

# mola appliqué

*A unique multi-layered appliqué technique with historical roots with the woman of San Blas Island off the Panama coast.*

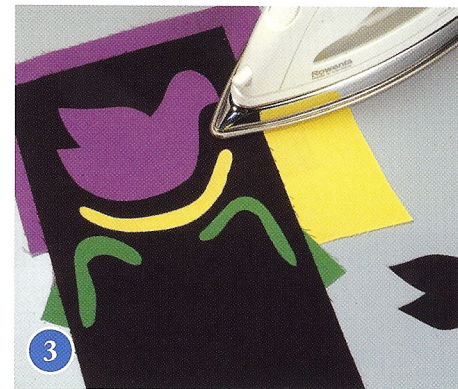
1. Trace the design pieces on the double sided fusible web. Remove the paper from one side and fuse the designs to the wrong side of the background fabric. (#1)



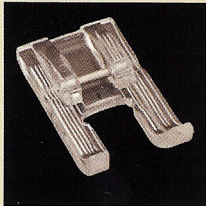
2. Cut away the design following the drawn lines. Keep all the cutaway sections for use later. Remove the second layer of paper to expose the fusible edges. (#2)



3. Layer the colors behind the open spaces trimming the pieces as necessary to fit. Press to hold. (#3)



4. Back the appliqué with tear-away stabilizer and select the blanket stitch. From the right side, position the open toe foot with the center mark on the raw edge. Stitch around the design covering all the raw edges with the blanket stitch. The straight stitch rides along the edge and the horizontal stitch catches the edge. Use the Mirror Image function if necessary to make the stitch fall in the correct direction. (#4)



**Open Toe Foot**

**Stitch:** *Blanket Stitch*

**Width:** *2.5mm*

**Length:** *Pre-set*

**Tension:** *Pre-set*

**Fabric, needles, notions required:**

*Cotton solids; universal or embroidery needle, size 80/12 or 75/11; rayon or cotton embroidery thread for needle and bobbinfil on bobbin; double stick fusible web; tear-away stabilizer; marking pen or pencil; appliqué scissors*