

## **VALENTINE SPIRIT by Deborah Kemball 2011**

Final Cushion Size 24.5 " x 22.5 "

Requirements:

Fat 8<sup>th</sup> Spirit Block

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1 ½ yards Parchment Longshott

Embroidery thread in stem green for tendrils, golden yellow for fuchsia stamens, bright green for fuchsia stamen heads, pale yellow for turquoise flower stamens and soft pale gold for pansy stamens.

Batting 25 " x 23" to be trimmed after quilting

Backing 25" x 23 " to be trimmed after quilting (this will be in the inside of the cushion and so will not show)

Zip 14"

Heatproof plastic template, freezer paper, fabric marking pencil

Notions

Cushion pad to fit

For detailed instructions for my methods of appliqué, embroidery and foundation piecing please refer to my book "Beautiful Botanicals" published by C&T, April 2011 and available for order on Amazon.

Instructions

Cut a rectangle 24 " x 22 " background fabric for central panel of cushion. (You will trim this to size after appliqué is complete.) To transfer appliqué pattern to fabric, stick full size paper pattern to window or light box with masking tape. Centre the fabric carefully over design and carefully trace central flower design onto your fabric using fabric marking pencil.

Prepare bias for stems. Cut 3/8 " wide strips across the green fabric at 45 degree angle. There are only few stems, so cut as required.

Appliqué all stems first. Raw edges are all covered later with leaves or petals.

For appliqué shapes use freezer paper templates to correctly cut fabric:

Using freezer paper, shiny side down on paper pattern, trace the shape from full size pattern. Cut out freezer paper on the traced line. Now place this cut freezer paper template on the bias of fabric and iron with a hot dry iron to fix in place. Cut around the template with a ¼ " seam allowance. You may need to trim the seam allowance in places where the petals narrow but in this way you will have perfectly sized and shaped fabric pieces to match to your drawn lines during appliqué.

Study the drawn lines on the pattern for order of appliqué. Matching your sewing to pencil lines, turning under seam allowance as you blind stitch in place. I find it easiest to complete the appliqué of each flower group before moving onto the next – ie all the fuchsias, followed by all the pansies and then turquoise flowers. By using shades from each colour group from the Spirit Block for each flower group, you could either shade your flowers as mine (follow photo) or choose your own shading.

When the flowers and leaves are appliquéd you need to make 16 fabric circles to appliqué around the heart. Use heatproof plastic template material to make these circles. Trace the circles exactly from the pattern onto plastic. You will only need to trace about five circles as templates can be reused. Cut out carefully on traced line. Now using the plastic circle as a guide cut out a fabric circle with  $\frac{1}{4}$  " larger than plastic template all around. Now you need to gather up the circle over the plastic. To do this take needle and thread, make a knot in the end of thread and sewing with a small neat running stitch about  $\frac{1}{8}$  " from the edge of the circle sew around the complete circle until you reach the knot. Place plastic circle template in the middle of your stitches and pull up on the thread to gather the fabric around the plastic. Iron with a hot iron on both sides whilst template is still inside and keeping thread pulled tight. When cool, simply remove the plastic template, pull up on the thread (it will naturally form the same circle) and iron again. Sew all 16 circles on.

Now all appliqué is complete, follow pattern to embroider tendrils and stamens. Tendrils are embroidered in whipped running stitch using all six strands of embroidery thread. Stamen stems for fuchsias are embroidered using whipped running stitch and three strands of embroidery thread. All stamen heads are embroidered in detached buttonhole thread using three strands of thread.

When appliqué is complete make sure all pencil marks are erased and press well. Trim panel to  $22 \frac{1}{2}$  "x  $20 \frac{1}{2}$  ".

### Foundation Border

For those of you who feel intimidated by this border, this cushion would also look lovely without it. However, foundation piecing is not difficult, just a process that needs to be learned and practised. There are comprehensive step by step instructions in my book.

First cut your triangles. NB There are no green triangles used in the border.

You will need 84 coloured triangles and 88 parchment triangles. Use cutting board and rotary knife to cut a two inch strip along the length of fat eighth of all colours and then cut zigzag style along the length using your cutting board to cut triangles as shown below. Cut similar sized triangles in background fabric.

You will now need to draw out the four foundation strips required. I like to use to use baking parchment for foundation piecing. Either draw out the four edging strips using measurements from full sized pattern or trace directly from pattern. You need two strips of 22 ½" x 1 ½" and two strips 20 ½" x 1 ½" with all triangles marked. Starting and finishing with background colour triangles, foundation piece triangles alternating coloured triangles with background triangles. Start and end each strip with a full size triangle and then trim to size once the whole strip is completed. In this way you will have background half triangles plus seam allowance at the end of each strip when trimmed.

Cut four 1 ½ " squares from background fabric for corners of border.

Sew 1 ½ " squares to the ends of each long strip. Press seam allowance towards corner squares.

Sew short side strips to central panel with ¼ " seam allowance, making sure to match coloured triangle edge with central panel edge. Press seam allowance towards central panel. Now matching seam lines sew long strips to top and bottom. Press seam allowance to centre.

Most people would tear the paper out at this point but I find the foundation triangle edge rather vulnerable during quilting so prefer to sew on the binding now, ie before quilting.

I have used a double bias binding to bind this cushion. To make multicoloured bias binding cut 3 " wide strips along the lengths that remain of all your coloured fabrics. Some might be shorter than others but this doesn't matter, try to match groups of the same length. Sew horizontal strips together in groups of four. Press seams open. Now cutting across at an angle of 45 degrees cut bias strips of 1 ¾ ". Sew bias strips together until you have at least 98 " continual length of bias binding.

Turn under initial ¼ " and starting midway down one of the sides sew bias to cushion front on all sides. Overlap the end by ½ " and then trim away excess.

Tear out your paper triangles.

Press well. Make a quilt sandwich with batting and backing fabric. Quilt as desired. I chose to echo quilt throughout.

To make the pillow backing cut two pieces 24.5" x 12.5". Baste together and then insert zip. Trim backing piece to 24.5 " x 22.5" to match front.

Pin front of cushion to back. Use sewing machine to sew both pieces together, slightly outside seam where you attached binding to anchor both pieces together.

Fold the folded edge of binding to reverse of cushion and blind stitch in place.