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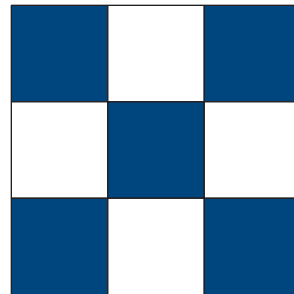
Patchwork Posies

By Judith Sandstrom

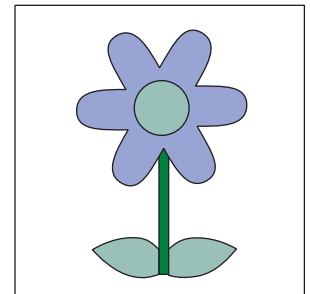
Three-dimensional flowers bloom on this combination appliqué-and-patchwork quilt.

3-D Appliqué

Simple stitch-and-turn flowers and leaves create 3-D shapes. Double-fold bias tape is used for the stems, which are applied with $\frac{1}{4}$ "-wide HeatnBond The Quilter's Edge Lite iron-on adhesive by Therm O Web.



Nine-Patch
7½" x 7½" Block



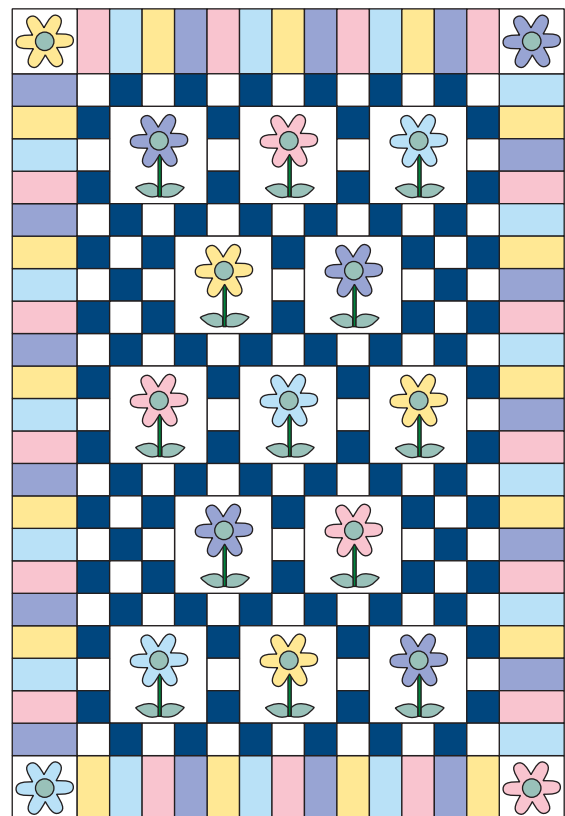
Posy
7½" x 7½" Block

Project Specifications

- Skill Level: Beginner
- Quilt Size: 42½" x 62½"
- Block Size: 7½" x 7½"
- Number of Blocks: 17

Materials

- ½ yard each rose, blue and yellow tone-on-tones
- ⅝ yard navy solid
- ⅝ yard lavender tone-on-tone
- ¾ yard green print
- 1½ yards white-on-white print
- Thin batting 49" x 69"
- Backing 49" x 69"
- All-purpose thread to match fabrics
- White hand-quilting thread
- 1 package Wrights green double-fold bias tape
- ½ yard HeatnBond Lite iron-on adhesive
- 1¾ yards ¼"-wide HeatnBond The Quilter's Edge Lite iron-on adhesive
- Basic sewing tools and supplies



Patchwork Posies
Placement Diagram
42½" x 62½"

Making Posy Blocks

Step 1. Prewash and iron all fabrics before cutting.

Step 2. Cut three 8" by fabric width strips white-on-white print; subcut into 8" squares for appliqué background. You will need 13 squares. Fold and crease each square to find the center.

Step 3. Cut three 3" by fabric width strips each rose, blue, yellow and lavender tone-on-tones; set aside for pieced borders.

Step 4. Fold each of the remaining rose, blue, yellow and lavender fabrics in half with right sides together.

