

Nancy Amidon's instructions for making freezer paper templates:

The following information is for preparing your templates for my hand appliqué class. Please read through all the information before you begin.

- I always use a double layer of freezer paper for my templates. The thicker template holds up better than a single sheet, giving me a firmer surface to turn the fabric, creating a smoother finish to my appliqué piece.
- Scanning and printing the pattern in my computer has saved me many hours of hand tracing.
- When I trace my pattern, I use the (two-sided) Black I-Denti Pen on the fine point side. This specific pen dries very quickly and does not smear. If you are unable to find this pen, a Fine Point Black Sharpie will work. However, you will need to trace slowly as the Sharpie pen takes longer to dry.
- After transferring the pattern to freezer paper and ironed a clean sheet to the printed sheet, I then check the pattern to make sure I can see all the numbers of the templates. You can often see the numbers more clearly with looking on the shiny side. If the numbers do not come through, I will write the numbers on the paper side.
- I then cut out my shapes using a small curved paper scissors, making sure the edges are smooth, without bumps and sharp edges. If needed, I use a small emery board to brush on the edges to smooth out any bumps or jagged edges.

LET'S GET STARTED ...

Transferring your pattern to freezer paper – there are 2 methods – scan and print your pattern through your computer and hand tracing.

Scanned and Printed Templates: *Ink Jet Printer only.* (Do not use this method in a laser printer!)

- Use pre-cut freezer paper to fit your paper tray.
- Make sure your paper is on the correct side inside the paper tray in order to print on the paper side of the freezer paper. If you are unsure, place an “X” on one side of a piece of paper, place the paper in the paper tray and print. This will give you the correct direction of the paper for your printer.

- Using the scan program in your computer, scan the pattern at the 100% size. Once the pattern is scanned and on your computer screen, Mirror Image the design. The pattern should look reversed (backwards). If you are scanning a pattern larger than the size of your freezer paper, you will need to scan the pattern in sections.
- Print your scanned (mirrored) image on the paper side of the freezer paper.

Hand Tracing:

When tracing, I like to use the I-Denti Pen as it does not smear on the slick side of paper. A Sharpie pen will also work but, will take longer to dry. Do not use an ink pen or pencil for this process.

- Place your pattern on a light box with the printed side up.
- Place the freezer paper on the pattern with the shiny side facing up.
- Trace each shape the exact size of the pattern (on the shiny side). Do not add extra for seam allowance.
- Leave a small space (about 1/4") between each image.
- Using freezer paper.
- Most pre-cut freezer paper will shrink about 1/8" when ironed.
- Household freezer paper (on a roll) can shrink about 1/4" across the width.
- Pre-shrinking each sheet before use will reduce air bubbles and give a flatter, wrinkle free template.
- When using 2 layers of freezer paper, the edges of your finished appliqué piece will have smoother, straighter edges.
- Double layered templates can be re-used several times.

Pre-shrinking your printed, hand traced and blank sheets:

I always use 2 layers of freezer paper when making my templates. This will allow my template to make a smoother finished appliqué piece.

- Place the (printed, traced or blank) freezer paper sheet SHINY side down on a non-stick pressing surface. (Teflon or Parchment Paper)
- Using a cotton (dry, no steam) setting, lightly iron the entire sheet.
- Immediately remove the sheet from the pressing surface.
- Place the sheet under a board or hard pressing mat to keep flat while pressing your remaining sheets. Pressing Freezer Paper sheets together. **REMEMBER** - Always use 2 layers of freezer paper to make your templates.

Hand Traced Templates:

- Place the blank freezer paper sheet on the pressing surface with the shiny side down.
- Place the hand traced sheet on top of the blank sheet with the shiny side down.

- The ink should be sandwiched between the 2 sheets.
- With your iron on hot, dry (no steam) cotton setting, slowly press the sheets together, starting in the center and slowly working to the outside edge. Repeat the process, moving in the opposite direction.
- Continue pressing until both sheets are bonded together as one. When finished, the paper should feel like a thin cardboard. (One side paper, the other side shiny)

Printed Templates:

- Place the printed sheet on the pressing surface with the shiny side down (ink side facing up).
- Place the blank freezer paper sheet on top of the printed sheet, with the shiny side down.
- The ink should be sandwiched between the 2 sheets.
- With your iron on hot, dry (no steam) cotton setting, slowly press the sheets together, starting in the center and slowly working to the outside edge. Repeat the process, moving in the opposite direction.
- Continue pressing until both sheets are bonded together as one. When finished, the paper should feel like a thin cardboard. (One side paper, the other side shiny)

Cutting Your templates:

- Carefully cut each shape on the dark line. Your seam allowance will be in the fabric, not the paper.
- Most often, I use a small curved paper scissors when cutting. This will allow you to move the paper into the scissors for a smoother edge.
- Move the angle of the scissors to fit the edge you are cutting.
- Finish off the cut piece with a small nail file if the edge needs smoothing out. Lightly brush the file along the cut edge to smooth out sharp, bumpy edges.
- If you have any questions, please don't hesitate to contact me directly:

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