

Week 2

HEART 1



1. Trace off or photocopy the template onto your paper.

2. Referring to the technique on page 49 and with your pattern duly creased, place the 3½in (9cm) size WW triangle in position 1 (note the outside edge will be on the diagonal). Add the shorter D, E and B strips, then the 2½in (6.5cm) WW triangle in position 5 (**Fig. A**).

3. Continue to add the longer strips in the same order, the second 2½in (6.5cm) WW triangle and finally the two 4in (10cm) triangles in the lower corners. Trim to 6½in (16.5cm) square and remove the paper.

UNFINISHED SIZE

6½in (16.5cm) square

TECHNIQUE

Foundation Paper Piecing (FPP)
(see page 49)

WHAT YOU NEED

- ▶ Paper
- ▶ Template (see page 168)
- ▶ One 4in (10cm) square in WW – cut in half across the diagonal
- ▶ One 3½in (9cm) square in WW – cut in half across the diagonal, discard one triangle
- ▶ One 2½in (6.5cm) squares in WW – cut in half across the diagonal
- ▶ One 6 x 1¾in (15.5 x 4.5cm) strip in Fab B
- ▶ One 2¾ x 1¾in (7 x 4.5cm) strip in Fab B
- ▶ One 6 x 1¾in (15.5 x 4.5cm) strip in Fab D
- ▶ One 2¾ x 1¾in (7 x 4.5cm) strip in Fab D
- ▶ One 6 x 1¾in (15.5 x 4.5cm) strip in Fab E
- ▶ One 2¾ x 1¾in (7 x 4.5cm) strip in Fab E



Week 3

STAR 1



UNFINISHED SIZE

6½in (16.5cm) square

TECHNIQUE

Four-in-One Half Square Triangles
(see page 20)

WHAT YOU NEED

- ▶ Two 4¼in (11cm) squares in WW
- ▶ One 4¼in (11cm) square in Fab C
- ▶ One 2½in (6.5cm) square in Fab H
- ▶ One 4¼in (11cm) square in Fab H

A



B



1. Following the technique on page 20, make up a set (four squares) of Half Square Triangles with one 4¼in (11cm) WW square and the 4¼in (11cm) Fab C square, and a set (four squares) of Half Square Triangles with the other 4¼in (11cm) WW square and the 4¼in (11cm) Fab H square. Trim the Half Square Triangles to 2½in (6.5cm) – see **Fig. A**.

2. Assemble the units in three rows:

Rows 1 and 3: Stitch a WW/Fab C unit either side of a WW/Fab H unit, with Fab C in the outer corners.

Row 2: Stitch a WW/Fab H unit either side of the 2½in (6.5cm) Fab H square (**Fig. B**).

3. Stitch the three rows together to complete the block.

Week 4

SMALL FLOWER 1



UNFINISHED SIZE

6½in (16.5cm) square

TECHNIQUES

English Paper Piecing (EPP)
(see page 46)

Bias & Straight Strips
(see page 45)

WHAT YOU NEED

- ▶ Paper or thin card
- ▶ Templates (see page 169)
- ▶ One 5½in (14cm) square in WW
- ▶ Two 3⅞ x 1½in (8 x 4cm) strips in WW
- ▶ One 4¾ x 1½in (12 x 4cm) strip in Fab B
- ▶ One 3⅞ x 1½in (10 x 4cm) strip in Fab B
- ▶ One 3½ x 1in (9 x 2.5cm) strip in Fab B
- ▶ Two 2in (5cm) squares in Fab C
- ▶ One 2in (5cm) square in Fab D
- ▶ One 1½in (4cm) square in Fab H

1. To prepare your EPP shapes, copy the templates onto the sheet of paper or thin card. Divide and cut the circle into four equal quarters, then discard one quarter. Follow the EPP instructions on page 46 to prepare and cover the paper shapes. Create the flowerhead by stitching the two Fab C quarter circles either side of the Fab D quarter circle with whip/overcast stitch (if you start at the curved edge, you won't need to cut your thread), then add the Fab H square between the Fab C quarter circles and stitch two sides (**Fig. A**). Press the flowerhead then remove the papers (see also the tip below).

2. With the $3\frac{1}{2} \times 1$ in (9 x 2.5cm) Fab B strip, and following the technique on page 45, prepare the flower stem. Appliqué the stem (by hand or machine) on the diagonal into the lower left-hand corner of the $5\frac{1}{2}$ in (14cm) WW square. Position the base of the flowerhead at the top of the stem, covering it slightly and so the Fab H square 'points' towards the top right-hand corner. Pin or glue the flowerhead into position and then appliqué in place either by hand or machine (**Fig. B**).