Step 5. Prepare templates using pattern pieces given. Trace around the flower pattern piece on the wrong side of the layered fabric to make five lavender and four each rose, blue and yellow double-layer flowers, leaving $\frac{1}{2}$ " between traced lines.

Step 6. Cut a 1" slit in the center of one layer of each traced flower; pin layers together.

Step 7. Stitch on the marked line around each pinned flower shape as shown in Figure 1.

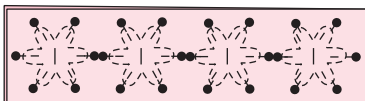


Figure 1
Stitch on the marked line around each pinned flower shape.

Step 8. Cut out flower shapes $\frac{1}{8}$ "– $\frac{1}{4}$ " outside the stitched lines as shown in Figure 2; clip curves and indented points as shown in Figure 3.

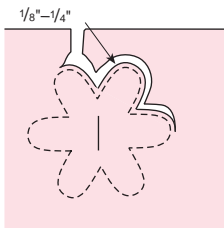


Figure 2
Cut out flower shapes $\frac{1}{8}$ "– $\frac{1}{4}$ " outside the stitched lines.



Figure 3
Clip curves and indented points.

Step 9. Turn shapes right side out through slits; smooth curves and indents and press flat.

Step 10. Trace and complete 17 flower centers

and 26 leaves from green print as in Steps 4–9 for making flowers, cutting a $\frac{3}{4}$ " slit in each flower center and leaving the straight end of each leaf unstitched for turning.

Step 11. Cut thirteen $4\frac{1}{2}$ " pieces each green double-fold bias tape and $\frac{1}{4}$ "-wide iron-on adhesive.

Step 12. Unfold one edge of each piece of bias tape; fold under raw end $\frac{1}{4}$ " as shown in Figure 4. Refold on original lines. Iron a piece of $\frac{1}{4}$ "-wide iron-on adhesive to the wrong side of each piece; remove paper backing.

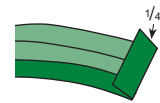


Figure 4
Unfold 1 end of each piece of bias tape; fold under raw edge $\frac{1}{4}$ ".

Step 13. Trace 34 flower center circles onto the paper side of the iron-on adhesive; cut out on traced lines.

Step 14. Fuse one iron-on adhesive circle over the slit cut in each fabric flower center. Repeat on the slit side of each fabric flower.

Step 15. Remove the paper circle from the fabric flower center and center on the unfused side of the flowers; fuse in place.

Step 16. Pin two leaves with raw edges overlapping each other 1" from the bottom edge and approximately $2\frac{1}{2}$ " from each side edge of a background square, using center creases as guides.

Step 17. Center one piece of bias tape over the leaves with the finished edge $\frac{7}{8}$ " from the bottom edge of the square as shown in Figure 5; fuse in place.

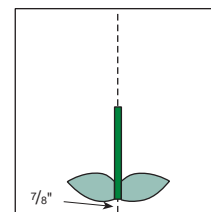


Figure 5
Center 1 piece of bias tape over the leaves with the finished edge $\frac{7}{8}$ " from the bottom edge of the square.

Step 18. Using all-purpose thread to match bias

Patchwork Posies

tape, machine-stitch close to the edge on both sides and across the bottom of the bias tape.

Step 19. Remove the paper circle from the wrong side of each flower shape.

Step 20. Center a flower over the bias tape stem approximately 1" from the top edge of the block; remove paper backing from the backside and fuse in place.

Step 21. Machine-stitch around flower center to hold in place as in Step 18 to complete one block; repeat for 13 blocks.

Step 22. Cut four 5½" x 5½" squares white-on-white print for A. Referring to Figure 6, center a flower motif on each A square and stitch in place as in Step 20; repeat for four A squares.



Figure 6
Center a flower motif on an A square.

Quilt Top Construction

Step 1. Cut seven 3" by fabric width strips each navy solid and white-on-white print. Subcut two white-on-white print strips into 3" square segments for B; you will need 24 B squares.

