

**SKILL LEVEL 2 - CONFIDENT BEGINNER**



**ART EAST**

**QUILTING CO**



# THERE SHE BLOWS

**QUILT BLOCK PATTERN**

**Size - 20" x 20"**



**@arteastquiltingco**

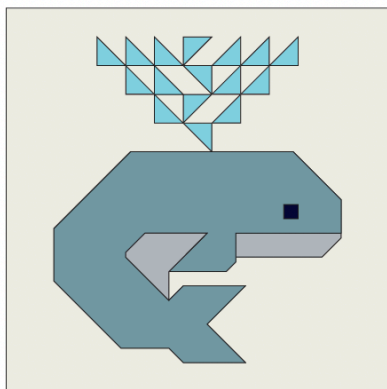
**#ThereSheBlowsQuilt**

# TRADITIONAL PIECING - SKILL LEVEL 2

Precise cutting, small pieces and points to match

MATERIALS NEEDED	20" x 20" QUILT BLOCK
BACKGROUND	15" x width of fabric*
WHALE BODY	6" x width of fabric*
SPRAY	6" x 20"
WHALE BELLY	3" x 20"
EYE	2" x 2"

*\*based on a fabric of a width of 42"*



Enjoy this FREE quilt block! This block is a great introduction to the Art East Quilting Co. style of pattern. Inside, you will find tips on precision piecing, making half-square triangles (HSTs) eight at a time, matching points and diagonal piecing using the Stitch & Flip Technique. This block makes a great wall hanging, tote bag or pillow.

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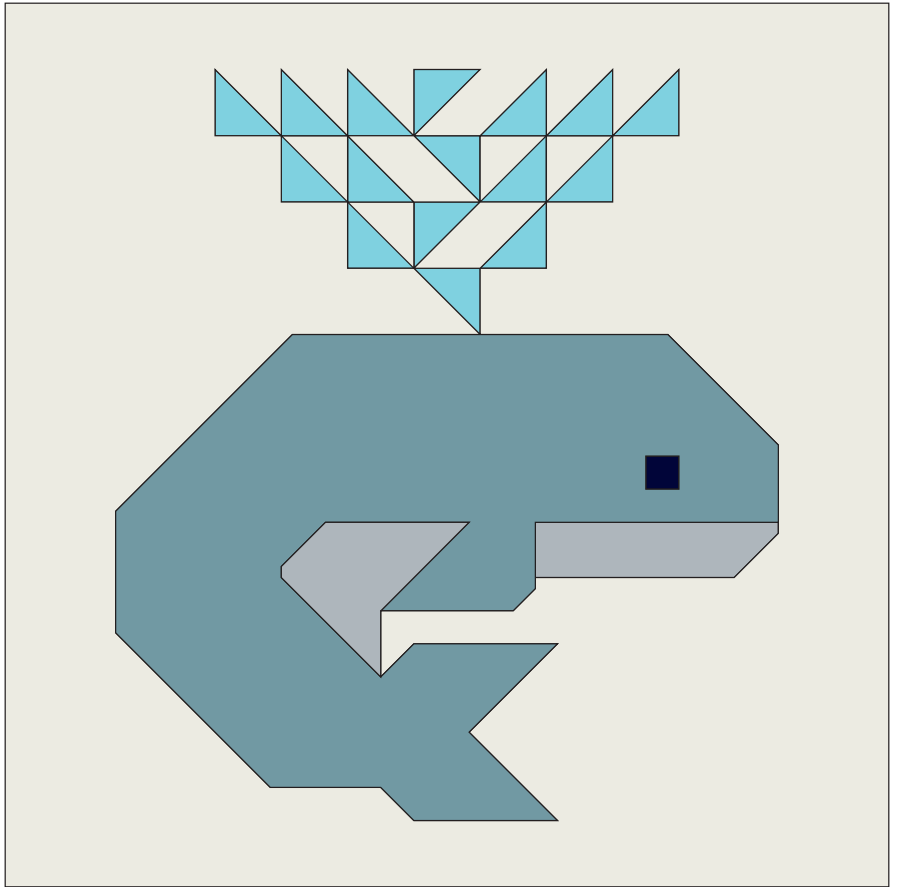
Visit us online for our full catalogue, our blog, pattern updates and more!



