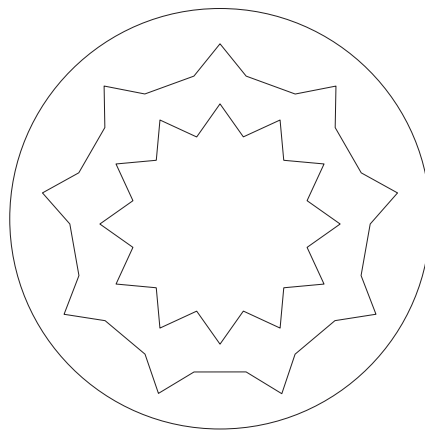


RUCHED FLOWERS

Nothing adds dimension to appliquéd flowers like ruching. Ruching is a French term which means “to gather, ruffle, or pleat.” Learn how to make ruched roses from a circle of fabric. Bonnie will share how she manipulates the fabric to make the center look like unfurling rose petals.

Make the Templates:

Make a plastic or Mylar template by tracing the Double Ruched Flower template and the Single Ruched Flower template. Cut out the template on the drawn lines.



[Double Ruched Flower template and the Single Ruched Flower template](#)

Draw Around the Templates:

Center the ruching templates on the 7" and 4" circles. With a marking pencil, trace around the inside and outside edges of the templates on the right side of the fabric. These lines are the ruching (gathering) lines. There is a ½" turn-under allowance on each of the circles, so don't trim the circles. To give a finished edge to each flower, the turn-under allowance needs to be equal to the depth of the V being stitched.

Thread:

Cut thread matching the flower fabric to a length of at least 25" long. This is longer than the 18" length normally used because you need enough thread to stitch around the circle, keeping the fabric flat. This also gives you enough thread to sew the flower to the background. Use a single thread if using quilting thread, a doubled thread if regular sewing thread is used.

Double Ruched Flower:

On the large circle, using LONG stitches, stitch around the outer marked petal lines, folding the turn-under allowance as you stitch. This is not the place to practice your tiny stitches – make them big so the fabric will gather easily. Do not gather the fabric yet. Unthread the needle and let the thread dangle for now. Use a separate piece of thread to stitch the center petal lines.

Demonstration of turning under the edge while stitching on the drawn lines.

Begin the ruching (gathering) in the center of the large rose. Hold a finger under the center of the rose and pull on the thread, moving the gathers as necessary. When the center has been loosely gathered around your finger, knot and trim the excess thread. Now, begin gathering the outer petals, moving the gathers around the circle until the large flower measures 3" across. Knot the thread but don't cut it off; use it later to sew the flower to the background.

Single Ruched Flower:

For the small roses, stitch on the drawn lines, folding the turn-under allowance as you go. When stitched, pull the gathering stitches to make the rose 1½" across. Knot the thread and leave it attached to use later to sew the flower to the background.

Tip for Machine Quilters: If you are going to machine quilt, do that now and add the flowers after it is quilted. To add the flowers to an already quilted quilt, be extra careful to stitch the flowers only to the top and batting layers so your stitches do not show on the back of the quilt.

Attaching the Roses:

Place a section of the background block upon which a large rose is to be attached (this is the area with the raw ends of the stems) into a 7" embroidery hoop. Using a hoop helps to keep the background taut as the flowers are attached to the fabric. This helps prevent the background from being drawn up into the flower and distorting the block.

Take stitches, one at a time, down through the folds of each petal to secure the flowers to the background. Take at least two stitches in each petal in the area of the gathering stitches. This allows the outer petals to stay loose from the background.

