



# Introduction to Foundation Paper Piecing

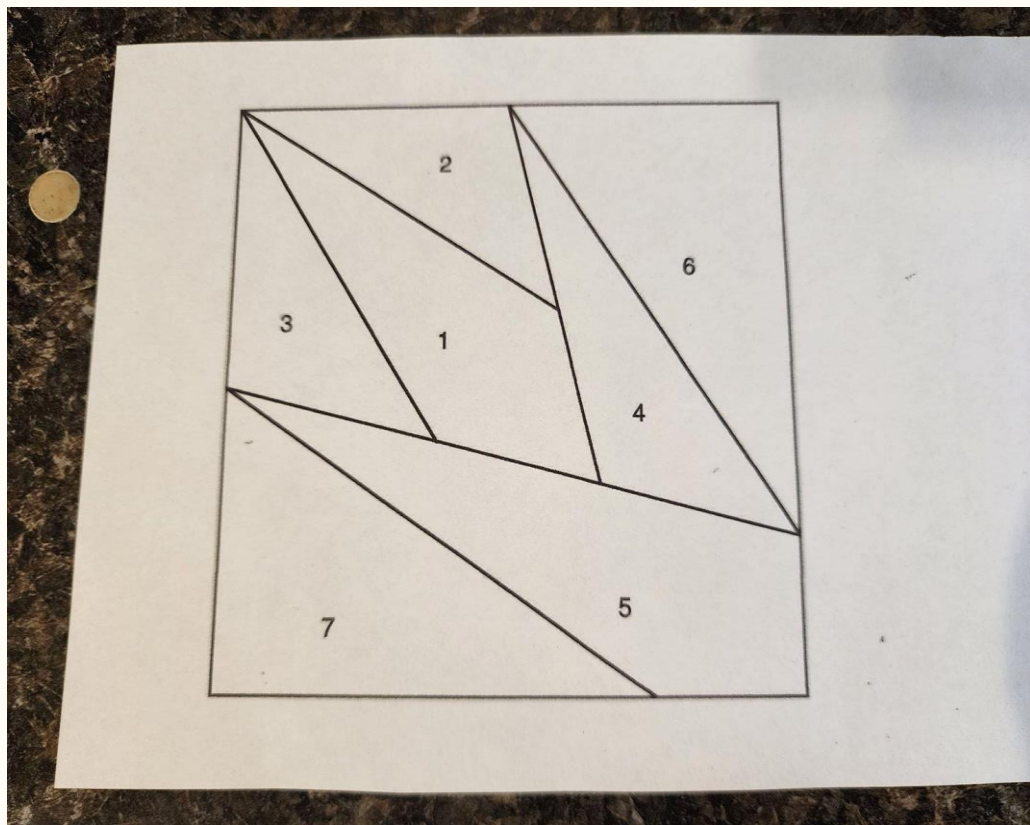
June 16, 2025 SSQG

Presented by Sue Courson



# Sew a Star Block with Carol Doak

<https://www.youtube.com/watch?v=m9MdR76HtgM&t=624s>



©Carol Doak 2005 This pattern offered on [www.caroldoak.com](http://www.caroldoak.com) and may be reproduced and distributed with this notice for the purpose of teaching others to paper piece.

## Tools needed

1. Pre-printed paper pattern or blank paper for printer
2. Add-a-quarter ruler
3. Index card or template plastic
4. Open toe presser foot.
5. Rotary cutter and ruler
6. Flat head pins
7. 90/14 needle and 50 wt thread. Set stitch length to 1.8
8. Small curved tip scissors and tweezers

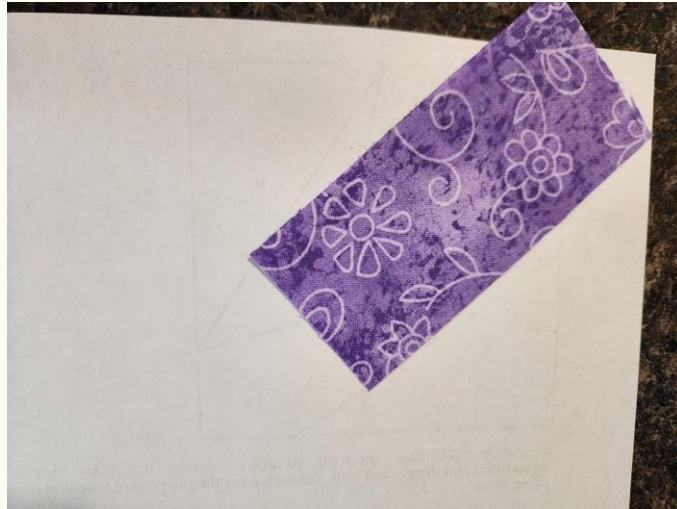
# Prepare your fabric

1. Follow your pattern instructions
1. If no instructions, measure the pieces and write on the pattern. Measure the longest side which may be the hypotenuse! Easiest for beginners is to cut rectangles.
1. Cut pieces, stack and number with sticky notes or tape