3. To form the outer leaves, measure $1\frac{1}{2}$ in (4cm) down on both WW strips and draw a diagonal line on each that points towards a top corner, one piece pointing towards the top-left corner and one pointing towards the top-right corner. With RS facing, place one WW strip over the $3\frac{3}{8} \times 1\frac{1}{2}$ in (10 x 4cm) Fab B strip at right angles and stitch along the diagonal line, as indicated by the green dashed line (**Fig. C**). Repeat with the remaining WW strip and the $4\frac{3}{4} \times 1\frac{1}{2}$ in (12 x 4cm) Fab B strip, but with the WW strip at a right angle in the opposite direction. Trim seams and press.

4. Stitch the shorter leaf to the lower edge first, then add the remaining leaf to the left edge.

A



B



C



TIP

Before removing the papers, apply a little starch on the outside edges of all the pieces to help retain their shapes.

Week 9

CENTRE PANEL 1



1. Trace the template onto fabric adhesive sheets. Following the Raw Edge Appliqué technique on page 38, prepare and cut out your heart appliqué shapes using the 9 x 2in (23 x 5cm) Fab F strip. Centre each heart on a Fab D square. Decide which appliqué stitch you wish to use (we used zigzag stitch) and sew all around each individual heart, making six units in total.

2. Add 3 x 1¼in (8 x 3.5cm) WW strips to the left- and right-hand sides of each appliqué unit. Group the six units into two sets, one with three hearts the right way up and one with three hearts upside down. Add a 4½ x 2in (11.5 x 5cm) WW strip to the top edge of three of the right way up hearts and a 4½ x 2in (11.5 x 5cm) WW strip to the bottom edge of two upside down hearts (**Fig. A**).

3. Arrange the six units as shown in the photograph of the finished block, left – the three upside-down heart units at the top, and the right-way-round heart units at the bottom. Note the right-way-round heart unit with only the side strips should be at the very bottom, and the upside-down heart with only the side strips should sit above the top right-way-round heart. Sew the units together. Finish the block by stitching a 4½ x 1¼in (11.5 x 3.5cm) strip to the top and bottom ends.

UNFINISHED SIZE

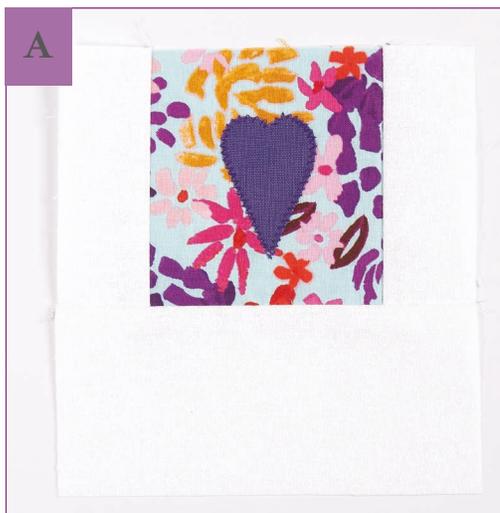
24½ x 4½in (62.5 x 11.5cm)

TECHNIQUE

Raw Edge Appliqué
(see page 38)

WHAT YOU NEED

- ▶ Fabric adhesive sheets
- ▶ Template (see page 169)
- ▶ Five 4½ x 2in (11.5 x 5cm) strips in WW
- ▶ Two 4½ x 1¼in (11.5 x 3.5cm) strips in WW
- ▶ Twelve 3 x 1¼in (8 x 3.5cm) strips in WW
- ▶ Six 3in (8cm) squares in Fab D
- ▶ One 9 x 2in (23 x 5cm) strip in Fab F



Week 11

LARGE PIECED BLOCK 1



UNFINISHED SIZE

12½in (32cm) square

TECHNIQUES

Four-in-One Half Square Triangles
(see page 20)

Split Half Square Triangles
(see page 22)

Checkerboard – Four Patch
(see page 29)

WHAT YOU NEED

- ▶ One 7¼in (18.5cm) square in WW
- ▶ One 4½in (11.5cm) square in WW
- ▶ One 7¼in (18.5cm) square in Fab D
- ▶ Eight 2½in (6.5cm) squares in Fab D
- ▶ Eight 2½in (6.5cm) squares in Fab E
- ▶ Four 4½in (11.5cm) squares in Fab H

Week 18

HEART 5



I. Trace off or photocopy the template onto your paper.

2. Cut across the diagonal on the 2¼in (6cm) WW square and discard one half. Add each fabric piece in the order in the list, right, and on the template (short side first). Cut and press the seam allowance as you go. You'll need to cut the 2in (5cm) WW square in half diagonally for positions 7 and 15, placing the diagonals on the seam lines across 3–7 and 9–15.