Step 2. Sew a white-on-white print strip between two navy solid strips with right sides together along length to make a C strip set; press seams toward navy solid strips. Repeat for three C strip sets.

Step 3. Sew a navy solid strip between two white-on-white print strips with right sides together along length to make a D strip set; press seams toward navy solid strips.

Step 4. Subcut C and D strip sets into 3" segments as shown in Figure 7. You will need 40 C and four D units.

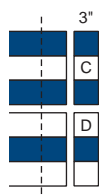


Figure 7
Subcut C and D strip sets into 3" segments.

Step 5. Join three Posy blocks with four C units to make an X row as shown in Figure 8; press seams toward blocks. Repeat for three X rows referring to the Placement Diagram for positioning of flowers.

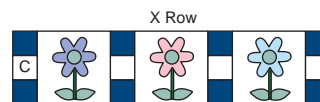


Figure 8
Join 3 Posy blocks with 4 C units to make an X row.

Step 6. Join one D and two C units to complete a Nine-Patch block as shown in Figure 9; repeat for four Nine-Patch blocks. Press seams in one direction.



Figure 9
Join 1 D and 2 C units to complete a Nine-Patch block.

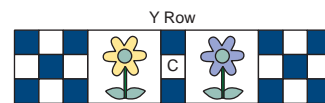


Figure 10
Join 2 Posy blocks with 2 Nine-Patch blocks and 1 C unit to complete a Y row.

Step 7. Join two Posy blocks with two Nine-Patch blocks and one C unit to complete a Y row as shown in Figure 10; repeat for two Y rows referring to the Placement Diagram for positioning of flowers. Press seams toward blocks.

Step 8. Join four B squares with three C units to complete a sashing row as shown in Figure 11; repeat for six sashing rows. Press seams away from B.



Figure 11
Join 4 B squares with 3 C units to complete a sashing row.

Step 9. Referring to Figure 12, join the X and Y rows with the sashing rows to complete the pieced center; press seams open.

Step 10. Using the strips cut in Step 3 of Making Posy Blocks, sew one strip of each fabric with right sides together

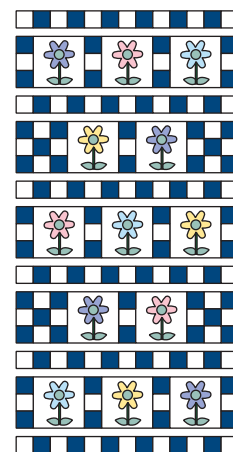


Figure 12
Join the X and Y rows with the sashing rows to complete the pieced center.

along length to make a strip set as shown in Figure 13; repeat for three strip sets.

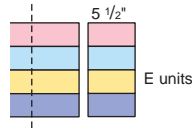


Figure 13

Subcut the strip sets into 5½" segments to make E units.

Step 11. Subcut the strip sets into 5½" segments to make E units, again referring to Figure 13; you will need 20 E units.

Step 12. Join six E units, removing segments from ends as shown in Figure 14 to make a side border strip; press seams in one direction. Repeat for two side border strips. Sew a strip to opposite long sides of the completed center referring to the Placement Diagram for positioning of strips; press seams toward strips.

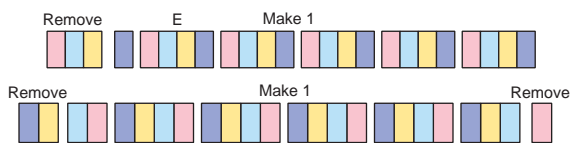


Figure 14

Join E units to make side border strips.

Step 13. Join four E units, removing segments from ends as shown in Figure 15 to make a top border strip; repeat for bottom border strip, again referring to Figure 15. Press seams in one direction. Sew an A square to each end of each strip referring to the Placement Diagram for positioning of flowers. Sew the strips to the top and bottom of the completed center referring to the Placement Diagram to complete the top; press seams toward strips.

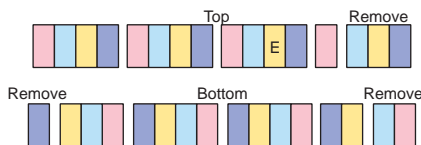


Figure 15

Join E units to make top and bottom border strips.

