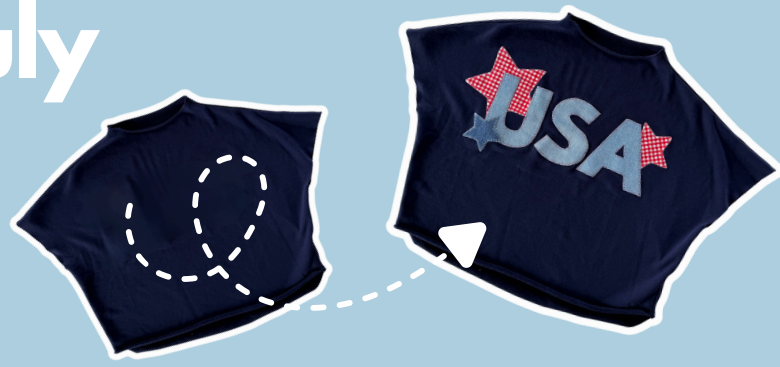


Easy Fourth of July Appliqué Tee Tutorial



Step-by-Step Instructions with Photos

Create a one-of-a-kind USA tee in just **4 easy steps**! In this appliqué tutorial, I'll show you how to upcycle a basic shirt using fabric scraps, handmade patches, and the blanket stitch on the Baby Lock Presto II.

Materials

1. Shirt (from your closet, thrift store, or craft store)
2. Fabric scraps (I love using denim!)
3. HeatnBond Light Adhesive or fusible adhesive
4. Iron
5. Scissors
6. Sewing Machine (Baby Lock Presto II)
7. Thread
8. Pen

Optional: projector for tracing a custom design



Step 1: Gather Your Materials & Template

The best part about this project is that you can use items you already have! Start with a plain shirt and gather a few fabric scraps for your patches. I love using denim, but any red, white, and blue fabrics will work great.

There are **three ways** to create patches:

Draw Your Own

This method works best for simple shapes like stars or hearts. Simply draw your design directly onto the smooth paper side of your HeatnBond. If you're creating words or letters, remember that they need to be mirrored (flipped backward) before tracing.

Use a Projector

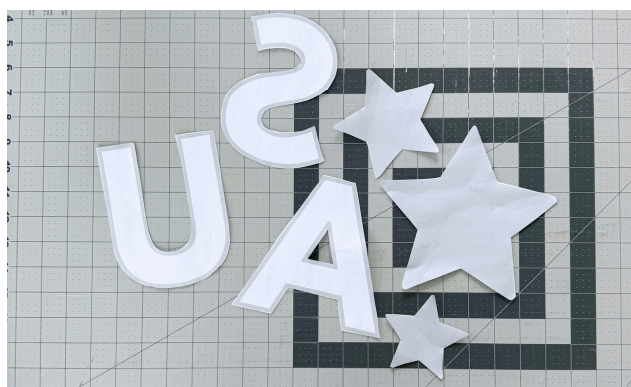
Project your design onto a wall and trace it onto the smooth paper side of your HeatnBond. If you're creating your own design with letters or words, be sure to mirror (flip backward) the image first so it reads correctly once applied.

Use the Included Template

This is the method I'll be using for this tutorial. Simply print the USA template, trace the stars and letters onto the smooth paper side (not the bumpy adhesive side) of your HeatnBond, and cut them out. The letters on the template are already mirrored, so they're ready to trace and use.



print out the USA & Stars template

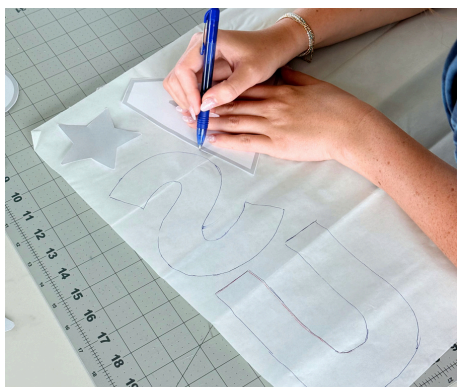


cut out template

Step 2: Create Your USA Patches



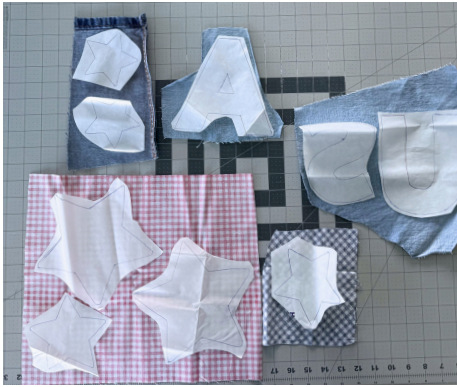
grab your HeatnBond



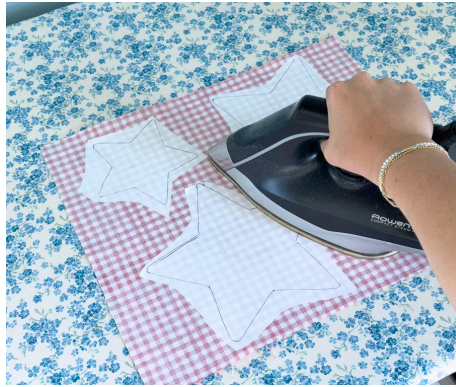
using the template, trace the patches onto the smooth side of your HeatnBond



cut out each patch, leaving a small border around the edges



lay out your patches on the fabric of your choice



iron the HeatnBond to the *wrong side* of your fabrics, following the instructions



cut out patches



Mix and match your patches to create a design you love. If you plan to layer patches, sew those pieces together first, then attach the finished patch to your shirt. Make it easy on yourself!