Item AETSB0424

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# Introduction

Let's dive beneath the surface with the **THERE SHE BLOWS Quilt Block**. This block was designed to finish at 20" x 20", making it the perfect size to make a wall hanging, a tote bag or pillow.

The trick to this type of project is staying organized. That means labelling everything as you go. There are a lot of pieces in blocks such as this, and without labels, you'll most definitely get them mixed up. I prefer to label every piece I cut with an adhesive label that I can clearly mark with its corresponding letter. Each piece you cut will have a letter associated with it, an UPPERCASE letter if it is cut from the background fabric, or a lowercase letter for all other fabrics. There are many ways to label your pieces (pins, sticky notes, erasable pen in the seam allowances, etc...), so find the one that works best for you.

## EXAMPLE OF CUTTING GUIDE

*Headers are colour-coded, coordinating with the assembly diagrams*

Piece	QTY	Size
BACKGROUND		
A	2	2.25 x 1.5
B	1	2.75 x 2.25
FABRIC 1		
a	2	1.5 x 1.5

**Piece** - the letter associated with a specific piece for the block (*UPPERCASE for background, lowercase for other fabric*)

**QTY** - quantity of that piece to be cut for the block

**Size** - the dimension of the piece in inches, with the longest side listed first

All measurements in this pattern are in inches. All pieces in this pattern include a 1/4" seam allowance. Your seam allowance is critical in this type of project, as any discrepancy in the size of the seam allowance will quickly multiply across the width or height of a block. I recommend you test out your seam allowance at the beginning of this project. You want to be sure that when you sew pieces together, you are taking away exactly a 1/4" from the pieces you are sewing.

To test my seam allowance, I sew three perfect 1" strips of fabric together using the fabric, the thread, the needle and the foot I will be using during the project. I then press the seams exactly as I will be doing throughout the project - more on this later. If I am indeed sewing with the perfect seam allowance, that middle strip should measure a perfect 1/2". To achieve this, often the seam allowance measures slightly less than a 1/4". This is often referred to as a *scant 1/4"*. But everyone sews differently, so test it out and adjust if necessary. Adjusting could mean moving your needle on your machine, changing your foot, or even changing how you position your fabric on your machine.

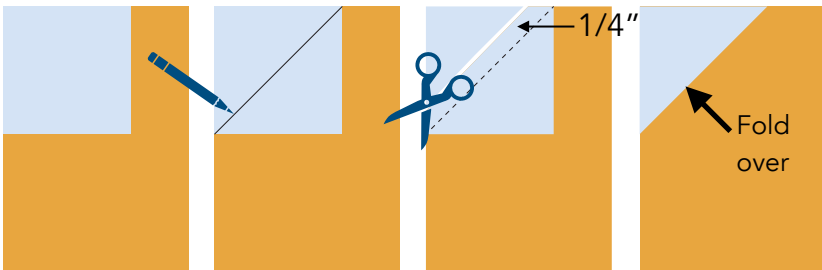
## Pressing Matters

Since there are many pieces in this block, keeping seams as flat as possible is essential to reduce bulk and keep blocks to size. When possible, I recommend pressing every seam *open*. Pressing seams open drastically reduces the bulk when seams intersect and also helps keep your seam allowances consistent throughout the block. Using a pressing spray on your seams, such as the **Acorn Easy Press Fabric Treatment** applied with their **Easy Press Pen**, will also dramatically impact the flatness of your seams. I also employ a wool pressing mat and wooden clapper in my pressing process, a combination I have found to be effective in keeping things flat.

## The Stitch & Flip Technique

The **Stitch & Flip Technique** is frequently used in this project (see image below). This technique gives pieces more shape than straight lines and right angles.

To do the **Stitch & Flip Technique**, place the piece you wish to stitch & flip in the corner of the larger piece you intend to join it to, *right sides together*. Draw a line from one corner to the other where you plan your final seam to appear and stitch directly on that line.

