

# Kick up your Heels!



# Having fun with MeadowLyon Pantographs!



# “KICK UP YOUR HEELS”

## Instructions for Eva’s High Heels appliqué quilt

### SUPPLIES AND YARDAGE

10” square scraps of fabric for each of the shoes. Possibly some accent colors for flowers on the shoes. (Some of our fabrics were a bit too thin and we could see the backing, so choose carefully.)

1.5 yards of 45-inch wide background fabric – solid or desired print. (Ours was pretty flamboyant. To avoid trying to match stripes we alternated the direction of each background square.)

2.5 yards of 45-inch wide backing fabric or 1.5 yds of 60-inch wide.

Batting & Binding as desired.

### HIGH HEELS

1. Size the shoe pictures to fit into 8 x 9.5” area. (Choose “Printer Preferences” to choose “original size” or a smaller percentage for smaller appliqués.)
2. Print in “reverse” or print the majority in reverse and some as is for 1 row going an opposite direction.
3. Cut a 9.5” square of fusible web to back EACH appliqué fabric.
4. Lay the piece of fusible web over the PRINTED pattern- paper side up and trace the shoe. Do NOT cut it out yet.
5. Cut a 10 x 10 piece of the appliqué fabric (or a piece slightly larger than the actual shoe pattern).
6. PIN THE FUSIBLE WEB IN PLACE ON THE WRONG SIDE OF THE FABRIC.
7. Press in place being **CAREFUL NOT TO PRESS MORE** than the required amount of time for the first “press.”
8. Complete these steps for all the shoes you want to use. You can make up your own styles if you want.

### BACKGROUND

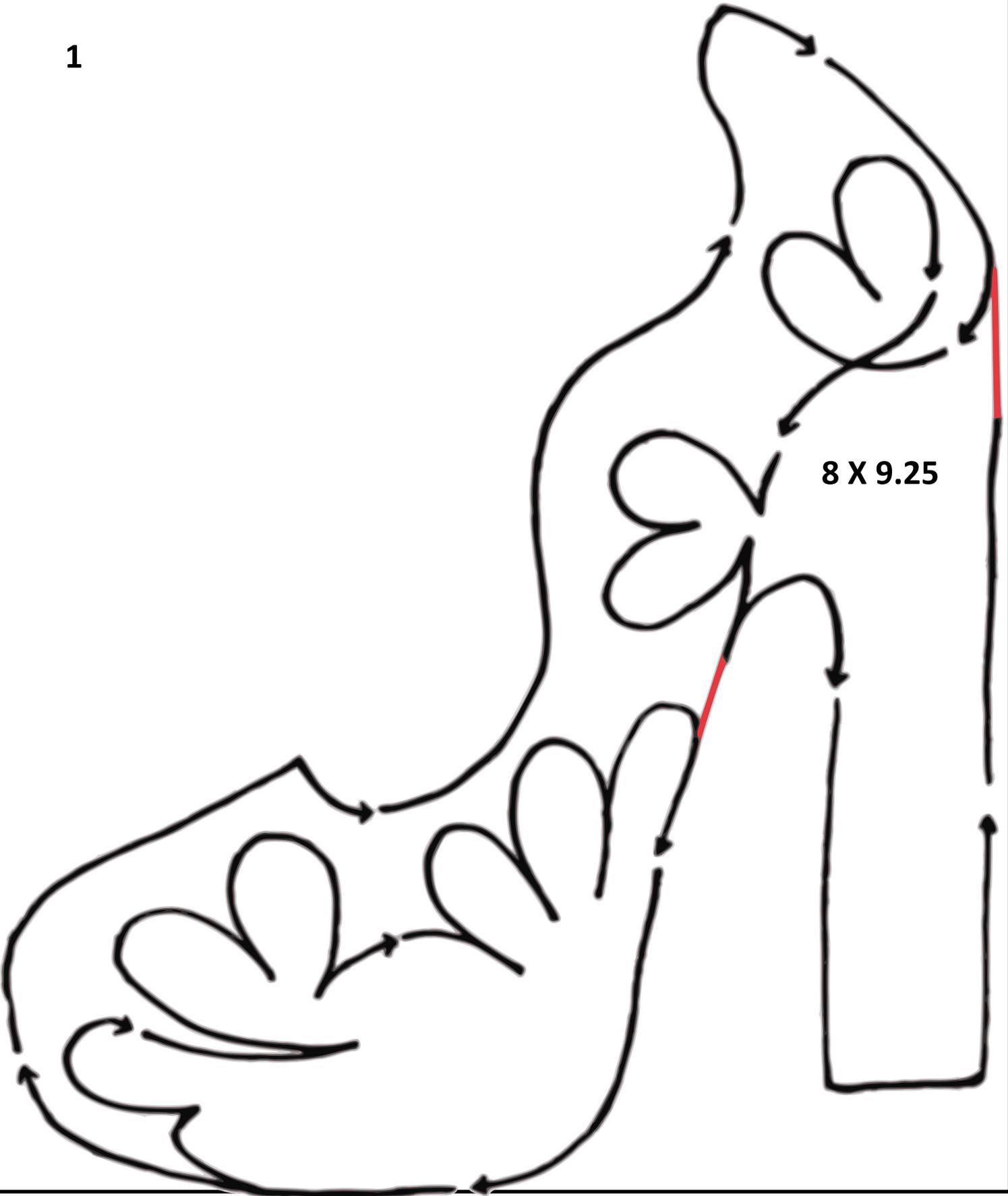
9. Cut an 11x11” square of the background fabric for each shoe
10. Cut a 10.5 X 10.5” square of stabilizer, ie. lightweight fusible interfacing, for each background square.
11. Press the interfacing on the wrong side of each background square.
12. Carefully cut out the shoes with very sharp scissors and position them on the background squares. Pin in place and lay them all out to arrange them before the final pressing.

### PUTTING IT ALL TOGETHER

13. Press shoes in place onto the background squares.
14. Using a machine blanket stitch in a contrasting color (I used black) stitch carefully around each shoe and all raw edges, including internal lines that help define the shape of the shoe. See example.
15. After all shoes are stitched, trim the background squares to 10.5 inches.
16. Sew all squares together, or if you like, place sashing strips along the bottom of each square like the “sidewalk.”
17. Choose a backing and batting and finish the quilt by using the High Heels Pantograph from Meadowlyon.com or Free-motion stitching, as desired.
18. Bind and SNUGGLE UP!



