

“Make One, Take One” Quilting Class

NOTE: This class was taught at the Eastside Library in June 2023 to beginners. Some had garment sewing experience, most had no sewing experience at all. The directions exclude rotary cutting because it was not permitted at the library.

Students in this class had the opportunity to:

1. Make a pieced quilt block that was included in a quilt that was given to a military veteran.
2. Create a quilted placemat that involved making a pieced block, adding borders to it using a quilt-as-you-go technique, and finishing the placemat with a folded binding. Students took home their own placemat.

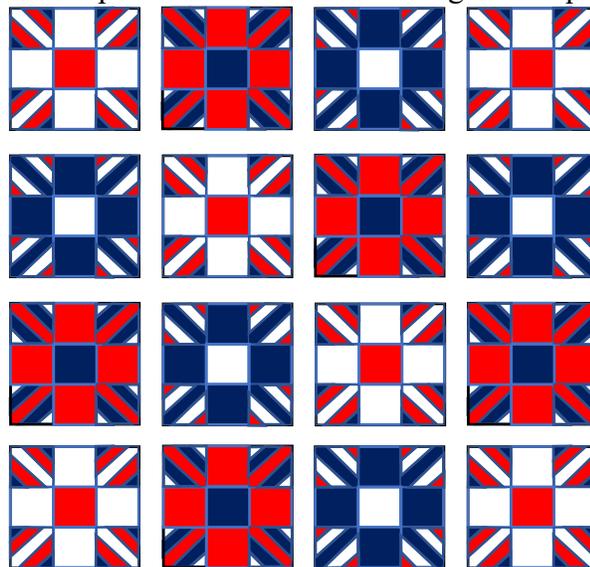
Make One = Group Project: Make the Blocks for a Quilt for a Veteran

By doing the group project first, you will have a chance to practice the skills you will need to make your placemat.

The nine-patch block you will make will have one of these three sets of pieces (on a green table, not yet sewn together).



This shows one way that sixteen nine-patch blocks could be arranged in a quilt.



Preparing Materials for One Placemat*

** The materials for the “Make One, Take One” quilting class have already been washed, dried, pressed, and cut for you. The information on this page is only here in case you would like to make another placemat some other time.*

Get the Materials You Will Need

Batting (any type: cotton, cotton/polyester, or polyester) — enough for 1 rectangle 13" x 17"

Muslin (or any fabric that won't show through another layer) — enough for 4 squares each 5" x 5"

Fabric A: one “fat quarter” — (a piece of fabric that is about 18" x 21")

Fabric B: one “fat quarter”

Fabric C: half a yard — (the edge-to-edge width of fabric, often about 41" x 18")

Thread: This will be seen in the quilting on the block and on the back of the placemat

Sewing machine needle: A size 14 needle is recommended because you will be stitching through a lot of layers of fabric when you sew the self-binding in place. (You can use this needle for the rest of the project as well, or a smaller one, e.g., size 10 or 12.)

Prepare the Fabrics — (*optional but recommended — class fabrics have already been washed and pressed*)

Prepare your fabrics by washing, drying, and pressing them before you cut them. Washing fabrics before using them in quilting lets them release any excess dye that could later “bleed” and lets them shrink. Not all fabrics bleed or shrink, but some do. NOTE: Batting should not be pre-washed.

Cut the Pieces

Batting

1 rectangle 13" x 17"

Muslin

4 squares 5" x 5" [the foundations for the stitch-and-flip patches]

Fabric A

1 square 4½" x 4½" [center of the nine-patch block; may be “fussy cut”]

8 strips (narrow rectangles) 1½" x 6½" [two for each of the four stitch-and-flip patches]

2 strips 1⅜" x 13" [they go vertically on the placemat outside the block]

Fabric B

4 squares 4½" x 4½" [side patches of the nine-patch block]

4 strips 2"x8" [one for each of the four stitch-and-flip patches]

2 strips 1⅜" x 13" [they go vertically on the placemat outside the block]

Fabric C

1 rectangle 15" x 19" [for the back and self-binding]

8 strips 2¼" x 4" [two for each of the four stitch-and-flip patches]

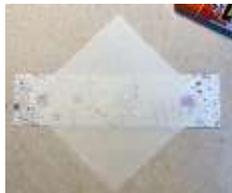
2 strips 1½" x 13" [they go vertically on the placemat outside the block]

2 strips 1¼" x 17" [they go horizontally on the placemat outside the block]

Sewing and Trimming the Stitch-and-Flip Patches

The four patches in the corners of the block will be pieced on a foundation using a stitch-and-flip technique.

