Project: Sweet Nosegay

DESIGNER: KIM DIEHL

Soft pastel florals and olive green and lavender prints
welcome spring in the simple appliqué quilt.

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Materials

- 12—9×22" pieces (fat eighths) assorted pastel florals (appliqués, binding)
- 2—6½" squares cream print (appliqué foundations)
- 2—6½" squares tan print (appliqué foundations)
- 9×22" piece (fat eighth) olive green print (stem appliqués)
- Scraps of assorted green prints (leaf appliqués)
- 18×22" piece (fat quarter) dark lavender print (inner border)
- 18×22" piece (fat quarter) light lavender print (outer border)
- 27" square backing fabric
- 27" square batting
- 24 assorted ⅜"- to ½"-diameter buttons
- Embroidery floss: olive green
- Freezer paper
- Fabric glue stick
- Liquid basting glue
- Monofilament thread

Finished quilt: 20½" square
Finished block: 6" square

Quantities are for 44/45"-wide, 100% cotton fabrics.
Measurements include ¼" seam allowances. Sew with right sides together unless otherwise stated.

Cut Fabrics

Cut pieces in the order that follows. Pattern pieces are on *page 8*.

The instructions that follow use a freezer-paper method for appliquéing. If you prefer, choose your favorite method of appliqué.

1. Lay freezer paper, shiny side down, over patterns. Use a pencil to trace each pattern the number of times indicated in cutting instructions. Cut out freezer-paper shapes on drawn lines.

2. Place small amount of fabric glue on matte side of freezer-paper shapes and anchor them to backs of designated fabrics, leaving ½" between shapes. Position shapes with curves on the diagonal, as bias edges are easier to manipulate than straight-grain edges.

3. Cut out fabric shapes about ¼" beyond freezer-paper edges. (Note: It is not necessary to add ¼" seam allowance to the straight edge of Pattern C.) Clip curves as necessary.

4. Use the point of a hot, dry iron to press the seam allowances under and onto the shiny side of the freezer paper. Let cool.

From *each* assorted pastel floral, cut:
- 2 of Pattern C
- 1 of Pattern A

From assorted pastel florals, cut:
- Enough 2½"-wide strips in varying lengths to total 88" in length for binding

From olive green print, cut:
- 4—1×6" strips
- 8—1×4¾" strips

From scraps of assorted green prints, cut:
- 4 *each* of patterns B and B reversed

From dark lavender print, cut:
- 4—2½×12½" inner border strips
- 4—2½" squares

From light lavender print, cut:
- 4—2½×12½" outer border strips
- 4—4½" squares

Prepare Stem Appliqués

1. Fold an olive green print 1×6" strip in half lengthwise with wrong side inside; press. Stitching a scant ¼" from edges, sew together long edges **(Diagram 1)**. Trim seam allowance to ⅛". Refold strip, centering seam in back to make a long stem appliqué; press.

2. Repeat Step 1 with the remaining olive green print 1×6" strips and the eight 1×4¾" strips to make four long stem appliqués and eight short stem appliqués.

3. Turn one end of each stem appliqué under ¼" and secure with basting glue. To firmly secure fold, use tip of hot, dry iron to heat-set glue.

Appliqué Blocks

1. Fold each cream and tan print 6½" square in half diagonally once. Lightly finger-press each fold to create foundation squares with appliqué placement guidelines; unfold.

2. Referring to **Appliqué Placement Diagram,** lay out appliqués on one foundation square. Tuck raw edges of stem appliqués under flower appliqués. Hand-baste in place or use liquid basting glue to secure temporarily.

3. Using monofilament thread in needle and neutral-color thread in bobbin, machine-zigzag-stitch appliqués to make one appliqué block. With embroidery scissors, carefully trim away foundation fabric from under appliqués, leaving ¼" seam allowance. Carefully peel away freezer paper and discard.

