

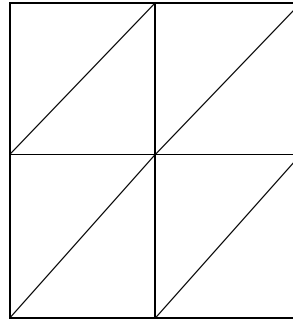


QUILT MUSEUM  
AND GALLERY

## The Patch Project – ‘Make a patch’ help sheet for beginners (Level 2)

### Equipment:

- Fabric
- Ruler
- A Needle – Sharps, size 8-10
- Thread
- Scissors/rotary cutter
- Pattern
- Chalk/pencil



This 4-patch block is made from eight ‘half-square triangles’.

It is the most frequently used shape in patchwork.

### Before you start:

Make sure that you will be sewing in a light and comfortable area with access to your equipment. It’s always a good idea to keep your equipment in a box when you’re not using it, especially if there will be children near you.

Your finished block will measure 30cm x 30cm. In patchwork we usually use imperial measurements (i.e. inches and feet) but as most of you will have a ruler with centimeters marked on, we’re giving metric measurements.

All the ‘seam allowances’ (joins between pieces of fabric) are 1cm wide.

### Sewing skills:

To complete your patch you will need to know how to do the following stitches

#### 1. Running stitch

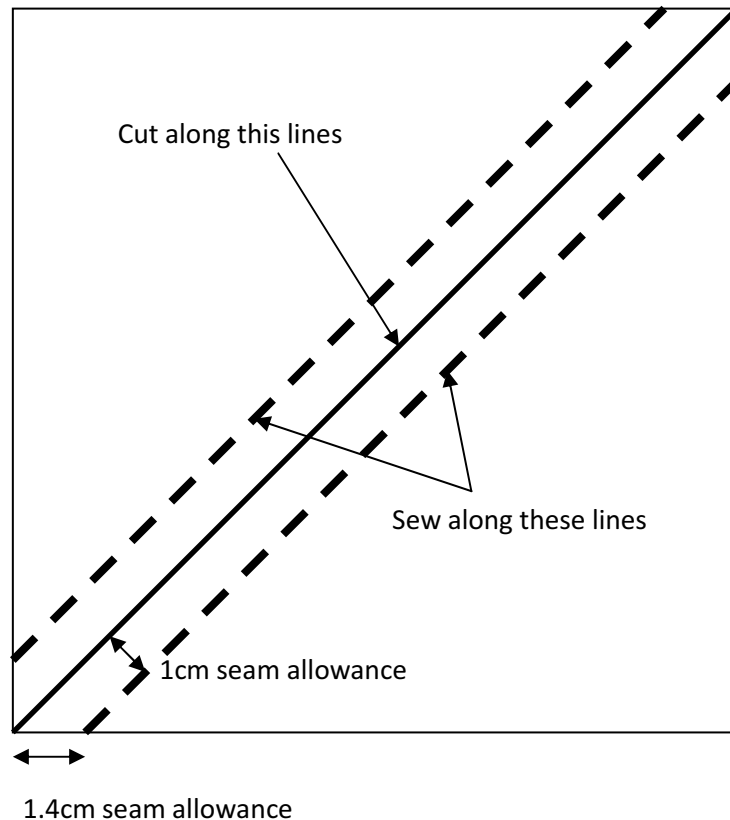
See our running stitch sheet if you need help.

#### 2. Back stitch

See our back stitch sheet if you need help.

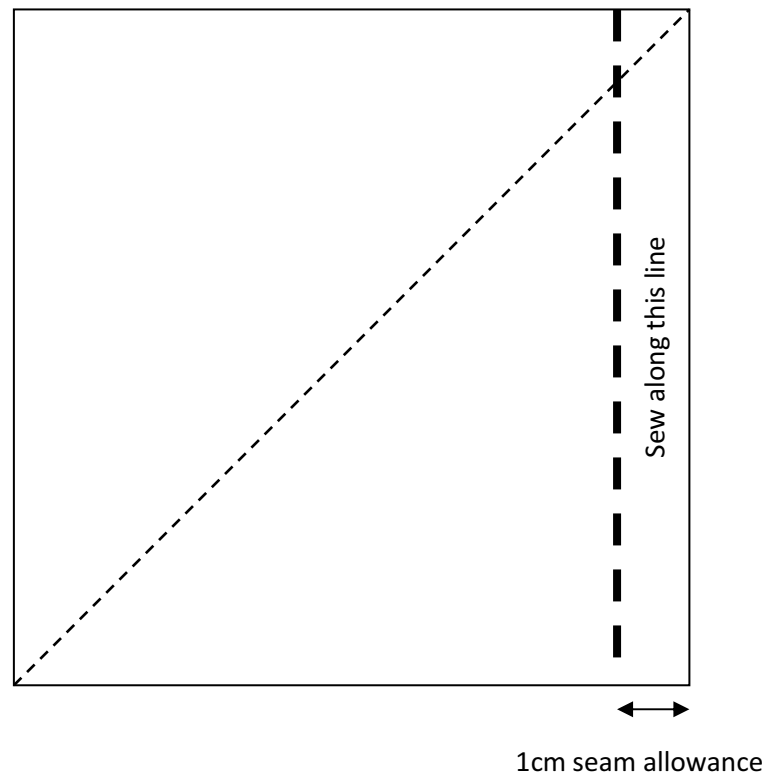
## Instructions:

1. Choose your fabric
2. Measure out your patches, each should measure 7.3 inches squared or 18.5 cm squared
3. Cut your patches
4. Choose your thread
5. Thread your needle
6. On the back of the fabric, draw a diagonal line down the centre of the fabric squares. This is your cutting line
7. On the back of the fabric, draw two diagonal lines, one on each side of your cutting line 1cm away. These are your seam lines.



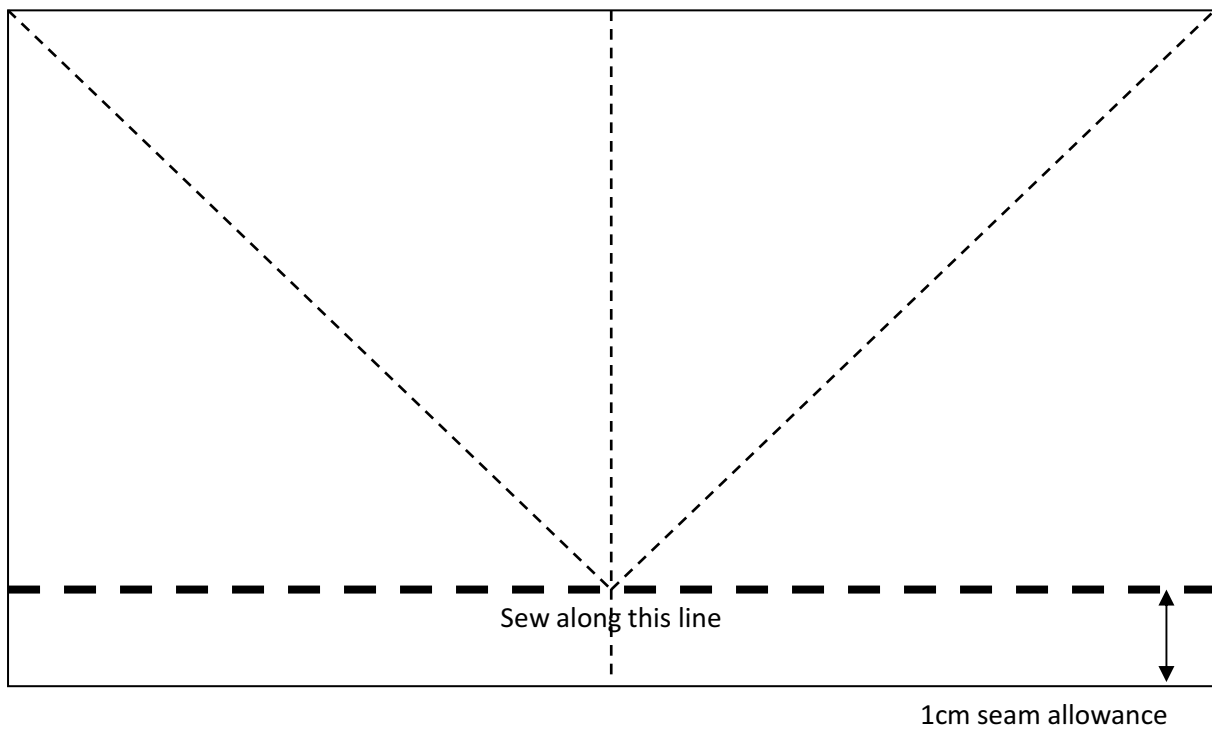
8. Take two fabric squares and lay them on top of each other front side to front side
9. Sew down your seam lines using running stitch with a back stitch every six stitches
10. Cut along your cutting line

11. Open out your squares.
12. Repeat steps 4- 11 until you have 4 squares
13. Measure a 1 cm seam allowance and draw a line down the side of the fabric squares
14. Take two squares and place them front side to front side
15. Sew down your line using running stitch with a back stitch every six stitches



16. Open out your rectangle
17. Repeat steps 13 – 16, you should now have 2 rectangles
18. Measure a 1cm seam allowance and draw a line across the top of the rectangles
19. Place the two rectangles front side to front side

20. Sew down your line using running stitch with a back stitch every six stitches



21. Open out your block of four half squares

22. Add beads and decorations if you wish