3. To complete the block, cut the WW rectangle for positions 16 and 17 in half diagonally then place the diagonal cuts either side of the heart.

UNFINISHED SIZE

6½in (16.5cm) square

TECHNIQUE

Foundation Paper Piecing (FPP)
(see page 49)

WHAT YOU NEED

- ▶ Paper
- ▶ Template (see page 170)

Note: As this block is made up of several small pieces, the cutting instructions are listed in the template placement order. Check your scraps as some may be suitable sizes.

- ▶ **Position 1:** One 2¼in (6cm) square in WW
- ▶ **2:** One 2¾ x 1¼in (7 x 3.5cm) strip in Fab C
- ▶ **3:** One 3½ x 2¼in (9 x 6cm) strip in Fab F
- ▶ **4:** One 3¼ x 1¾in (8.5 x 4.5cm) strip in Fab D
- ▶ **5:** One 2¾ x 1¼in (7 x 4.5cm) strip in Fab H
- ▶ **6:** One 2¾ x 1¼in (7 x 4cm) strip in Fab A
- ▶ **7 & 15:** One 2in (5cm) square in WW
- ▶ **8:** One 6½ x 1½in (16.5 x 4cm) strip in Fab G
- ▶ **9:** One 6¼ x 2¼in (16 x 6cm) strip in Fab B
- ▶ **10:** One 6¼ x 1¾in (16 x 4.5cm) strip in Fab H
- ▶ **11:** One 6 x 2¾in (15.5 x 7cm) strip in Fab C
- ▶ **12:** One 4½ x 2in (11.5 x 5cm) strip in Fab F
- ▶ **13:** One 3¾ x 1¾in (9.5 x 4.5cm) strip in Fab A
- ▶ **14:** One 3¾ x 2in (9.5 x 5cm) strip in Fab G
- ▶ **16 & 17:** One 5 x 3¾in (13 x 5cm) strip in WW

Week 24

TALL FLOWER 2



UNFINISHED SIZE

18½ x 6½in (47 x 16.5cm)

TECHNIQUES

Appliqué with Interfacing
(see page 42)

Bias & Straight Strips
(see page 45)

WHAT YOU NEED

- ▶ Template (see page 174)
- ▶ Four 2in (5cm) squares in WW
- ▶ Two 6½in (16.5cm) squares in WW
- ▶ Two 6½ x 2in (16.5 x 5cm) strips in Fab A
- ▶ Two 3½ x 2in (9 x 5cm) strips in Fab A
- ▶ One 12½ x 1in (32 x 2.5cm) strip in Fab B
- ▶ Two 9½ x 1½in (23 x 4cm) strips in Fab B
- ▶ Two 9½ x 1½in (23 x 4cm) strips in Fab C
- ▶ One 3½in (9cm) square in Fab G
- ▶ Two 9 x 2¼in (23 x 6cm) strips of iron-on or sew-in interfacing

1. Start by drawing a diagonal line on the WS of the four 2in (5cm) WW squares. Position two of these at either end of a 6½ x 2in (16.5 x 5cm) Fab A strip, RS facing, with the WW triangles on the top outer corners and ensuring the diagonals run from top centre to bottom outer. Stitch along the diagonals, trim the seam allowance to ¼in (5mm) then press. Repeat to make a second identical unit.

2. Stitch the 3½ x 2in (9 x 5cm) Fab A strips to the top and bottom of the 3½in (9cm) Fab G square. Stitch the units made in Step 1 to each side of the Fab G square unit, with the WW triangles on the outer corners (**Fig. A**).

3. To make the leaves, first stitch the 9½ x 1½in (23 x 4in) Fab B and Fab C strips together along their length then press the seams open. Transfer the template onto the interfacing. Following the technique on page 42, create four identical leaf shapes (**Fig. B**).

