

GET  
READY  
TO SHAPE  
UP YOUR  
SKILLS!!

In *1, 2, 3 Quilt*, Ellen Lockett Baker shares her unique building-block approach to quilting. The book is organized by quilting shape-- squares, triangles, hexagons, stars, diamonds, and more -- providing a simple way to master the elements of quilt design. The 24 projects then progress in difficulty through each chapter, allowing you to build and brush up your technical skills as you go. From the simple Argyle Apron to the stylish Hexagon Handbag and more intricate Star Quilt, the projects are modern, bright, and inviting for beginning and intermediate quilters.



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PATTERNS IN  
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**Ellen Lockett Baker** is the blogger behind The Long Thread ([thelongthread.com](http://thelongthread.com)), which receives 75,000 unique visitors each month. Her crafts have been featured on blogs such as Sew, Mama, Sew!, Etsy's The Storque, Whip up, Craft, and The Crafty Crow. She lives in Atlanta, GA.

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1 → 2 → 3 Quilt

--- Baker ---

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# 1 → 2 → 3 Quilt

SHAPE UP YOUR SKILLS WITH 24 STYLISH PROJECTS



1



2



3



Ellen Lockett Baker

Photographs by Laura Malek

60'

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# GAME MAT

This game mat lets kids double the fun: They can play checkers on one side and then flip it over for a quick game of tic-tac-toe. The mat rolls up easily so you can take it anywhere. It is easy to make, using just four fat quarters of your favorite fabric, plus some contrasting fabric for the border. As an introductory project, the game mat uses self-binding: The fabric of the back wraps around to the front to enclose the edges so there's no additional binding to make. For the game pieces, use buttons, bottle caps, rocks, or wooden shapes from the craft store.

## MATERIALS

- 1 fat quarter (18 by 22 in/46 by 56 cm) quilting cotton, canvas, or linen, for checkerboard (fabric A)
- 1 fat quarter (18 by 22 in/46 by 56 cm) quilting cotton, canvas, or linen, for checkerboard (fabric B)
- Matching thread
- 1 fat quarter (18 by 22 in/46 by 56 cm) quilting cotton or linen, for tic-tac-toe squares (fabric A)
- 1 fat quarter (18 by 22 in/46 by 56 cm) quilting cotton or linen, for tic-tac-toe squares (fabric B)
- ½ yd/0.5 m quilting cotton or linen fabric for tic-tac-toe border and binding
- ½ yd/0.5 m cotton quilt batting
- Perle cotton or embroidery floss

## CUT

- Checkerboard fabric A: 4 strips, 2½ by 22 in/6 by 56 cm
- Checkerboard fabric B: 4 strips, 2½ by 22 in/6 by 56 cm
- Tic-tac-toe fabric A: 5 squares, 4½ in/11 cm
- Tic-tac-toe fabric B: 4 squares, 4½ in/11 cm
- Tic-tac-toe border and binding: 2 long pieces, 3¾ by 19 in/9.5 by 48 cm, and 2 short pieces 3¾ by 12½ in/9.5 by 32 cm
- Quilt batting: 1 square, 17 in/43 cm

**SHAPE UP YOUR SKILLS:** basic patchwork, strip piecing, nesting seams, self-binding  
**FINISHED DIMENSIONS:** 17 by 17 in/43 by 43 cm

**STEP 1: MAKE THE CHECKERBOARD.**

See How-To: Strip Piecing (on page XX) for instructions on how to make the checkerboard with a simple shortcut method.

**STEP 2: MAKE THE TIC-TAC-TOE BOARD CENTER.**

Arrange the nine tic-tac-toe squares with alternating colors, then sew two squares right sides together. Sew another piece to this joined section. Repeat, making three rows of three squares each. Press the seams to the side. Pin and sew these rows together, using the How-To: Nesting Seams technique (see page XX) to align the seams (see figure A).

**STEP 3: SEW THE TIC-TAC-TOE BOARD BORDER AND BINDING.**

With right sides facing, sew one short border piece ( $3\frac{1}{2}$  by  $12\frac{1}{2}$  in/9 by 32 cm) to one side of the tic-tac-toe board. Sew the other short border piece to the opposite side. Press seams open. Then sew the long border pieces ( $3\frac{1}{2}$  by 18 in/9 by 46 cm) to the remaining sides of this joined piece (see figure B). Press the seams open.

