

Project: Stars & Stripes

DESIGNER: RENÉE PLAINS OF LIBERTY STAR



Salute America with a needle-turn appliqué eagle and pieced stars in a table topper.

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Materials

- 18×22" piece (fat quarter) of red stripe for appliqué foundation
- Scraps of assorted brown, navy blue, white, and gold prints and stripes for eagle and shield appliqués
- Scraps of assorted green and pink prints for stem, leaf, and berry appliqués
- 9×22" piece (fat eighth) of cream print for blocks
- ¼ yard of blue print No. 1 for blocks and binding
- 2—9×22" pieces (fat eighths) of blue prints for blocks
- 9×22" piece (fat eighth) of tan print for setting triangles and corner triangles
- 9×22" piece (fat eighth) of brown print for setting triangles and corner triangles
- ¾ yard of backing fabric
- 23×27" of quilt batting
- Embroidery floss: green and cream

Finished quilt top: 17×21"

Finished block: 4" square

Quantities specified for 44/45"-wide, 100% cotton fabrics.

All measurements include a ¼" seam allowance. Sew with right sides together unless otherwise stated.

Cut Fabrics

To make the best use of your fabrics, cut the pieces in the order that follows. The appliqué patterns are on page 5. To make templates of the patterns, follow the instructions in "Make and Use Templates" on page 6. Be sure to add a ⅜" seam allowance when cutting out appliqué pieces.

From red stripe, cut:

- 1—11×18½" rectangle for appliqué foundation

From brown print scraps, cut:

- 1 each of patterns A, B, C, D, and E

From navy blue print scrap, cut:

- 1 of Pattern F

From white stripe scrap, cut:

- 1 of Pattern G

From gold print scrap, cut:

- 1 of Pattern H

From green print scraps, cut:

- 2—1×8" bias strips
- 2 each of patterns I, J, K, and L

From pink print scrap, cut:

- 8 of Pattern M

From cream print, cut:

- 24—1½×2½" rectangles
- 24—1½" squares

From blue print No. 1, cut:

- 4—2¼×22" binding strips
- 2—2½" squares
- 16—1½" squares

From each remaining blue print, cut:

- 2—2½" squares
- 16—1½" squares

From tan print, cut:

- 1—7" square, cutting it diagonally twice in an X for a total of 4 setting triangles
- 2—4" squares, cutting each in half diagonally for a total of 4 corner triangles

From brown print, cut:

- 1—7" square, cutting it diagonally twice in an X for a total of 4 setting triangles
- 2—4" squares, cutting each in half diagonally for a total of 4 corner triangles

Appliqué and Embroider Foundation

1. Fold a green print 1×8" bias strip in half lengthwise with the wrong side inside; press. Stitch a scant ¼" from the long edges (Bias Strip Diagram). Trim the seam allowance to ⅛". Refold the strip, centering the seam in the back, to make a stem appliqué;

press. Repeat to make a second stem appliqué.

2. Referring to the Appliqué Placement Diagram, position the appliqué pieces on the red stripe 11×18½" appliqué foundation. Baste all pieces in place.
3. Appliqué the pieces in place with small blind stitches, turning the edges under with your needle as you work. Work from the bottom layer to the top.
4. Using a quilter's pencil, mark the berry stems on the appliqué foundation. Using three strands of green embroidery floss, stem-stitch the berry stems. To stem-stitch, pull your needle up at A (Stem-Stitch Diagram), then insert it back into the fabric at B, about ⅜" away from A. Holding the floss out of the way, bring your needle back up at C and pull the floss through so it lies flat against the fabric. The distances between points A, B, and C should be equal. Pull gently with equal tautness after each stitch. Continue in the same manner, holding the floss out of the way on the same side every time.

5. Using six strands of cream embroidery floss, add a French knot to the appliqué eagle piece D to make an eye.

To make a French knot, pull your needle up at A (French Knot Diagram), the point where the knot is desired. Wrap the floss around your needle one or two times without twisting it. Insert the tip of your needle into the fabric at B, ⅛" away from A. Gently push the wraps down the needle to meet the fabric. Pull your needle and trailing floss

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through the fabric slowly and smoothly.

6. Trim the red print appliqué foundation to $10\frac{1}{2} \times 17\frac{7}{8}$."

Assemble Star Blocks

1. For one star block, you'll need eight $1\frac{1}{2}$ " squares and one $2\frac{1}{2}$ " square in the same blue print, four cream print $1\frac{1}{2}$ " squares, and four cream print $1\frac{1}{2} \times 2\frac{1}{2}$ " rectangles.
2. For accurate sewing lines, use a quilter's pencil to mark a diagonal line on the wrong side of the eight blue print $1\frac{1}{2}$ " squares. (To prevent your fabric from stretching as you draw the lines, place 220-grit sandpaper under the squares.)
3. Align a marked blue print $1\frac{1}{2}$ " square with one end of a cream print $1\frac{1}{2} \times 2\frac{1}{2}$ " rectangle (**Diagram 1**; note the placement of the marked diagonal line). Stitch on the marked line; trim away the excess fabric, leaving a $\frac{1}{4}$ " seam allowance. Press the attached triangle open.
4. In the same manner, align a second marked blue print $1\frac{1}{2}$ " square with the opposite end of the cream print rectangle (**Diagram 1**, again noting the placement of the marked diagonal line). Stitch on the marked line; trim and press as before to make a Flying Geese unit. The pieced Flying Geese unit should still measure $1\frac{1}{2} \times 2\frac{1}{2}$ ", including the seam allowances.
5. Repeat steps 3 and 4 to make a total of four Flying Geese units.