4. Following the technique on page 45, make a straight stem with the 12½ x 1in (32 x 2.5cm) Fab B strip.

5. Join the two 6½in (16.5cm) WW squares. Top-stitch the stem piece from Step 4 over the seam of the joined WW squares. Position the leaves either side of the stem, two leaves sitting 1in (2.5cm) above the middle seam line and the two remaining leaves sitting 1¼in (4cm) above the bottom edge of the bottom WW square. The top point on each leaf should be placed ¾in (2cm) in from the outer edges. Pin or glue the leaves temporarily in place, then appliqué to the WW background by hand or machine – we secured ours with top-stitching (**Fig. C**). Finally, join the flowerhead unit to the top WW square to complete the block.



1. Using the template provided and Fab B square, and following Steps 1 and 2 of the Raw Edge Appliqué technique on page 38, prepare the heart-shaped appliqué. Centre the heart over the $3\frac{1}{2}$ in (9cm) Fab A square, iron it in place then appliqué around the edge by machine or hand – we stitched blanket stitch all around by machine (**Fig. A**).

2. Following the Four-in-One Flying Geese technique on page 27, make four Flying Geese units with the $4\frac{1}{2}$ in (11.5cm) Fab A square and $2\frac{5}{8}$ in (7cm) WW squares – these will be $3\frac{1}{2}$ x 2in (9 x 5cm) units when trimmed. Join a 2in (5cm) square to the right side of one Flying Geese unit (**Fig. B**); repeat with the remaining units.

3. To assemble this block, we'll be sewing a partial seam to start. With RS facing, match the top edge of the centre heart unit to the bottom-right corner of a unit made in Step 2; the left side of the Flying Geese unit will stick out to the left of the centre heart unit (**Fig. C**). Starting in the middle of the centre heart unit, stitch the seam towards the right-hand corner only. Press the Step 2 unit and remaining seams away from the centre heart.

4. Add a second Step 2 unit to the right-hand side of this centre unit, this time stitching along the full length of the centre unit and to the very end of the Step 2 unit. Add the remaining two Step 2 units in the same way. To finish the block, complete the stitching on the partial seam we left unsewn.



Week 39

TALL FLOWER 3



UNFINISHED SIZE

18½ x 6½in (47 x 16.5cm)

TECHNIQUE

Machine Piecing

WHAT YOU NEED

- ▶ Twelve 2¾ x 1¾in (7 x 3.5cm) strips in WW
- ▶ Twenty-four 1in (2.5cm) squares in WW
- ▶ Two 3½in (9cm) squares in Fab A
- ▶ Six 3½ x 1¼in (9 x 3.5cm) strips in Fab B
- ▶ Six 2¾ x 1¾in (7 x 4.5cm) strips in Fab B
- ▶ Twelve 1in (2.5cm) squares in Fab B
- ▶ Two 3½in (9cm) squares in Fab C
- ▶ Two 3½in (9cm) squares in Fab D



1. Draw a diagonal line across the WS of all the 1in (2.5cm) WW and Fab B squares.

2. Make a flowerhead unit: first position a 1in (2.5cm) WW square over the top right-hand corner of the 3½in (9cm) Fab A square, RS facing and with the diagonal running from top left to bottom right. Stitch along the diagonal line, trim the seam allowance to ¼in (5mm) then press. Repeat the process to add a second WW square in the bottom right-hand corner (diagonal running from top right to bottom left), a 1in (2.5cm) Fab B square in the bottom-left corner (diagonal running from top left to bottom right), and a second Fab B square in the top-left corner (diagonal running from top right to bottom left) (**Fig. A**).

3. Repeat Step 2 to make a second identical flowerhead unit with the 3½in (9cm) Fab A square as the background, two flowerhead units using the 3½in (9cm) Fab C square as a backgrounds, and two flowerhead units using the 3½in (9cm) Fab D squares as the backgrounds. Six flowerhead units in total.

4. Make a leaf unit: stitch a 1in (2.5cm) WW square to the top right and bottom left corners of the 2¾ x 1¼in (7 x 4.5cm) Fab B strip, in the same way described in Step 2. Add a 2¾ x 1¼in (7 x 3.5cm) WW strip above and below this unit, then stitch a 3½ x 1¼in (9 x 3.5cm) Fab B strip to the right-hand side to complete the unit (**Fig. B**). Make six identical units in total.

5. Stitch a flowerhead unit to the 'stem' side of each leaf unit, ensuring that the Fab B triangles of each flowerhead unit are along the joining edge.

6. Assemble the block, referring to the photograph of the finished block opposite if needed: starting at the top and inverting alternate flowerhead units, stitch the units together in the following flowerhead order: Fab A, Fab D, Fab C, Fab A, Fab D and Fab C.