**STEP 4: PRESS AND MAKE A QUILT SANDWICH.**

With the bordered tic-tac-toe piece, press  $\frac{1}{2}$  in/12 mm of the raw outer edges toward the wrong side of the fabric. This will create the folded edge of your self-binding for a later step. Arrange the layers in the following order: the tic-tac-toe layer with the wrong sides facing up, the quilt batting (centered), and the checkerboard piece with the right side facing up. The batting should extend  $\frac{1}{4}$  in/6 mm around the checkerboard piece. Using basting pins, pin together the quilt sandwich to hold it in place.

continued

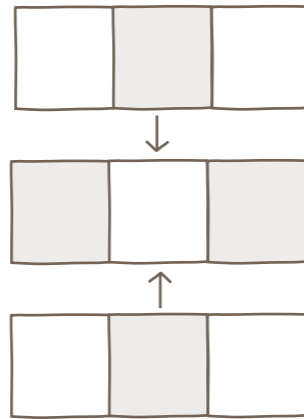


fig. A

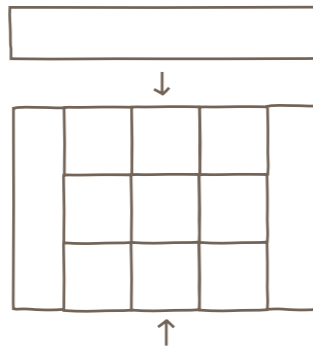


fig. B

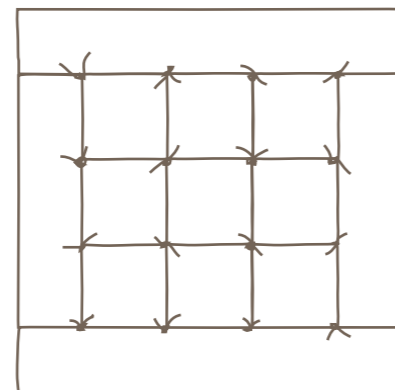


fig. C

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### STEP 5: HAND TIE THE KNOTS IN THE GAME MAT.

Thread a needle with the perle cotton or embroidery floss (see figure C, page xx, for placement of knots).

To create knots on the tic-tac-toe side, you will begin on this side, inserting the needle into a fabric intersection and coming out on the checkerboard side at another fabric intersection, leaving a 3-in/7.5-cm tail. Make a tiny stitch on the checkerboard side and bring the thread back through to the tic-tac-toe side and tie off, repeat, then tie in a double knot on the tic-tac-toe side. Clip the thread to leave a ¼-in/6-mm tail.

**QUICK TIP:** Hand tying knots in a quilt is perfect for quick projects or for those with bulkier fabrics like wool or fleece. You can use embroidery floss, pearl cotton, yarn, or cotton twine to tie your knots. The knots should be at regular intervals and evenly spaced to properly secure the batting.

### STEP 6: SEW THE SELF-BINDING.

Fold and press all four sides of the overlapping fabric onto the front checkerboard side, so that you create a ½-in-/12-mm-wide binding, forming neatly folded corners. Sew the binding in place by hand, following the final step of the binding instructions (see Binding, figure E, page 19).

## HOW-TO: STRIP PIERCING

Strip piecing is an efficient piecing method of sewing long pieces of fabric together, then cutting them to form joined strips. In this book, you'll use this process for the checkerboard of the Game Mat (page XX), so the dimensions here will refer to that project. But you can use this technique for any simple patchwork of repeating fabrics.

All instructions here will use the standard ¼-in/6-mm seam allowance.

1 You will start with long strips of fabric (see figure A). For the game mat, use your eight strips of fabric (four of fabric A and four of fabric B) cut into 2½-by-22-in/6-by-56x6 cm strips. Take one strip of each fabric and sew them together on the side, right sides facing.

2 Continue to sew alternating strips to this joined piece until you have all eight strips joined together. Press all seams toward the same direction. Then, using a rotary cutter and ruler, cut the joined piece into 2½-in/6-cm segments (see figure B). Continue until you have eight strips with eight pieces in each.

3 Finally, to create the checkerboard design, flip one of the strips 180 degrees (see figure C), place right sides facing to another strip, then pin in place and sew them together. Continue sewing the eight strips together, alternating fabrics, until you have the completed checkerboard.