Finishing the Quilt

Step 1. Sandwich batting between the completed top and prepared backing piece; pin or baste

layers together to hold flat for quilting.

Step 2. Quilt as desired by hand or machine.

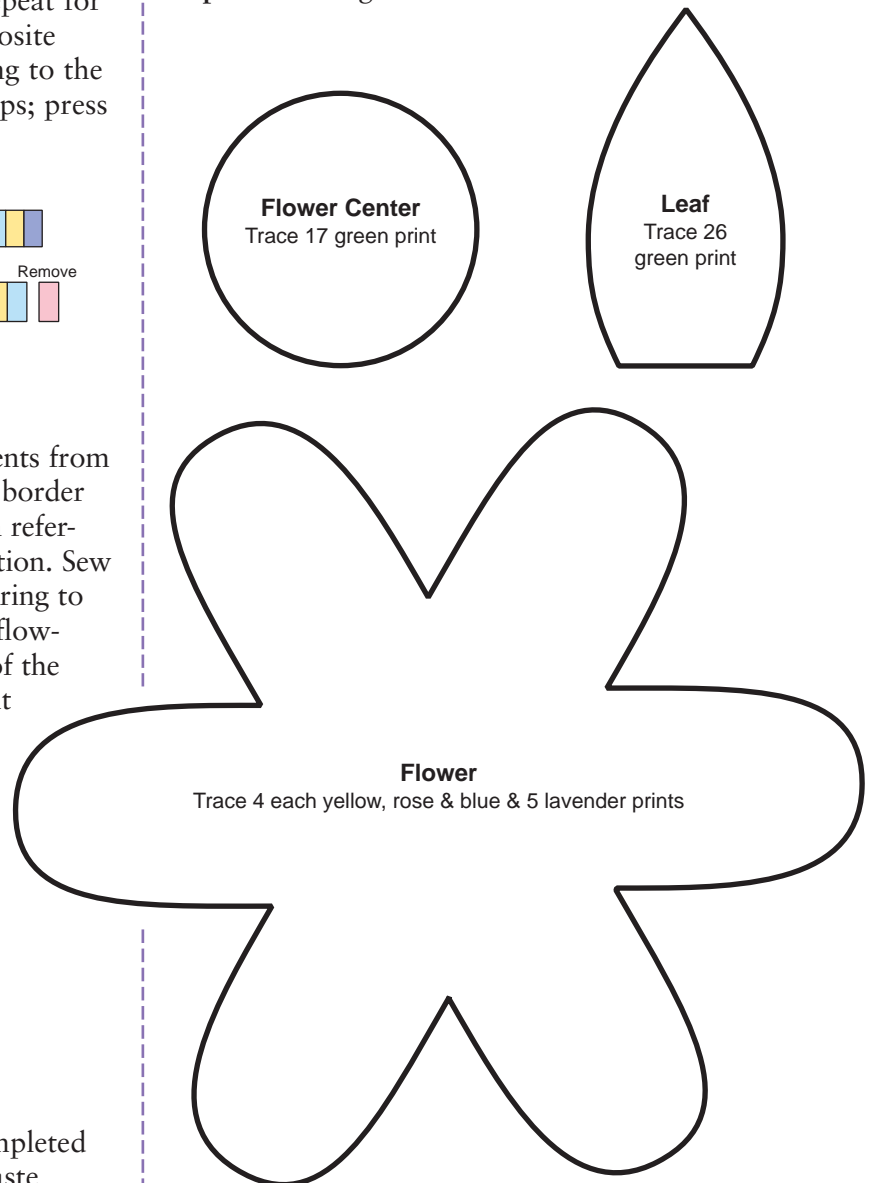
Note: The quilt shown was hand-quilted ¼" from seams in all Posy blocks and ¼" from border seam using white hand-quilting thread.

Step 3. When quilting is complete, trim batting and backing even with quilted top; remove pins or basting.

