



fretwork butterfly

Summer 2013 Quilt Art Project

by Lora S. Irish, ArtDesignsStudio.com

18" x 18" Fabric Framed Quilt Art Block Beginner's Level Project

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Teachers are encourage to request copies of this project for use in their home studio by contacting Lora S. Irish at lora@artdesiginsstudio.com.



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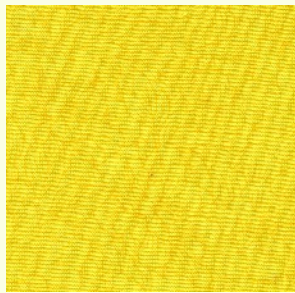
Summer 2013 Quilt Art Project

Our Summer 2013 quilt project uses a scroll saw fretwork pattern and double sided fusible interfacing to create a stunning altered art quilt square framed on canvas stretchers.

Scroll saw patterns are silhouette designs that come in a wide range of themes - animals, wildlife, portraits, Holiday ornaments - and so are perfect for fusible interfacing applique work in quilting.

All you need is six fat quarters, basic beginner quilting skills, a small selection of beads, 6 yards of ribbon and colored crochet cotton, and your imagination. In one day of fun you will be ready to hang your fretwork butterfly.

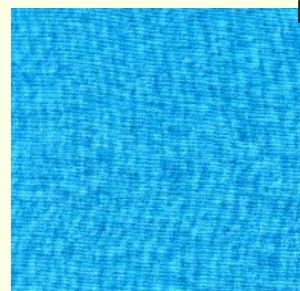
Our finished sample features a knotted cord made with 3/8" flat ribbon and crochet cotton. Along the same area a selection of small jewelry beads including pink turquoise, lacquer ovals, red oval gemstones, and small silver balls are stitched to add bright, 3-dimensional accents.