## Find #1

## Critical step

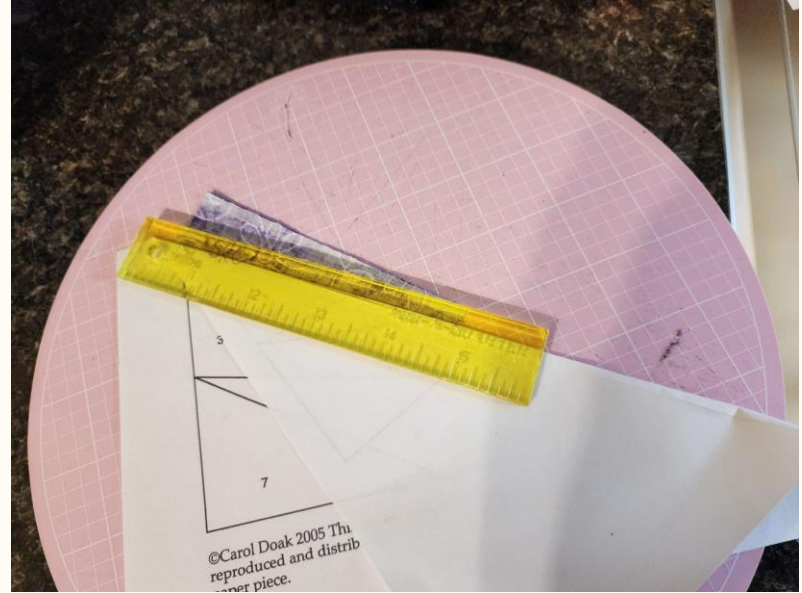
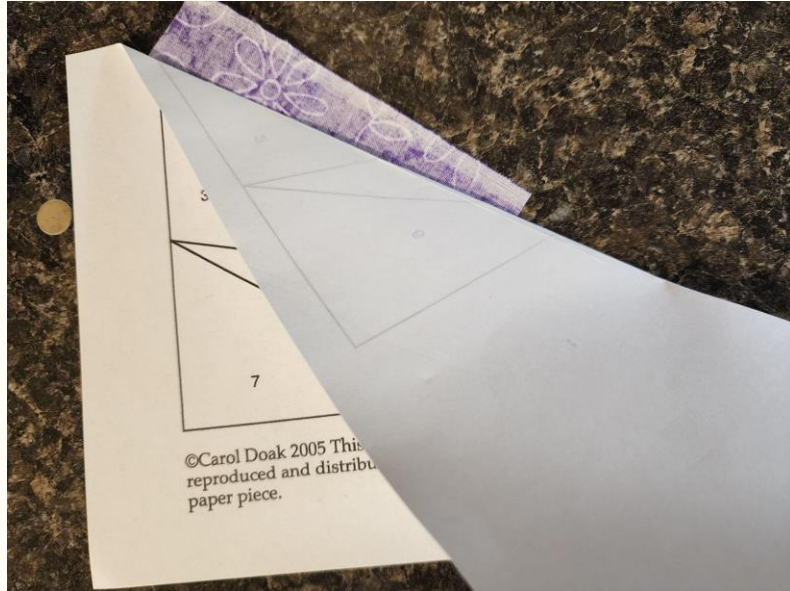
Lay piece 1 RIGHT SIDE UP on back of paper. Hold it up to a light to make sure #1 is covered. Use a little glue stick to secure it.



# Get ready for #2

Turn the paper over, lay a card or plastic edge along the line between 1 and 2.

Fold the paper back along the line.



Lay Add a Quarter ruler along fold and trim.