Step 4. Cut six 2¼" by fabric width strips green print. Join strips on short ends to make one long strip for binding.

Step 5. Fold the binding strip in half along length with wrong sides together; press.

Step 6. Bind edges to finish. ❖

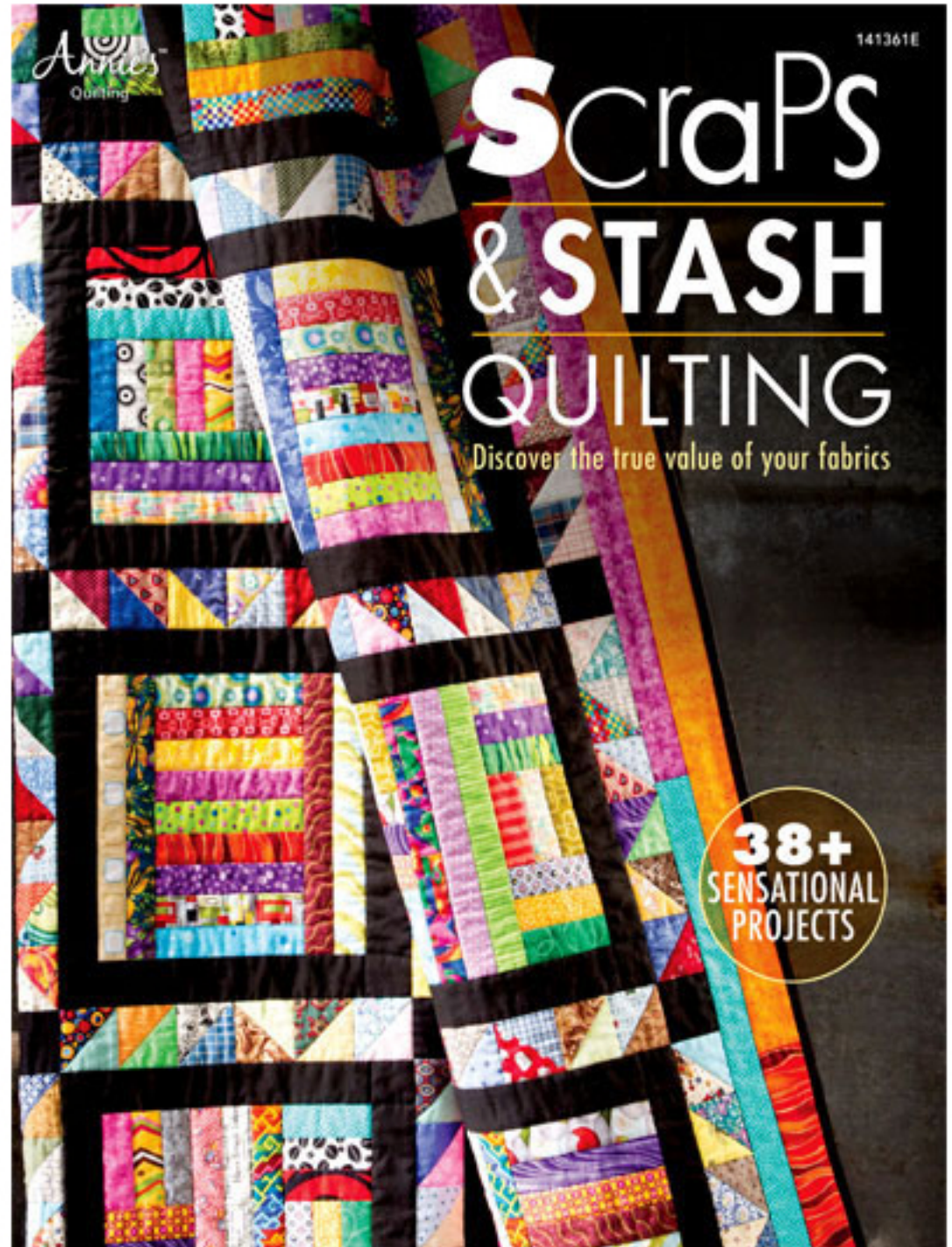


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