COLOR A



COLOR B



COLOR C



COLOR D



COLOR E



COLOR F

Supply List

100% Cotton Fabric

Color A 1 - 10 1/2" x 10 1/2" square

4 - 4" x 22 1/2" strips

Color B 4 - 2 1/2" x 10 1/2" strips

Color C 4 - 2 1/2" x 2 1/2" squares

Color D 2 - 4" x 14 1/2" strips

2 - 4" x 22 1/2" strips

Color E 1 - 20" x 20" square

Color F 1 - 20" x 20" square

Backing 1 - 20" x 20" square

2 - 16" x 16" double sided fusible

iron-on interfacing

20" x 20" quilt batting

1 spool variegated sewing

thread

long quilting straight pins

hand sewing needle

rotary cutter and ruler

iron

graphite paper, carbon tracing paper

6 yards 3/8" flat orange and green

variegated ribbon

6 yards yellow #8 crochet cotton

60 3mm cube pink turquoise beads

6 - 4mm x 8mm lacquered red oval beads

8 - 3mm x 4mm red gemstone oval beads

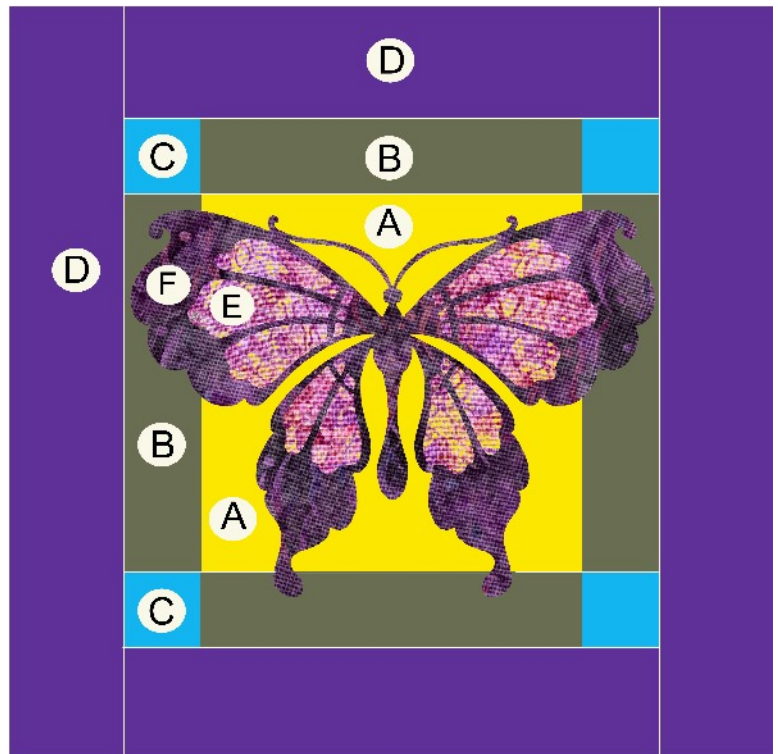
40 - 3mm silver round beads

1/4" x 3"x 36" basswood or balsa wood

4 - 18" canvas stretchers

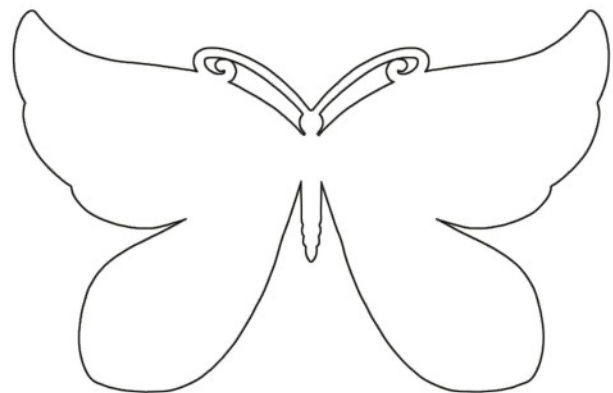
staple gun and staples

picture hanging hardware



Preparation Steps

1. Pre-wash your fabric, dry, and iron your fabric before cutting.
2. Measure twice before cutting.
3. All cuts are along the straight of the grain.
4. Follow the directions printed on the paper wrapping for your brand of double sided, iron-on fusible interfacing.
5. Press each seam after sewing. Iron the seam allowance, wherever possible towards the darker of the two fabrics.



Creating the Block

Use a 1/4" seam allowance throughout.
Iron each seam before adding the next quilt strip.

Step 1: Wash, dry, and iron your fabrics. Using a rotary cutter, cutting matt, and quilting ruler cut each piece as described in the Supply List.

Step 2: Sew one Color B strip to one side of the Color A 10 1/2" block. Sew one Color B strip to the opposite side of the Color A block, as shown in Diagram 1.

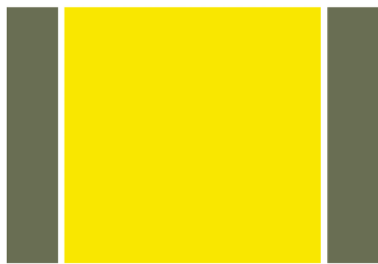


DIAGRAM 1

Step 2: Sew one Color C 2 1/2" block to each end of the two remaining Color B strips. Match the seams, pin into place, stitch one strip to each remaining side of the Color A block, as shown in Diagram 2.



DIAGRAM 2

Step 3: Sew one Color D 4" x 14 1/2" strip to one side of the center block. Sew the second Color D 4" x 14 1/2" strip to the opposite side, as shown in Diagram 3.

Step 4: Sew one Color D 4" x 22 1/2" strip to one of the remaining sides of the center block. Sew the remaining strip to the opposite side, as shown in Diagram 3. Iron.

Step 5: The finished center block measures 22 1/2".

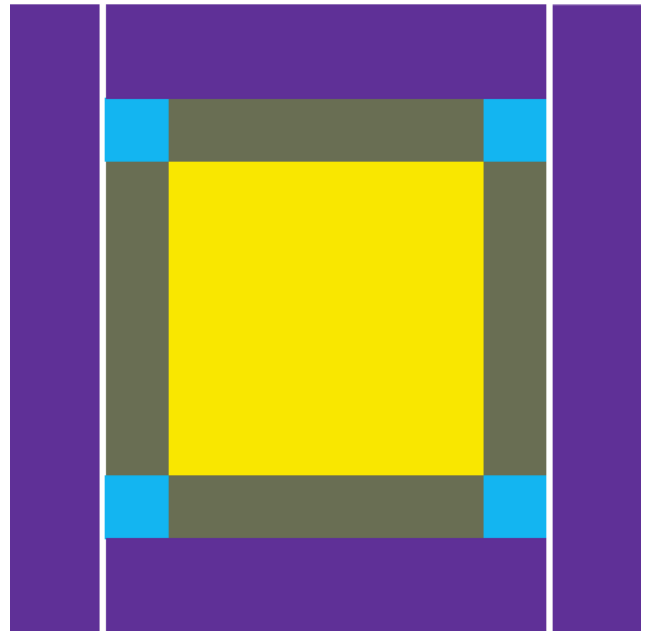


DIAGRAM 3

TIP

To create an 18" x 18" quilt square, from Color D cut the 2 - 2 1/2" x 14 1/2" and 2 - 2 1/2" x 18 1/2" for your outer border strips.