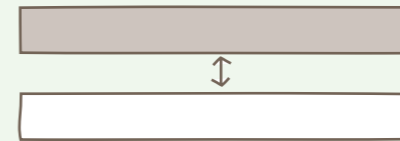


fig. A

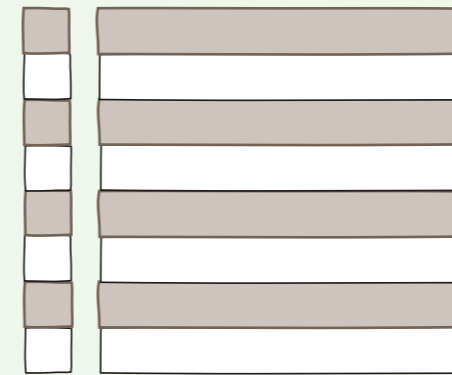


fig. B

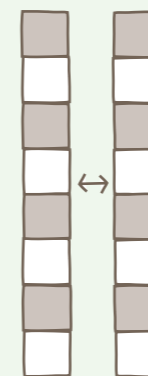


fig. C

## HOW-TO: NESTING SEAMS

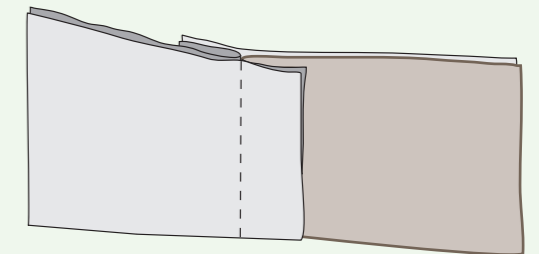
As you are making a patchwork piece, you'll often need to sew together joined pieces of fabric while aligning the seams of each joined piece to make your quilt design work. One way to line up your seams with precision is by nesting the seams.

1 Sew two fabric pieces together and press the seam to the side. Press from the back, then press from the front side to make sure the seam lies flat.

2 Sew the next fabric pieces together, and press the seams in the opposite direction.

3 When you place the two joined pieces together to connect them, one seam will butt up against the other, nesting together, as shown below.

4 Pin in place and sew together. You should have joined seams that are perfectly aligned. Press open the center of the joined piece for a flat seam, leaving the original seams pressed to one side.





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# PIXEL POUCH

This handy pouch uses little multicolored squares to resemble the look of pixels on a screen. Whether you use patterns, solids, or a mix, this is a great project for using up your fabric scraps. Fully lined, this pouch is the perfect size for cosmetics, jewelry, or other accessories, and the size can be easily modified to suit your needs. You can use the grid provided for your layout, or you can create your own design.



## MATERIALS

- 20 different fabric scraps, each at least 4 by 4 in/10 by 10 cm, of varying shades for pouch front
- 1 fat quarter of fabric (18 by 22 in/46 by 56 cm), for the backing and lining fabric
- Matching thread
- ¼ yd/0.25m fusible fleece
- One 9-in/23-cm zipper



## CUT

- Note: Before cutting, sort through your fabric scraps to choose the colors you will use.
- Pouch front: 54 squares, each 1½ in/4 cm, of the 20 different fabric scraps
- Outer back: 1 piece, 6½ by 9½ in/16.5 by 24 cm
- Lining: 2 pieces, 6½ by 9½ in/16.5 by 24 cm
- Fusible fleece: 2 pieces, 6½ by 9½ in/16.5 by 24 cm

|    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|
| 2  | 1  | 1  | 3  | 5  | 8  | 6  | 10 | 6  |
| 3  | 2  | 1  | 5  | 6  | 7  | 9  | 7  | 5  |
| 5  | 3  | 4  | 13 | 8  | 8  | 14 | 13 | 12 |
| 18 | 18 | 19 | 16 | 19 | 11 | 12 | 1  | 3  |
| 17 | 18 | 20 | 16 | 16 | 13 | 11 | 2  | 4  |
| 19 | 17 | 17 | 16 | 15 | 14 | 13 | 1  | 3  |

SHAPE UP YOUR SKILLS: small patchwork, zipper installation  
FINISHED DIMENSIONS: 6 by 9 in/15 by 23 cm

# HEXIE THE TURTLE

In this sweet little project, you'll learn to construct a softie toy, while using your hexagon skills to add appliqué shapes. Hexie makes a great baby gift, child's toy, or even a pincushion. In the preceding project, you used the traditional English paper-piecing method to prepare the hexagons; in this project, we use the freezer-paper method. After working with both of these methods, you can decide which you prefer.