1



8 X 9.25

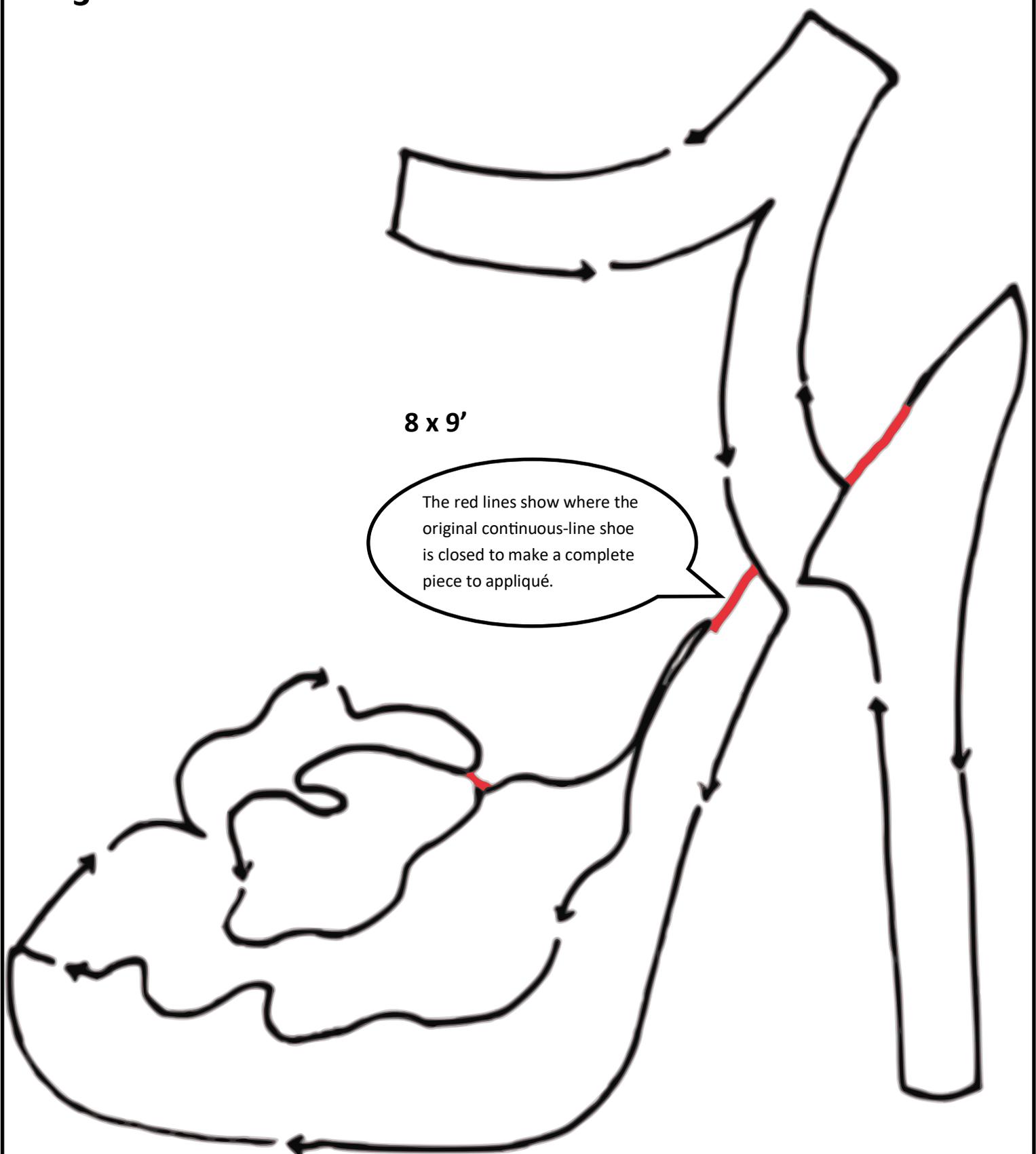
2



3

8 x 9'

The red lines show where the original continuous-line shoe is closed to make a complete piece to appliqué.