Create a small lap quilt using four 18" fretwork butterfly blocks in a two row, two column layout. Add a 4 1/2" wide border and a 2 1/2" wide border of complimentary fabric along the outside edge to create a 42" lap quilt.

Working with Fusible Interfacing

Always read and follow the manufacturer's instructions for your brand of double sided fusible interfacing.

Iron your fabric square. Center the fusible interfacing on the reverse side of the fabric. Set your iron on the manufacturer's recommended heat setting.

Working from the center of the fusible interfacing out towards the corners. Glide the iron across the interfacing, allowing the iron to set on each area for about 2-3 seconds. Repeat once over the entire interfaced area.

Do not over heat your fusible interfacing. This reduces the adhesives ability to fully bond with the fabric.

Allow to cool. Trace your pattern pieces to the paper backing of the fusible interfacing. Remember that all tracing patterns are made in reverse since you are working the patterns on the reverse side of the fabric.



DIAGRAM 4

Creating the Applique Butterfly

Step 1: Adhere one 16" x 16" piece of double sided fusible interfacing to the reverse (back) side of Color E. Allow to cool. Do not remove the paper backing.

Step 2: Measure and pencil mark the center vertical line of the fabric on the paper backing. Position the butterfly pattern along the pencil line and tape into position. Using graphite paper trace along the outline of the butterfly. Trace the entire pattern including the inside wing sections.

Step 3: Turn the butterfly pattern to its reverse side. Reposition the butterfly pattern along the center pencil line and trace the second side of the design.

Step 4: Using embroidery scissors cut along the tracing lines to create the fretwork butterfly applique. The applique may also be cut using a craft knife and a cutting matt. See Diagram 4.

Step 5: Heat set the second piece of double sided fusible interfacing onto the reverse (back) side of the 20" x 20" Color F fabric. Allow to cool. Do not remove the paper backing.

Step 6: Remove the paper backing from the Color E applique. Center the applique butterfly onto the front of the Color F piece. Heat set the applique.

Step 7: Using embroidery scissors cut along the outer edge of the fretwork applique butterfly. Do not remove the paper backing from the back of the Color E fabric. See Diagram 5.

Save any scrap pieces of fabric from these two fusible interfaced fabrics to create small accent butterflies for your border or small blocks if you chose to create a lap quilt.

Step 8: Remove the paper backing from your fretwork butterfly. Center the butterfly on your quilt block. Note that the top and bottom wing tips extend beyond the center square of the block. Heat set into place. Allow to cool.





DIAGRAM 5

Tip

Any tightly packed free motion stitch can be used in the center, Color A, block area. The tight patterns makes the butterfly appear to puff off of the block.

To add more puff cut a small slice in the backing fabric of the wing areas of the butterfly.

With a knitting needle insert small amounts of craft stuffing, spreading the stuffing evenly throughout each section.

Do not overstuff.

Hand stitch the backing fabric slice closed.



Adding the Batting and Backing

Step 1: Lay the backing fabric, face down, on your quilt cutting matt. Center the batting over the backing fabric. Center the applique block over the batting. Pin into place with long quilting pins.

Step 2: Set your sewing machine for free motion quilting. Stitch 1/8" in from the edge along the outside lines of the butterfly. Stitch along the center line of the antennae.

Step 3: Using free motion stitching, stipple the non-butterfly areas of the center, Color A, areas of the quilt block.

Step 4: Using either free motion stitching or regular sewing stitching, create diagonal quilting lines in the remaining quilt block areas. Work this stitching to the edge of the block-batting sandwich.



FREE MOTION GUIDE

Easy Masking Tape Quilting

Masking tape is available in a variety of widths, from 1/4" to 3" wide rolls, and can be used as a stitching guide for your block quilting.

Cut one strip of tape several inches longer than the diagonal measurement of your block. Lay one edge of the tape along the diagonal of the block, matching it to the corners of the small, Color C, blocks.