6. Referring to **Diagram 2** for placement, lay out the four Flying Geese units, the blue print $2\frac{1}{2}$ " square, and the cream print $1\frac{1}{2}$ " squares in three horizontal rows. Sew together the pieces in each row. Press the seam allowances toward the squares. Join the rows to make a star block. Press the seam allowances in one direction. The pieced star block should measure $4\frac{1}{2}$ " square, including the seam allowances.
7. Repeat steps 1 through 6 to make a total of six star blocks.

Assemble Quilt Center

1. Referring to the photograph *page 4*, lay out three star blocks and the four tan print setting triangles in three diagonal rows.
2. Sew together the pieces in each row. Press the seam allowances toward the tan print setting triangles. Then join the rows. Press the seam allowances in one direction.
3. Add the four tan print corner triangles to complete the top star block unit. Press the seam allowances toward the corner triangles. The pieced top star block unit should measure $6\frac{1}{8} \times 17\frac{7}{8}$ ", including the seam allowances.
4. Repeat steps 1 through 3 with the remaining three star blocks, the four brown print setting triangles, and the four brown print corner triangles to make the bottom star block unit.
5. Referring to the photograph, sew the top and bottom star block units to the red stripe

appliqué foundation to make the quilt top. Press the seam allowances toward the appliqué foundation.

Complete Quilt

1. Layer the quilt top, batting, and backing. Quilt as desired.
2. Use the blue print $2\frac{1}{4} \times 22$ " strips to bind the quilt.

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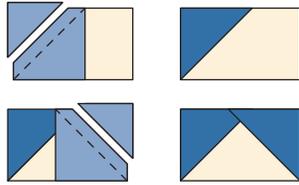


Diagram 1

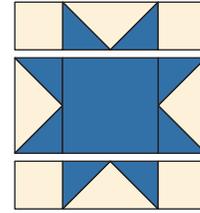
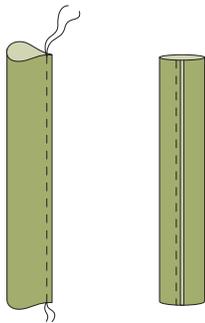
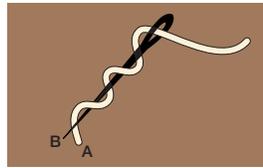


