



Margaret Moorehead's
Virtual Sewing Guild

Making all your sewing dreams come true

Mahalo

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General Supply List

Rotary Cutter, Mat, Ruler

Sharp Scissors for trimming applique

Be sure these cut all the way to the tip

Iron and ironing surface

Fabric Marker of your choice (pen, pencil, chalk...)

Microtex size 80 or 90 needle or your favorite needle.

Recommended Machine Feet:

regular sewing foot, 1/4" foot,

embroidery foot

Embroidery Thread

Bobbin Thread for embroidery

Construction Thread

Knit interfacing or Jenny's Sheer Magic Plus

No show mesh stabilizer

General Sewing Supplies

Monofilament Thread (optional)

Mahalo Pillow Supplies

Designs from Margaret Moorehead's Mahalo Collection: Center, Corner and Grid

Fabric:

Base fabric fused with knit interfacing

Sheer organza

Grid: Four 10" x 8" rectangles

Corners: Four 8" squares

Center Square: One 10" square

Fabric for Pillow Back

Actual size will depend on finished pillow top size. (20" square is plenty)

Batting

20" square

Colored Fleece:

A variety of colors for your appliqué

Heart fleece needs to be a 9" square

all the others can use smaller pieces

18" Pillow insert

small amount of polyester stuffing



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- Prep your fabric by fusing a knit interfacing (or Jenny's Sheer Magic Plus) to the back of your base fabric
- Mark the horizontal and vertical centers of your base fabric for the center square, all 4 grid rectangles and all 4 corner square fabrics.

Fleece can be cut into squares for the appliqué or large pieces may be used.

Both methods are covered in the videos.



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Center Embroidery

1. Call up the “Center Design” on your embroidery machine
2. Hoop No Show Mesh Stabilizer
3. Center the fabric for the center block in the hoop
4. Baste the fabric in place
5. Stitch out each section of the center design using the appliqué technique outlined in the next column

Applique Technique

- Stitch Placement line (this is the outline of the area the fleece will be placed.)
- Place fleece over placement line so the lines are completely covered by the fleece.
- Stitch the Tac Down Stitch (this holds the fleece in place)
- Remove the hoop from the sewing machine, and place on flat surface.
- Cut away excess fleece
- Return the hoop to the machine and continue to the next section



Center Block: Color Sequence and appliqué steps

- 1. Outline of Heart (placement stitch)**
Place fleece over heart completely covering the stitches
- 2. Tac Down for Heart fleece**
Remove the hoop from the machine and trim away the excess fleece
- 3. Outline of blue flowers (placement stitch)**
Place fleece over first flower
- 4. Tac Down for blue flower fleece**
Stitch first flower then stop machine.
Place fleece over next flower.
Stitch second flower then stop machine.
Place fleece over next flower, stitch and then stop machine
Continue for all blue flowers
Remove the hoop from the machine and trim away excess fleece from all blue flowers
- 5. Outline stitch for Pink Rosebuds (placement stitch)**
Place fleece over first rosebud
- 6. Tac Down for Rosebud fleece**
Stitch first rosebud then stop machine.
Place fleece over second rosebud
Stitch second rosebud
Remove the hoop from the machine and trim away excess fleece from both rosebuds.

Trimming away the excess fleece:

Hint: As you are cutting be sure you have tension on excess fabric so you are able to cut very close tho the tac down stitch.



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Center Block: Color Sequence and appliqué steps

7. **Outline of green leaves (placement stitch)**
Place one large piece of green fleece over all the green stitches
8. **Tac Down for Green Fleece**
Stitch all of the leaves
Remove the hoop from the machine and trim away excess fleece from all the leaves Note: It is not necessary to cut between the group of 3 leaves in the center of the design
9. **Outline of 2 Pink flowers (placement stitch)**
Place fleece over first pink flower
10. **Tac Down for Pink fleece**
Stitch the first pink flower then stop machine
Place fleece over second pink flower
Stitch the second flower
Remove the hoop from the machine and trim away the excess fleece from both the pink flowers.
11. **Outline of Center Flower (placement stitch)**
Place fleece over center flower outline
12. **Tac Down for Pink Center Flower Fleece**
Remove the hoop from the machine and trim away the excess fleece

For best results, be sure to use thread that exactly matches the fleece, (or monofilament thread) when doing the tac down stitches... including color 13 when you are stitching down the sheer fabric



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Center Block: Color Sequence and appliqué steps

13. Place sheer fabric over the project and stitch color 13 to hold the sheer fabric in place
14. Rosebud decorative outline stitch
15. Green leaves decorative outline stitch
16. Pink “star flowers” decorative outline stitch
17. Accent lines for Pink Center flower
18. Pink Center flower decorative outline stitch
19. Blue flowers decorative outline stitch
20. Yellow accents on all the flowers
21. Feathered heart decorative outline stitch



Always work on a flat surface when cutting away the excess fleece to be sure that your project does not pop out of the hoop.