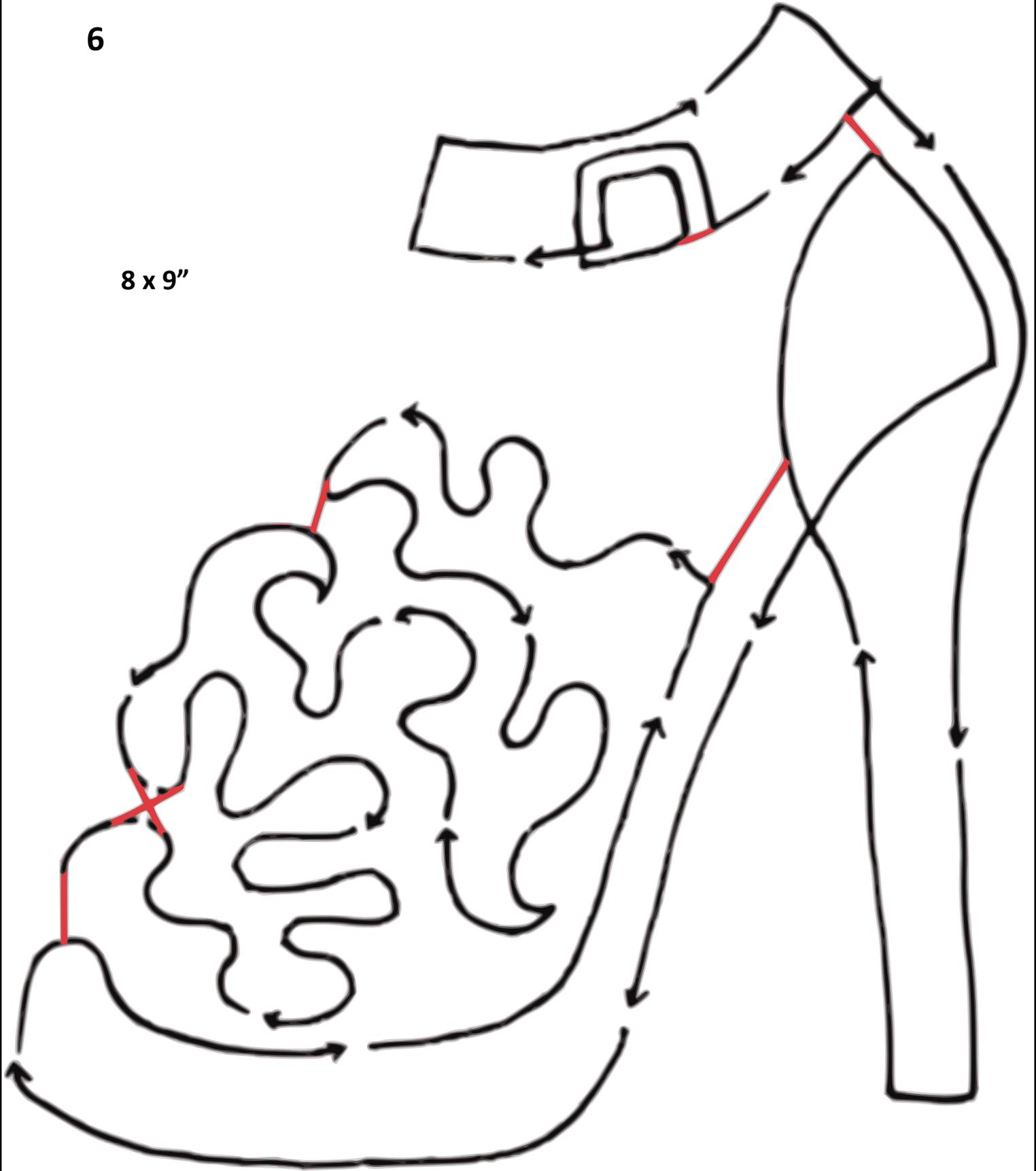


5



6

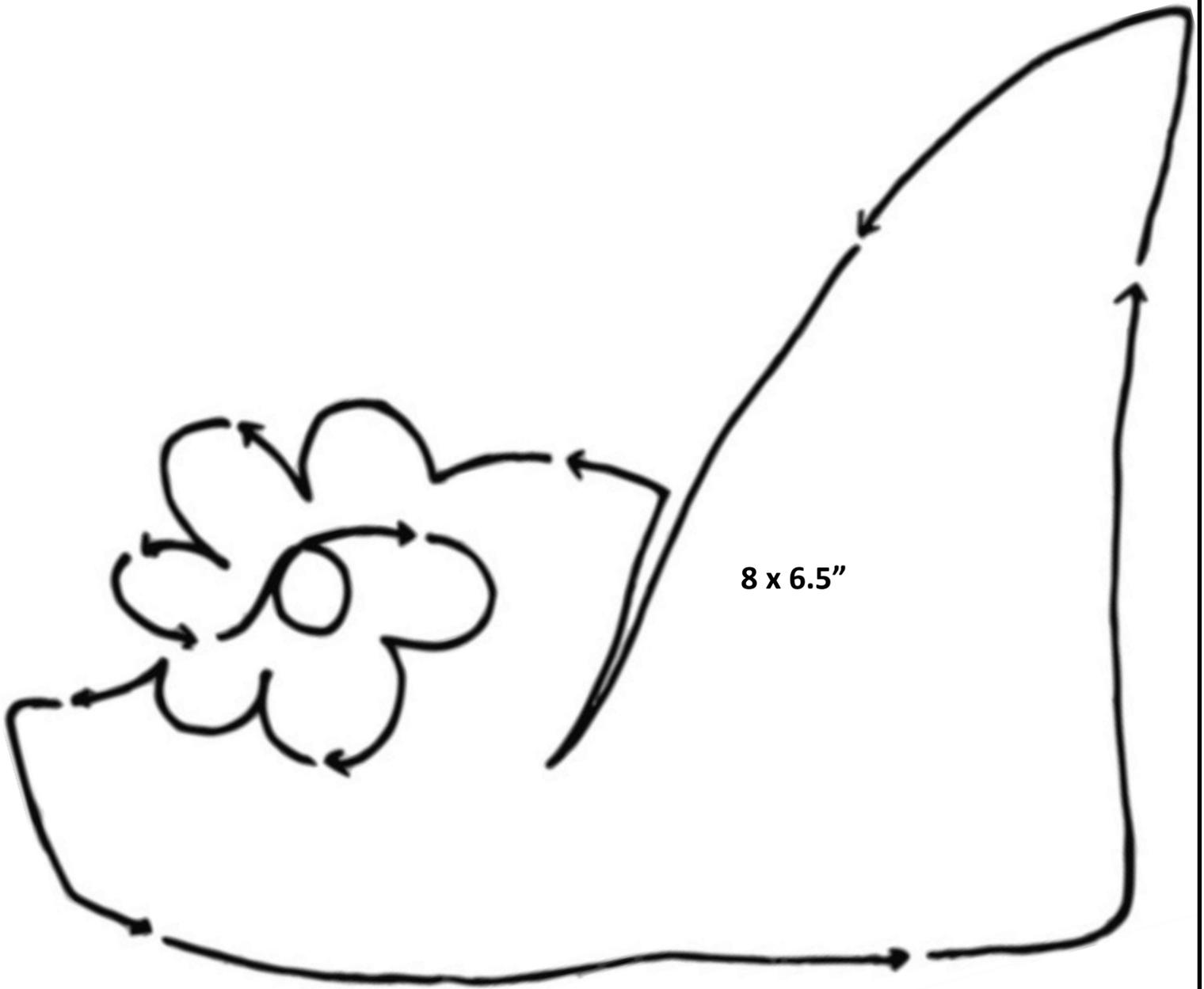
8 x 9"