## MATERIALS

Hexie the Turtle Templates 1, 2, and 3 (from front of book)

2 fat quarters (18 by 22 in/46 by 56 cm) of fabric, one for the shell and one for the body pieces

10 fabric scraps for hexagons, each 3 in/8 cm square

1 sheet freezer paper, 8½ by 11 in/21.5 by 28 cm

Matching thread

¼ yd/¼ m craft-weight fusible interfacing

1 small bag polyfill stuffing

Embroidery floss in brown and a contrasting color, for the eyes and outer stitching

**SHAPE UP YOUR SKILLS:** small appliqué hexagons, freezer paper appliqué

**FINISHED DIMENSIONS:** 4 in/10 cm high by 5 in/12 cm wide by 8 in/20 cm long



**QUICK TIP:** Depending on how you want your softies to look, inside you may add pipe cleaners to make body parts pliable and thick felt to make some areas stiffer. Use overcast or zigzag stitches along seams on the inside of stuffed animals, making them durable.

**STEP 1: CUT FABRIC FROM TEMPLATES.**

Using the templates for the Hexie the Turtle project, cut out the underside (bottom shell) and turtle shell (top) pattern pieces as directed. Cut one piece of interfacing using the turtle underside template and fuse it to the wrong side of the fabric piece. This will give added structure to the underside of the turtle. For the turtle shell piece, transfer the notch marks from the pattern sheet to the wrong sides of the fabric (do not cut). The notch marks indicate where you will fold the fabric and sew to make a small dart. Note that seam allowances are included in the body pattern pieces.

**QUICK TIP:** To trace markings from a pattern onto fabric, use a pattern tracing wheel, or simply press firmly with a pencil or pen, then trace the indentions you have created with chalk or a marking pen.

**STEP 2: PREPARE HEXAGON PIECES.**

Using the hexagon template from the front of the book, cut ten hexagons from your scrap fabric, making them about  $\frac{1}{4}$  to  $\frac{1}{2}$  in/6 to 12 mm larger than the template on all sides. Also cut ten hexagons from freezer paper along the template edge with no seam allowance. As instructed in

the How-To: Freezer-Paper Appliqué (see page XX), prepare the hexagons. Hand stitch two hexagons together, right sides facing, using a whipstitch along one side. Open up the joined pieces and add another hexagon to the piece, sewing it to a side. Continue until you have sewn together the fabric hexagons (see figure A). Remove the freezer paper from the joined hexagons and press.

**STEP 3: SEW DARTS IN TURTLE SHELL AND ADD HEXAGON APPLIQUÉ.**

With the turtle shell fabric piece, following the triangular dart lines that you marked in step 1, fold the fabric together, right sides facing, and stitch along a marked line (see figure B). Repeat until you have sewn all seven of the darts. Center the appliquéd piece on the right side of the shell piece, pin it in place, and hand sew along the edges using a slipstitch.

**STEP 4: MAKE TURTLE LEGS AND SEW THEM INTO THE UNDERSIDE PIECE.**

Using the turtle leg template, cut eight pieces of fabric. Sew two pieces together, right sides facing, with a  $\frac{1}{4}$ -in/6-mm seam allowance. Clip along the curves. Sew along the edge with an overcast or zigzag stitch. Turn the turtle leg right-side out. Repeat for all four legs. Then fill the legs with polyfill stuffing, using a chopstick or other blunt tool to push the stuffing in tightly. Leave the top  $\frac{1}{2}$  in/12 mm free of stuffing and place a pin just above the stuffed area to keep it tightly packed down as you sew the legs onto the underside.