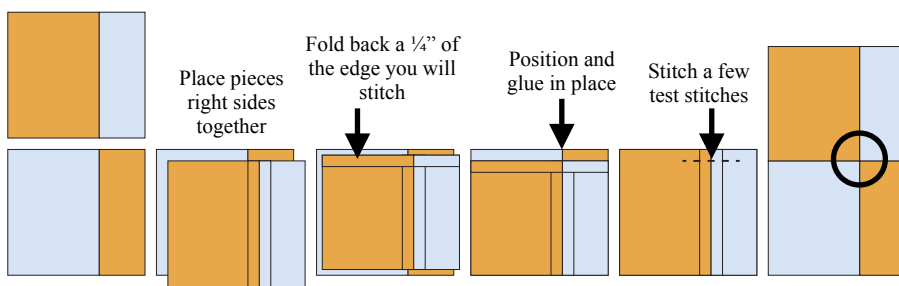


Once stitched, trim the excess fabric a  $\frac{1}{4}$ " away from your stitch line on the side closest to the corner. This will become your seam allowance. Flip over your fabric and press the seam open to complete.

## Matching Points Made Easy

You will find stars (★) throughout the instructions in the assembly diagrams and written instructions. These stars indicate an area of the block where you will want to match up points. Sometimes, points are required to match to help the block flow visually or to help the image make sense.

To do this, I first lay the pieces on one another, right sides together, as they will be stitched. I then fold back a  $\frac{1}{4}$ " of the edge of the top pieces I will be sewing. This represents the seam allowances that will be created once stitched.



Having this area folded back allows me to see the areas I want to match on their right sides and line up the pieces, as they will need to be positioned, to have the areas match once they are stitched. I like to use **Acorn SeamAlign Glue** in the seam allowances to hold the pieces in place.

Before I stitch the entire seam, I often sew a few stitches before, across, and then a few stitches after the point I want to match. This allows me to “test” the match and ensure it is to my liking. If it matches well, I complete the seam by stitching the entire seam, including going over my test stitches. If the point does not match well, I only have to unpick a few stitches to reposition the pieces and try again.

Sometimes, you may need to match multiple points along the same seam. In that case, I use the same method but position and glue all the points that need to match. I then test each of those point matches with a few stitches. Once those points are tested and match well, I stitch the entire seam, sewing directly over the test stitches.

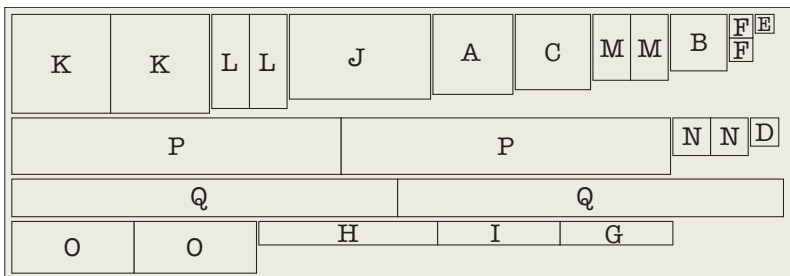
# Cutting Guide

Cut all the pieces listed in the cutting guide below. Follow the cutting guide fabric layout diagrams to make the most of your fabric.

Piece	QTY	Size
<b>BACKGROUND</b>		
A	1	4.25 x 4.25
B	1	3 x 3
C	1	4 x 4
D	1	1.5 x 1.5
E	1	1 x 1
F	2	1.25 x 1.25
G	1	6 x 1.25
H	1	9.5 x 1.25
I	1	6.5 x 1.25
J	1	7.5 x 4.5
K	2	5.25 x 5.25
L	2	5 x 2
M	2	3.5 x 2
N	2	2 x 2
O	2	6.5 x 2.75
P	2	17.5 x 3
Q	2	20.5 x 2

Piece	QTY	Size
<b>EYE</b>		
a	1	1.25 x 1.25
<b>WHALE BODY</b>		
b	1	1.25 x 1.25
c	1	2.75 x 2
d	1	12.5 x 2
e	1	15.5 x 3.25
f	1	4.25 x 1.75
g	1	1.5 x 1.5
h	1	6.5 x 5.25
i	1	4 x 2.5
j	1	4.5 x 2.5
k	2	2.5 x 2.5
<b>WHALE BELLY</b>		
l	1	2.75 x 1.75
m	1	2.75 x 2.75
n	1	2.5 x 2.5
o	1	6 x 1.75
<b>SPRAY</b>		
p	2	5.25 x 5.25