Week 42

STAR 8



UNFINISHED SIZE

6½in (16.5cm) square

TECHNIQUES

Single Half Square Triangle
(see page 19)

Split Half Square Triangles
(see page 22)

Square within a Square – Method 2
(see page 34)

WHAT YOU NEED

- ▶ Four 2½in (7cm) squares in WW
- ▶ Four 2½in (6.5cm) squares in WW
- ▶ Two 2½in (7cm) squares in Fab A
- ▶ One 1½in (5cm) square in Fab A – cut in half across the diagonal and discard one piece
- ▶ One 2in (5cm) square in Fab B
- ▶ One 1½in (5cm) square in Fab C – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab C
- ▶ One 1½in (5cm) square in D – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab D
- ▶ One 1½in (5cm) squares in Fab E – cut in half across the diagonal and discard one piece
- ▶ Two 2½in (7cm) squares in Fab E

Week 49

CENTRE PANEL 2



UNFINISHED SIZE

24½ x 8½in (62.5 x 21.5cm)

TECHNIQUE

Raw Edge Appliqué
(see page 38)

WHAT YOU NEED

- ▶ Fabric adhesive sheets
- ▶ Templates and placement diagram (see page 176)
- ▶ One 24½ x 8½in (62.5 x 21.5cm) strip in WW
- ▶ Scraps of Fab A, Fab B, Fab F and Fab G
- ▶ Sew-in interfacing or very thin paper, for satin stitching

1. Following Steps 1 and 2 of the technique on page 38, prepare your appliqué shapes and fabrics as follows: 10 large petals (Fab A), four flower centres (Fab G), six small petals (Fab A), four large leaves (Fab B), six small leaves (Fab B), and four heart-shaped buds (Fab F). Note that you do not need to add a seam allowance to these shapes.

2. Referring to the placement diagram on page 176, mark the stem and appliqué positions on the 24½ x 8½in (62.5 x 21.5cm) WW strip. Note: the two flower designs are exactly the same; it's just each one starts from either end of the WW fabric.

3. Place pieces of interfacing or thin paper on the WS of the WW fabric, behind where the stems sit, and pin or baste/tack in place. Following the marked lines, sew satin stitch (narrow zigzag stitch) along the shorter stems first, followed by the longer stems. Gently remove the interfacing or thin paper either side of the satin stitching.

4. Referring to the photograph of the finished block, left, to help with order of placement, and following Steps 3 and 4 of the technique on page 38, fuse the appliqué leaves, flowers and hearts over the stems. Secure around the outer edges with zigzag stitch to finish.

B

5. The top half of the block is made up of three units, so let's start with the left bow on the left-hand side of the handle. Following the technique on page 19, make two Single Half Square Triangles – one with $2\frac{1}{2}$ in (6.5cm) WW and Fab F squares, and one with the 2in (5cm) WW and Fab F squares. With the diagonal running from top left to bottom right, stitch the larger Half Square Triangle to the right-hand side of the $3 \times 2\frac{1}{2}$ in (8 x 6.5cm) WW strip. With the diagonal running from top right to bottom left, stitch the small Half Square Triangle to the right-hand side of the $3\frac{1}{2} \times 2$ in (9 x 5cm) WW strip. Join these two units together, with the large Half Square Triangle unit on top. Add the 5×2 in (13 x 5cm) WW strip to the top of the joined units to finish the left bow unit (see the left-hand side of **Fig. B**).

6. For the right bow, on the right-hand side of the handle unit, begin by making two Half Square Triangles with the $2\frac{1}{2}$ in (6.5cm) WW and Fab F squares, following the Two-in-One Half Square Triangles technique on page 19. Trim all units to $2\frac{1}{2}$ in (5cm) square if necessary. With the diagonal running from top left to bottom right, stitch one Half Square Triangle to the left-hand side of the $3\frac{1}{2} \times 2$ in (9 x 5cm) WW strip. Repeat with the second Half Square Triangle, this time with the diagonal running in the opposite direction. Stitch these pieces together, with the second unit on top, then add the $5 \times 2\frac{1}{2}$ in (13 x 6.5cm) strip to the top of the unit to complete the right bow (see the right-hand side of **Fig. B**).

7. To make the handle, first stitch one short end of the $3\frac{1}{2} \times 1\frac{1}{2}$ in (9 x 4cm) Fab A strip to the top of the $1\frac{1}{2}$ in (4cm) Fab F square. Sew the $1\frac{1}{2}$ in (4cm) Fab A square to the bottom of the $1\frac{1}{2}$ in (4cm) Fab F square (see the middle of **Fig. B**).