Step 3: Sew on Patches

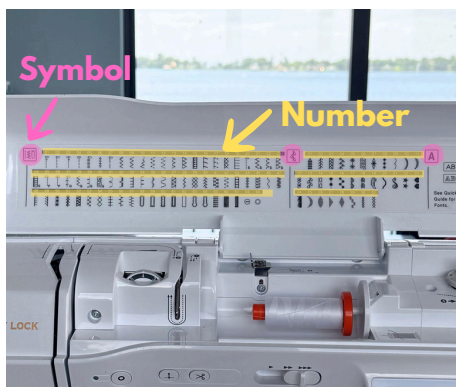
To attach your patches, use the **blanket stitch** on the Baby Lock Presto II Sewing & Quilting Machine. A blanket stitch helps secure the edges of your patches and prevents fraying.

It's one of my favorite stitches because it looks like hand sewing, but your machine does all the work. The Baby Lock Presto II features 100 built-in stitches and an easy-to-use LCD screen, making it simple.

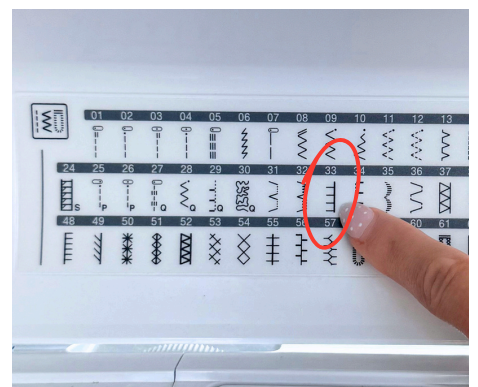
Here's how to find and set up the blanket stitch on your machine:



flip up the stitch guide



the stitches are organized into categories using **numbers** and a **symbol**



locate #33



to select a stitch on your machine, enter the category symbol followed by the stitch



+ 33

for the blanket stitch, press the category symbol and then 33

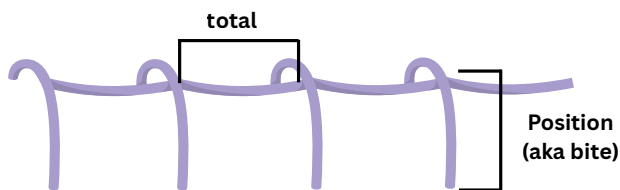


your screen should look like this when the blanket stitch is selected

The Baby Lock Presto II Sewing Machine will automatically select the default stitch settings, but you can easily edit your stitch by adjusting the **Position** and **Total**.

Stitch Position: Controls where the stitch falls in relation to the edge of your patch. Also known as the “bite”.

Stitch Total: Controls how wide the stitch extends between stiches (bites).

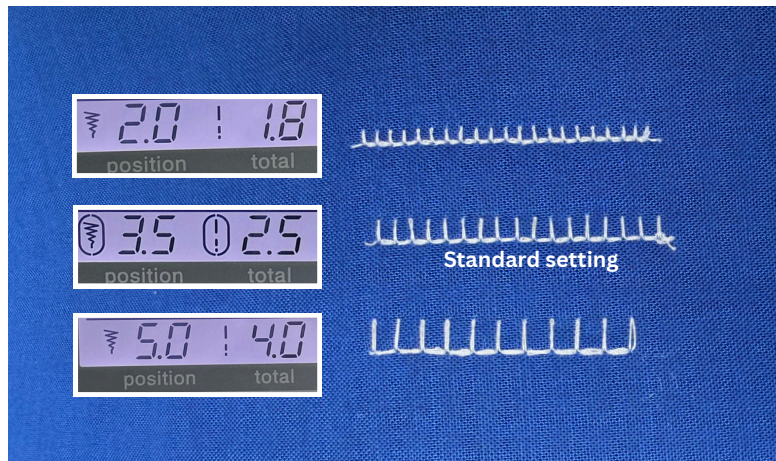


location of position and total on your machine

Small adjustments to these settings will change the look of your appliqué. I prefer a slightly wider stitch personally.

You may want to adjust your stitch settings depending on the **type of fabric** you're using or the **size of your patch**. Try a few different combinations on a scrap piece of fabric to find the look you like best.

Here's an example of how the stitch appearance changes when you adjust the **position** and **total**.



MY #1 TIP to do before stitching your final project: **Practice** on a scrap piece of fabric **first**. This will help you get comfortable with your stitch settings and learn how to sew around corners, curves, and points. Sew slowly around curves and **stop with the needle down when turning corners**.

I prefer to work one patch at a time. I'll iron a patch in place, sew it down, then move on to the next patch. This helps keep everything exactly where I want it, but feel free to use whatever method works best for you!



peal off the backing and iron



sew patch into place



iron on more patches!!



repeat adding all the patches YOU want!!

Step 4: Rock it!



& that's it! In just a few simple steps, you've made yourself a festive, one-of-a-kind top for the 4th of July.

If you decide to share pics on social media... I'd love to see, so tag me and I can cheer you on. Keep going, keep making 🧡 I can't wait to see what you create next.



KATEY'S RUNWAY

**Thrift flips, sewing, and creative chaos
follow to see it all.**

@KateysRunway