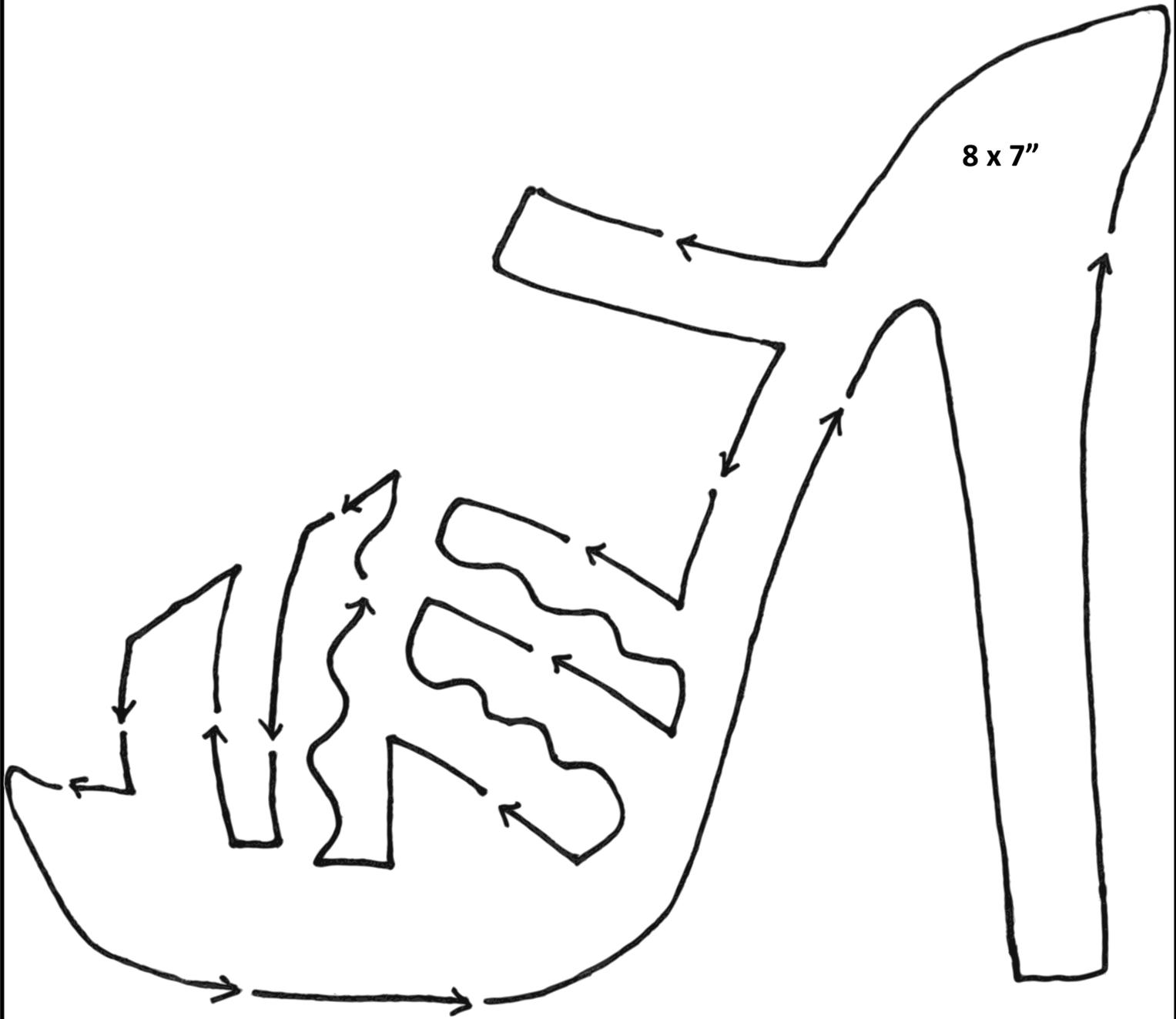
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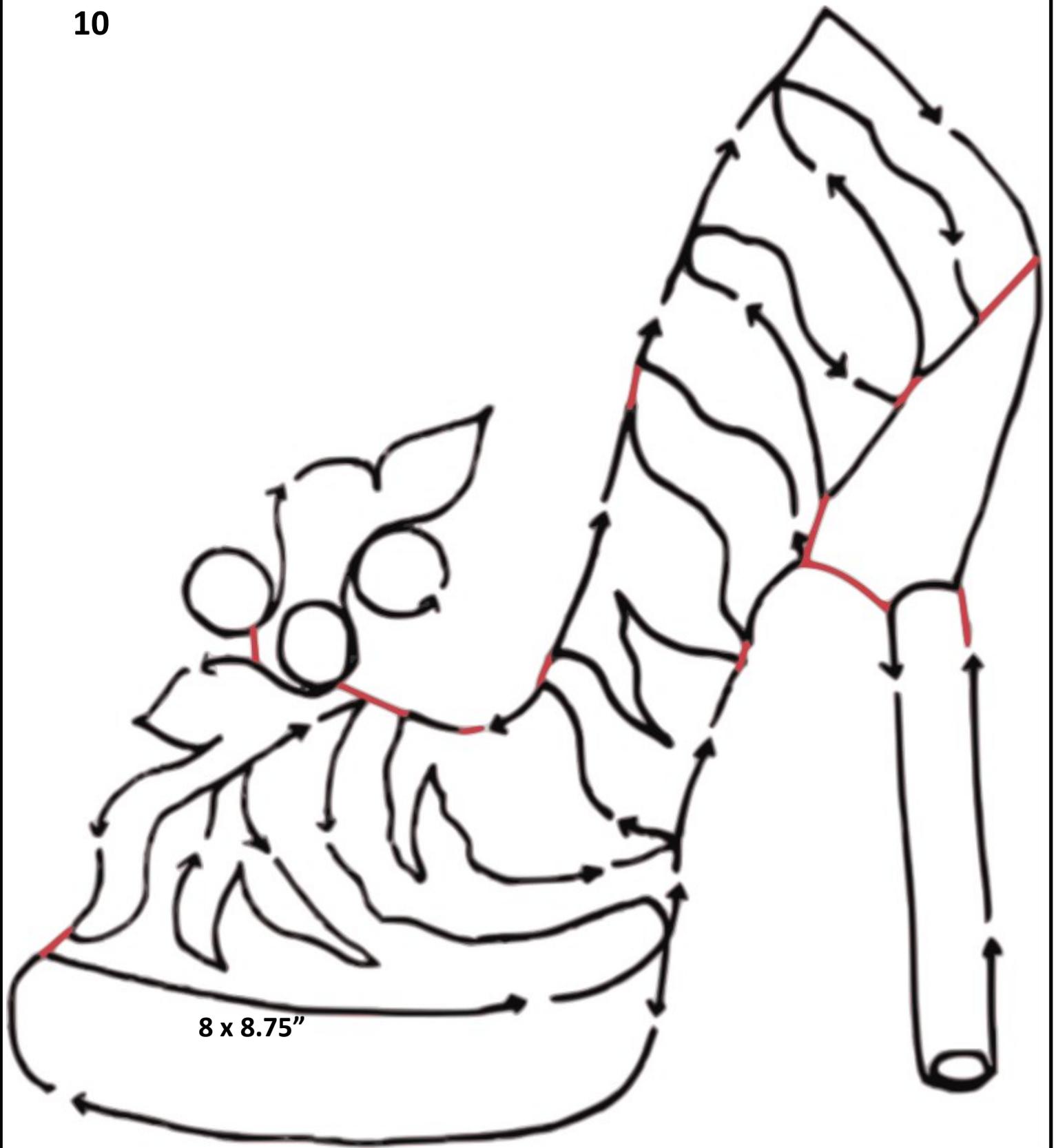
8



9



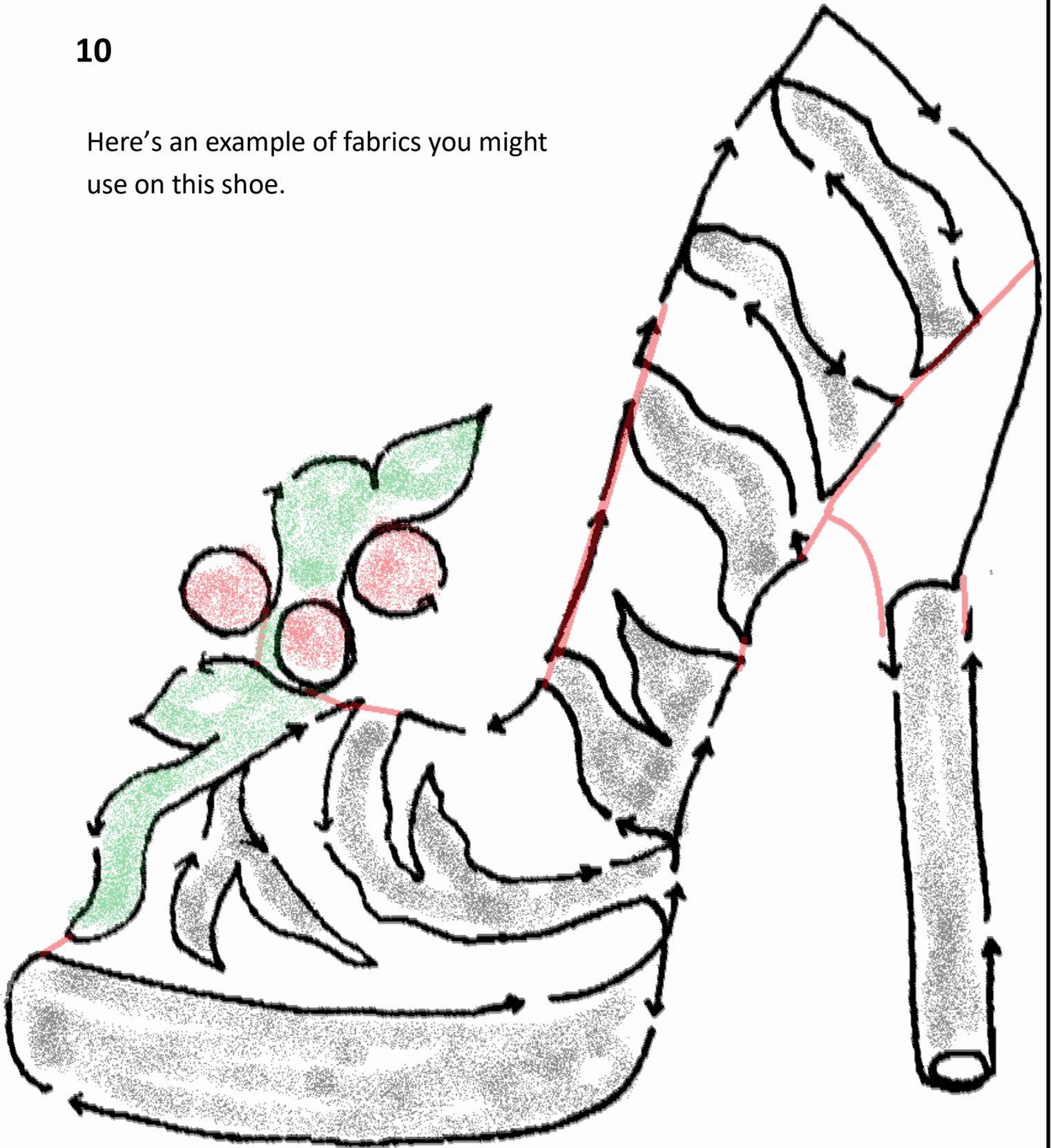
10



8 x 8.75"