Step One: Glue the first piece on the foundation.



(This picture shows the foundation piece on top so you can see its corners.)

Put some washable school **glue** on the foundation piece at two corners.

Place a fabric-B 2" x 8" strip on it diagonally so the "right" side of the fabric is facing up. Center it so the corners of the foundation square are in the middle of the strip at each end then press it into the glue.

Step Two: Pin and sew the second piece. *(You will be sewing three layers together: the foundation, the first piece and the second piece.)*



Place one of the fabric-A 1½" x 6½" strips with the "wrong" side up, so the edge matches the edge of the strip you glued.

Pin it in place.

Sew ¼" from the edge, pulling out the pins just before you get to them.

Flip the strip open and "finger **press**" it to the side.

Step Three: Add the rest of the pieces in the same way using the **Place, Pin, Sew, Flip, Press** technique.



The front and back of the stitch-and-flip patch will look like this:



Step Four: Trim the flip-and-stitch patch to be a 4½" x 4½" square patch.

The foundation you were given is 5" x 5". It was sized a little larger than the patch needs to be on purpose. Sometimes when we sew on the "bias" (*diagonal to the way a fabric is woven*) fabrics stretch out of shape a little. By trimming the patch after the sewing is done, any stretching that happened during the sewing won't matter.

A template will be given to you to use for this step. It is *almost* 4½" x 4½". The reason it is a tiny bit smaller is to make room for the pencil line to be a tiny bit wider than the template.

- a) Place the template in the center of the foundation.
- b) Draw around the template in pencil, letting the pencil just touch the template but not push it around.
- c) A spot of glue on the foundation behind the smallest pieces helps hold them still while you cut.
- d) Cut on the line you drew. *Your patch will turn out to be very close to 4½" x 4½".*



A note on templates:

The templates used in this class are made from clear plastic with painter's tape around them so we can find them and see their edges. But templates can be made from other things. Light-weight cardboard, like that used for cereal boxes, is a good substitute. Just draw the size you need the patch to be and then cut out the template from the cardboard just the tiniest bit smaller. Be sure to test a template by drawing around it and measuring the drawing before you use it to mark your fabric.

Step Five: Repeat steps one through four to make three more stitch-and-flip patches.

Sewing the Individual Patches into a Nine-Patch Block



Step Six: Sew the patches into rows, using the photo as a placement guideline.

Step Seven: Press the seam allowances on all rows towards the four plain square patches. (*Toward white plain patches in this photo, but they may be a different color on your block. In other words, press the seam allowances away from the stitch-and-flip patches*).



Step Eight: Pin two of the rows together, making sure you will be sewing the correct sides of the rows to each other. **Pin first at the places where the seams meet each other.** *We'll be talking about how to "nest" seams for a good result. Sew the seam.*



Step Nine: Sew the third row onto the other two.

Step Ten: Admire your work. It will be part of a beautiful quilt for a veteran.



Take One = Individual Project: Make a Quilted Placemat to Take Home

Step One: Choose a kit of pre-cut fabrics. Note: There are two of each kit option. *You will share a sewing machine with the person who chooses the kit that matches yours. This is because the thread you use needs to coordinate with the fabrics in your kit and it would take too much time to change the thread back and forth as you share the machine.*



A note on the fabrics in this placemat:

Fabric A is the brown floral print in the center of the nine patch block

Fabric B is the white

Fabric C is the teal floral print — it is also the back of the placemat

So when you choose your kit, think about Fabric B because you'll see the most of it.

Step Two: Make a nine-patch block. You'll use the techniques you learned for the veteran's quilt.

A Nine-Patch Block, like the one you made for the veteran's quilt, becomes the middle of your placemat.



Step Three: Arrange the layers of the placemat. You will start with the fabric for the back of your placemat — put it on the table face down. Place the batting in the middle of your back fabric. Then add the nine-patch block that will be the center of the front of your placemat.

- The batting should be placed about one inch away from all the edges of the back.
- *The size of your nine-patch block might be slightly smaller or larger than it looks in this picture (because your seams may have been slightly wider or narrower than the ones in the photo). The important thing is to have it an equal distance from the top and bottom of the batting and from each side of the batting.*



Step Four: Quilt the nine-patch block. This will secure it in place and keep your layers together. Using the edge of your presser foot as a guide, stitch next to each side of each seam of the nine-patch block. You should take two or three stitches backwards and the beginning and end of each line of stitching. *(The reason for this is that the start and stop of your stitching line will not be secured by another seam on the back of the placemat, even though they will be covered on the front.)*



Tip: To keep the back of your placemat looking good, you can pull up the bobbin thread at the start of your line of stitching. This will keep it from creating a snarl on the back.