On the turtle underside piece, mark the lines on the back side of the piece as indicated on the template. Press the underside piece along each of the lines toward the right side of the fabric. Open the piece and lay it flat, right side up. Align one of the turtle's legs along a fold, with the raw edges just at the crease line (see figure C). Fold

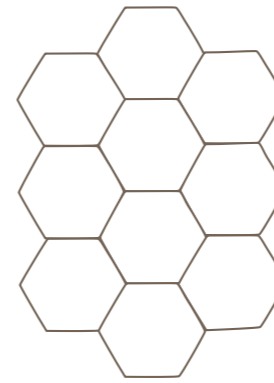


fig. A

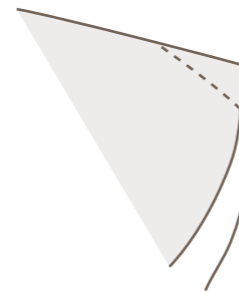


fig. B

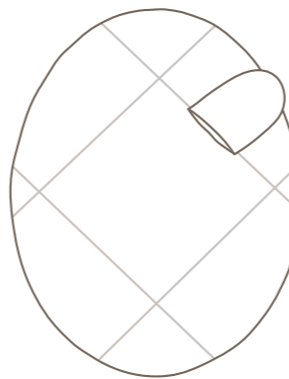


fig. C

the underside piece over along the crease line, pin in place, and sew on the wrong side of the fabric with a  $\frac{1}{4}$ -in/6-mm seam allowance, securing the turtle's leg in place on the right side. Sew along the crease line from one edge of the fabric to the other edge. Repeat with all four legs, one centered on each of the four crease lines.

**STEP 5: MAKE THE TURTLE'S HEAD.**

Using the head template, cut two pieces of fabric. Use a satin stitch to embroider an eye on each piece, about  $\frac{1}{4}$  in/6 mm in diameter, placing it as shown on the template. Repeat on the other piece. Sew the two pieces together, right-sides facing, using a  $\frac{1}{4}$ -in/6-mm seam allowance. Follow with an overcast or zigzag stitch. Clip along the curve, turn the head right-side out, and pack tightly with polyfill, leaving a  $\frac{1}{2}$ -in/12-mm space at the top. Place a pin  $\frac{1}{2}$  in/12 mm from the top to make sure the stuffing stays packed in. Set aside.

**STEP 6: PUT TOGETHER THE BODY.**

With right sides facing, pin together the turtle shell and underside, making sure that the feet are tucked in and out of the way. Sew around the edges with a  $\frac{1}{2}$ -in/12-mm seam allowance, leaving a 2-in/5-cm opening at the top neck area (the area with no darts) (see figure D, page XX). Secure the stitches by going over them with a zigzag stitch or an overcast stitch around the edges. Turn the sewn piece right-side out and press the outer edge flat.

**STEP 7: SEW TURTLE HEAD TO OPENING.**

Next, place the turtle head on top of the opening on the outside of the fabric, with raw edges aligned with the raw edges of the opening. (The head will be facing backward.) Stitch in place at the edge, on the outer fabric of the top shell,

continued





using a zigzag stitch (see figure E, page XX). The turtle's eyes will be closer to the fabric. This extra stitching will give the turtle's head added stability when you hand sew it in a later step.

#### STEP 8: STUFF THE TURTLE.

Now you will stuff the opening with polyfill, packing it in tightly. Fold the opening under by  $\frac{1}{2}$  in/12 mm and pin to secure. Thread a needle with the contrasting embroidery floss and tie a knot at the end. Pull the knot through the opening, tucking it under the fold, and sew a running stitch all around the edge of the turtle shell,  $\frac{1}{4}$  in/6 mm from the edge. This row of stitches will serve to hold the head in place, close the opening, and create a decorative line. Finish and tie off, pulling the knot through the fold and pulling the needle out through the stuffing.

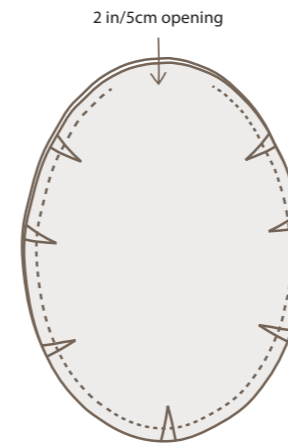


fig. D

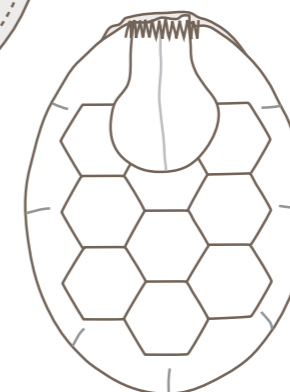


fig. E

## HOW-TO: FREEZER-PAPER APPLIQUÉ

This technique allows you to neatly iron curved edges of appliqué shapes without puckering the fabric. There are many different freezer-paper methods and applications in quilting, but my method will help you prepare the shapes and press under the raw edges. In this book, you will use the freezer-paper method for the Hexie the Turtle project (page XX) and the Cluster Dots Quilt (page XX) and to make the center circles of the Dresden Flower Quilt (page XX). You may use this technique to prepare any appliqué shapes including circles, hexagons, and others.