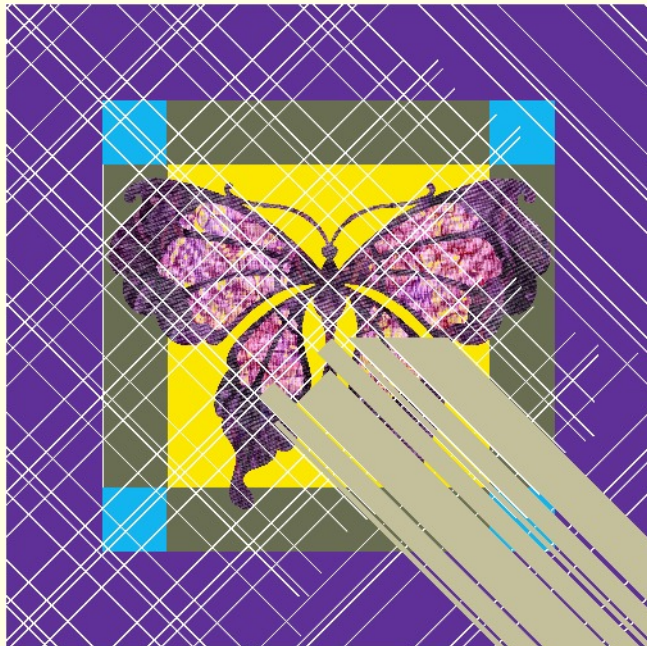
Stitch along both edges of this center strip of tape. Lift the tape and realign it with one row of stitching, create a new row of stitching along the edge of the tape.

Lift and stitch until all of the diagonal lines in the first direction are completed.

Repeat this process in the opposite direction of the first set of diagonal lines, beginning with the center diagonal. See Diagram 6.



DIAGRAM 6



Tip

Alternate pieces of masking tape that have varying widths. Start by placing a thin, 1/4" wide, strip centered along the diagonal line. Stitch on both side of the tape.

Use a 3/4" wide tape for the stitching on both sides of the first 1/4" strip stitching. Use a 2" wide strip as the guideline for the next row of stitching.

Now reverse the process!

Adding the Embellishments

A variety of embellishments can be added to decorate your fretwork butterfly applique. Our sample uses a knotted two-strand cord, small 3mm and 4mm beads.

Double-Thread Knotted Cord

Step 1: Create a knotting board using 1/4" x 3" x 36" long basswood or balsa wood that can be purchased at your local hardware store. Using a yardstick mark the board every 1/4" with a pencil or permanent marking pen.

Cut a 6' long length of 3/8" flat, variegated ribbon and of yellow crochet cotton or fingering yarn.

Hold the two threads together, tie a simple knot 6" from one end. Using long quilting pins, pin this knot to the first 1/4" mark on your board.

Push a long quilting pin into the board at the next 1/4" mark. Create a simple knot in the double threads, working the knot over the pin. Pull the threads up to secure around the pin.

Continue adding pins and creating knots around the pins until you have 6" of unworked thread.

Create a second double-thread knotted cord, starting with 8' of ribbon and cord. Begin with a knot 6" from one end. Stop the knotting when there is 15" of unworked ribbon.

Place one double-thread knotted cord along the top edge of the upper butterfly wing, next to the body. Hand stitch the double-thread knotted cord to the quilt block. End your hand stitching 3/4's of the way down the lower wing. Allow any excess double-thread knotted cord to hang free as an added accent.

If you run short of double-thread knotted cord simply secure the end of the first cord. Create a new length of double-thread knotted cord. Tack this cord at the end of the first and continue your hand stitching.



Knotted ribbon and beads are just one quick idea for adding embellishments to your fretwork applique butterfly.

Adding Jewelry Beads

Small glass, gemstone, and plastic beads can be hand stitched along the double-thread knotted cord.

Thread an embroidery needle with your variegated thread. Tie a knot in the end. Bring the needle from the back of the quilt to the front where you want your bead. Slide the bead onto the needle and thread. Hold the bead in position. Place the needle point against the edge of the bead and thread the needle to the back of the quilt.

Stitch each bead twice. Cluster the beads along one section of each upper and lower wing. Allow some areas of both wings to be un-beads, allowing the knotted thread to stand alone.

A Few Embellishment Options

One simple butterfly pattern can become an entire flock of unique designs by simply varying your fabrics and embellishments.

1. Add texture by using crepe, gauze, and even burlap as your Color F back butterfly fabric.
2. Add a layer of netting as your Color F back butterfly fabric to allow Color A of the main block to become part of your applique area.
3. To create a homespun country look, cut the Color E butterfly from wool squares. Cut the open areas of the butterfly wing areas from scraps of complimentary wool. Layer the open area cuts on top of the full butterfly. Use wool plaids for your main quilting square. Add pearl cotton and decorative embroidery stitches to secure the open cuts to the main butterfly and to secure the full butterfly to the quilt square.
4. Add small sections of lace along the outer edges of the butterfly wings.
5. Novelty yarn comes in a wide variety of texture and thickness. Experiment with faux fur, thick and thins, sparkles, and even metallic yarns.
6. Fill the cut out wing sections with seed beads.
7. Tightly stipple the butterfly using metallic threads. Accent this by stitching in the ditch for the main quilt square.
8. For a large quilt layout, create alternate blocks by tracing the butterfly pattern outline directly to the quilt square block using a light box and an invisible marking pen. Free motion stitch along the outline of the butterfly. Fill the inside of the butterfly with any tightly packed free motion designs as wavy lines, pebbles, or clam shells. Stitch in the ditch for the main block.
9. Root through your button box to accent the butterfly body, wing cut outs, and the tips of the antenna.



