

Project: Square-in-a-Square Band

American Patchwork & Quilting

1 MILLION
PILLOWCASE CHALLENGE

Pattern 51



FABRICS are from the Meadowbloom collection by April Rosenthal of Prairie Grass Patterns for Moda Fabrics (modafabrics.com).

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Materials

FOR ONE PILLOWCASE:

- 1 yard total assorted prints (band)
- $\frac{1}{3}$ yard print No. 1 (band)
- $\frac{7}{8}$ yard print No. 2 (pillowcase body)
- Lightweight tracing paper or foundation material of your choice

Finished pillowcase: 30×20" (fits a standard-size bed pillow)

Yardages and cutting instructions are based on 42" of usable fabric width.

Measurements include $\frac{1}{4}$ " seam allowances for piecing strips and $\frac{1}{2}$ " seam allowances for pillowcase construction. Sew with right sides together unless otherwise stated.

Cut Fabrics

From assorted prints, cut:

- 16— $4\frac{1}{2}$ " squares, cutting each in half diagonally for 32 large triangles for positions 6, 7, 8, and 9 (eight sets of four matching large triangles)
- 8— $3\frac{1}{2}$ " squares for position 1
- 16—3" squares, cutting each in half diagonally for 32 small triangles for positions 2, 3, 4, and 5 (eight sets of four matching small triangles)

From print No. 1, cut:

- 1— $5\frac{1}{2}$ × $40\frac{1}{2}$ " strip

From print No. 2, cut:

- 1— $25\frac{3}{4}$ ×41" rectangle

Foundation Piecing

The band for this pillowcase is foundation pieced. To foundation-piece, you stitch fabric pieces to a foundation paper with the marked side of the paper facing up and the fabric pieces layered underneath. The resulting pieced block or unit is a mirror image of the foundation

paper. See **Foundation Piecing** on page 5 for a full explanation of this technique.

Make Foundation Papers

The Foundation Pattern is on page 4. Use a pencil to trace the Foundation Pattern eight times, tracing all lines and numbers, onto lightweight tracing paper (or the foundation material of your choice) to make foundation papers. Another option is to print eight foundation patterns. Cut out each foundation paper roughly $\frac{1}{4}$ " outside dashed lines.

Assemble Blocks

1. For one block gather a foundation paper, a print $3\frac{1}{2}$ " square (position 1), a set of four matching small triangles (positions 2, 3, 4, and 5), and a set of four matching large triangles (positions 6, 7, 8, and 9).
2. Layer a print $3\frac{1}{2}$ " square atop a print small triangle; align long edges. Place the foundation paper, marked side up, atop the layered pieces, positioning the paper so the traced square is centered over the fabric square, and the aligned fabric edges are $\frac{1}{4}$ " beyond the stitching line between positions 1 and 2 and at least $\frac{1}{4}$ " beyond the position 1 stitching line (**Diagram 1**). Pin in place.
3. Referring to Foundation Piecing, page 5, for assembly method, check placement and sew together the foundation paper, square, and triangle. Press and trim as directed.
4. Working in numerical order, use remaining pieces to foundation-

piece a Square-in-a-Square block (**Diagram 2**).

5. Repeat steps 1-4 to make eight Square-in-a-Square blocks total.

Assemble Band

Use a $\frac{1}{4}$ " seam allowance for the following steps.

1. Join Square-in-a-Square blocks in a row (**Band Assembly Diagram**). Press seams open. The row should be $5\frac{1}{2}$ × $40\frac{1}{2}$ " including seam allowances.
2. Sew together the print No. 1— $5\frac{1}{2}$ × $40\frac{1}{2}$ " rectangle and block row along a pair of long edges.
3. Join short edges of Step 2 unit to make a loop. Fold loop in half with wrong side inside; press to make pillowcase band.

Assemble Pillowcase

1. Fold print No. 2— $25\frac{3}{4}$ ×41" rectangle in half to form a $25\frac{3}{4}$ × $20\frac{1}{2}$ " rectangle. Using a $\frac{1}{2}$ " seam allowance, sew together long edges and one set of short edges to make the pillowcase body. Turn right side out and press flat.
2. Matching raw edges and seams, slide pillowcase band over pillowcase body with pieced side of band facing pillowcase body (**Diagram 3**); pin. Using $\frac{1}{4}$ " seam allowance, sew together through all layers.
3. Press pillowcase band open, pressing seam toward pillowcase body. Topstitch $\frac{1}{8}$ " from band edge to secure seam allowance and complete pillowcase (**Diagram 4**).