4. Repeat steps 2 and 3 to make four appliquéd blocks total.

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Assemble Quilt Center

Referring to **Diagram 2** for placement, sew together blocks in pairs. Press seams in opposite directions. Then join pairs to make quilt center. Press seam in one direction. The quilt center should be 12½" square including seam allowances.

Assemble And Add Border

1. Use a quilter's pencil to mark a diagonal line on wrong side of dark lavender print 2½" squares. (To prevent fabric from stretching as you draw the lines, place 220-grit sandpaper under the squares.)

2. Align a marked dark lavender print square with one corner of a light lavender print 4½" square (**Diagram 3;** note placement of marked line). Stitch on marked line; trim excess fabric, leaving ¼" seam allowance. Press attached triangle open to make a corner unit. Repeat to make four corner units total.

3. Referring to **Quilt Assembly Diagram,** join a dark lavender print 2½×12½" strip and a light lavender print 2½×12½" strip to make a pieced border strip. Press seam toward dark lavender print. Repeat to make four pieced border strips total.

4. Fold border strips in half crosswise and finger-press a center crease.

5. Position six assorted pastel floral C appliqués (three on either side of center crease) onto a pieced border strip, aligning raw edges with dark lavender print raw edge and leaving a ¼" seam allowance at each end of the pieced border. Baste in place. Machine-zigzag-stitch appliqués in place as previously done to make an appliquéd border strip. Remove freezer paper as previously done. Repeat to make four appliquéd border strips total.

6. Referring to **Quilt Assembly Diagram,** join two appliquéd border strips to opposite edges of quilt center. Press seams toward quilt center.

7. Referring to **Quilt Assembly Diagram,** sew corner units to ends of each remaining appliquéd border strip, noting placement of triangles. Press seams toward corner units. Sew these strips to remaining edges of quilt center to complete quilt top. Press seams toward quilt center.

Embroider Quilt Top

Using two strands of olive green embroidery floss, stitch 12 to 14 French knots in center of each appliquéd flower.

To make a French knot, pull floss through at A (**French Knot Diagram**). Wrap floss around needle two or three times without twisting the floss. Insert tip of needle into fabric at B, 1⁄16" away from A. Gently push wraps down the needle to meet fabric. Pull needle and trailing floss through fabric slowly and smoothly.

Finish Quilt

1. Layer quilt top, batting, and backing.

2. Quilt as desired. Designer Kim Diehl hand-quilted diagonal lines radiating out from the quilt center at ¾" intervals and outlined all of the appliqués to emphasize their shapes. She quilted ¼" inside the border appliqués and stitched a cable design on the outer border.

3. Piece assorted pastel 2½"-wide strips to make a binding strip.

4. Use 88"-long binding strip to bind quilt.

5. Referring to photograph on *page 4* for placement, sew on 24 assorted buttons.
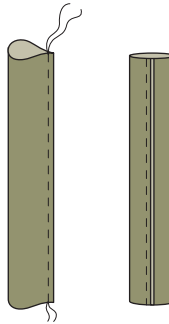
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Diagram 1

