

Project: Petal Pushers

DESIGNER: RHODA NELSON (DBRHODA.COM)



Create appliques with a little extra pop using batting and freezer paper for a trapunto effect. Before you set the table for spring, whip up coordinating napkins.

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Materials

Quantities are for table runner and four napkins.

- ¼ yard multicolor dot (appliqués)
- ½ yard green polka dot (appliqués, binding)
- 17⁄8 yards multicolor stripe (appliqués, backing)
- ⅞ yard purple polka dot (appliqués)
- 17⁄8 yards solid white (appliqué foundation, napkin lining)
- 1 yard each of white-and-lavender dot and white-and-green dot (napkins)
- 32×66" batting
- Freezer paper

Finished table runner: 16×60"

Finished napkins: 15" 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 following order. Cut backing and appliqué foundation rectangles lengthwise (parallel to the selvages).

The Leaf Pattern is on page 5. To make a template of the pattern, see Make and Use Templates, page 6. When cutting fabric shapes from Leaf Pattern, be sure to add a ¼" seam allowance beyond drawn line. When cutting batting shapes from Leaf Pattern, cut directly on drawn line.

From multicolor dot, cut:

- 21 of Leaf Pattern

From green polka dot, cut:

- 4—2½×42" binding strips
- 9 of Leaf Pattern

From multicolor stripe, cut:

- 1—22×66" backing rectangle
- 6 of Leaf Pattern

From purple polka dot, cut:

- 6 of Leaf Pattern

From solid white, cut:

- 1—18×62" rectangle for appliqué foundation
- 4—15½" squares

From white-and-lavender dot, cut:

- 4—15½" squares

From white-and-green dot, cut:

- 4—15½" squares

From batting, cut:

- 1—22×66" rectangle
- 42 of Leaf Pattern

Prepare Appliqués

Designer Rhoda Nelson used a freezer-paper method for appliquéing. To use this method, complete the following steps.

1. Layer freezer paper, shiny side down, over Leaf Pattern. Use a pencil to trace pattern 42 times, leaving at least ½" between shapes. Cut out freezer-paper shapes on drawn lines.
2. Center a batting piece and a freezer-paper template with shiny side up on the wrong side of multicolor dot leaf (Diagram 1).
3. Using tip of a hot dry iron, press fabric seam allowance over edge of freezer paper, ensuring fabric is taut against template. For sharp outer points, first fold fabric straight over points of freezer-paper template (Diagram 2). Then press under remaining edges (Diagram 3). The seam allowance will adhere to the freezer paper. (Do not touch iron soleplate to freezer paper past turned fabric edge.)
4. Repeat steps 2 and 3 to prepare remaining multicolor dot, green

polka dot, multicolor stripe, and purple polka dot leaf appliqués.

Appliqué Table Runner Top

1. Referring to photo, page 3, position leaf appliqués on solid white 18×62" appliqué foundation in a gentle curve; pin in place.
2. Using thread that matches appliqués and a small slip-stitch, hand-appliqué around most of a leaf appliqué. Carefully peel off freezer-paper template and discard, then finish sewing around leaf. Stitch around each leaf in same manner to complete table runner top.

Finish Table Runner

1. Layer table runner top and batting and backing rectangles; baste.
2. Quilt as desired. To further enhance the trapunto effect, Rhoda outline-quilted around each leaf appliqué. She machine-quilted an allover swirl pattern on the remainder of the quilt top (Quilting Diagram).
3. Trim quilted table runner to 16×60" including seam allowances. Bind with green polka dot binding strips.

Assemble Napkins

1. With right sides together, layer a white-and-lavender dot 15½" square and a white-and-green dot 15½" square. Place a solid white 15½" square atop layered squares; press. (The third layer of solid white prevents show-through on this reversible napkin and gives it more stability.)

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2. Sew together around all edges, leaving an 8" opening for turning in the middle of one edge (Diagram 4). Clip across each corner. Turn right side out and press. Hand-stitch opening closed.
3. Topstitch $\frac{1}{8}$ " and 1" from all edges to complete napkin.
4. Repeat steps 1-3 to make four napkins total.



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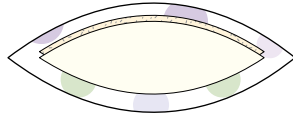


DIAGRAM 1

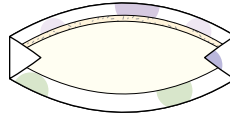


DIAGRAM 2

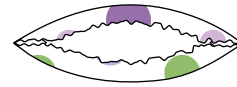
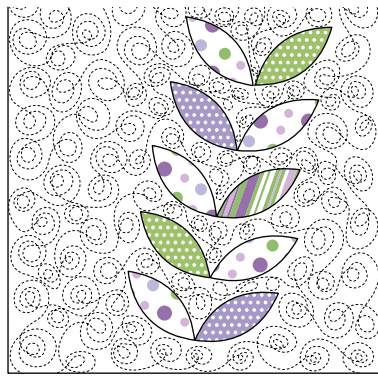


DIAGRAM 3



QUILTING DIAGRAM

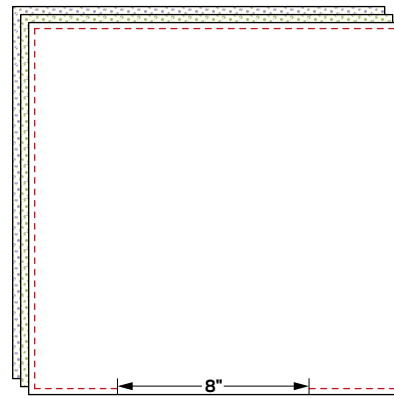
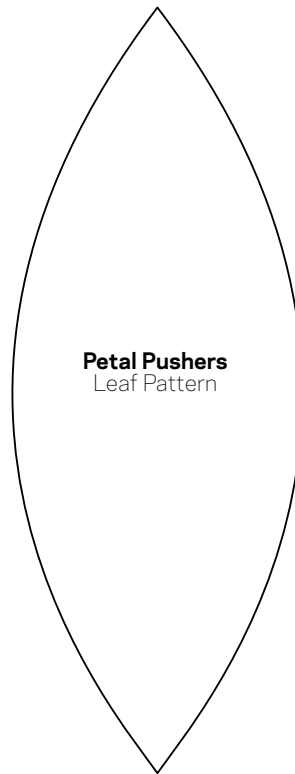


DIAGRAM 4

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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 $\frac{1}{2}$ " 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.

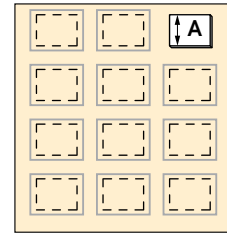


DIAGRAM 1

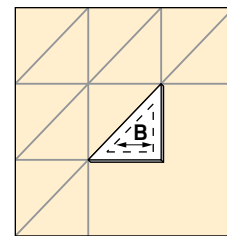


DIAGRAM 2