Step Five: Add the quilt-as-you-go strips. These will cover the rest of the batting and complete the front of the placemat. **Place, Pin, Sew, Flip, Press** — just as you did for the stitch-and-flip patch. Fabric A touches the nine-patch block, fabric B next, fabric C last because it matches the back.



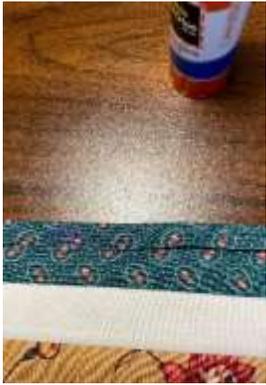
The finished placemat shows the order of the vertical strips.



- Sew on all six of the vertical strips first before you add the horizontal strips.
- Make sure you line up the long edge of the horizontal strip in line with the edge of your nine-patch block *(not in line with the batting or the edges of the vertical strips)*.
- The horizontal strip is the same length as the batting, so feel for the batting underneath the last vertical strip to place the horizontal strip so it matches the position of the batting.



Step Six: Fold and sew the binding. This will finish the edges of your placemat.



First

Fold one edge of the back to the front so that its edge lines up with the edge of the batting underneath.

Press each time you make a fold to make it easier to do the next fold.

Fold that same side of the back again so that the fold is right at the edge of the batting underneath.



Second

Place a spot of glue near the corner that you'll be turning.

Fold the corner so the folded edge of the back matches the edge of the batting behind it.



Third

Fold the next side of the back so its edge matches the edge of the batting behind. (*You can add some glue as shown.*)

Then fold it again so the fold matches the edge of the batting behind.

Repeat until all four sides and corners are finished. Give it a good pressing.

Step Seven: Stitch down the binding.



Stitch close to the folded edge of the binding that's closest to the middle of the placemat. Stitch all four sides. *Turn corners by making sure the needle is down, raising the presser foot, turning the placemat, lowering the presser foot, then continuing to stitch.*



Step Eight: Admire your work! It is a beautiful and useful placemat.

You can machine wash (cold, gentle) and dry it (low heat).

A Few Terms Used By Quilters

Quilters try their best to stitch their seams $\frac{1}{4}$ inch from the edge of the fabric. Or better still, they sew a **“scant” quarter inch** (the tiniest bit smaller than a quarter inch) so that the space that is taken up by the fabric and thread when they are bent over at the seam line don’t take anything away from the finished size of a block.

When the nine different patches are sewn into one nine-patch block, the block should measure $12\frac{1}{2}$ "x $12\frac{1}{2}$ ". This is called the **“unfinished” size of the block** because it still has raw edges on all four sides.

Because a block gets sewn on both sides and top and bottom, the part of it that will show in a quilt will be $\frac{1}{2}$ inch smaller in both directions than it started out. So when you have placed the nine-patch block in the center of your placemat and added strips to all four sides, the part of the nine-patch block that will still be showing on the front of your placemat will be 12"x12" — that is called the **“finished” size of the block**.

About the “Make One, Take One” Quilting Class

Hosted by: Leroy Collins Leon County Public Library, Eastside Branch,
1583 Pedrick Road, Tallahassee, Florida
June 13, 20, and 27, 2023

Instructor: Sue Isaac

Assistant Instructors: Evelyn Gonzales, Ellen Fournier, Michele Hackmeyer, Cheryl Gratt, Peggy Clark,
Jane Kazmer, Jan Gove

Quilter: Gary Gratt custom quilted the quilt for the veteran.

All the instructors are members of Quilters Unlimited of Tallahassee, a quilt guild promoting knowledge of and interest in quilting since 1981. For more information, please visit <https://QuiltTallahassee.com>. As part of its educational mission, Quilters Unlimited donated the fabrics that were used for this class.

The sewing machines used in this class have been donated to the library by Rags 2 Bags, an organization that uses donated fabric to sew reusable shopping bags, which are then distributed to the community at no cost. Contact program chair Peggy Sanford at admin@sustainabletallahassee.org for more information.