Diagram 2

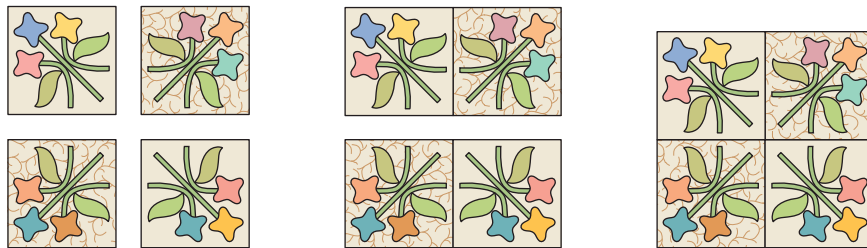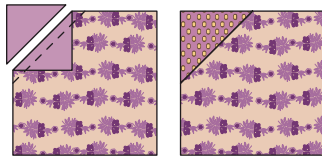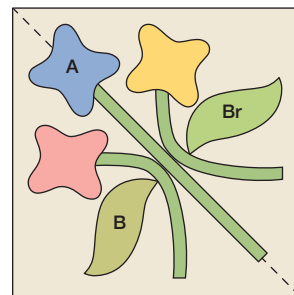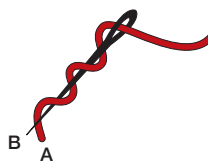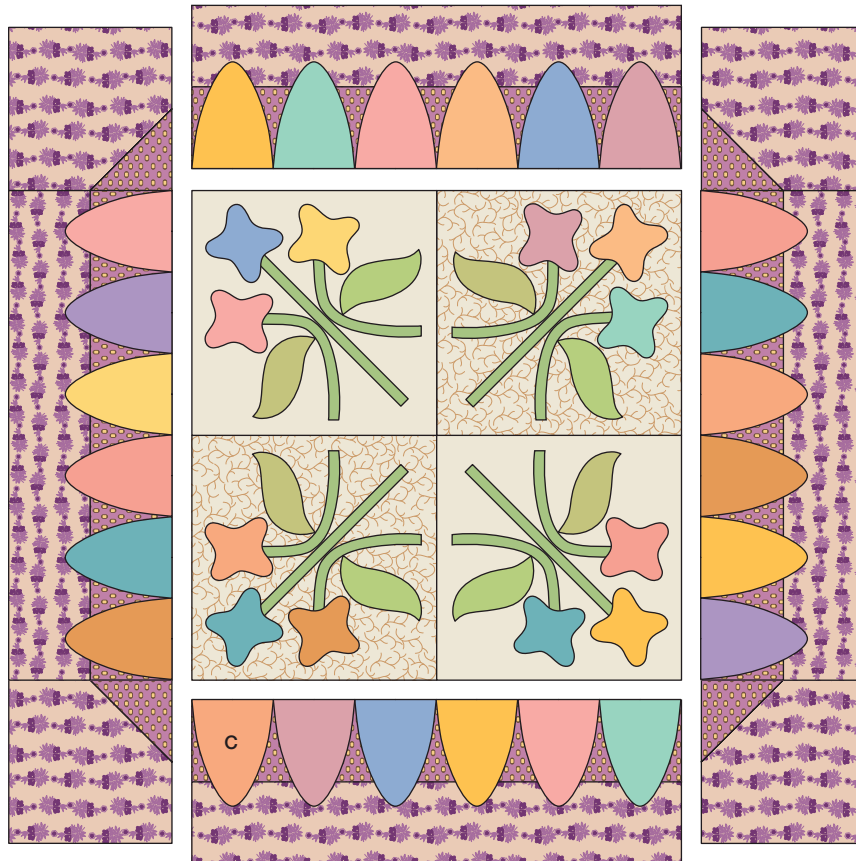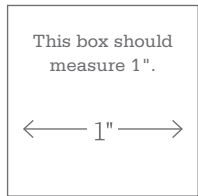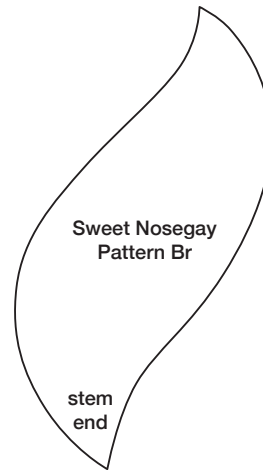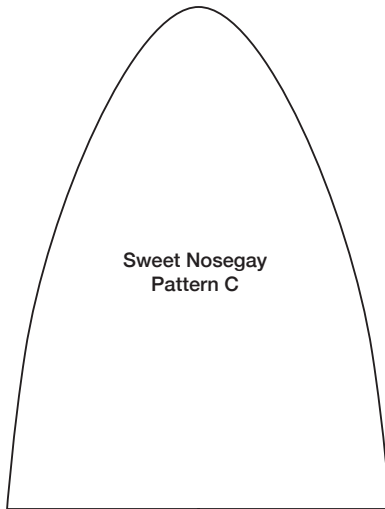Diagram 3

Appliqué Placement Diagram

French Knot

Quilt Assembly Diagram

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Sweet Nosegay
Pattern A

Sweet Nosegay
Pattern B

stem
end

Sweet Nosegay
Pattern C

Sweet Nosegay
Pattern Br

stem
end

This box should
measure 1".