Adding a Fabric Frame

A wide fabric frame will protect the unfinished edges of the quilted block and provide extra fabric for the stretching steps as the block is attached to the canvas stretchers.

Step 1: Fold under 1" of the Color A 4" x 22 1/2", iron. Work one Color A strip at a time.

Step 2: Align one side of the applique quilt block along the 1" measurement line of your cutting matt.

Step 3: Lay a transparent ruler over the quilt, aligning it 3/4" from the quilt edge.

Step 4: Lay the Color A strip onto the edge of the quilt block face up. Center the Color A strip to quilt block, aligning the folded iron edge against the transparent ruler. Pin into place.

Step 5: Stitch the strip, 1/2" from the folded edge. Begin and end this stitching 3/4" from the ends of the quilt block to allow room to fold the strips during the stretching process.

Step 6: Place, pin, and stitch the remaining three strips. Iron. See Diagram 4.

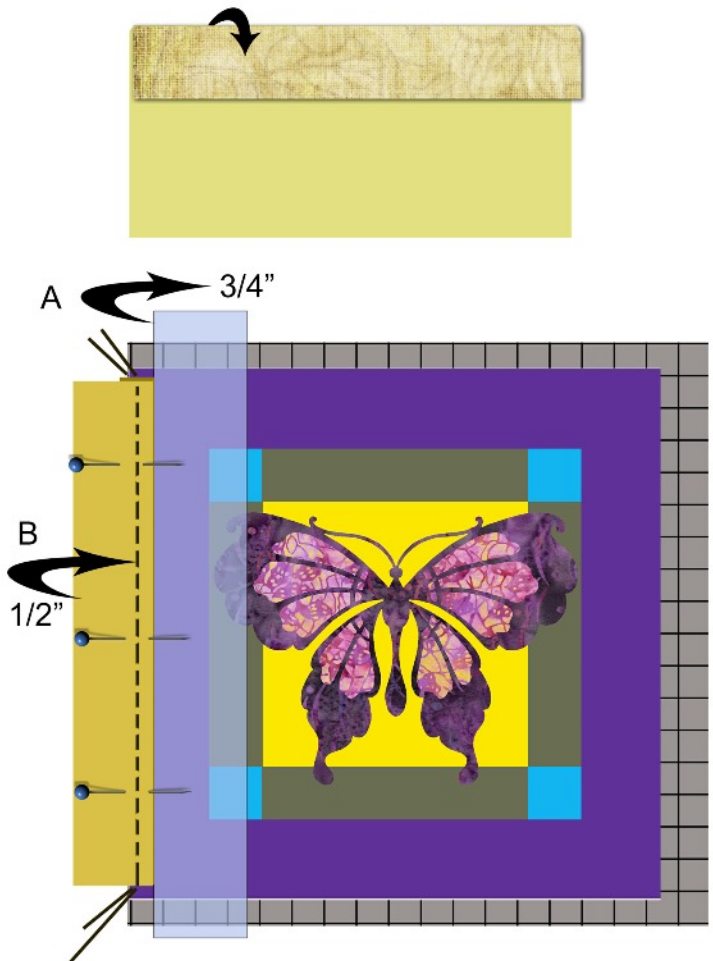


DIAGRAM 7

Canvas Stretching the Block

Step 1: Join your four 18" canvas stretchers into a square. Place the joined stretcher in a door frame and gently push the stretch against the floor and frame to insure that your canvas stretcher square has 90 degree angles. Gently place the canvas stretcher face down on your work table. Using a staple gun place two staples across each right angle joint between the individual stretchers to set the 90 degree angle.

Step 2: Place your finished quilt block face down on your work table on top of a folded bath towel. Center the canvas stretcher on top of the block. Align the quilt block corners to the canvas stretcher corners. You can use a push pin in each corner to temporarily hold the block in place. See Diagram 8.