## BACKGROUND from 15" x width of fabric



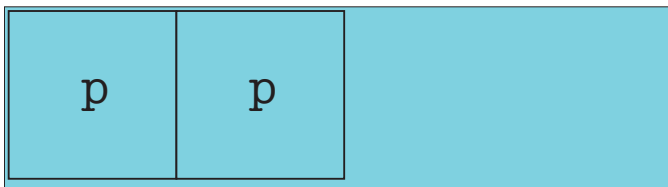
## WHALE BODY from 6" x width of fabric



## WHALE BELLY from 3" x 20"



## SPRAY from 6" x 20"





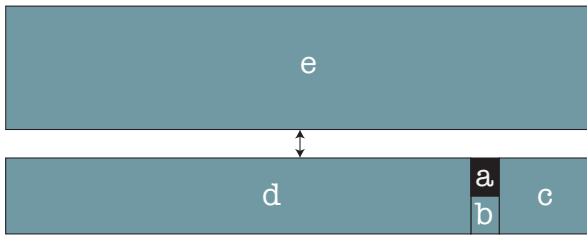
# ASSEMBLY INSTRUCTIONS

## STEP 1 - UPPER WHALE UNIT

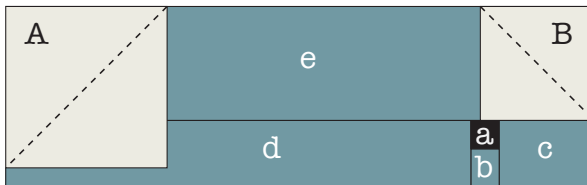


Stitch piece **a** to the top of piece **b**, as shown (*this unit should measure 1.25" x 2"*). Press.

Stitch piece **d**, the **a/b** unit and piece **c** in a sequence, as shown, creating the **Eye Unit** (*15.5" x 2"*). Press.



Stitch piece **e** to the top of the **Eye Unit**, as shown, creating the **Upper Whale Unit** (*15.5" x 4.75"*). Press.



Stitch & flip the **A** piece to the upper left corner of the **Upper Whale Unit** and the **B** piece to the upper right corner of the **Upper Whale Unit**, as shown. Trim and press.



## STEP 2 - LOWER WHALE UNIT

Prepare the pieces for the **Lower Whale Unit** by stitching & flipping:

Piece **n** to the top left corner of piece **i**.

Piece **E** to the bottom right corner of piece **i**.

Piece **D** to the bottom right corner of piece **o**.

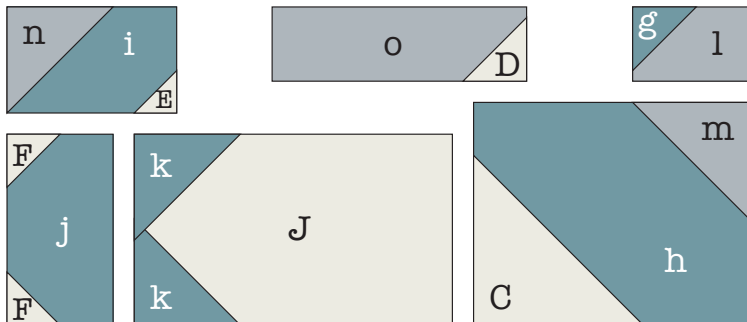
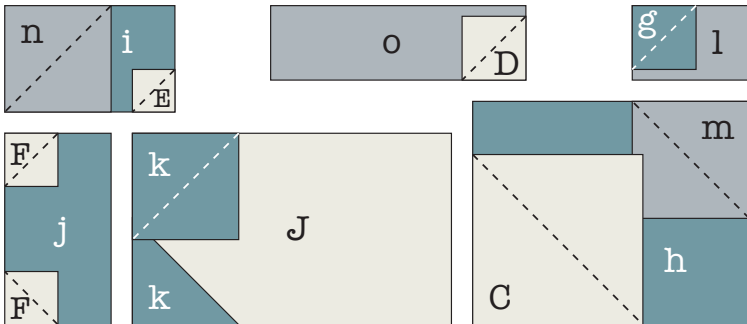
Piece **g** to the upper left corner of piece **l**.