8. Join the three units made in Steps 5–7, with the handle in the middle, to complete the handle/top half of the block (**Fig. B**).

9. Stitch together the two halves made in the previous steps. Add the $10\frac{1}{2} \times 1\frac{1}{2}$ in (27 x 4cm) WW strip to the top, then sew the two $12\frac{1}{2} \times 1\frac{1}{2}$ in (32 x 4cm) strips to either side.

10. Referring to the photograph of the finished block on page 140 for placement, and following the technique on page 38, prepare and fuse the appliqué bird (Fab B) and heart (Fab D) shapes either side of the bows. Stitch around these shapes with your chosen stitch (we used zigzag stitch) to complete the block.

Week 51

CURVED PIECING 2



UNFINISHED SIZE

12½in (32cm) square

TECHNIQUES

Curved Piecing
(see page 36)

WHAT YOU NEED

- ▶ Templates (see page 171)
- ▶ Template **A** (quarter circle) – cut two in each of all eight fabrics
- ▶ Template **B** ('frame') – cut twelve in WW and one each in Fab A, C, D and E

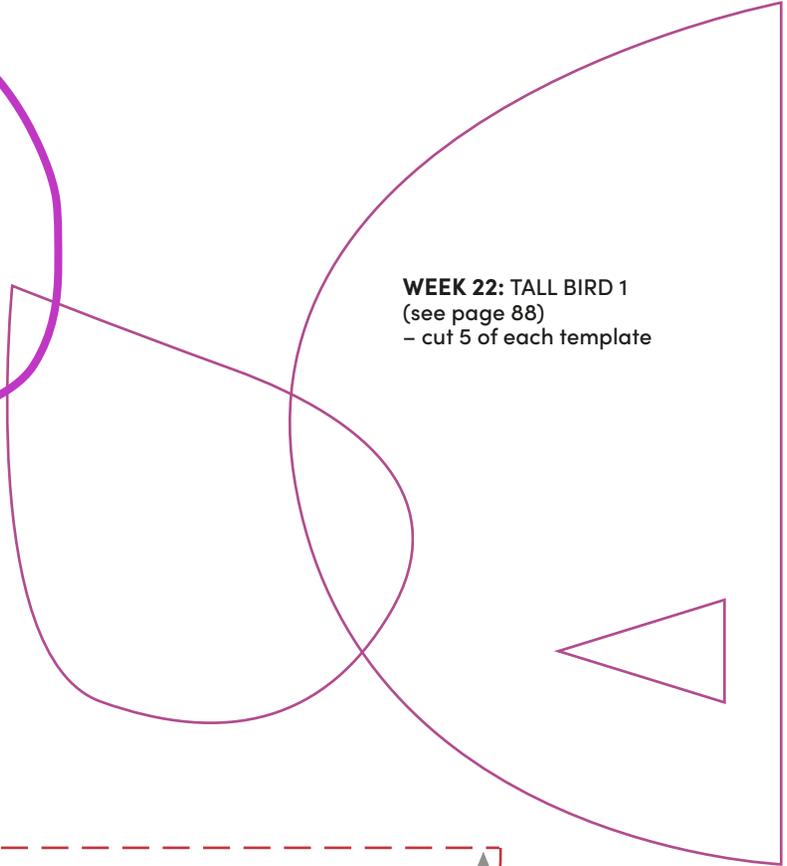
1. Referring to the technique on page 36, start by creating the following units:

- ▶ Two in Fab A (Template A) and WW (Template B)
- ▶ One in Fab B (Template A) and WW (Template B)
- ▶ One in Fab B (Template A) and Fab E (Template B)
- ▶ Two in Fab C (Template A) and WW (Template B)
- ▶ Two in Fab D (Template A) and WW (Template B)
- ▶ Two in Fab E (Template A) and WW (Template B)
- ▶ One in Fab F (Template A) and WW (Template B)
- ▶ One in Fab F (Template A) and Fab D (Template B)
- ▶ One in Fab G (Template A) and WW (Template B)
- ▶ One in Fab G (Template A) and Fab C (Template B)
- ▶ One in Fab H (Template A) and WW (Template B)
- ▶ One in Fab H (Template A) and Fab A (Template B).

2. Arrange the units in the layout seen in the photograph of the finished block above. Pay attention to the order of the units and their rotation – it's easy to make a mistake here! Stitch the units together in rows of four, then stitch the rows in pairs before stitching all of them together to complete the block. Press the seams of the rows open, to avoid bulk.



