

# Week 3

## STAR 1



### UNFINISHED SIZE

6½in (16.5cm) square

### TECHNIQUE

Four-in-One Half Square Triangles  
(see page 20)

### WHAT YOU NEED

- ▶ Two 4¼in (11cm) squares in WW
- ▶ One 4¼in (11cm) square in Fab C
- ▶ One 2½in (6.5cm) square in Fab H
- ▶ One 4¼in (11cm) square in Fab H

A



B



**1.** Following the technique on page 20, make up a set (four squares) of Half Square Triangles with one 4¼in (11cm) WW square and the 4¼in (11cm) Fab C square, and a set (four squares) of Half Square Triangles with the other 4¼in (11cm) WW square and the 4¼in (11cm) Fab H square. Trim the Half Square Triangles to 2½in (6.5cm) – see **Fig. A**.

**2.** Assemble the units in three rows:

**Rows 1 and 3:** Stitch a WW/Fab C unit either side of a WW/Fab H unit, with Fab C in the outer corners.

**Row 2:** Stitch a WW/Fab H unit either side of the 2½in (6.5cm) Fab H square (**Fig. B**).

**3.** Stitch the three rows together to complete the block.

# Week 9

## CENTRE PANEL 1



**1.** Trace the template onto fabric adhesive sheets. Following the Raw Edge Appliqué technique on page 38, prepare and cut out your heart appliqué shapes using the 9 x 2in (23 x 5cm) Fab F strip. Centre each heart on a Fab D square. Decide which appliqué stitch you wish to use (we used zigzag stitch) and sew all around each individual heart, making six units in total.

**2.** Add 3 x 1¼in (8 x 3.5cm) WW strips to the left- and right-hand sides of each appliqué unit. Group the six units into two sets, one with three hearts the right way up and one with three hearts upside down. Add a 4½ x 2in (11.5 x 5cm) WW strip to the top edge of three of the right way up hearts and a 4½ x 2in (11.5 x 5cm) WW strip to the bottom edge of two upside down hearts (**Fig. A**).

**3.** Arrange the six units as shown in the photograph of the finished block, left – the three upside-down heart units at the top, and the right-way-round heart units at the bottom. Note the right-way-round heart unit with only the side strips should be at the very bottom, and the upside-down heart with only the side strips should sit above the top right-way-round heart. Sew the units together. Finish the block by stitching a 4½ x 1¼in (11.5 x 3.5cm) strip to the top and bottom ends.

### UNFINISHED SIZE

24½ x 4½in (62.5 x 11.5cm)

### TECHNIQUE

Raw Edge Appliqué  
(see page 38)

### WHAT YOU NEED

- ▶ Fabric adhesive sheets
- ▶ Template (see page 169)
- ▶ Five 4½ x 2in (11.5 x 5cm) strips in WW
- ▶ Two 4½ x 1¼in (11.5 x 3.5cm) strips in WW
- ▶ Twelve 3 x 1¼in (8 x 3.5cm) strips in WW
- ▶ Six 3in (8cm) squares in Fab D
- ▶ One 9 x 2in (23 x 5cm) strip in Fab F



# Week 24

## TALL FLOWER 2



### UNFINISHED SIZE

18½ x 6½in (47 x 16.5cm)

### TECHNIQUES

Appliqué with Interfacing  
(see page 42)

Bias & Straight Strips  
(see page 45)

### WHAT YOU NEED

- ▶ Template (see page 174)
- ▶ Four 2in (5cm) squares in WW
- ▶ Two 6½in (16.5cm) squares in WW
- ▶ Two 6½ x 2in (16.5 x 5cm) strips in Fab A
- ▶ Two 3½ x 2in (9 x 5cm) strips in Fab A
- ▶ One 12½ x 1in (32 x 2.5cm) strip in Fab B
- ▶ Two 9½ x 1½in (23 x 4cm) strips in Fab B
- ▶ Two 9½ x 1½in (23 x 4cm) strips in Fab C
- ▶ One 3½in (9cm) square in Fab G
- ▶ Two 9 x 2¼in (23 x 6cm) strips of iron-on or sew-in interfacing



**1.** Start by drawing a diagonal line on the WS of the four 2in (5cm) WW squares. Position two of these at either end of a 6½ x 2in (16.5 x 5cm) Fab A strip, RS facing, with the WW triangles on the top outer corners and ensuring the diagonals run from top centre to bottom outer. Stitch along the diagonals, trim the seam allowance to ¼in (5mm) then press. Repeat to make a second identical unit.

**2.** Stitch the 3½ x 2in (9 x 5cm) Fab A strips to the top and bottom of the 3½in (9cm) Fab G square. Stitch the units made in Step 1 to each side of the Fab G square unit, with the WW triangles on the outer corners (**Fig. A**).