LAYOUTS FOR CUTTING TWO MATCHING PLACEMAT KITS AT A TIME

Note: This is just one way for cutting each of these fabrics. When doing this “in real life,” I worked with shapes of fabric pieces that were not fat quarters, etc. In addition, I cut some of the $1\frac{3}{8}$ " x 13" vertical strips from fabrics similar, but not identical, to Fabrics A and B.

Fabric A (19.5"x 18")

2 squares $4\frac{1}{2}$ " x $4\frac{1}{2}$ "

16 strips (narrow rectangles) $1\frac{1}{2}$ " x $6\frac{1}{2}$ "

4 strips $1\frac{3}{8}$ " x 13"

[center of the nine-patch block; may be “fussy cut”]

[two for each of the four stitch-and-flip patches]

[they go vertically on the placemat outside the block]

Fabric B (at least 22.5"x 18")

8 squares $4\frac{1}{2}$ " x $4\frac{1}{2}$ "

8 strips 2"x8"

4 strips $1\frac{3}{8}$ " x 13"

[side patches of the nine-patch block]

[one for each of the four stitch-and-flip patches]

[they go vertically on the placemat outside the block]

Fabric C

2 rectangles 15" x 19"

16 strips $2\frac{1}{4}$ " x 4"

4 strips $1\frac{1}{2}$ " x 13"

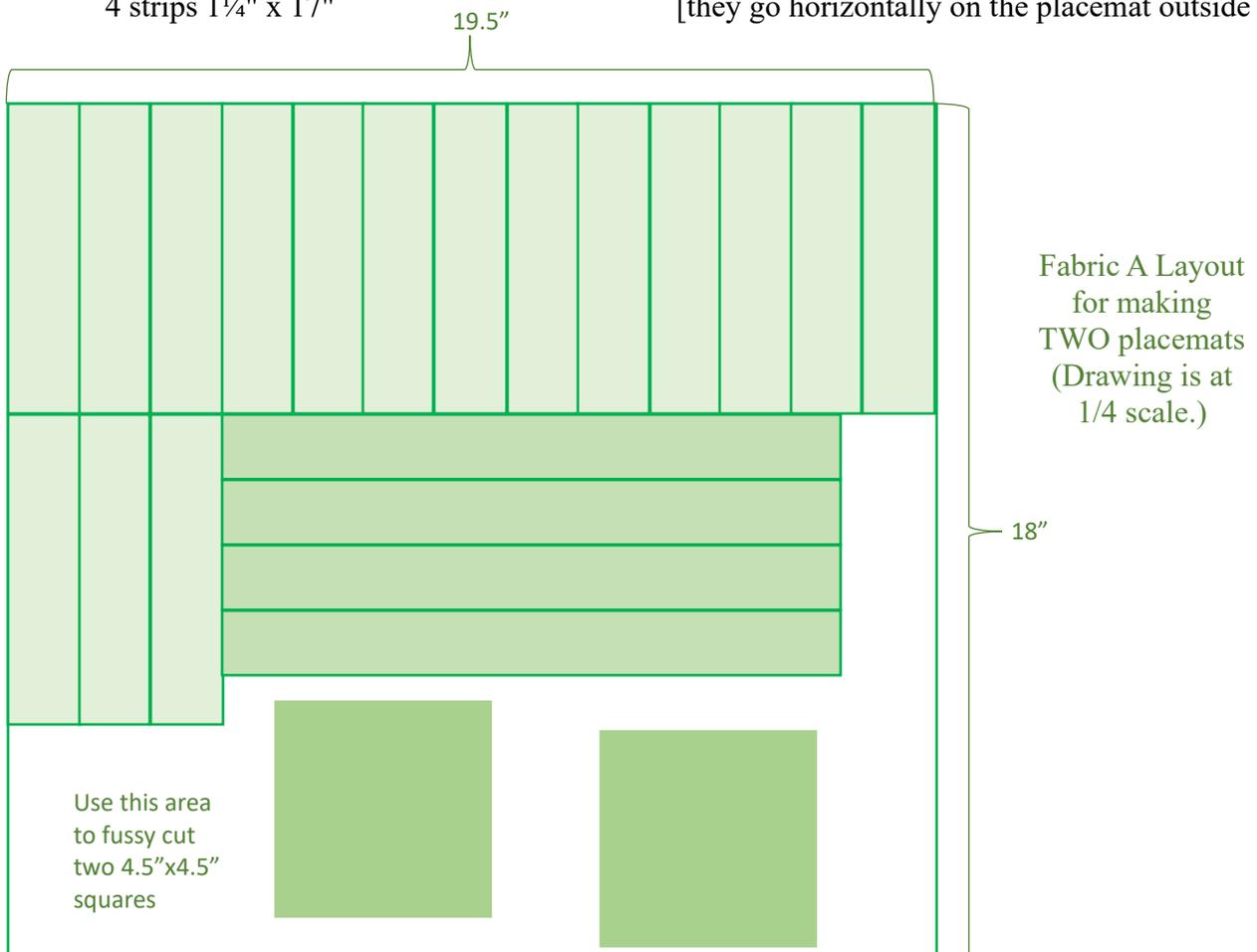
4 strips $1\frac{1}{4}$ " x 17"

