paper backing from the lower petals and the large upper flower and iron the shapes to the appliqué mat to form one complete flower. When cool, carefully remove the flower from the mat and fuse it in place at the top of the ric rac stem.

Decorative stitch

1. Caroline used a scalloped satin stitch edge around each of the lower petals of the D flowers. Check if you have to mirror image this stitch on your machine. This stitching will need stabiliser under the work, as will the satin stitched main flower. Caroline used a stitch width of 5.5 and a stitch length of 0.8.

Stop and start with a very small straight stitch (length 0.6) on the edge of the upper petal. This straight stitch will be covered by satin stitch later. If your machine does not have this stitch, you may like to substitute another stitch or use satin stitch.

2. When the lower petals have been stitched, satin stitch the main shape of the flower following the instructions for satin stitch. It is not necessary to taper the stitch for the points of the flower. Satin stitch to the top of the points, leave the needle down and turn the work. Check the swing of the needle and ensure it will swing to the left and then continue sewing. If the needle is about to swing to the right, simply move the fabric so the needle goes into the work at the correct point.

3. Supporting the stitching, carefully remove the stabiliser.

Thick and thin satin stitch

1. Thick and thin satin stitch is achieved by using a stitch width of 5mm at the top of the petals and reducing the width gradually to 2.5mm at the lower edge of the petals near the centre of the flower. This stitching does need practise. Stitch a few flowers on scrap fabric to get the ‘feel’ of gradually reducing and increasing the satin stitch.

2. The same principles apply as for the satin stitch worked on the D flowers. That is, stabiliser, needle and threads, and pivoting.

Free-motion stitching

1. Use rayon machine-embroidery thread in the top of the machine, lightweight bobbin thread in the bobbin, an 80/12 jeans needle and a free-motion foot with the feed dogs lowered.

2. If you are not familiar with free-motion stitching, you may feel greater control stitching with the feed dogs up. Stitch around each berry circle twice just inside the edge, maintaining an even speed. If some fraying occurs, leave it until the quilt is finished to trim as another row of stitching is created in the quilting.

3. Support the stitching and remove the freezer paper stabiliser.

Blanket stitch

1. Use matching rayon machine-embroidery thread both in the top and bottom of the machine, an 80/12 jeans needle and an open-toed appliqué foot. Set the needle position to the far right if your machine allows this. This position allows you to use the inner edge of the open-toed appliqué foot as a guide. Begin and end with a tiny straight stitch of .5 or, alternatively, pull the threads to the back and tie them off.

2. Blanket stitch the flowers in place with a stitch width of 2.2 and length of 2.5.

Appliqué the C flowers

1. Trace each of the five petals in the C flower from the Pattern Sheet onto freezer paper and cut out carefully on the line. Number each petal. By stapling another two pieces of freezer paper under each traced petal, the three petals of each shape required can be cut at the same time.

2. For each flower centre, trace around a 10¢ coin (7/8in diameter) on fusible web with a pencil and cut out with a ¼in margin around the edge. A tiny piece of Blu Tack will help hold the coin in place while it is traced. Fuse the circles