Both **F** pieces to the two left corners of piece **j**.

Both **k** pieces to the left corners of piece **J** (*note that you will need to trim and press the first **k** piece before stitching the second, as they overlap*).

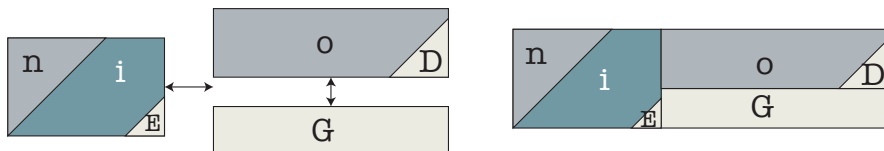
Piece **C** to the lower left corner of piece **h**.

Piece **m** to the upper right corner of piece **h**.

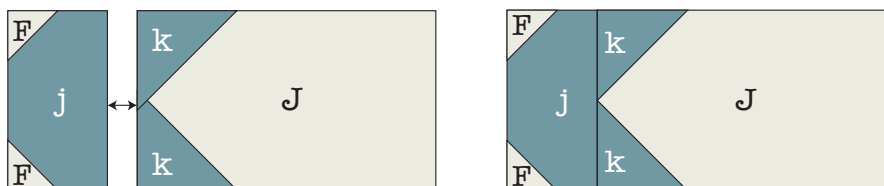


Stitch piece **G** to the bottom of the **o/D** unit, as shown (*this unit should measure 6" x 2.5"*). Press.

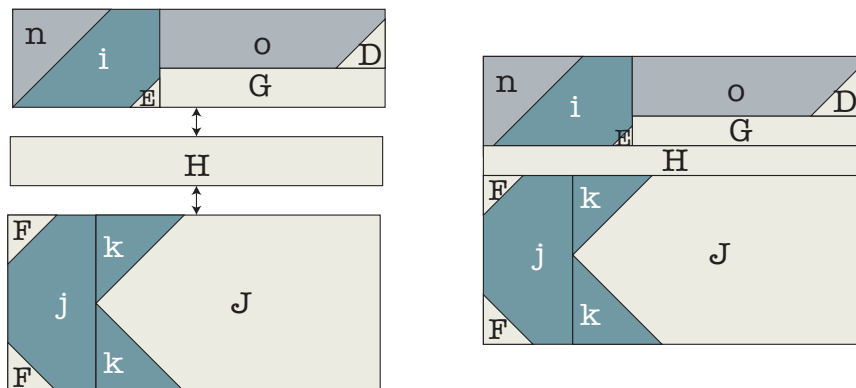
Stitch the **i/n/E** unit to the left of the **o/D/G** unit, as shown, creating the **Fin Unit** (*9.5" x 2.5"*). Press.



Stitch the **j/F/F** unit to the left of the **J/k/k** unit, as shown, creating the **Tail Unit** (*9.5" x 4.5"*). Press.



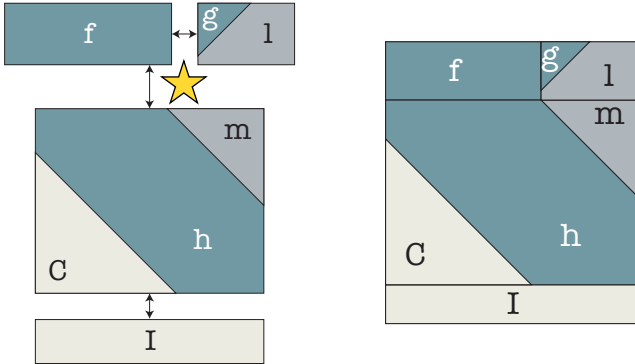
Stitch the **Fin Unit**, piece **H** and the **Tail Unit** in a sequence, as shown, creating the **Fin/Tail Unit** (*9.5" x 7.25"*). Place aside.



Stitch piece **f** to the left of the **l/g** unit, as shown (6.5" x 1.75"). Press.