Step 3: Fold the Color A fabric frame over the canvas stretcher. Temporarily secure each side with a thumbtack in the center of the strip. Fold 1/4" of frame fabric under along the thin side of the canvas stretcher, bringing the fold to match the corner joint of the wood. Fold the sides of the fabric frame under at a 45 degree angle to match the angle joint of the stretcher on the top facing side. Repeat for each fabric frame side. See Diagram 9.

Step 4: On one side of the fabric frame remove the temporary thumbtack. Holding the fabric frame at the center gently pull the fabric frame towards the center of the stretcher. Apply just enough pressure to bring the outside edge of the Color D strip to meet the outer edge of the canvas stretcher. Do not over stretch.

Secure this point with a thumbtack pushed firmly into the wood.

Step 5: Rotate the bath towel to bring the opposite side of the canvas stretcher into position. Repeat step 4 for this side.

Step 6: Rotate the bath towel to bring one un-worked side into working position. Repeat step 4 for this side.

Step 7: Rotate the bath towel to bring the last side into working position and repeat step 4 for this side. See Diagram 10.

Step 8: Rotate the bath towel to return to the first side worked. Hold the fabric frame about 1" from the center thumbtack. Gently pull and secure with a thumbtack. Repeat this for the fabric frame on the other side of the center thumbtack.

Step 9: Rotate the bath towel to the opposite side and repeat step 8. Continue working in this manner until you have secured the full length of each fabric frame side, always working from the center towards the corners of the frame. See Diagram 12.

Step 10: Check the tension of the quilt block of the front side of the stretchers, make any adjustments necessary to create a smooth but taught finish.

Step 11: With a staple gun, staple above or below each thumbtack on the back of the canvas stretcher. Remove the thumbtacks. Hand stitch the corners of the fabric frame.

Step 12: To protect your finished quilt square from dirt you can cut a 19" x 19" square of fabric, fold and iron a 1/2" margin along each side, and hand stitch this backing fabric to the fabric frame on the back of the canvas stretchers.

Step 13: Apply your hanging hardware. Your art quilt fretwork butterfly is ready to display.

Easy Visual Guide to Canvas Stretching

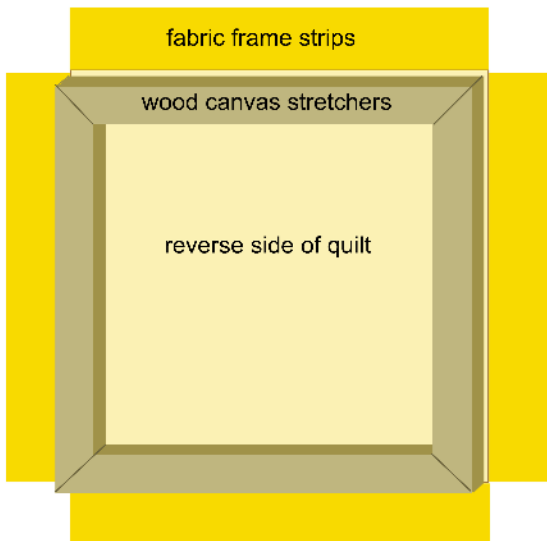


DIAGRAM 8

Center the canvas stretch over the reverse side of the quilt block. Align the outer edges of the block with the outer edge of the stretchers.

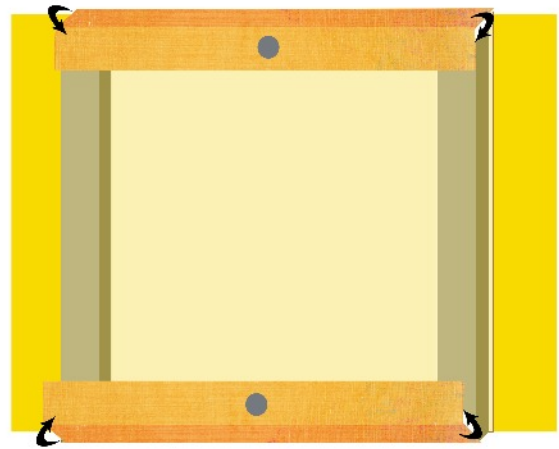


DIAGRAM 9

Fold the fabric frame over the canvas stretchers. Turn under 1/4" of fabric at the corners of the stretchers. Temporarily secure with a thumbtack.