**QUICK TIP:** Freezer paper is a plastic coated paper found at the grocery store in the food wrap aisle. Made for wrapping foods to be frozen, the paper is also commonly used for quilting and craft projects. One side has a matte paper finish and the other a shiny plastic coating that allows it to temporarily adhere to fabric when pressed with a hot iron. Here, you'll use it to create the circular design of your fabric appliqué shapes, but freezer paper has many other uses in fabric and sewing projects.

For instance, it works well to create custom stencils when painting fabric. Simply cut out the design with a craft knife and iron the paper design onto fabric, then paint with a sponge brush. Freezer paper can also be used to create custom fabric. If you cut freezer paper and fabric to the size of an 8  $\frac{1}{2}$ -by-11-in/21.5-by-28-cm standard sheet of paper, you can iron the freezer paper to your fabric, making the fabric stiff enough to run

through your inkjet printer, and allowing you to print a design directly onto the fabric. This is a great way to make quilt labels or name tags.

Note: My method is slightly different from some other freezer-paper methods, where the paper is fused to the wrong side of the fabric and then the edges are folded over and either starched, glued, or basted in place. This method fuses the edges of the fabric to the freezer paper instead, which I find makes the process faster and easier.

1 Prepare your templates. I prefer to trace templates onto thin cardboard (from a cereal box), which makes tracing easier and allows you to reuse the template later. (Remember: The templates for appliqué projects in this book do not include seam allowance.)

2 Cut the shapes of your appliqué from freezer paper. Do not add seam allowance. Trace the template onto the paper, and stack several sheets at a time if cutting multiples. Then cut out the shapes using craft scissors.

3 Next, place the template onto fabric and cut shapes from the fabric, adding  $\frac{1}{4}$  to  $\frac{1}{2}$  in/6 to 12 mm around the perimeter. This extra does not need to be cut accurately because the edges will be folded over in the next step. You may want to stack several layers of fabric to cut efficiently. I use a rotary cutter to speed up the process, but when using a rotary cutter, which is very sharp, always remember to cut away from yourself.

4 With one freezer paper piece and one piece of fabric, iron on high heat with no steam. Place the fabric wrong-side up and the freezer paper centered on the fabric shape with the shiny side

of the freezer paper facing up. Carefully fold over a bit of the raw edge of the fabric and press it onto the freezer paper until it adheres. Turn the shape, pressing in the edge, making sure to leave the right side neat and free of puckers. (see figure A) Flip over the shape and press on the right side as well. Continue this step with all your appliqué shapes. Set them aside until you are ready to sew them onto your background fabric.

5 If you are sewing the appliqué shapes by hand, you may leave the freezer paper attached as you begin sewing, and then gently pull it out through a small opening before finishing. When machine sewing, you will need to remove the paper before you sew the fabric shape to the background fabric. After removing the freezer paper, it's a good idea to press the appliqué shape again.