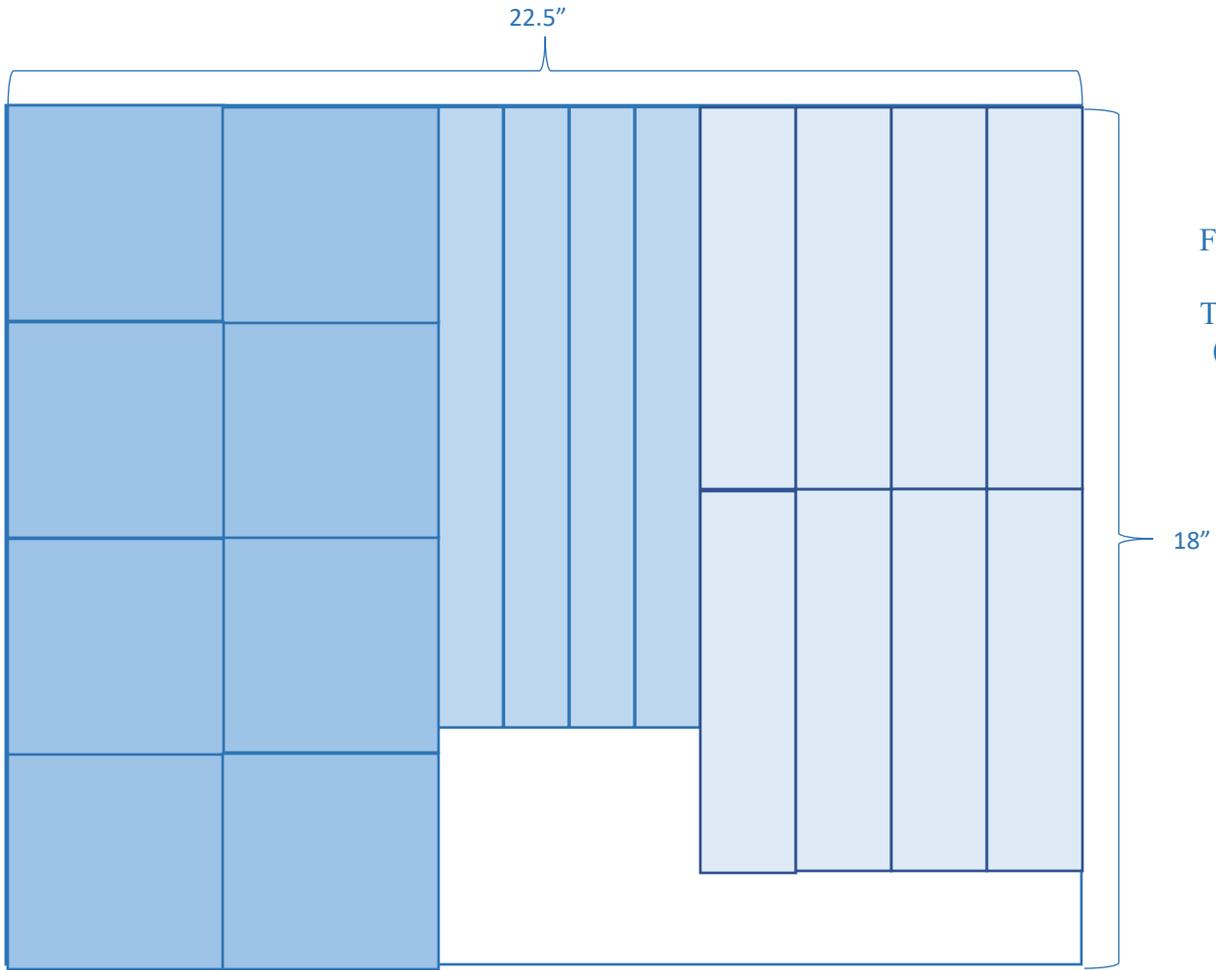
[for the back and self-binding]

