



Simple Simon and Company

www.simplesimonandco.com

@simplesimonandco

"What I make with my hands, I give from my heart."

Tips for Quilting:

- *There are no quilting police
- *Find your own right way to quilt
- *Enjoy the process

Pressing

At Simple Simon we like to say that better pressing equals better quilting. And we really believe it. Good pressing makes a quilt look better and makes your blocks more uniform.

- *When pressing, always press on the wrong side of your fabric.
- *Decide how you want to press your seams--open, to one side, "nesting your seams"
- *Before cutting any fabric for your next project iron it first.

Cutting your fabric

Use a rotary cutter, quilting ruler and a cutting mat to cut your fabric accurately.

Seam Allowances

In quilting seam allowances are standard at "scant" $\frac{1}{4}$ ". This is a strong seam for small piecing and well worth the extra time to get it right. Use your ruler to get a $\frac{1}{4}$ " seam allowance. Also making sure that all your seams are accurate is an important part of quilting.

Chain Piecing

One of the first techniques every new quilter should learn is chain piecing. Chain piecing is when you sew your pieces together with one continuous length of thread without stopping in between pieces. It makes sewing a quilt much faster!

Basting a Quilt

The term baste in quilting means to temporarily hold the three layers (the quilt top, the batting and the quilt backing) in place until the quilt can be quilted. There are several methods to baste a quilt: pin basting, spray basting or hand basting. Keep in mind if you are sending your quilt to a long-arm quilter, you do not need to baste your own quilt.

"A quilt doesn't have to be perfect to be beautiful."

Shoo-Fly Quilt Block

Makes a 14" square block

Materials:

1 Fat Quarter for each quilt block

Scissors

Rotary Cutter

Quilting Ruler

Cutting Mat

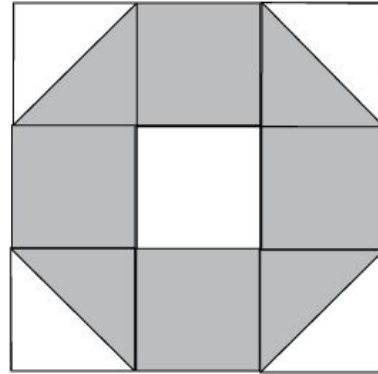
Thread

Sewing Machine

Fabric Marker

Cutting:

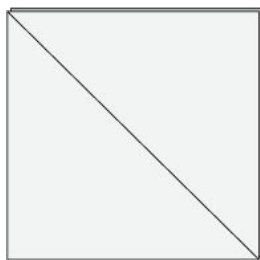
- 2 white squares $5 \frac{7}{8}$ "
- 2 fabric squares $5 \frac{7}{8}$ "
- 1 white square 5"
- 4 fabric squares 5"



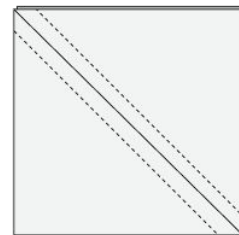
Step 1: Make Four Half-Square Triangle Quilt Blocks.

Take your two $5 \frac{7}{8}$ " white squares and fabric squares and place them right sides together (one white, one fabric).

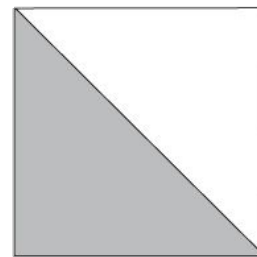
Using your fabric marker, draw a line down from the top left corner to the bottom right corner at a diagonal.



Then stitch using a "scant" $\frac{1}{4}$ inch seam allowance on the left side of your diagonal line as well as to the right.

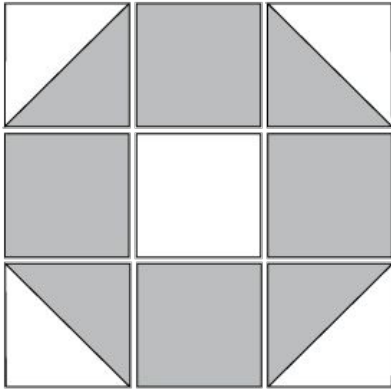


Next cut your two HST blocks apart and press them with the seams facing the darker fabrics.

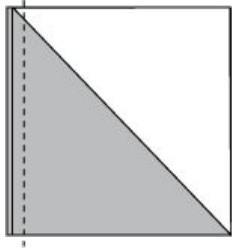


Trim each HST block to 5 inches square.

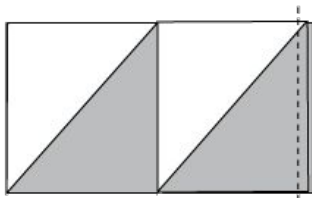
Step 2: Layout your quilt block according to the diagram below.



Step 3: Stitch row one together by laying the first HST block on top of the main fabric square and stitch using a 'scant' 1/4" seam allowance.



Step 4: Repeat step 3 for the third square in row 3.



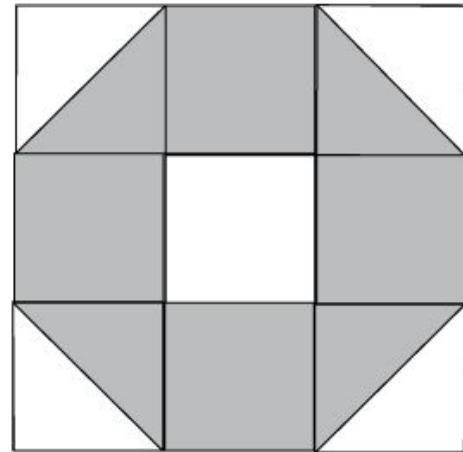
Step 5: Repeat steps 3 & 4 for the second and third row.

Step 6: Now it's time to press the seams in your rows. The top and bottom row will be pressed toward the INSIDE of your block. The middle row seams will be pressed toward the OUTSIDE of your block. This will allow your seams when sewing the rows together to "nest" together better and have better corners in your quilt block.

Step 7: Now pin the seams and sew rows 1 and row 2 together.

Step: Repeat step 7 for your third row and press all seams either up or down (personal preference).

And you are done!



"Take your needle, my child, and work at your pattern--it will come out a rose by and by. Life is like that...one stitch at a time, taken patiently." - Oliver Wendell Holmes

"Those who sleep under a quilt, sleep under a blanket of love."