## Add second fabric

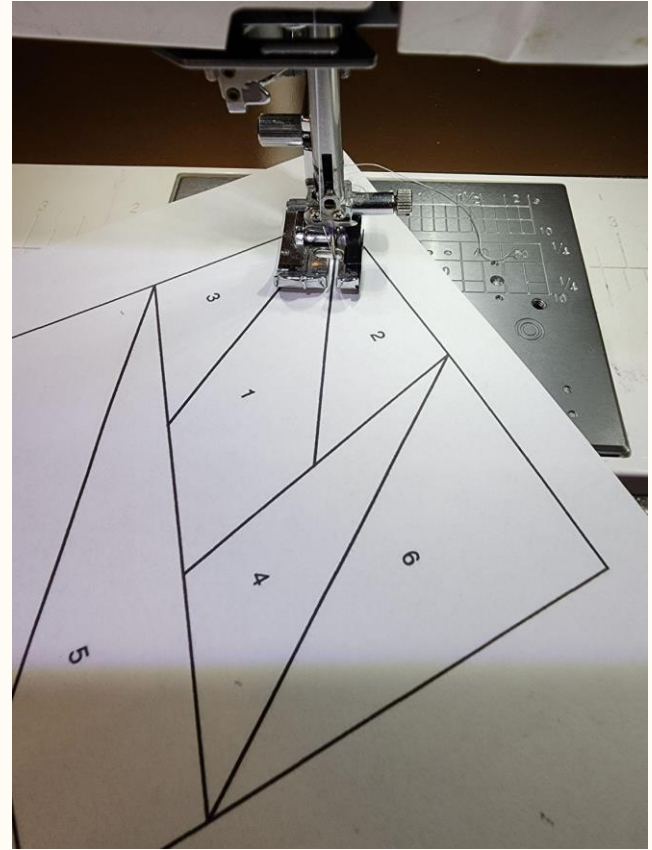
Line the second fabric along the cut edge.

RIGHT SIDES TOGETHER.

Open the folded paper and sew along the line

Between 1 and 2.

Flip it over and finger press the seam open.



# Repeat!

Using your card, fold on line between 1 and 3.

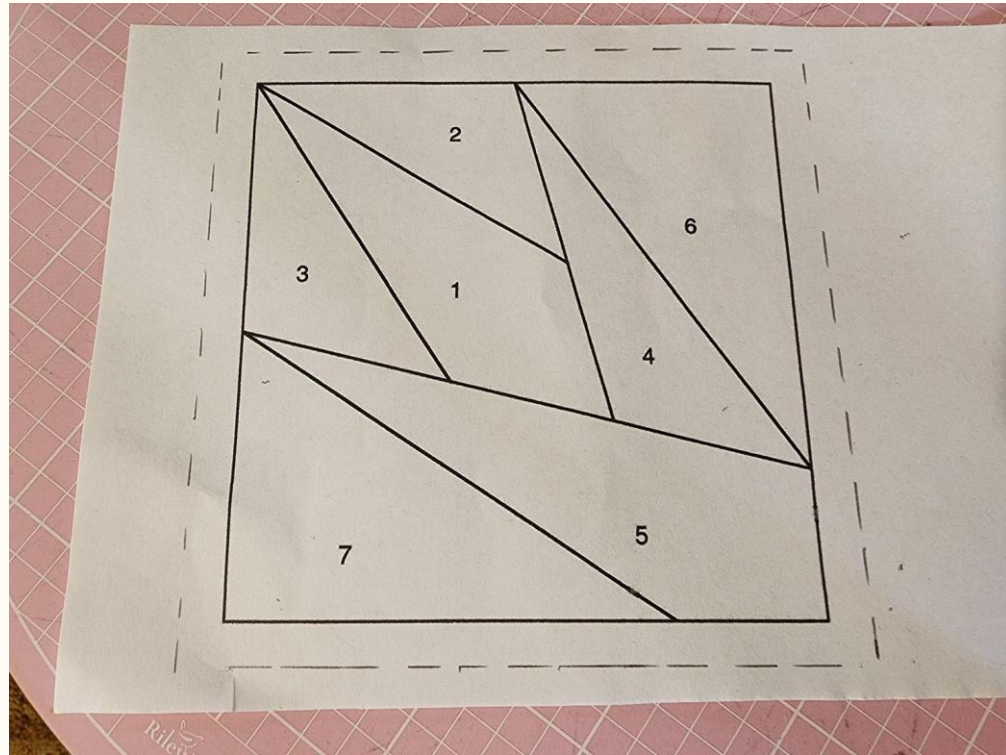
Add a quarter ruler, and trim. Line up fabric for area 3 with cut line. Open paper and sew on the line.

In your group, figure out which line to fold next.

Continue this process until you have added fabric to all 7 sections.

# Trim the block.

Remember to add a seam allowance before you trim the paper.



# Ready for next lesson?

Here is a link to a good instructional video for more precise cutting of pieces before beginning to sew.

<https://www.youtube.com/watch?v=-Z2wS1MWAo4>

Rebecca Bryan

Make modern triangle quilts

# References

Carol Doak. 2023. 60 Fabulous Paper-Pieced Stars. C&T Publishing.

Carol Doak <https://www.caroldoak.com/index.php>

[How to Paper Piece](#) Step by Step how to begin

<https://www.caroldoak.com/userfiles/file/How%20to%20Paper%20Piece2.pdf>

Link to templates:

<https://www.caroldoak.com/userfiles/file/IntrotoPaperPiece3.pdf>