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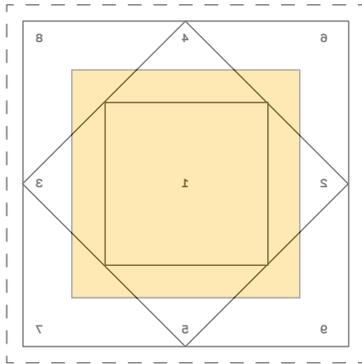


DIAGRAM 1

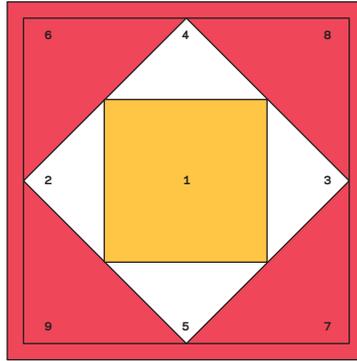
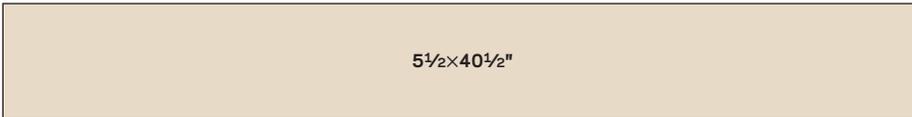
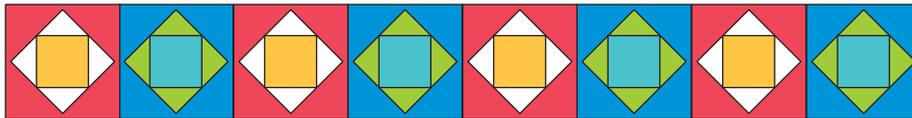


