

“Bon Appetit” Apron

By Marie Duncan

I love to sew and I love to cook! That inspired the heart theme for my “Bon Appetit” Apron! You may want to choose different stitches, that’s what makes this fun. You also may want to substitute a name for “Bon Appetit” if you are giving the apron as a gift. The recipient will be thrilled to see her name!

Learn new skills while making your apron. You will use an applique stitch in embroidery mode, then in sewing mode. You will also use Applique and Dimensional stitches, and then use your Quilt Binder to finish off the apron!

Sewing Supplies:

- Quilt Binder 920507096
- Robison-Anton cotton thread sewing thread
- Sulky 30 wt. cotton or Robison-Anton rayon thread
- Bobbin thread
- Tailors chalk or fabric marking pen
- INSPIRA® Tear Away Stabilizer # 620112296
- INSPIRA® Tear Away Stabilizer Light 620112696
- 2 packages of medium rick rack
- ¾ yard of fabric A multicolor blue print cotton
- ¾ yard of fabric B coordinating pink print cotton
- ⅛ yard or scraps of Fabric C tone on tone pink coordinating cotton for appliques and pop-ups
- ⅛ yard or scraps of Fabric D tone on tone blue coordinating cotton for appliques and pop-ups
- Fray checking liquid



Cut:

Fabric A: multicolor blue print:

(2) 21” wide x 26” long

Sub cut by folding them in half to equal 10½” x 26” and cut the armhole by using pattern piece A/B provided to create the apron and apron lining

Fabric B pink print:

10” x 12” for embroidery

(3) 3” x 22” for applique/pop-up stitch borders

(3) 1¾” x width of fabric for binding/ties

Fabric C pink:

(9) 1½” x 1½” squares for embroidered applique hearts

(14) 1½” x 1½” squares for sewn applique hearts

(9) 1” x 1” squares for applique/pop-up stitches

Fabric D blue:

(9) 1½” x 1” for applique/pop-up leaves


(17) 1” x 1” squares for pop-up stitches


Embroider:

Our Applique Stitches and Pop-up Stitches can be used in either Sewing mode or Embroidery mode. We are going to do both in our apron, but we will begin in Embroidery Mode to stitch out our “Bon Appetit” pocket.

1. Thread with Robison-Anton 40 wt. rayon thread on top and bobbin thread in the bobbin.

2. In Embroidery Mode, select DESIGNER™ Splendid Square Hoop 120 x 120 hoop.

3. Touch  to activate the background grid.

4. Touch  to bring up the font menu.

5. Select Mesa 20 .

6. Type in “Bon”.

7. Touch OK .


8. Select Mesa 20 .

9. Type in “Appetit”.


10. Touch OK .

11. Touch  “Minimize/Expand Selection Area” to close the window.

12. Arrange your words.

13. Touch stitches .

14. Swipe over to the Dimensional Stitches Menu.













15. Select #9 .

16. Instructions for the Applique Stitches will appear.



17. Touch #9  again.

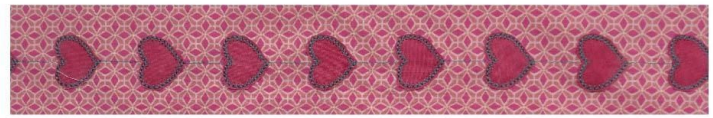
18. The window closes and the stitch is placed.

19. Touch Design Shaping  on the bottom tool bar.

20. Touch the Shape Menu .
21. Select Circle Clockwise .
22. Touch the + on “Set Number of Designs”  to enter 9 designs.
23. Touch OK .
24. Be sure the designs are in the hoop. If they are not, touch “Move to Hoop” .
25. Touch .
26. Attach the Sensor Q Foot.
27. Hoop the 10” x 12” pink print fabric with Tear-A-Way Light stabilizer.
28. Attach your hooped fabric.
29. Select Color Block Merge . This will allow the letters to all stitch out, and then your Epic 2 will stop for you to change the thread color if you want to for the heart stitches.
30. After your letters stitch out - look at your screen. You can see by the cross where the needle is. 
31. Place one of the fabric 1½” x 1½” pink squares where the needle is, over the area where the heart is shown on the screen. 
32. If you are skimpy with the fabric, you may have a “boo boo” like I did! 
33. Touch Stop/Start . The heart will be sewn, and it will continue on until it is ready for the next heart.
34. Continue placing the fabric and stitching the hearts.
35. When you are approaching the last heart, trim away the excess fabric from the first heart so it doesn't get stitched over.
36. When your circle of hearts is complete, remove from the hoop and trim up next to the stitching on your hearts. 