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Corner Embroidery

1. Call up the “Corner Design” on your embroidery machine
2. Hoop No Show Mesh Stabilizer
3. Center the corner block in the hoop
4. Baste the fabric in place
5. Stitch out each section of the corner design using the same appliqué technique used for the center block





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Corner Squares Color Sequence

1. Outline of Green leaves (placement stitch)
Place green fleece over placement stitch
2. Tac Down Stitch for green leaves
Trim excess fleece after stitching
3. Outline of Blue Flowers (placement stitch)
Place blue fleece over placement stitch
4. Tac Down Stitch for blue flowers
Trim excess fleece after stitching
5. Outline of Yellow Flowers (Placement stitch)
Place yellow fleece over placement stitch
6. Tac Down Stitch for yellow flowers
Trim excess fleece after stitching
7. Outline of Center Pink Flower (placement stitch)
Place pink fleece over placement stitch
8. Tac Down Stitch for Center pink flower
Trim excess fleece after stitching

Use the same technique for the corner squares that you used for the center block.



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Corner Squares Color Sequence

9. Place sheer fabric over the project and stitch color 9
10. Center circles on yellow and blue flowers
11. Decorative outline stitch for the leaves
12. Decorative outline for the blue flowers
13. Decorative outline for yellow flowers
14. Decorative outline of petals on pink center flower
15. Decorative stitches in center of pink flower





Grid Rectangle Embroidery

1. Call up the “Grid Design” on your embroidery machine
2. Hoop No Show Mesh Stabilizer
3. Center the rectangle fabric for the grid block in the hoop
4. Place the sheer fabric for the grid on top of the the base fabric
5. Baste both layers of fabric in place
6. Stitch out the grid design

Note: Because we have used No Show Mesh stabilizer for all of our embroideries there will be no need to remove this after the embroideries are complete



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Creating and Cutting the Center block when working with the smaller Embroidery design

- Stitch out the embroidery following the instructions and color changes for the larger embroidery
- Be sure to use a 10" square of organza for the overlay
- Measure out from the center of your block 3 3/4" in each direction and draw lines to create a 7 1/2" square.
- Stitch exactly on these lines with a straight stitch that is slightly longer than normal, in a thread that matches your fabric.
- Now add 1/4" seam allowance to the block
- Cut to size, creating an 8" block

Hint: Press your squares prior to cutting them for the best results.



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Cutting Center block for the Larger Embroidery

- Add 1/4" seam allowance to the block.
- Cut through the sheer, the base fabric and the stabilizer creating a block that is about an 8" square

Cutting the corner blocks

- Add a 1/4 seam allowance to the block
- Cut through the sheer, the base fabric and the stabilizer creating a block that is about 5 1/2"

Caution: The sheer fabric will melt if your iron is too hot. Be sure to have your iron temperature set to the correct setting for your fabric, AND test on a scrap just to be sure!



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Cutting the Rectangles with the Grid Stitching

- The size of the grid rectangles will be determined by the size of your center block and your corner blocks.
- The long side of the grid should be cut the exact same size as your center block
In my pillow this turned out to be 8”
- The short side of the grid rectangle should be cut the exact same size as the corner blocks.
In my pillow this turned out to be 5 1/2”
- If your measurements differ from mine, that is not a problem.





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Assembling the Pillow

1. Use 1/4" seams for all construction
2. Carefully lay out all the blocks as shown in photos of the Mahalo Project
3. You will create 3 rows
Row 1 (TOP): Corner, Grid, Corner
Row 2 (MIDDLE): Grid, Center, Grid
Row 3 (BOTTOM): Corner, Grid, Corner
4. Stitch the sections for each row together using the technique shown in the video, making sure blocks are positioned the way you want.
5. Fuse batting to the back of your pillow top
6. Cut away excess batting and square up pillow top





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Assembling the Pillow

7. Cut pillow back piece to the same size as your pillow
8. Stitch pillow back fabric to the pillow top leaving an opening about 12" long. (Refer to video for tip on creating the perfect opening)
9. Turn pillow right side out
10. To create very full corners, stuff them with batting.
11. Hand stitch the opening closed

ENJOY!



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