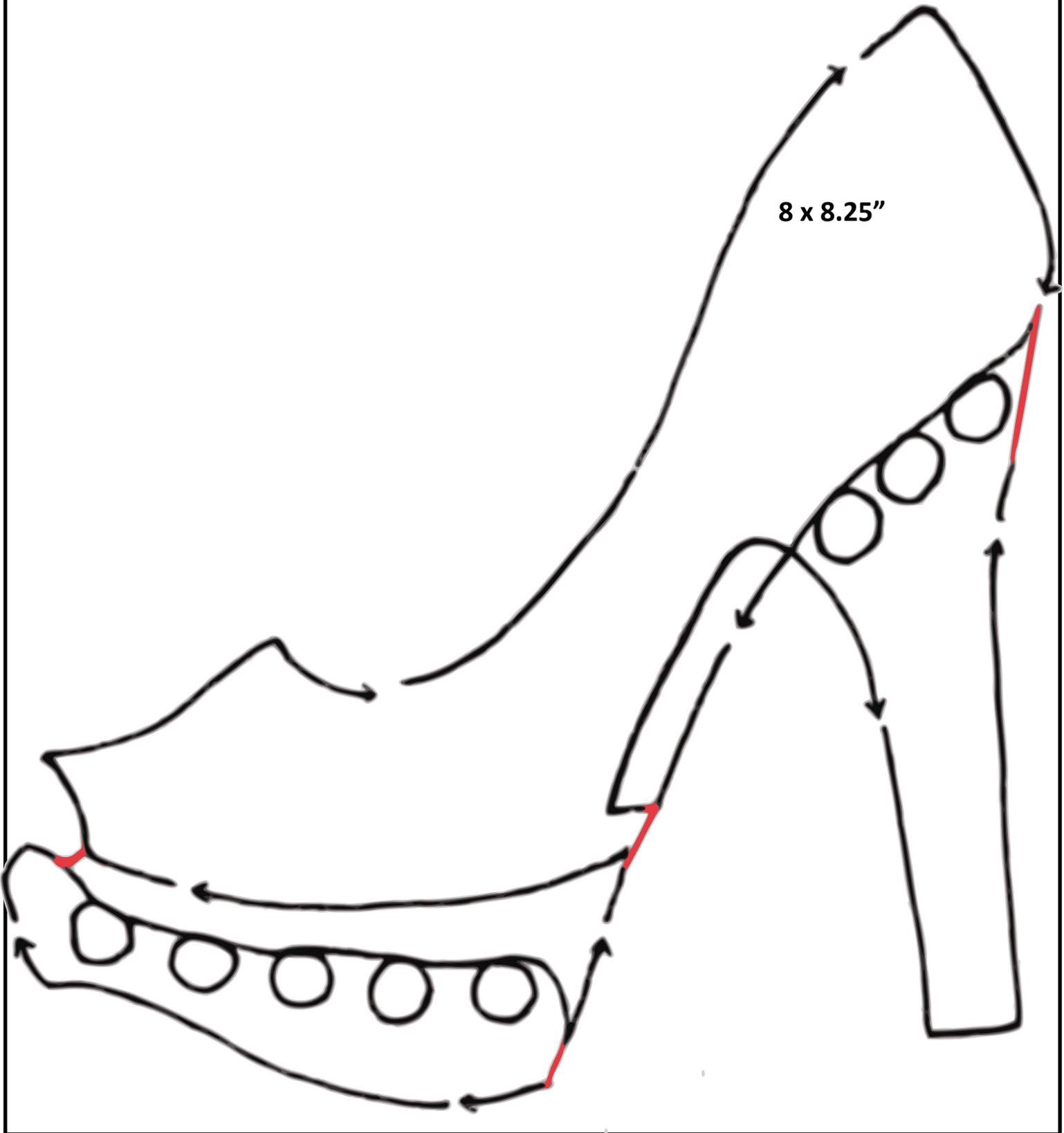
10

Here's an example of fabrics you might use on this shoe.