Sew: Applique Stitches.....

1. Touch  to return to sewing mode.
2. Select the L Dimensional Stitches menu. Then select L8 .
3. Mark down the center of the 3" x 22" strips using chalk or a removable fabric marker.






Applique




Pop-up




Applique/Pop-up

4. Place INSPIRA® Tear Away Stabilizer underneath one of the 3" x 22" strips.
5. Engage the Adjustable Sewing Laser Guidance . I LOVE this feature! It makes it SOOOO easy to stitch a straight line down the fabric strip. Keep in mind that the laser always is in the center of the foot, not necessarily aligned with the needle. Your laser should be aligned with the marked line each time it starts again. If you are off, re-align your fabric slightly each time, before it gets off very much.
6. When you select your Applique stitch, an instruction screen appears. It says, Activate Needle Down Function . When your machine stops, place the applique fabric from behind the needle.
7. Begin your stitching by touching the Stop/Start button . I can't emphasize enough that you NEED to use the Start/Stop button and not the foot control. If you use the foot control, it is way too easy to get confused, and wonder, "did I stop the machine, or did it stop by itself???"
8. The stitch has sideways feed, as well as forward and backward feed. So, you focus on keeping the laser line parallel with your drawn line, and on the line as the machine completes the heart, and stitches straight to the beginning of the next heart. The laser makes it really easy to keep everything on the straight and narrow!
9. When the machine stops for the first heart, place a 1 1/2" x 1 1/2" square of applique fabric **behind** the needle. Snug it up tight to the needle even having a slight "pleat" of the fabric, so the point of the heart has fabric in it instead of a little blank space. If you have never stitched these stitches, you might want to practice on a scrap before you start your strip until you are comfortable.
10. Continue stitching the hearts filling the strip.
11. Trim close to the stitching.

Pop-up Stitches.....

1. Mark the center on one of your 3” x 22” strips.
2. Select L45 .
3. Be sure the laser is activated. Keep it aligned with the center of the foot, not the needle.
4. The instructions will be on your screen. Place your marked strip with INSPIRA® Tear Away Stabilizer underneath the fabric.
5. Activate the needle down function and press the Start/Stop button to sew.
6. When the machine stops, fold the 1” square in fourths and place the folded corner of the pop-up fabric from the right, touching the needle. Sew until the machine stops again.
7. Turn your fabric 90 degrees counterclockwise (the pop-up fabric will be positioned behind the needle. Sew until the machine stops again.
8. Turn fabric back to its original position and sew until machine stops again. Check to be sure the laser is aligned on your line. Adjust if needed.
9. Continue until your strip is filled with pop-up stitches.
10. Trim the pop-up fabric into a rounded shape if desired.

Applique/Pop-up Stitches.....

1. Our final strip will have both Applique and Pop-up stitches. Select L34 .
2. The instructions are on your screen.
3. Mark the center of your final 3” x 22” strip.
4. Place it under your foot with the laser aligned with the marked line.
5. Activate needle down function.
6. Sew, and when the machine stops, turn the fabric 90 degrees clockwise.
7. Fold the 1” square of fabric in fourths, and place the folded corner of the popup fabric from the right up against the needle and sew.
8. When the machine stops, turn the project back to its original position and sew until the machine stops.

9. Place applique fabric from behind.
10. Sew until machine stops again
11. Repeat.
12. Trim the finished applique and pop-up stitches.

Finish our strips....