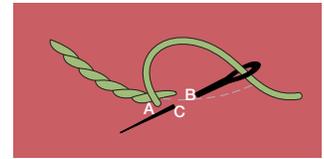
Diagram 2



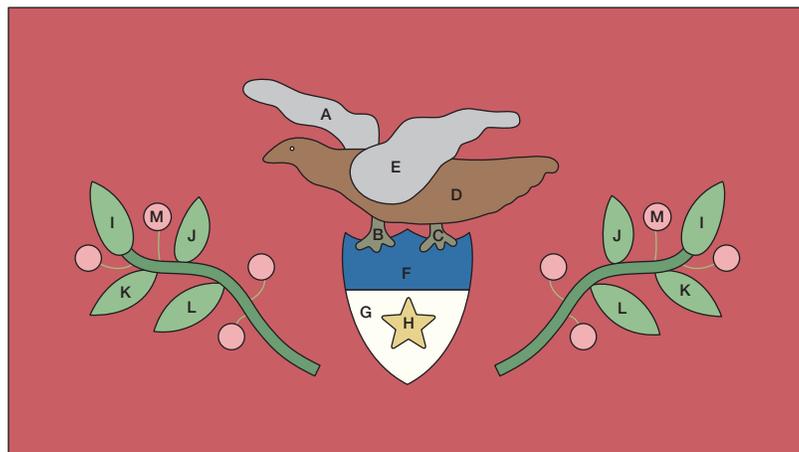
Bias Strip Diagram



French Knot

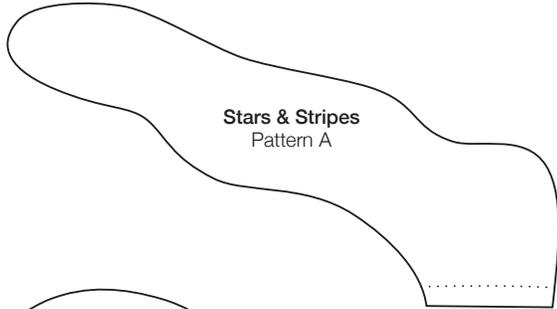


Stem Stitch

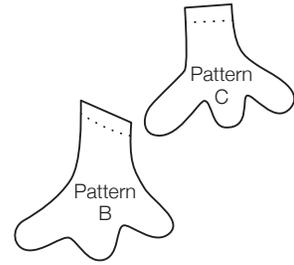


Appliqué Placement Diagram

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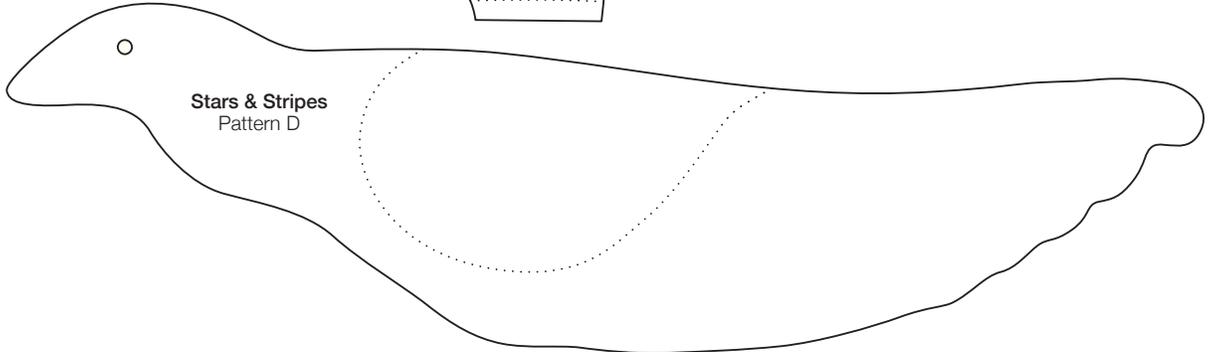


Stars & Stripes
Pattern A

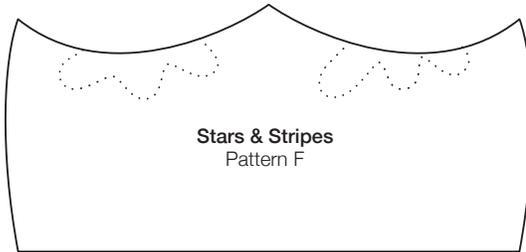


Pattern
B

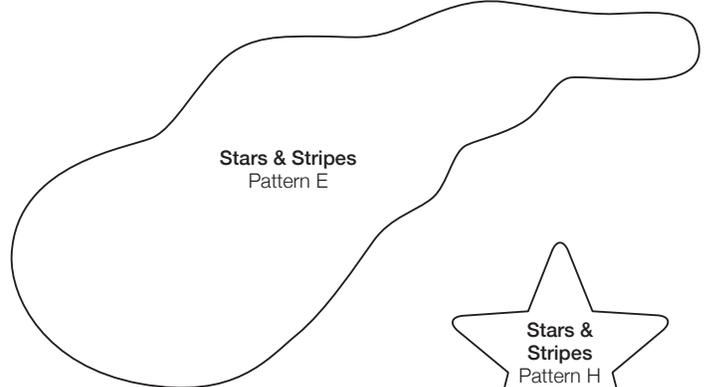
Pattern
C



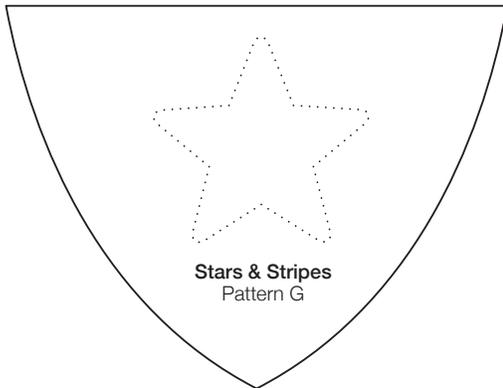
Stars & Stripes
Pattern D



Stars & Stripes
Pattern F



Stars & Stripes
Pattern E



Stars & Stripes
Pattern G



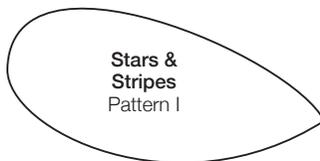
Stars & Stripes
Pattern H



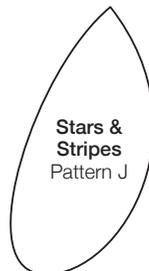
Stars & Stripes
Pattern K



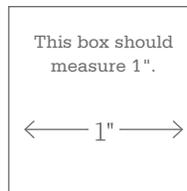
Stars & Stripes
Pattern L



Stars & Stripes
Pattern I



Stars & Stripes
Pattern J



*** 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 $\frac{1}{2}$ " away from the previous tracing (**Diagram 1**), trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines $\frac{1}{4}$ " away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a $\frac{1}{4}$ " seam allowance; for hand appliqué, add a $\frac{3}{16}$ " 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.

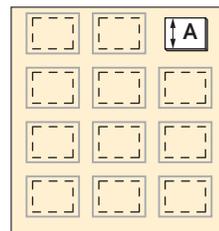


DIAGRAM 1

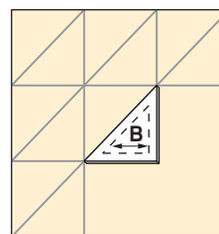


DIAGRAM 2