[two for each of the four stitch-and-flip patches]

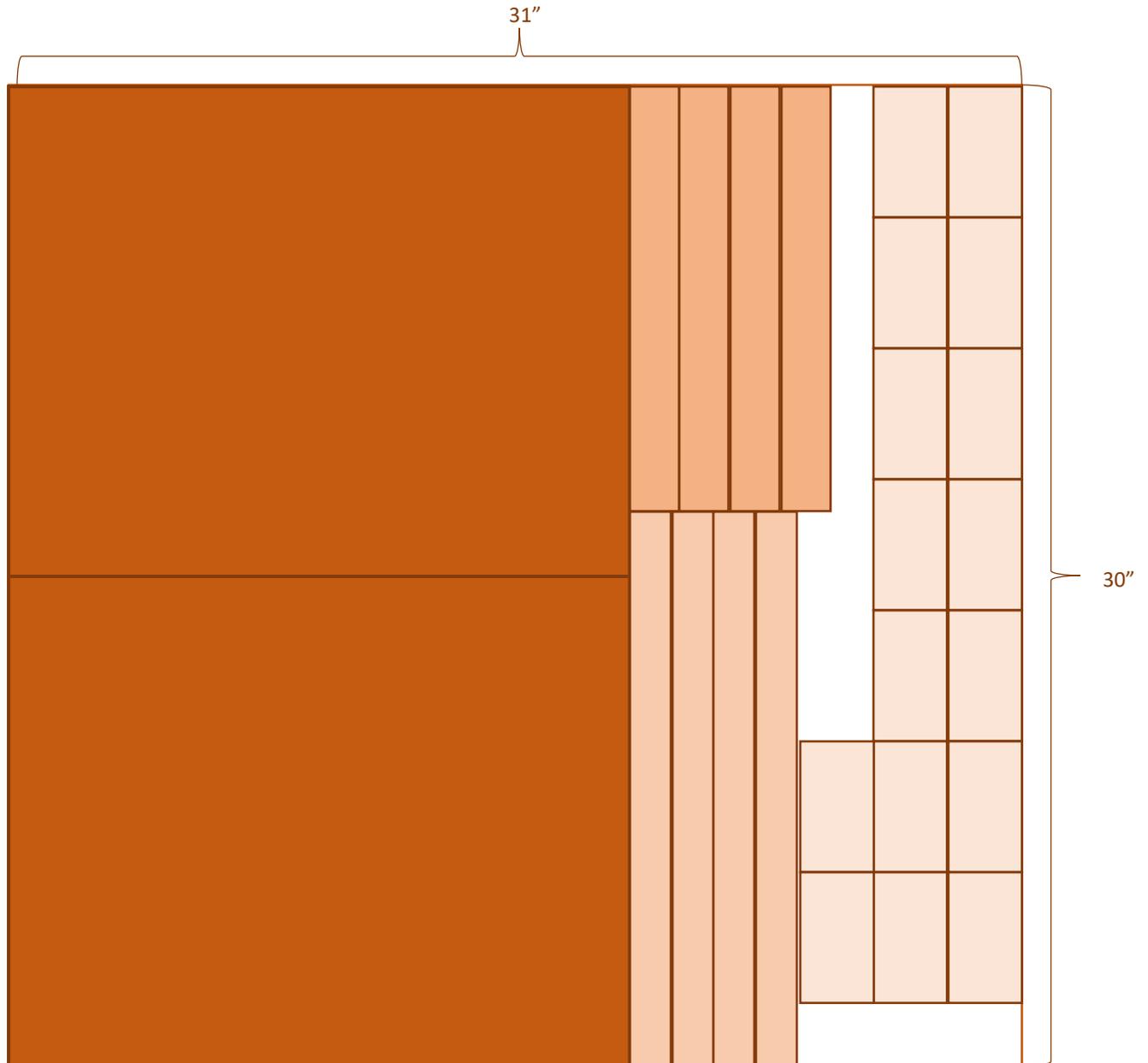
[they go vertically on the placemat outside the block]

[they go horizontally on the placemat outside the block]





Fabric B Layout
for making
TWO placemats
(Drawing is at
1/4 scale.)



Fabric C Layout
for making
TWO placemats
(NOTE: Drawing
is at 1/5 scale.)