1. Trim the strips to 2 1/2" wide with the stitching centered.
2. Stitch medium rick rack to each side of the strips. With your laser engaged, this is very easy! Have I told you how much I love the laser??? Just align the edge of your rick rack with the edge of the fabric and keep the laser aligned with the inside curve of the rick rack as shown.



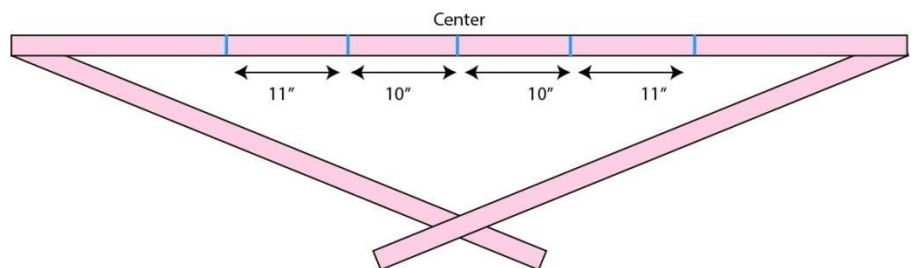
3. Fold the rick rack to the wrong side and press.
4. Pin the first stitched strip 3" up from the bottom of the apron.
5. Snap on your 1/4" piecing foot.
6. Adjust the needle one notch to the right. Even though the 1/4" piecing foot is a single hole straight stitching foot, it does have enough space for moving one or two notches to the right or left. This way, you can align your laser with the fold of the fabric and the stitching will sit just to the right on the rick rack.
7. Trace the circle pattern on INSPIRA® Tear Away Stabilizer Light. This will enable you to center the embroidery perfectly, as you cut it out. Cut out the circle and pin it over your embroidered circle.
8. Cut out the embroidered circle.
9. Turn off your laser. You are going to stitch in a circle and because the laser is going straight and you are going around a curve, you will definitely go astray, if you leave it on!

10. Place rick rack along the edge, starting at the bottom. Start stitching about an inch from the end of the rick rack. As you approach the beginning, stop and pin the rick rack right sides together, matching the curves. The right side of the rick rack is down. The raw ends will be up as you stitch. After seaming the ends together, open out the seam, and finish sewing the rick rack to the circle.
11. Turn the rick rack to the wrong side.
12. Pin the circle to the “bib” of your apron equidistant from the top and sides as shown.
13. Stitch it in place, stitching on the rick rack, just next to the fabric.