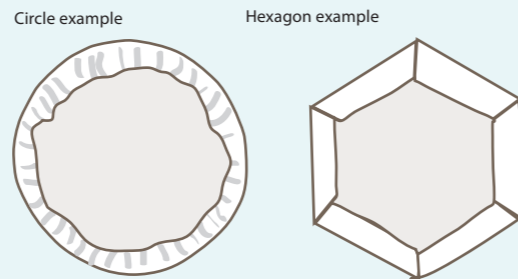


fig. A

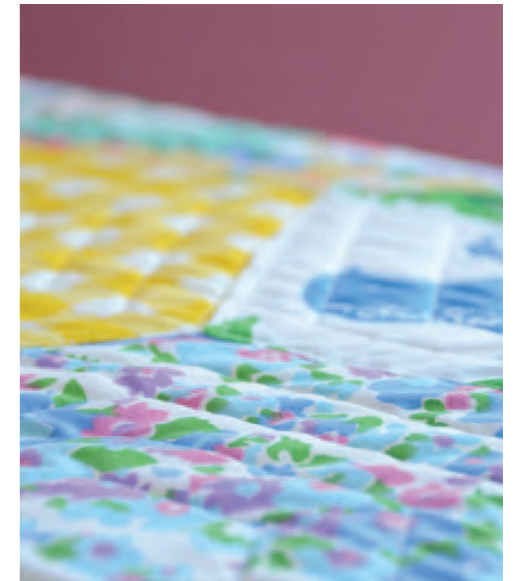
# HONEYCOMB QUILT

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No paper piecing or appliqué here. With this project, you'll learn to quickly stitch oversize hexagons by machine, giving you a fast and simple quilt. Made from soft vintage sheets, this quilt brings a bright, happy feel to any room. Each hexagon is 12 in/30.5 cm wide; sew up a few to make a fast baby quilt, or add more to make a king-size quilt. If you want to make this quilt with vintage sheets, you can find vintage sheets sold in fat quarters online, or you can cut up flat or fitted sheets.

## MATERIALS

- Honeycomb Quilt Template (from front of book)
- Vintage cotton sheets, 3 flat/fitted, or a variety of smaller fabric pieces (for a queen-size quilt, you will need 72 pieces at least 12 by 15 in/30.5 by 38 cm), for quilt top
- Matching thread
- 9 yd/8.2 m fabric for backing and binding
- Queen-size or larger piece of quilt batting



SHAPE UP YOUR SKILLS: machine-pieced hexagons  
FINISHED DIMENSIONS: 89 by 90 in/2.25 by 2.25 m



**STEP 1: CUT HEXAGONS.**

Using the hexagon template for the Honeycomb Quilt, cut out 72 hexagons in various fabrics.

**STEP 2: BEGIN TO PIECE THE HEXAGONS TOGETHER.**

Before you machine sew the pieces together, mark  $\frac{1}{4}$  in/6 mm from each tip of each hexagon, on the wrong side, as shown on the template. Place two hexagons together, right sides facing, and sew along one side from the  $\frac{1}{4}$ -in/6-mm mark to the next corner mark (see figure A). Backstitch at the beginning and end of each row of stitches for this project, since the pieces will not be joined with others until later.

**STEP 3: CONTINUE PIECING UNTIL YOU HAVE FINISHED THE QUILT TOP.**

Unfold the joined piece. From the right side, with the seam at the back, it should look like figure B. Along a side on one of the hexagons adjacent to the side you have just sewn, sew a third hexagon (see figure C). When unfolded, you now have a piece that looks like figure D (page XX). To piece the remaining hexagons, continue sewing sides to sides, being sure to stop at the  $\frac{1}{4}$ -in/6-mm marks and use backstitching. You will need nine rows of eight hexagons, for a total of 72 pieces (see figure E, page XX).

continued

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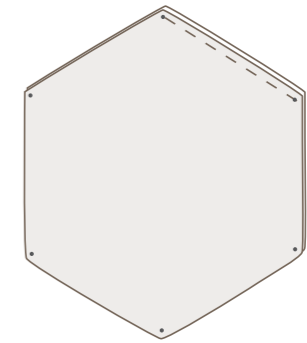


fig. A

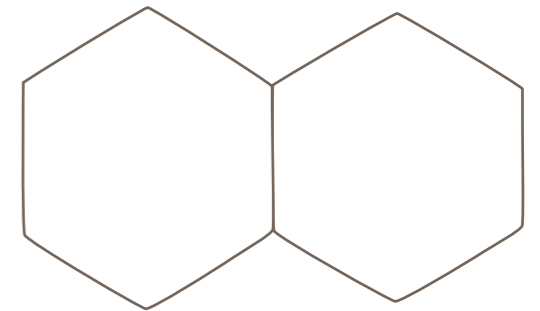


fig. B

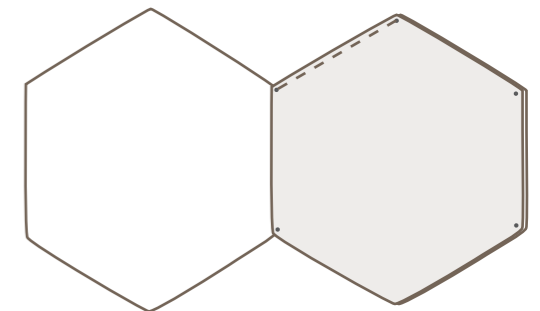


fig. C