WEEK 26: SMALL FLOWER 4
(see page 96)
- cut 1

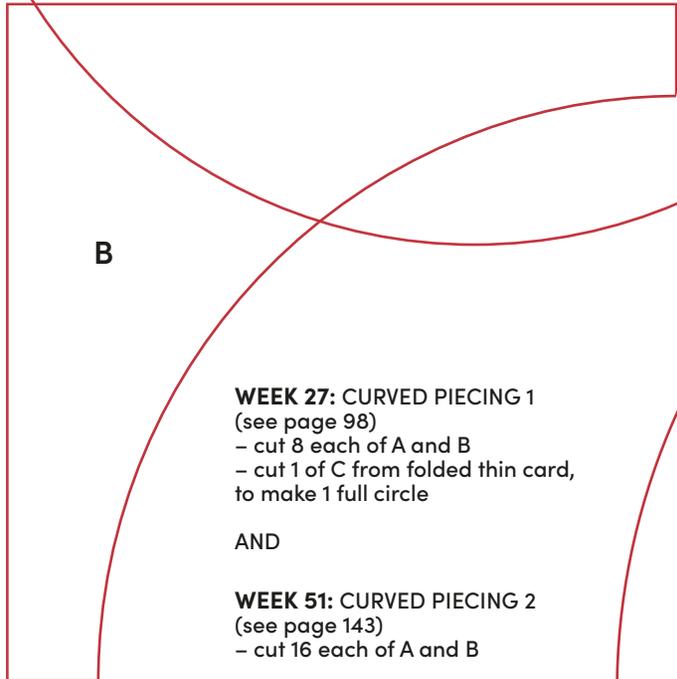


WEEK 22: TALL BIRD 1
(see page 88)
- cut 5 of each template



PLACE DASHED LINE ALONG FOLD

C

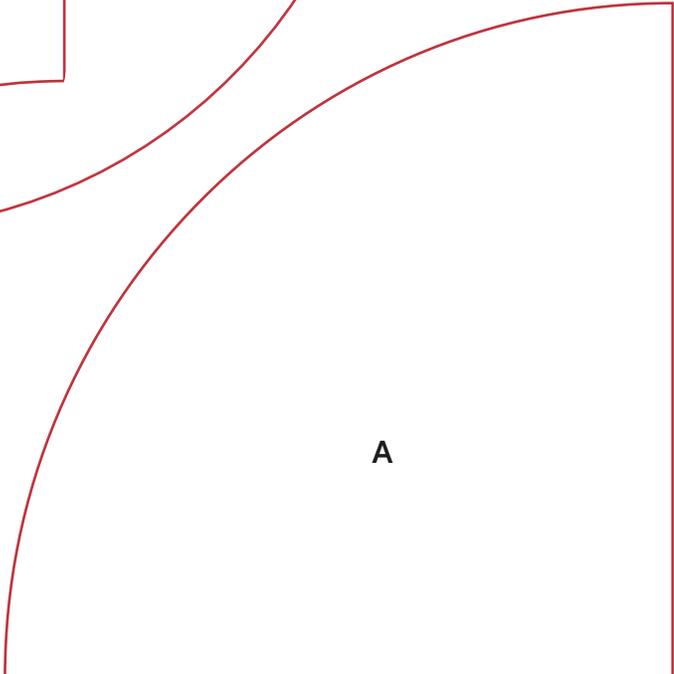


B

WEEK 27: CURVED PIECING 1
(see page 98)
- cut 8 each of A and B
- cut 1 of C from folded thin card,
to make 1 full circle