**3.** To make the leaves, first stitch the 9½ x 1½in (23 x 4in) Fab B and Fab C strips together along their length then press the seams open. Transfer the template onto the interfacing. Following the technique on page 42, create four identical leaf shapes (**Fig. B**).

**4.** Following the technique on page 45, make a straight stem with the 12½ x 1in (32 x 2.5cm) Fab B strip.

**5.** Join the two 6½in (16.5cm) WW squares. Top-stitch the stem piece from Step 4 over the seam of the joined WW squares. Position the leaves either side of the stem, two leaves sitting 1in (2.5cm) above the middle seam line and the two remaining leaves sitting 1¼in (4cm) above the bottom edge of the bottom WW square. The top point on each leaf should be placed ¾in (2cm) in from the outer edges. Pin or glue the leaves temporarily in place, then appliqué to the WW background by hand or machine – we secured ours with top-stitching (**Fig. C**). Finally, join the flowerhead unit to the top WW square to complete the block.

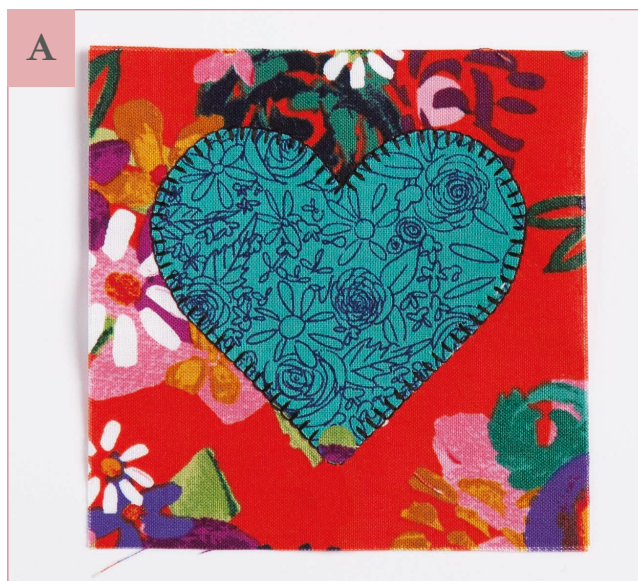


**1.** Using the template provided and Fab B square, and following Steps 1 and 2 of the Raw Edge Appliqué technique on page 38, prepare the heart-shaped appliqué. Centre the heart over the  $3\frac{1}{2}$ in (9cm) Fab A square, iron it in place then appliqué around the edge by machine or hand – we stitched blanket stitch all around by machine (**Fig. A**).

**2.** Following the Four-in-One Flying Geese technique on page 27, make four Flying Geese units with the  $4\frac{1}{2}$ in (11.5cm) Fab A square and  $2\frac{5}{8}$ in (7cm) WW squares – these will be  $3\frac{1}{2}$  x 2in (9 x 5cm) units when trimmed. Join a 2in (5cm) square to the right side of one Flying Geese unit (**Fig. B**); repeat with the remaining units.

**3.** To assemble this block, we'll be sewing a partial seam to start. With RS facing, match the top edge of the centre heart unit to the bottom-right corner of a unit made in Step 2; the left side of the Flying Geese unit will stick out to the left of the centre heart unit (**Fig. C**). Starting in the middle of the centre heart unit, stitch the seam towards the right-hand corner only. Press the Step 2 unit and remaining seams away from the centre heart.

**4.** Add a second Step 2 unit to the right-hand side of this centre unit, this time stitching along the full length of the centre unit and to the very end of the Step 2 unit. Add the remaining two Step 2 units in the same way. To finish the block, complete the stitching on the partial seam we left unsewn.





# Week 42

## STAR 8



### UNFINISHED SIZE

6½in (16.5cm) square

### TECHNIQUES

Single Half Square Triangle  
(see page 19)

Split Half Square Triangles  
(see page 22)

Square within a Square – Method 2  
(see page 34)

### WHAT YOU NEED

- ▶ Four 2½in (7cm) squares in WW
- ▶ Four 2½in (6.5cm) squares in WW
- ▶ Two 2½in (7cm) squares in Fab A
- ▶ One 1½in (5cm) square in Fab A – cut in half across the diagonal and discard one piece
- ▶ One 2in (5cm) square in Fab B
- ▶ One 1½in (5cm) square in Fab C – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab C
- ▶ One 1½in (5cm) square in D – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab D
- ▶ One 1½in (5cm) squares in Fab E – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab E

# Week 49

## CENTRE PANEL 2



### UNFINISHED SIZE

24½ x 8½in (62.5 x 21.5cm)

### TECHNIQUE

Raw Edge Appliqué  
(see page 38)

### WHAT YOU NEED

- ▶ Fabric adhesive sheets
- ▶ Templates and placement diagram (see page 176)
- ▶ One 24½ x 8½in (62.5 x 21.5cm) strip in WW
- ▶ Scraps of Fab A, Fab B, Fab F and Fab G
- ▶ Sew-in interfacing or very thin paper, for satin stitching

**1.** Following Steps 1 and 2 of the technique on page 38, prepare your appliqué shapes and fabrics as follows: 10 large petals (Fab A), four flower centres (Fab G), six small petals (Fab A), four large leaves (Fab B), six small leaves (Fab B), and four heart-shaped buds (Fab F). Note that you do not need to add a seam allowance to these shapes.