DIAGRAM 2



BAND ASSEMBLY DIAGRAM

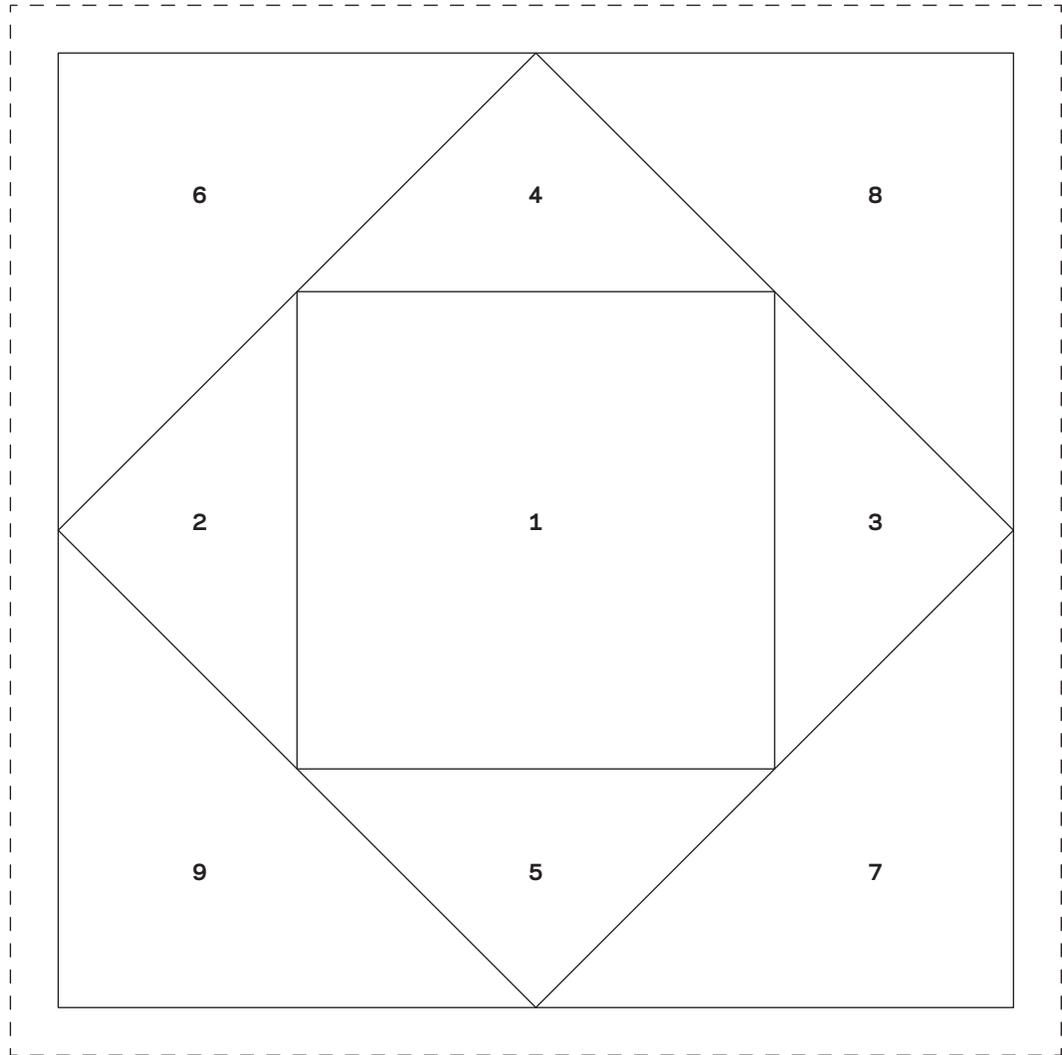


DIAGRAM 3

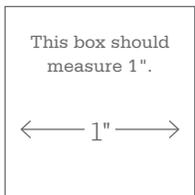


DIAGRAM 4

Project: Square-in-a-Square Band



FOUNDATION PIECING PATTERN



*** 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."

Foundation Piecing

Foundation Piecing

To make precisely pieced, intricate blocks, you can sew together fabric pieces on a paper pattern or foundation. Some quilters find this technique (also called paper piecing) to be freeing because precise cutting isn't required and grain line direction isn't a worry. However, it requires you to think about piecing in a different way.

To foundation-piece, you stitch fabric pieces to a foundation paper with the marked side of the paper facing up and the fabric pieces layered underneath. The resulting pieced unit will be a mirror image of the foundation paper. The diagrams, *right*, show the right and wrong sides of a block as it is being constructed to illustrate the process.

To make a foundation paper, trace desired pattern, including all lines, numbers, and dots, onto tracing paper or foundation material of your choice. Repeat to make the desired number of foundation papers. Cut out the traced foundation papers roughly $\frac{1}{4}$ " outside the dashed outer lines.

Roughly cut fabric pieces at least $\frac{1}{2}$ " larger on all sides than the area on the foundation they will cover. In this example, pink and green print rectangles were cut to cover the foundation paper triangles.

Assemble each unit in numerical order. In this case, with right sides together, layer the green print position 1 rectangle atop the pink print position 2 rectangle; align a pair of long edges.

Place a foundation paper, marked side up, atop the layered rectangles, positioning the paper so the aligned rectangle edges are $\frac{1}{4}$ " beyond the stitching line between positions 1 and 2 and at least $\frac{1}{4}$ " beyond the foundation's stitching line (**Diagram 1**).

To check placement, pin on the line between positions 1 and 2, then flip open the pink print rectangle. Make sure the rectangles completely cover positions 1 and 2 and extend at least $\frac{1}{4}$ " into adjacent positions. If they don't, reposition and recheck until they do.

Working with the marked side of foundation paper up, use a small stitch length (1.5 millimeters) to sew on stitching line through all layers, extending stitching past the beginning and end of the line by a few stitches (**Diagram 2**).

Turn stitched layers over so foundation paper is on the bottom. Press pink print rectangle open. Referring to **Diagram 3**, trim the green print rectangle only (not the foundation paper) to about $\frac{1}{4}$ " beyond next stitching lines (the line between positions 1 and 3, and the line between positions 1 and 4). Roughly trim the pink print rectangle to the edge of the foundation paper. (You will trim it later on the dashed lines when you trim the entire unit.)

With right sides together, align pink print position 3 rectangle with the long trimmed edge of green print piece. Turn stitched layers over so foundation paper is on top. Sew on stitching line (**Diagram 4**). Turn stitched layers over so foundation paper is on bottom. Press pink print rectangle open. Roughly trim pink print rectangle to edge of foundation paper.

In same manner, add pink print position 4 piece. Trim all fabric layers and foundation paper on dashed lines to complete a foundation-pieced unit (**Diagram 5**). Remove foundation paper with tweezers or the blunt edge of a seam ripper.

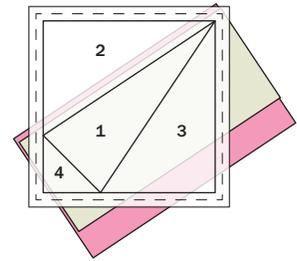


Diagram 1

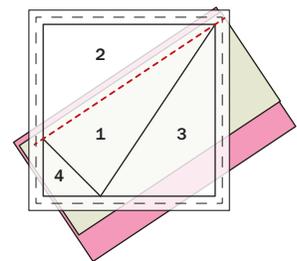


Diagram 2

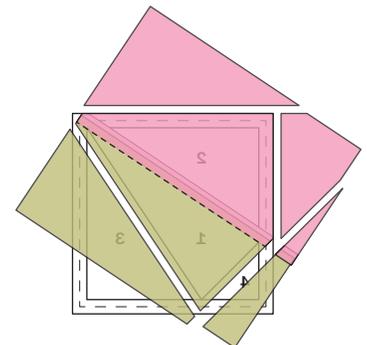


Diagram 3

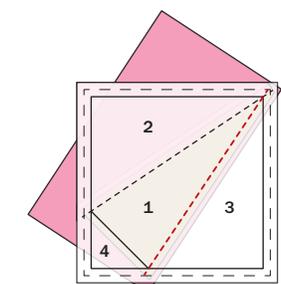


Diagram 4

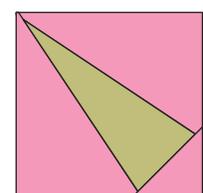


Diagram 5