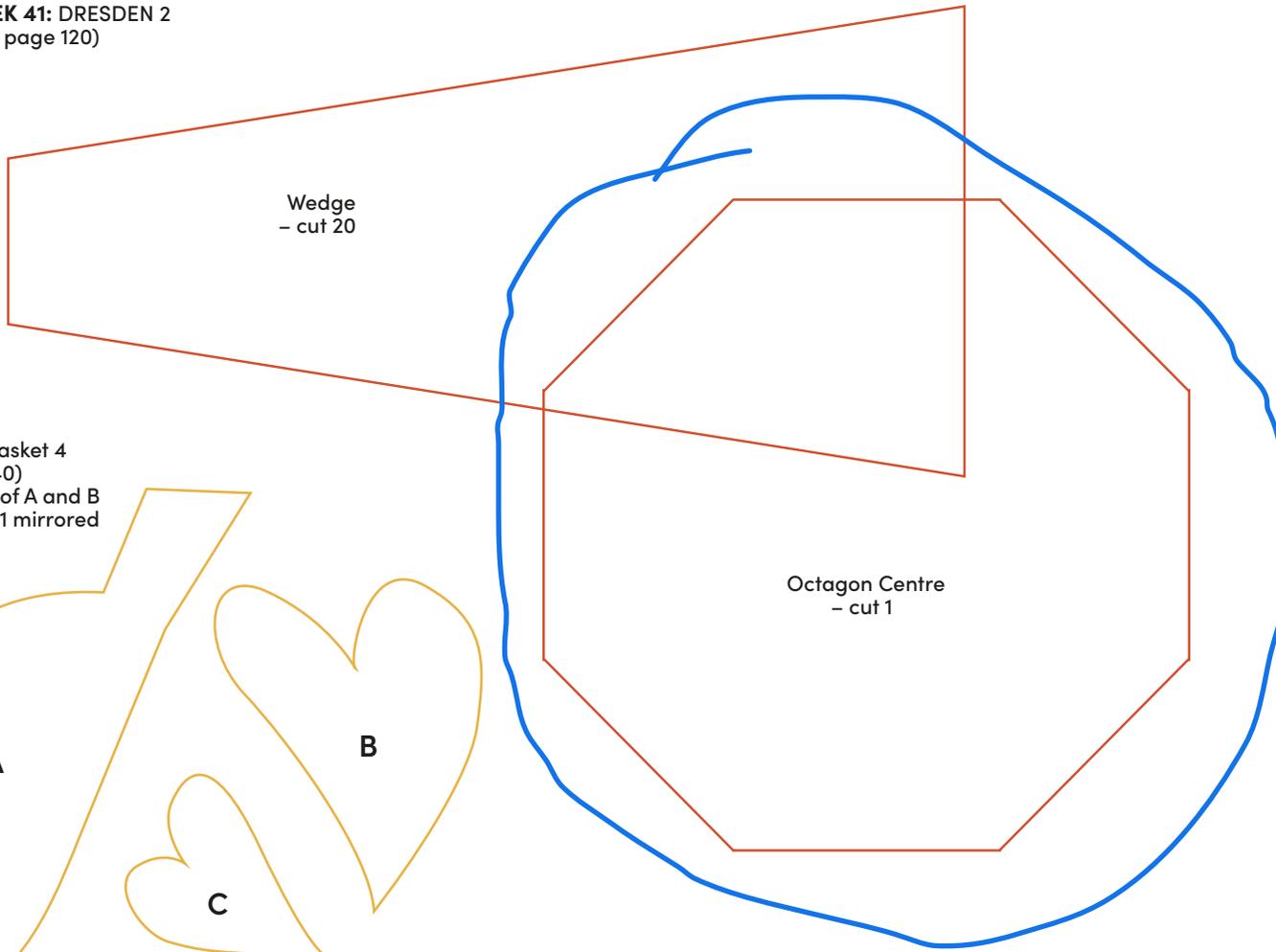
AND

WEEK 51: CURVED PIECING 2
(see page 143)
- cut 16 each of A and B

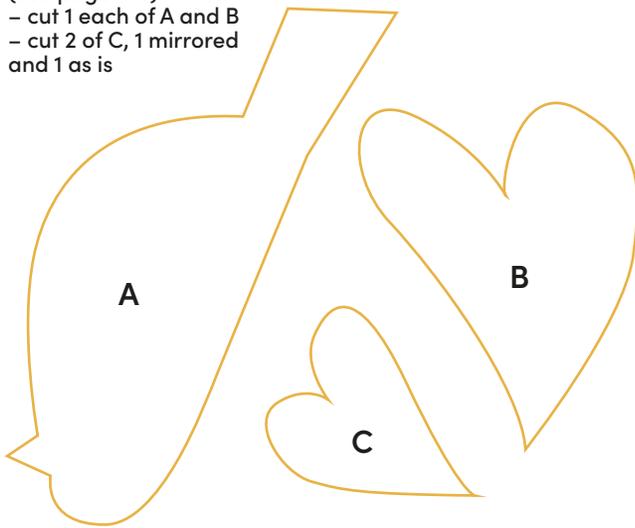


A

WEEK 41: DRESDEN 2
(see page 120)



WEEK 50: Basket 4
(see page 140)
- cut 1 each of A and B
- cut 2 of C, 1 mirrored and 1 as is



WEEK 45: BASKET 3
(see page 126)
- cut 1 each of Sections A, B, C and D