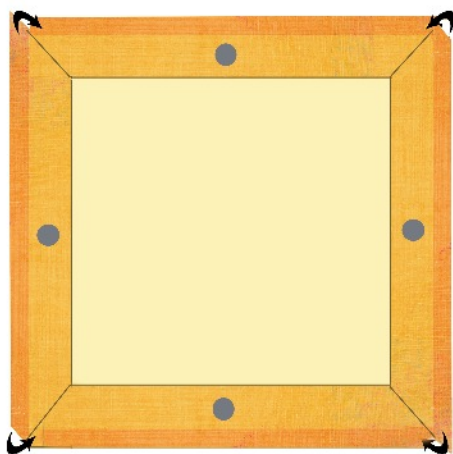


DIAGRAM 10

Fold under the edges of the fabric frame on the back of the stretchers at the corners to a 45 degree angle to make mitered corners.

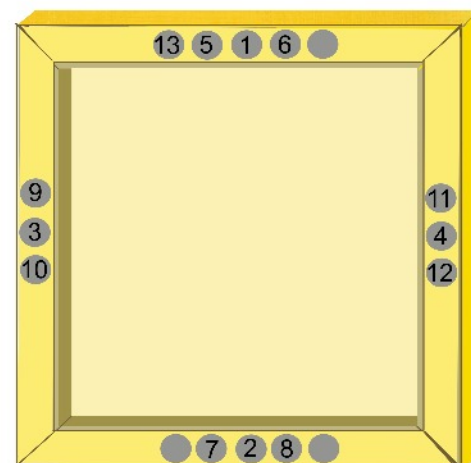
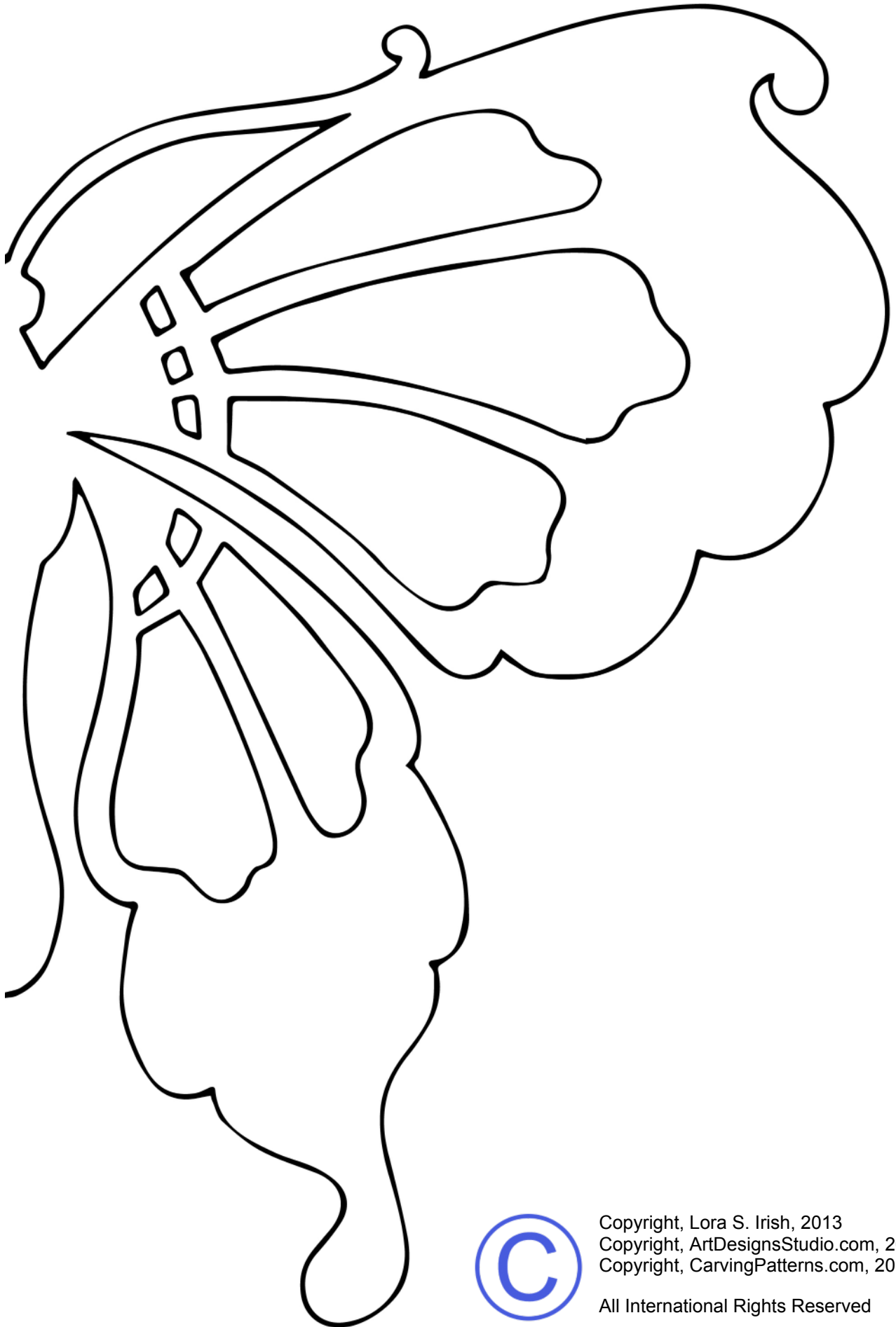