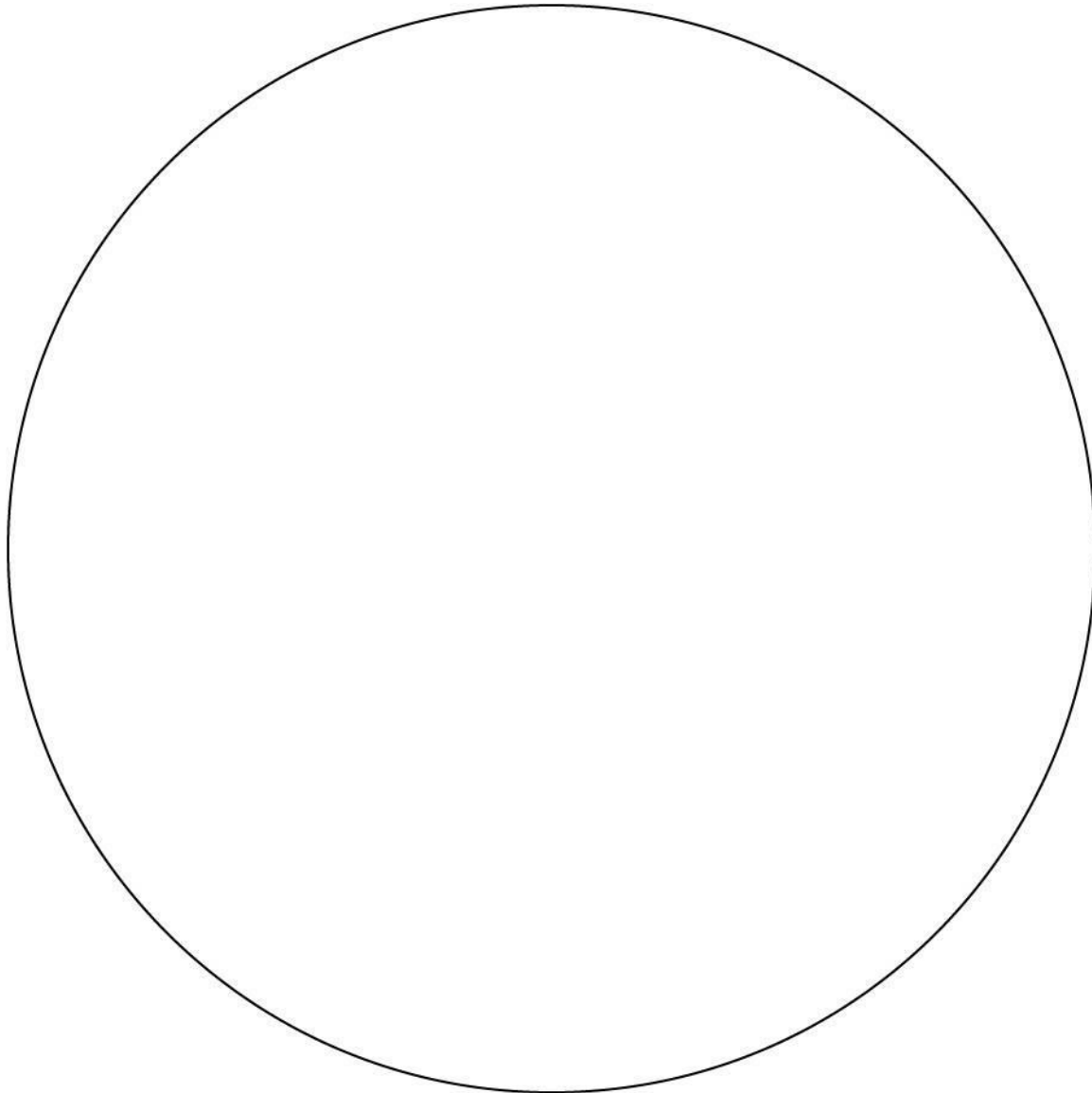
Finish your apron...

