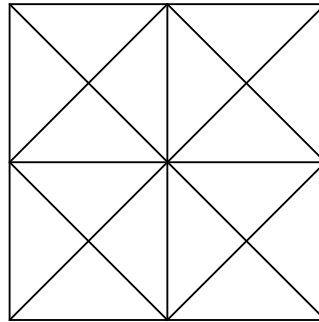


The Patch Project – ‘Make a patch’ help sheet for beginners (Level 3)

Equipment:

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



This 4-patch block is made from sixteen ‘quarter-square triangles’.

It is one of the most frequently used shapes 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

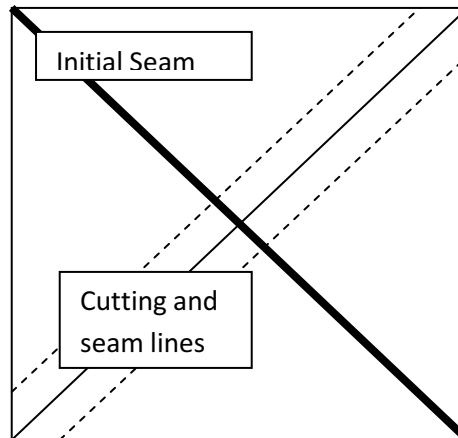
See our running stitch sheet if you need help.

2. Back stitch

See our back stitch sheet if you need help.

Instructions:

1. Think about the pattern you wish to create - what material and colours are you going to use and where?
2. Create 4 half-square patches as described in the Beginners Level 2 worksheet, but this time your initial cut patch should measure 20cm by 20cm.
3. Pin two of the patches together, front side to front side, with the contrasting triangles facing each other.
4. Draw a line from corner to corner that intersects with the seam already sewn. This is your cutting line
5. 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.



6. Sew down your seam lines using running stitch with a back stitch every six stitches
7. Cut along your cutting lines
8. Repeat steps 2 – 6 to create your further two squares
9. To sew them together: on the reverse side of one of your patches draw a seam line down one side, 1cm from the edge
10. Pin it to a second patch, front side to front side
11. Sew down your line using running stitch with a back stitch every six stitches
12. Repeat steps 8 – 10 with the remaining two patches
13. You should now have two rectangles

14. To sew your rectangles together, on the reverse side of one rectangle draw a seam line 1 cm from the edge down the longest side
15. Pin the two rectangles together, front side to front side
16. Sew down your line using running stitch with a back stitch every six stitches
17. Your patch is now finished. Add buttons or beads to your patch if you want to.