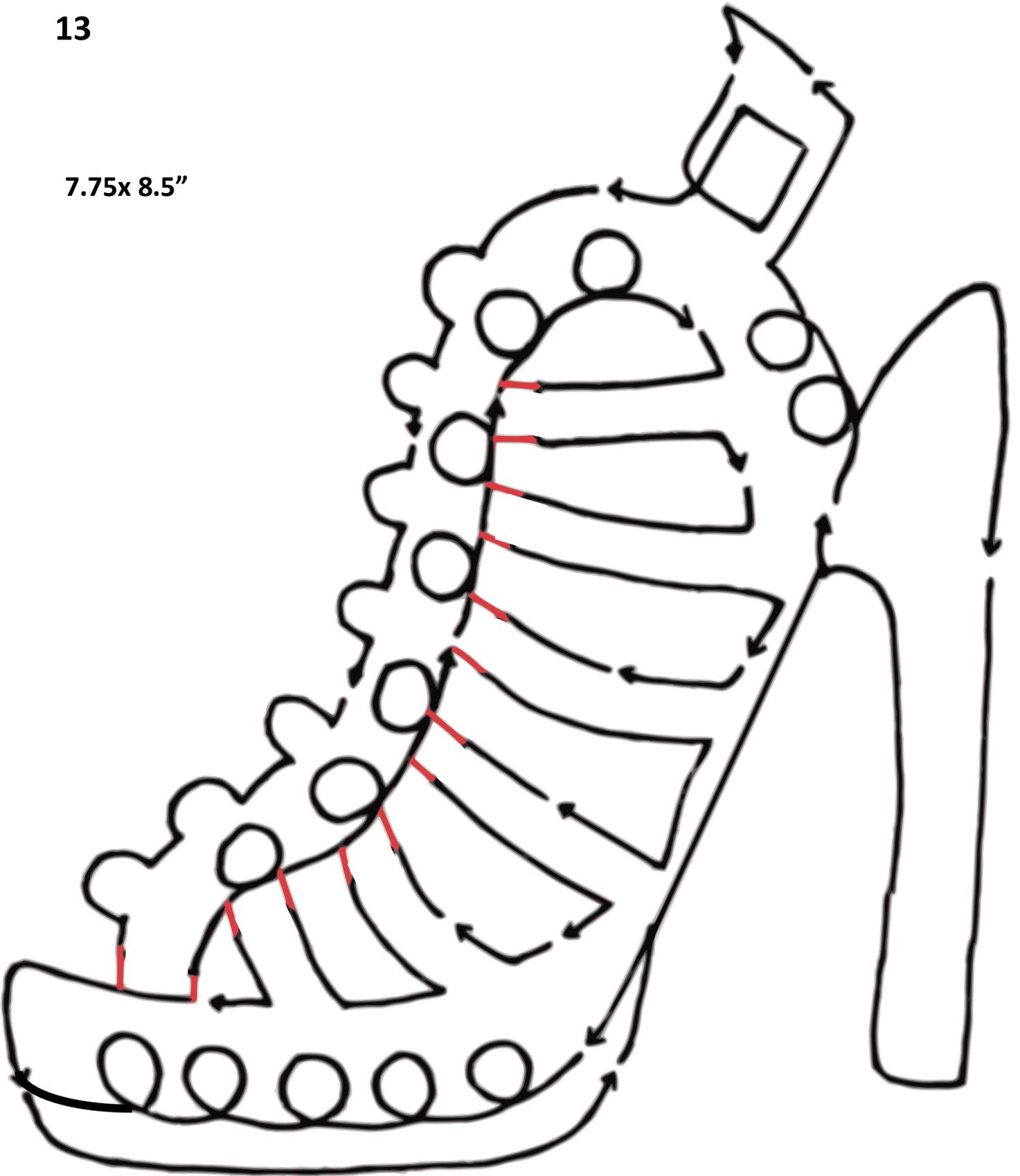


12

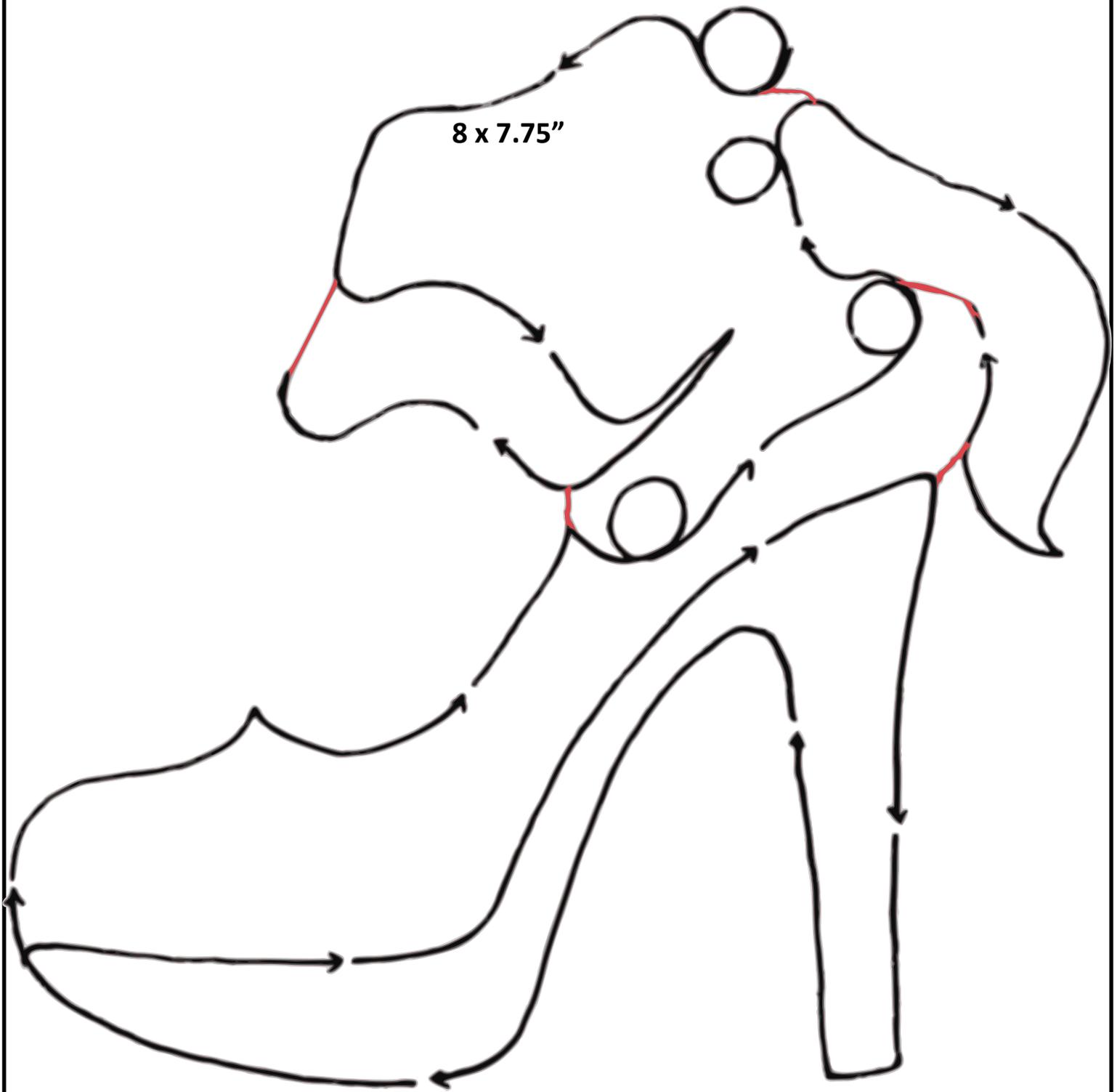


13

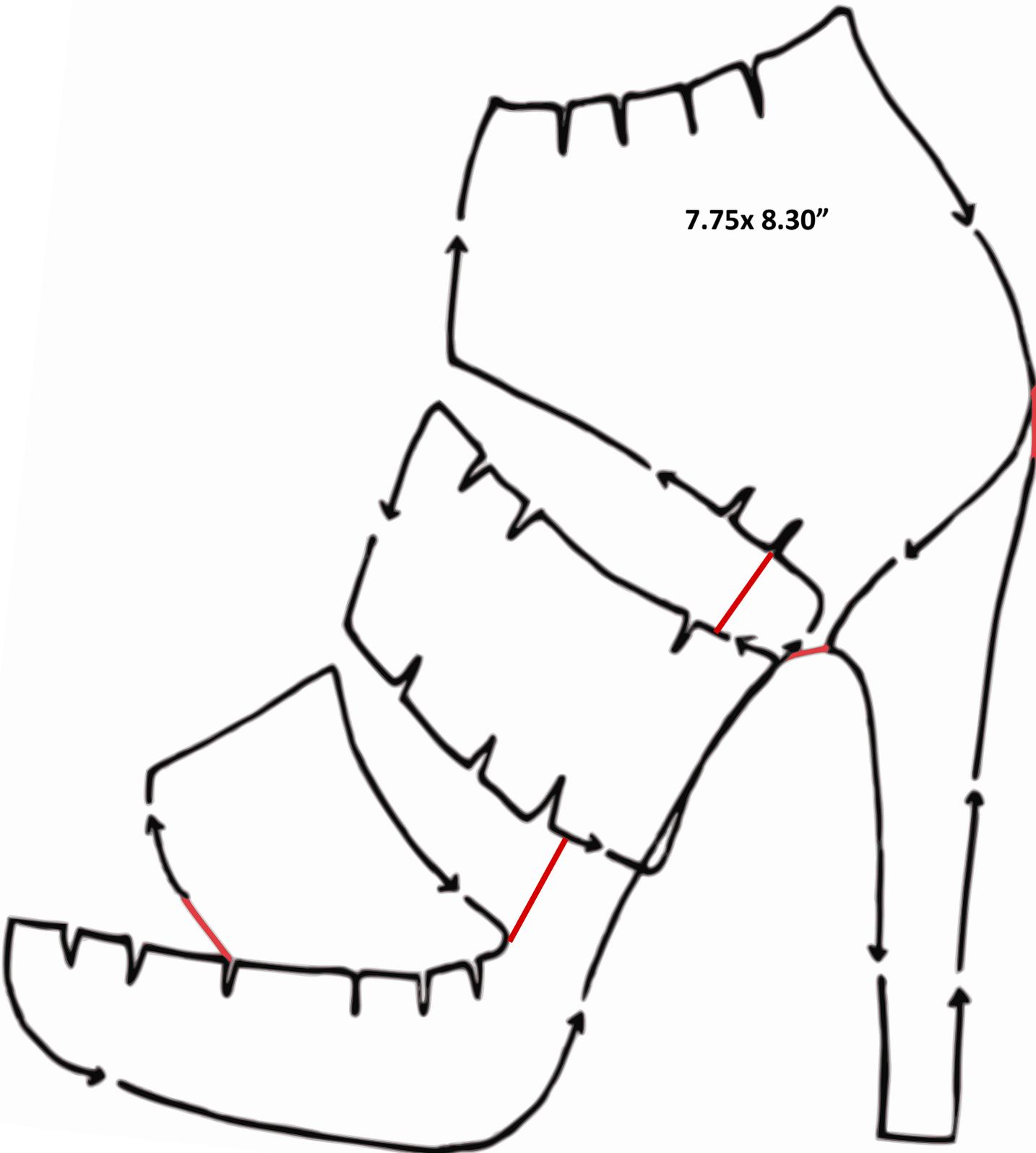
7.75x 8.5"