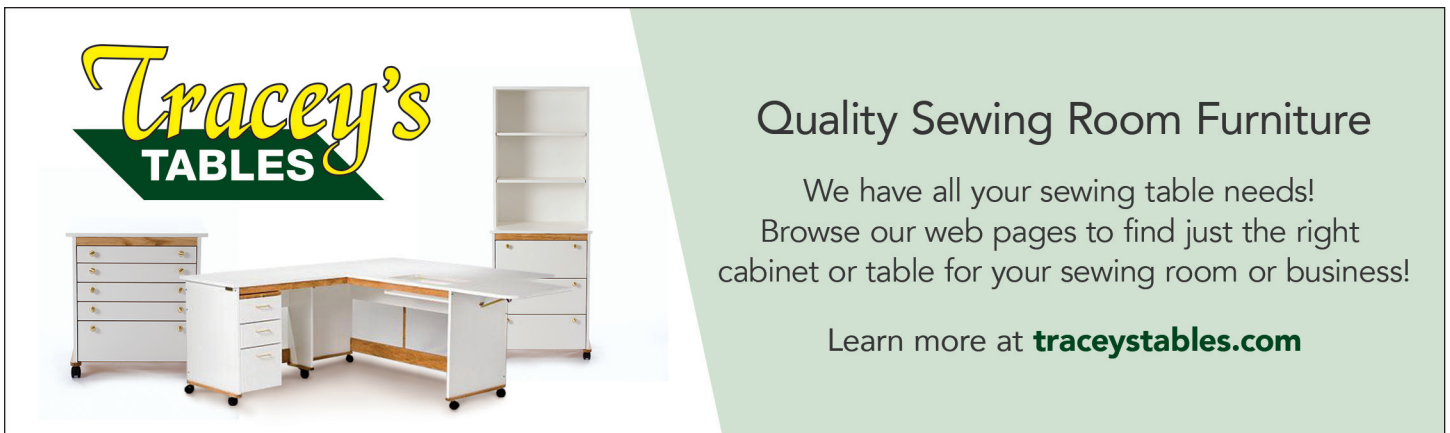
When the outer petals are stitched, knot the thread on the wrong side of the background fabric. Pull the inner petals out and again take stitches in the gathering line to secure the center petals. Thread your needle and knot the thread before you take the next step to finish the center of the rose.

In the center of the flower is a pouf of fabric. Take hold of the pouf tip and twist it. It should resemble the center of a rose and look like petals opening. Take stitches up and down in the folds to secure the center.

The same method is used to attach the small flowers as the large ones. There will be more fabric to twist in the center of the small flowers.

Demonstration of gathering the flowers and attaching them to the background.

