

More for Your Money:

One-Hour Bodyshirt™ with Appliqué



Materials Needed:

One-Hour Bodyshirt™ Pattern
Bodyshirt™ fabric and motif fabric
Matching/Contrasting Thread
Fusible web such as Wonder Under®
Stabilizer

The One-Hour Bodyshirt™ is a very versatile garment. It can be used alone or with shorts, pants, skirts, overalls and more. A Bodyshirt™ can be decorated with a pre-purchased appliqué or you can make one with fabric. Some examples are as follows:

- Use common household items to cut shapes out of fabric, like cups, bowls, etc.
- Use stencils to cut stars and other geometric or free form shapes.
- Scan or photocopy a fabric motif to make your own shape. I saw a pair of reversible pants made out of black fabric with tiny pink cat paw prints all over it. The reversible side was pink with black cats. The paws were a distinct stylistic shape that could have been photocopied, enlarged and then used as a pattern to cut paw prints out of the fabric.
- Four or even one of the little squares could be used from the fabric swatch shown to the right.



1. Follow the One-Hour Bodyshirt™ pattern instructions for cutting the fabric.
2. Follow the instructions on the fusible web to prepare your appliqué.
3. Take the front Bodyshirt™ piece and position the appliqué. Place a piece of stabilizer on the wrong side of the Bodyshirt™ fabric.
4. Using a satin stitch (close zig-zag) stitch all the way around the appliqué.