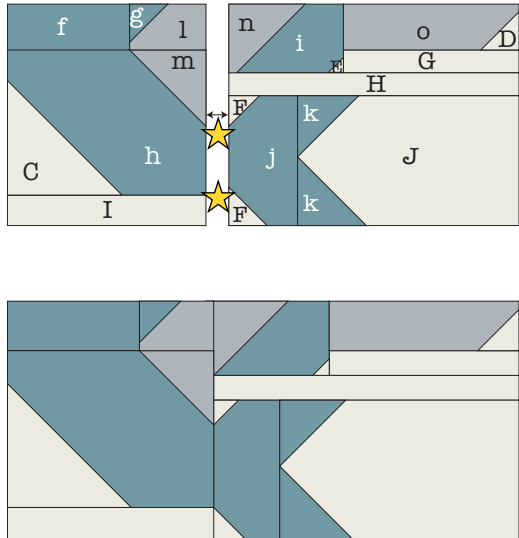
Stitch the **l/g/f** unit, the **h/m/C** unit and piece **I** in a sequence, as shown, creating the **Bum Unit** (6.5" x 7.25"). Press.

★ Note that when you stitch the **l/g/f** unit to the top of the **h/m/C** unit, you will want to match the point where the seam created between pieces **f** and **l** meet the seam created between pieces **h** and **m**, as marked on the diagram with a star.

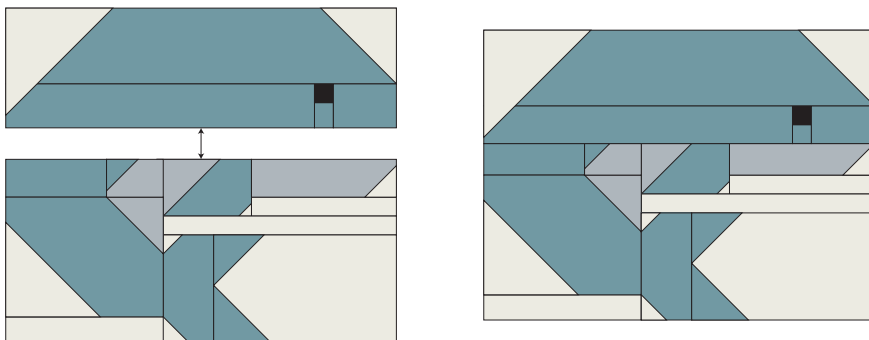


Stitch the **Bum Unit** to the left of the **Fin/Tail Unit**, completing the **Lower Whale Unit** (15.5" x 7.25"). Press.

★ Note that when you do this, you will want to match the points where the seams created between piece **j** and the **F** pieces meet the seams created between pieces **h**, **m** and **I**, as marked on the diagram with stars.



Stitch the **Upper Whale Unit** to the top of the **Lower Whale Unit**, as shown, creating the **Whale Unit** (15.5" x 11.5"). Press.



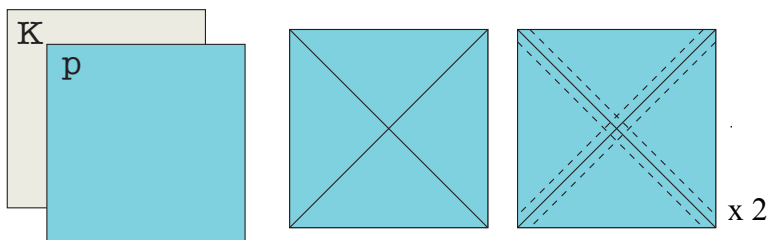
### STEP 3 - SPRAY UNIT

Sixteen **HSTs** (half-square triangles) are needed to create the **Spray Unit**. We are going to create eight at a time.

Making two separate piles, stack the two **p** pieces on top on the two **K** pieces right sides together, as shown.