Next Lesson: Shark's Teeth Border



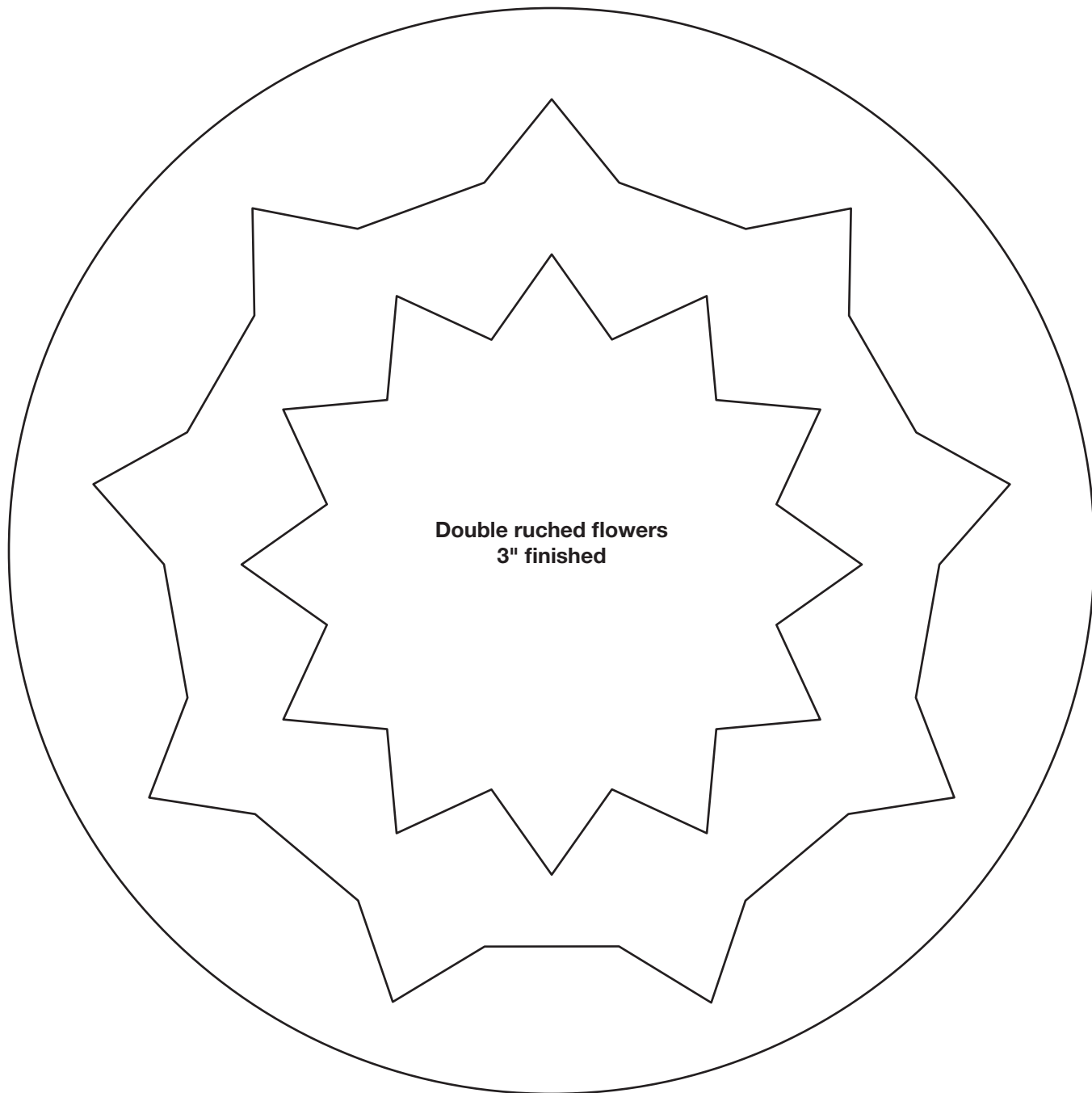
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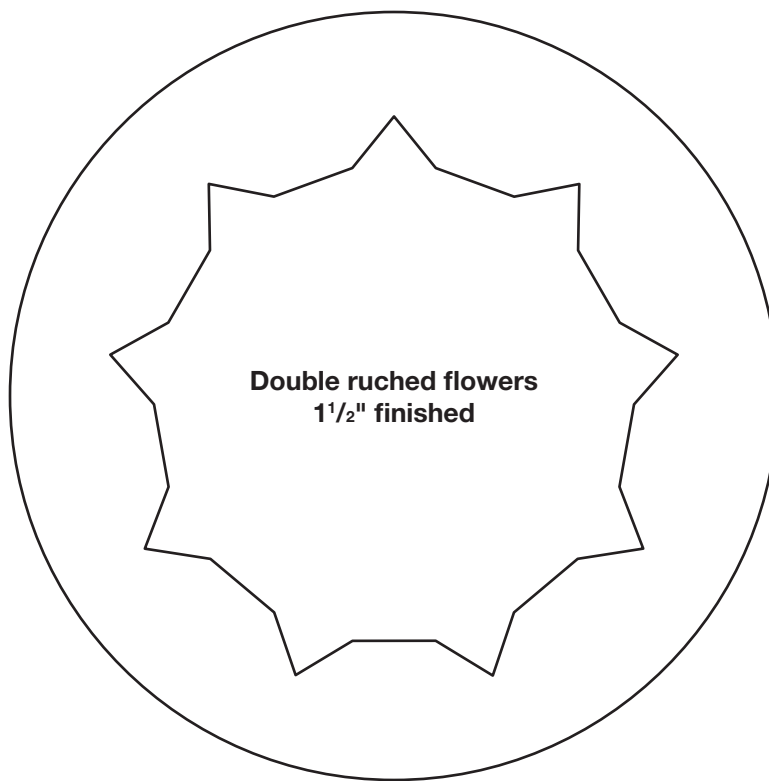
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