←——— 1" ———→
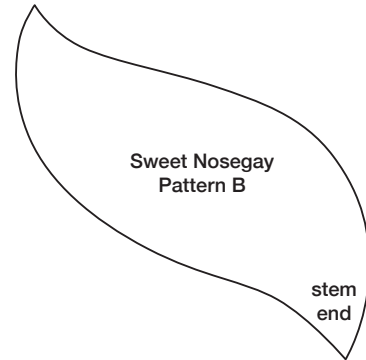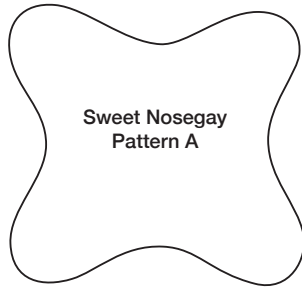
✳ NOTE:

When printing a
downloadable pdf, set Page
Scaling preference to NONE
to print patterns at 100%.
Do NOT "Shrink to Fit"
or "Fit to Printable Area."

Make and Use Templates

Make Templates

A template is a pattern made from extra-sturdy material so you can trace around it many times without wearing away the edges. Acrylic templates for many common shapes are available at quilt shops. Or you can make your own by duplicating printed patterns on template plastic.

To make permanent templates, purchase easy-to-cut template plastic, available at quilt shops and crafts supply stores. Lay the plastic over a printed pattern. Trace the pattern onto the plastic using a ruler and a permanent marker to ensure straight lines, accurate corners, and permanency.

For hand piecing and appliqué, make templates the exact size finished pieces will be (without seam allowances). For piecing, this means tracing the patterns' dashed lines.

For machine piecing, make templates that include seam allowances by tracing the patterns' solid and dashed lines onto the template plastic.

For easy reference, mark each template with its letter designation, grain line (if noted on the pattern), and block name. Cut out the traced shapes on their outside lines. Verify each template's shape and size by placing it over its printed pattern. Templates must be accurate; errors, however small, will compound many times as you assemble a quilt. To check templates' accuracy, make a test block before cutting the fabric pieces for an entire quilt.

Use Templates

To mark on fabric, use a pencil, white dressmaker's pencil, chalk, or a special fabric marker that makes a thin, accurate line. Do not use a ballpoint or ink pen; it may bleed if washed. Test all marking tools on a fabric scrap before using them.

To make pieces for hand piecing or appliqué, place a template facedown on the wrong side of the fabric and trace. Then reposition the template at least ½" away from the previous tracing (Diagram 1), trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines ¼" away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a ¼" seam allowance; for hand appliqué, add a ³⁄₁₆" seam allowance.

Because templates used to make pieces for machine piecing have seam allowances included, you can use common tracing lines for efficient cutting. Place a template facedown on the wrong side of the fabric and trace. Then reposition the template without a space between it and the previous tracing (Diagram 2); trace again and repeat. Using a rotary cutter and ruler, cut pieces out, cutting precisely on the drawn lines.
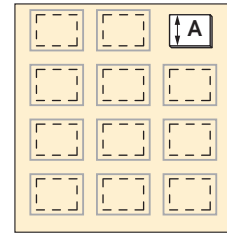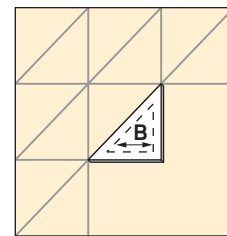

DIAGRAM 1

DIAGRAM 2