DIAGRAM 11

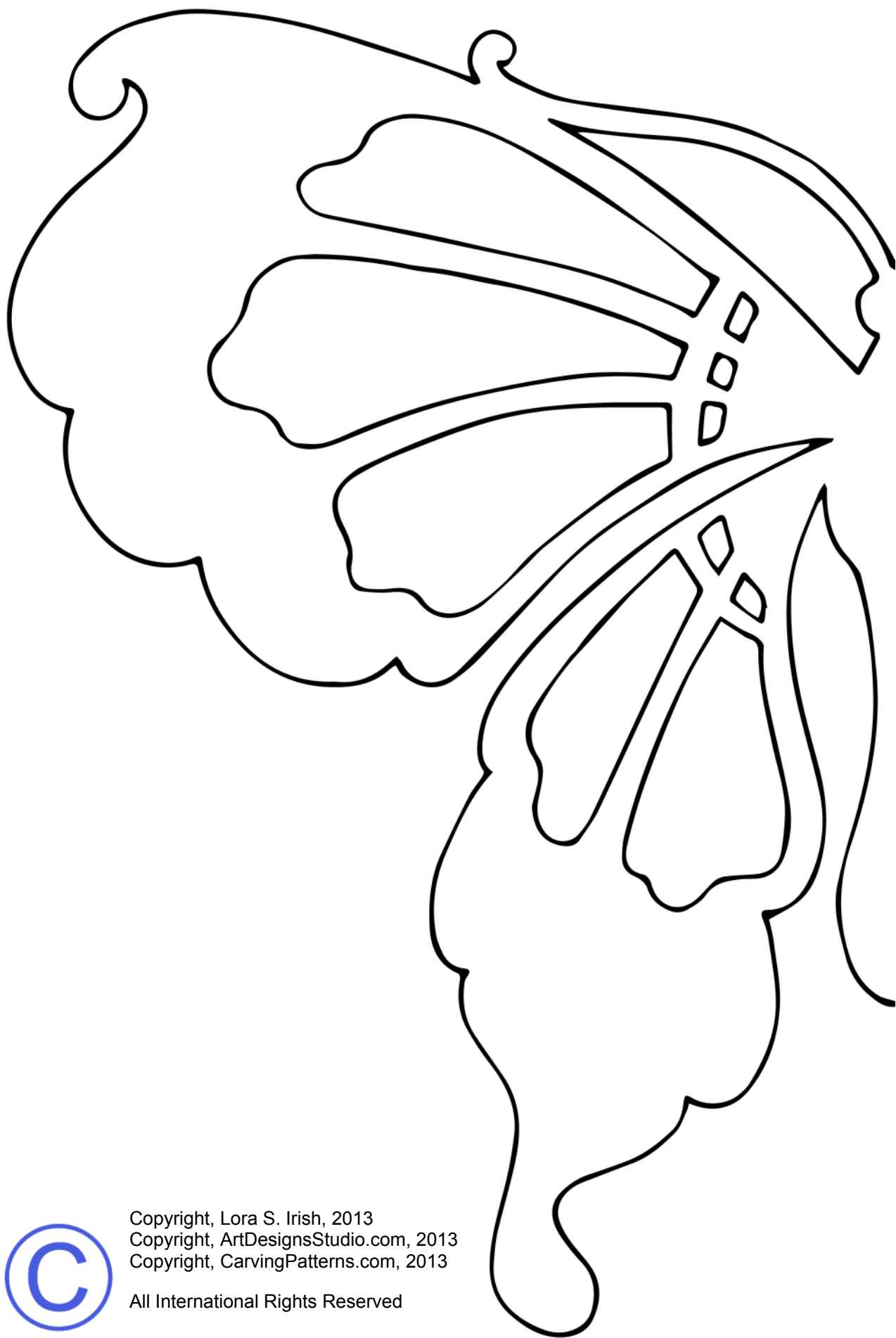
Working from the center towards the edges and alternating opposite sides, gently pull each side into position and secure with a thumbtack.

When the stretching is complete replace the thumbtacks with staples.



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