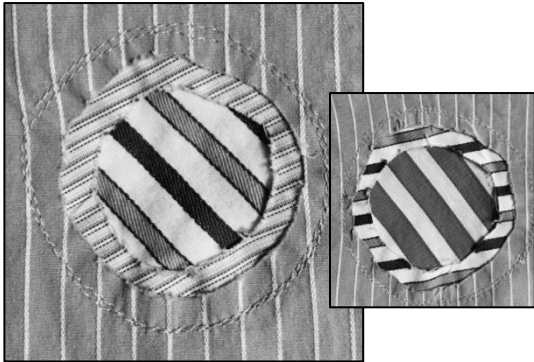


Upcycle sewing made simple.

IT'S SEW EASY Series 1300

## Upcycle Sewing: Reverse Applique



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**Upcycle (up-si-kel) To improve existing goods (such as clothing) through the use of labor, materials, and creativity**

Good for the planet, good for your budget!

In this episode we explore upcycling with an embellishment technique called reverse applique. Reverse applique uses 2 or more fabrics in a layered effect, and creates a window-like feature displaying a contrasting fabric. It's a simple way to add interest to a dress shirt, pants, etc. The effect is particularly striking when stripes are played against each other in random directions and/or dramatic color contrasts.

This episode focuses on **one embellishment method: The single reverse applique under-mount** technique, using free motion stitching. This method can be used for many Paganoonoo upcycle designs, such as the "Sandy" blouse, a commercial pattern sold by [Paganoonoo](http://Paganoonoo.com).



The Sandy Blouse

### MATERIALS & SUPPLIES

#### FABRICS:

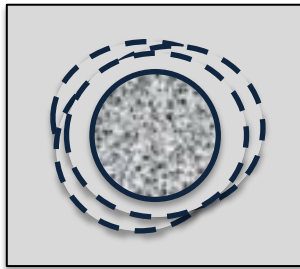
As an upcycler, I have many scraps of fabric left over from re-inventing dress shirts and skirts. This type of medium weight woven fabric is perfect for reverse applique.

#### SUPPLIES:

Thread, lightweight interfacing, various circle shaped objects, temporary markers for tracing, iron and ironing boards, pins, seam ripper, sewing machine with free motion foot, sharp sewing scissors. Optional - pinking shears and embroidery duckbill scissors.

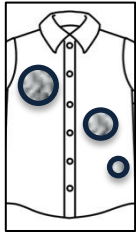
**Instructions below describe how to construct an under-mount single-layer reverse applique**

using free motion stitching.



The circle is secured with a double or triple ring of free motion stitching. The result is much more organic than satin stitching and has an arty appearance.

It does not and is not intended to create a perfect circle outline. Ringing the circle 2-3 times tends to even out the randomness of the individual rings, creating a more cohesive look.



Trace and cut out some **test circles and audition them on the garment**. Try using three different circle sizes for a more interesting effect. Where are the best spots to place the circles? Where do they look best in relation to each other? How do you want the eye to travel?

When you are ready to use the fashion fabric for the circle, **select a piece of fabric at least 2" bigger in diameter than the circle size**. Trace the circle on the middle of the fabric. – **DO NOT trim** the circle.



Apply lightweight interfacing to the back of the fabric, covering the circle area and a bit beyond. **Make a straight stitch around the circle**. This makes a guide on the interfacing side.



Select where on the garment you would like to add the reverse applique. Trace a circle mark on the face of the garment. Make a small scissor clip at the center mark as this will make removing the material later much easier.

Position the applique circle *right side up* directly underneath the circle mark on the garment and align the two circles. Pin the circle in place.



Secure the applique circle to the garment using free form stitching. Once the stitching is complete, trim away the top layer to reveal the fabric underneath.

Carefully insert the tip of the scissors into the clip made earlier to start cutting. Leave a 1/4" lip of fabric just inside the stitching. **Note: Be extremely cautious so that the reveal fabric doesn't get cut.** Use duckbill scissors if you have them.

Make small clips in the inner circle to control future fraying.

Sew up these Paganonoo designs! Upcycle Sewing Instructions for sale [here](#)



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