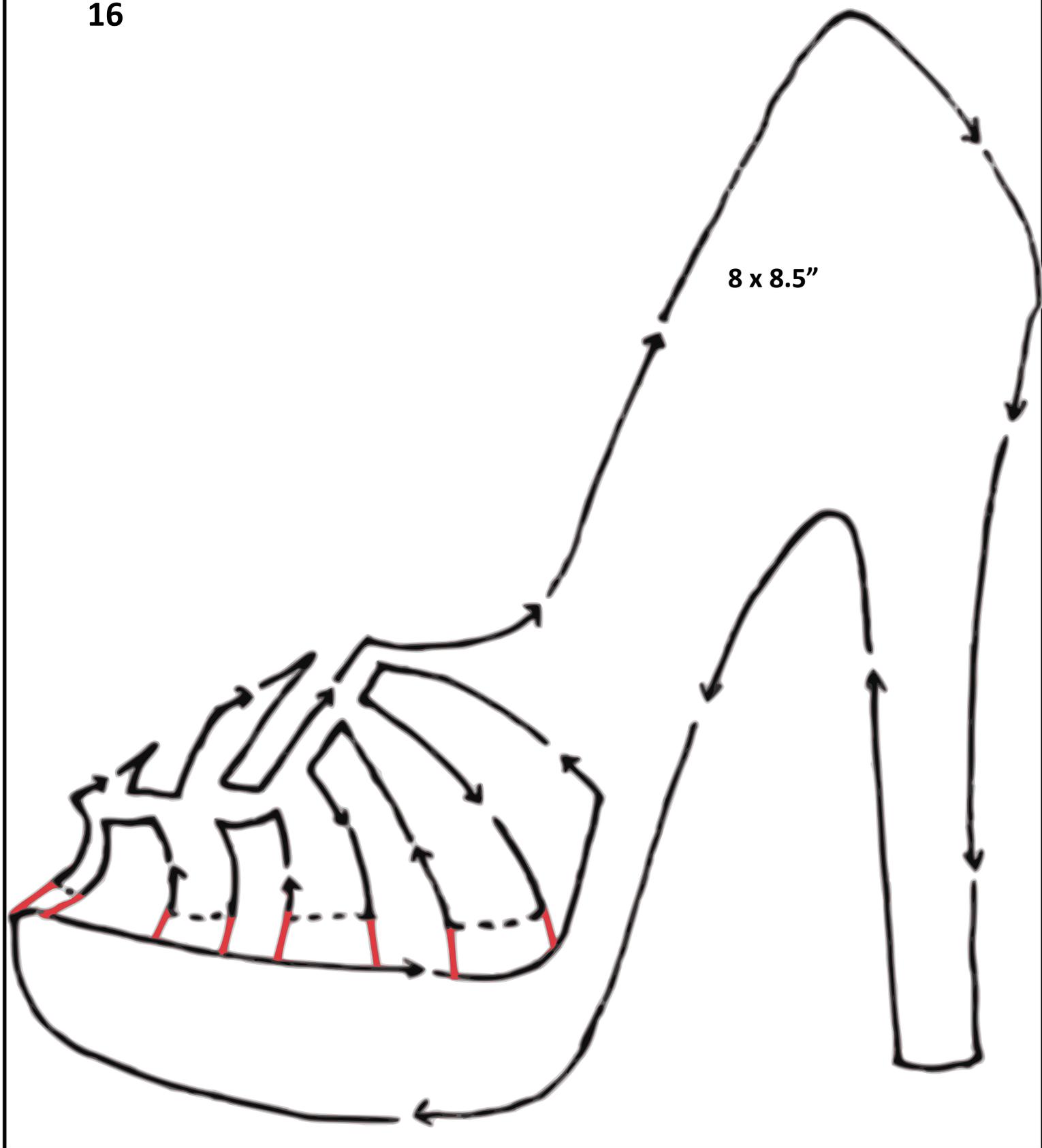
14

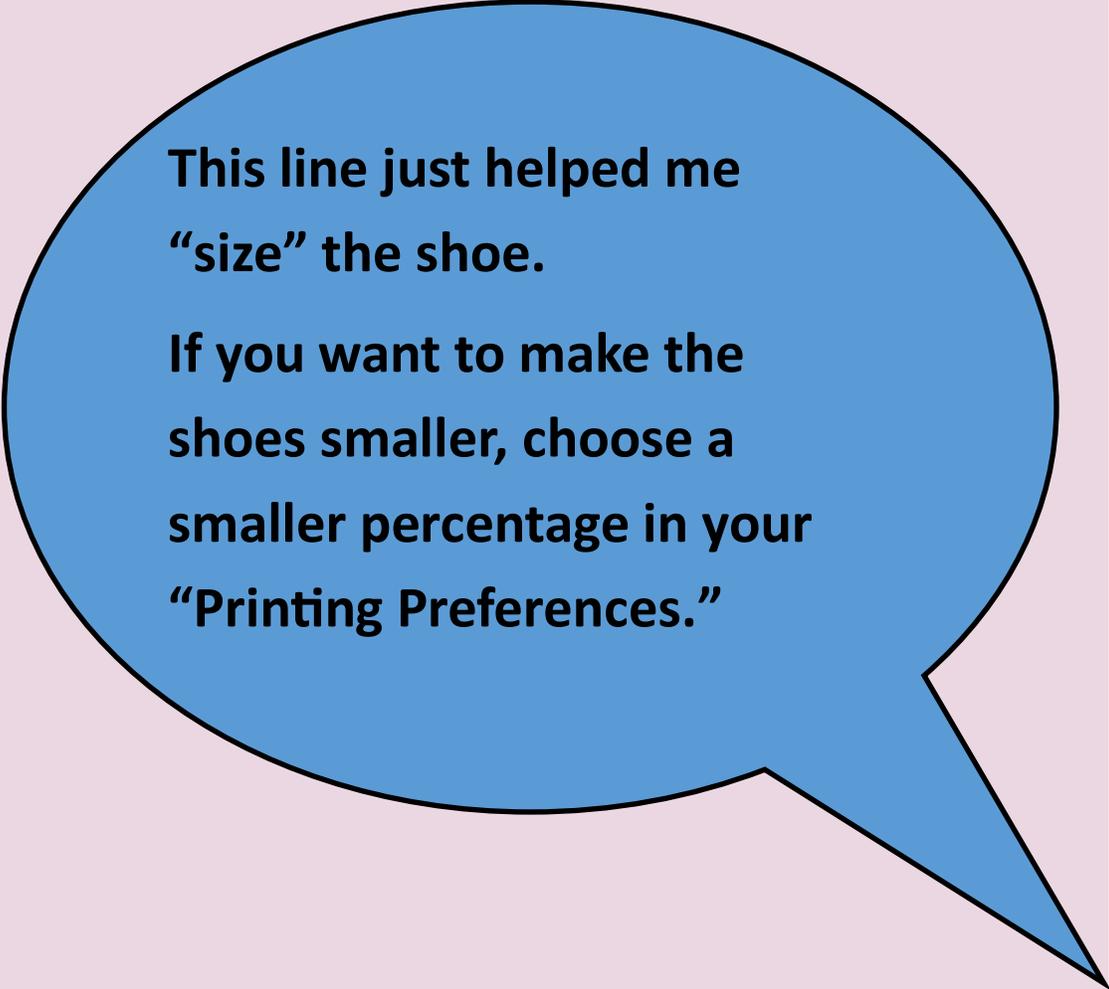


7.75x 8.30"



16





**This line just helped me  
“size” the shoe.**

**If you want to make the  
shoes smaller, choose a  
smaller percentage in your  
“Printing Preferences.”**

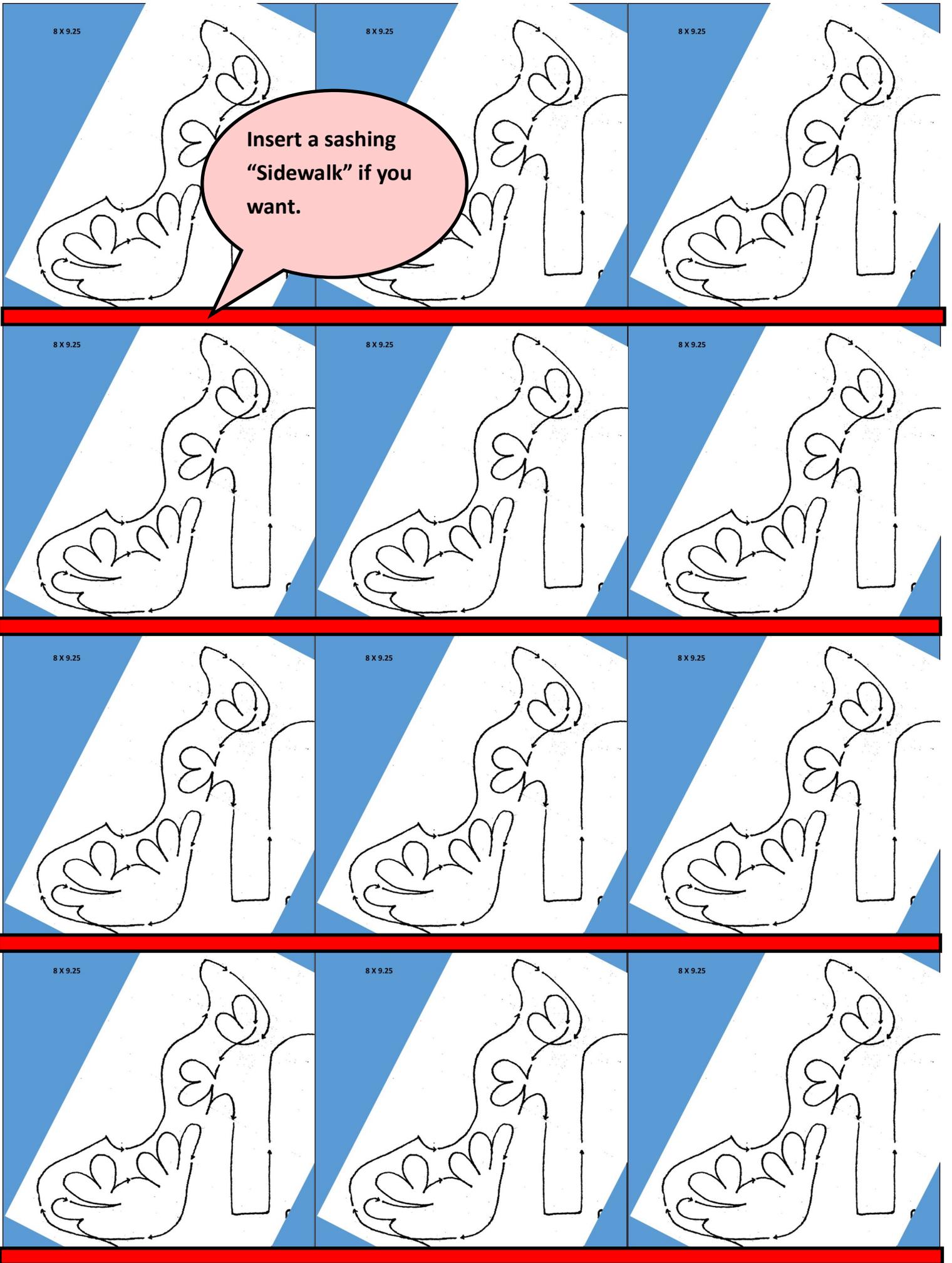
8 X 9.25

8 X 9.25

8 X 9.25

Insert a sashing  
"Sidewalk" if you  
want.

8 X 9.25



**THIS IS THE PANTOGRAPH ALL THESE CUTE HIGH HEELS CAME FROM. WHY NOT USE IT TO "QUILT" YOUR QUILT?!!**

## Layout plan for "High Heels"

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[www.meadowlyon.com](http://www.meadowlyon.com)

The shoes spin in circles with additional shoes between. It's difficult to show with the overlap. I wanted you to see both the circles and the extra shoes.



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Thanks,

Judy Lyon and Angela Meadows