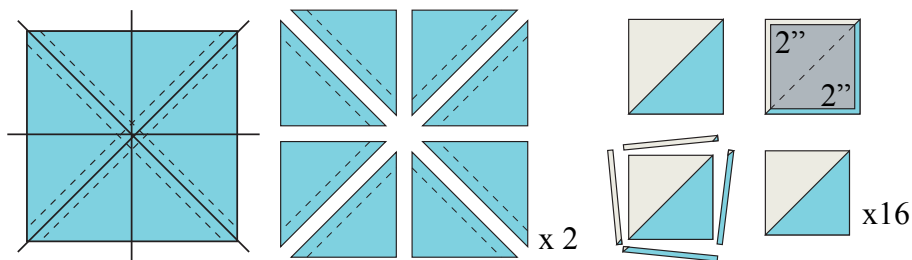
Draw two diagonal lines going across the two **p** pieces, bisecting the two diagonally opposing corners forming X's, as shown.

Stitch a 1/4" away on either side of each drawn line, as shown. There should be a total of four stitch lines on each unit.

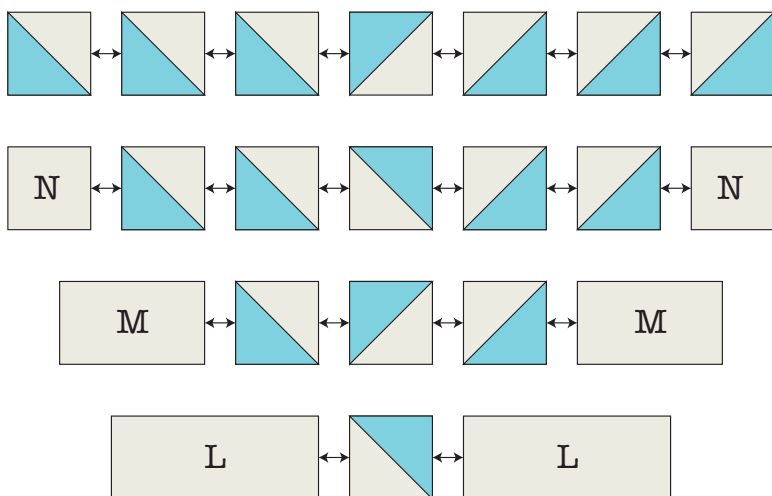


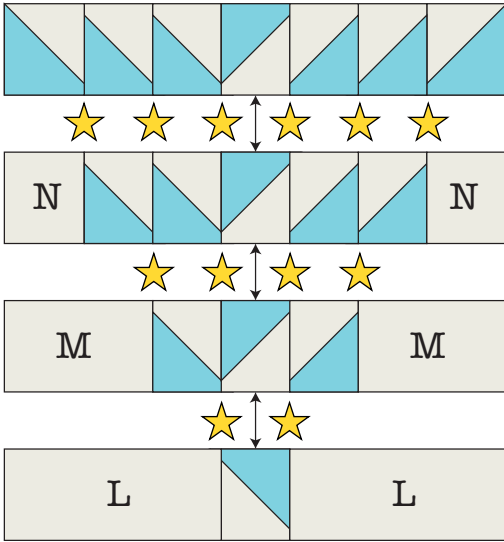
Cut the two units in half directly on the drawn diagonal lines as well as through the centre of the units both vertically and horizontally, as shown. Each **p/K** unit should produce eight identical **HSTs** for a total of sixteen.

You will want to “true-up” your pieces to be perfect 2” **HSTs**. To do this you want to trim your pieces in a way that the dimensions of each piece are 2” square with the diagonal seams of your **HSTs** perfectly bisecting two diagonally opposing corners, as shown.



Stitch the **HSTs**, the **N** pieces, the **M** pieces and the **L** pieces into four sequences, as shown (*these units should measure 11" x 2" each*). Press.





Stitch the four sequences together, as shown, creating the **Spray Unit** (11" x 6.5"). Press.

★ Note that when you do this, you will want to match the points where the seams created between **HSTs**, the **L** pieces, the **M** pieces and the **N** pieces meet, as marked on the diagram with stars.

Stitch the **O** pieces to either side of the **Spray Unit**, as shown (15.5" x 6.5"). Press.

Stitch the extended **Spray Unit** to the top of the **Whale Unit**, as shown (15.5" x 17.5"). Press.

Stitch the **P** pieces to either side of the block, followed by the **Q** pieces to the top and bottom of the block, pressing in between. The completed block should measure 20.5" x 20.5".