**2.** Referring to the placement diagram on page 176, mark the stem and appliqué positions on the 18½ x 6½in (47 x 16.5cm) WW strip. Note: the two flower designs are exactly the same; it's just each one starts from either end of the WW fabric.

**3.** Place pieces of interfacing or thin paper on the WS of the WW fabric, behind where the stems sit, and pin or baste/tack in place. Following the marked lines, sew satin stitch (narrow zigzag stitch) along the shorter stems first, followed by the longer stems. Gently remove the interfacing or thin paper either side of the satin stitching.

**4.** Referring to the photograph of the finished block, left, to help with order of placement, and following Steps 3 and 4 of the technique on page 38, fuse the appliqué leaves, flowers and hearts over the stems. Secure around the outer edges with zigzag stitch to finish.



**WEEK 26: SMALL FLOWER 4**  
(see page 96)  
- cut 1

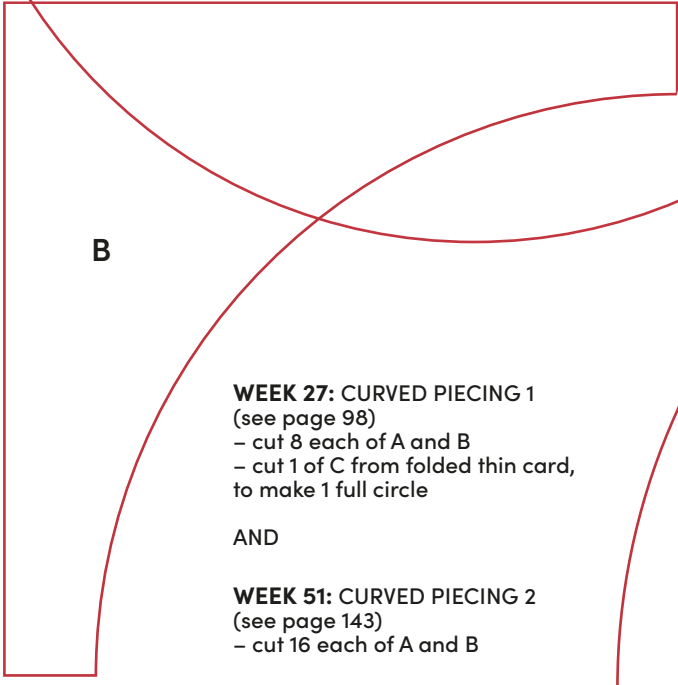


**WEEK 22: TALL BIRD 1**  
(see page 88)  
- cut 5 of each template



PLACE DASHED LINE ALONG FOLD

**C**

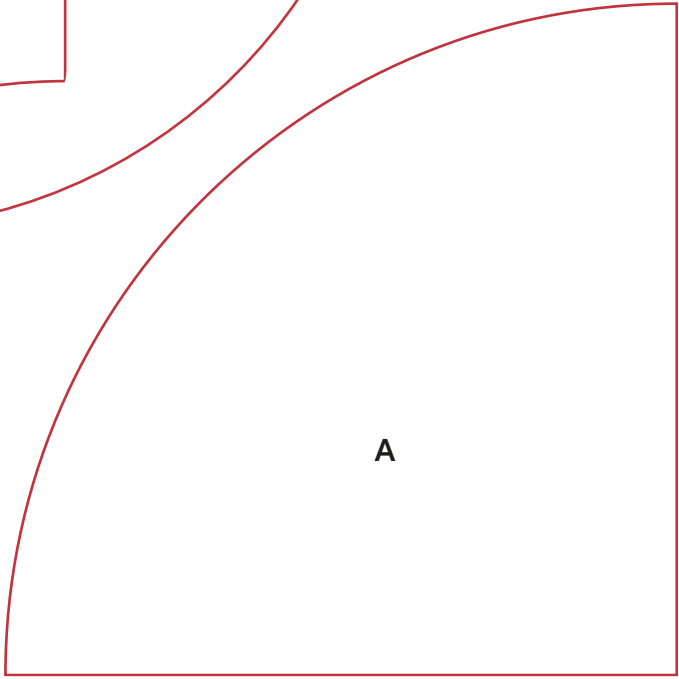


**B**

**WEEK 27: CURVED PIECING 1**  
(see page 98)  
- cut 8 each of A and B  
- cut 1 of C from folded thin card,  
to make 1 full circle

AND

**WEEK 51: CURVED PIECING 2**  
(see page 143)  
- cut 16 each of A and B



**A**