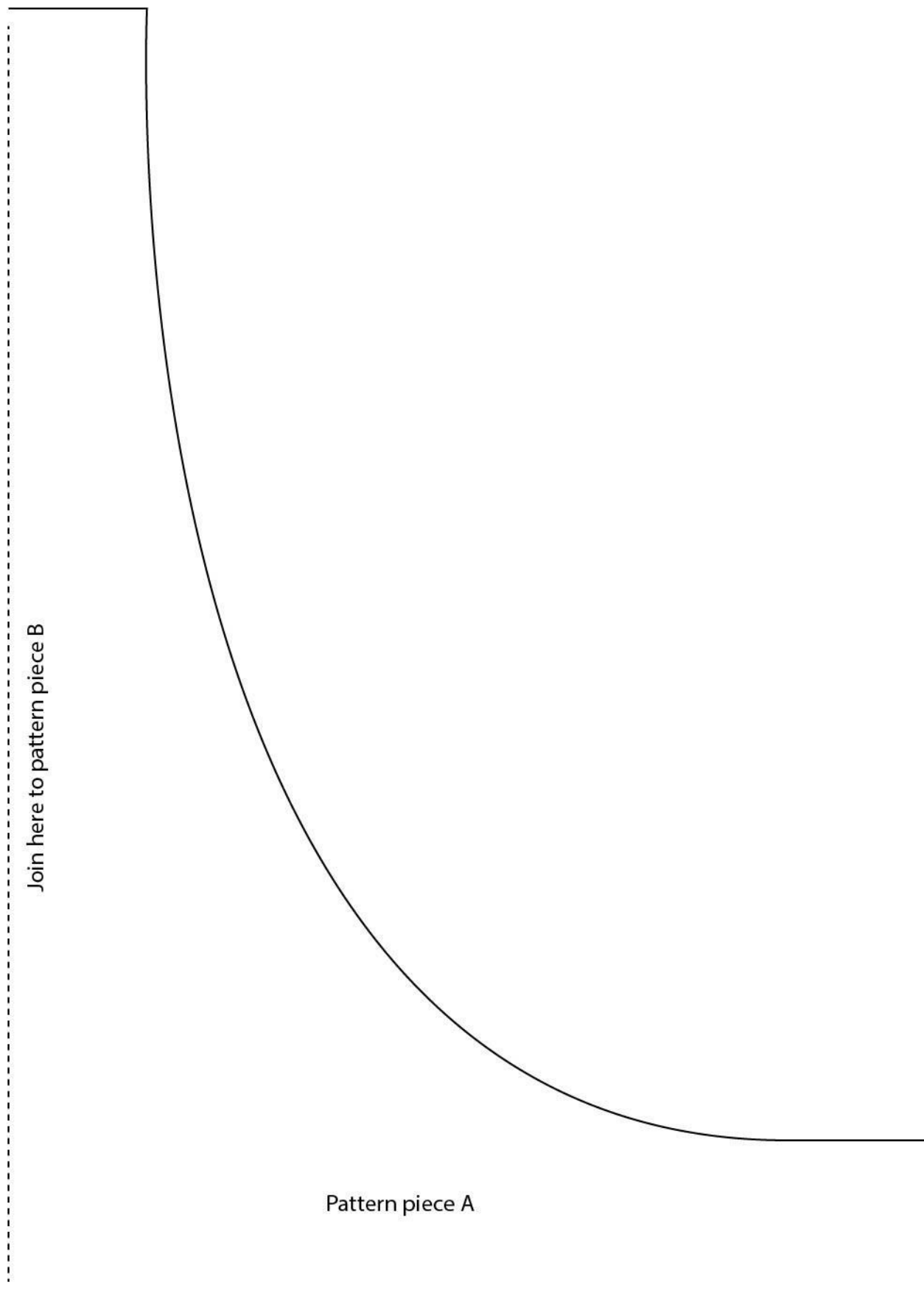
1. Place the apron front and lining right sides together and pin.
2. Stitch across the top, aligning the edge of your A foot with the edge of the fabric. Then stitch the sides and bottom. Leave the armhole curves open.
3. Turn and press.
4. Topstitch the seamed edges and stitch near the edge of the armhole curves so they don't shift as they go through the Quilt Binder.
5. Cut off the selvage ends of the three 1¼" x width of fabric strips. Stitch them end to end to create one long strip.



6. Mark the center of the long strip, then mark 10" on each side of the center as shown. Then mark 11" out from each of those marks. You need to mark it clearly with chalk or a water-soluble fabric marker on the right side of the fabric. You can't use a pin, the strip has to go through your Quilt Binder, and you need to see your mark as it comes out.
7. Cut the end of the strip to a point and insert it into your binder with the wrong side facing you.
8. Snap on the foot that comes with your Quilt Binder.
9. Following the instructions that accompany your Quilt Binder, attach the binder.
10. Cut the end of your strip into a point, and feed it into the binder.
11. Pull the strip under the foot and touch Start/Stop.

12. Watch the marks. Stitch until the first mark comes out of the end of the binder. Place your armhole of your apron, with the right side up, into the Quilt Binder. The beginning of the armhole should be by the mark. Keep the apron in the binder, binding the armhole. The end of the armhole should correspond to the next mark.
13. Keep stitching, this is the neck strap.
14. Watch the marks. When the third mark comes out of the binder, insert the other armhole of the apron. Stitch, binding the armhole.
15. Continue stitching until you reach the end of the strip.
16. Cut off the ends of the apron ties, and apply fray checking liquid if desired.
17. Your apron is complete!





Join here to pattern piece B

Pattern piece A

Align this edge with the top of the
26" x 21" piece of fabric

Pattern piece B

Place on fold

Join here to pattern piece A