

Mystical Journey

Reference Guide

Fabric	Fab. #	Value	Used in Block ...	Total Yards	Total Meters
	1	Light	1 to 11 Side & Corner Triangles	5¾ yards	5.25 m.
	2	Light Medium	4, 6, 7, 8, 9, 10, 12	⅝ yard	0.60 m.
	3	Light Medium	3, 4, 5, 7, 11 Border	1⅔ yards	1.50 m.
	4	Light Medium	1, 2, 3, 4, 5, 10	⅝ yard	0.60 m.
	5	Medium	4, 5, 6	¼ yard	0.25 m.
	6	Medium	3, 5, 8	¼ yard	0.25 m.
	7	Medium Dark	3, 5, 9	¼ yard	0.25 m.
	8	Dark Medium	1, 2, 3, 4, 5, 6, 7	1 yard	0.90 m.
	9	Dark Medium	5, 8	¼ yard	0.25 m.
	10	Dark	3, 4, 5	¼ yard	0.25 m.
	11	Dark	1, 2, 3, 4, 5	1 yard	0.90 m.
	12	Dark	3, 4, 5, 9, 10, 11	1⅓ yards	1.25 m.
	13	Dark	5, 7, 8, 9, 10, 12	½ yard	0.45 m.
	14	Dark	6, Borders	2¼ yards	2.00 m.
			Binding	1 yard	0.90 m.
	15	Dark Medium	12, Last Border Backing	2¾ yards 9¾ yards	2.50 m. 8.75 m.



Finished size: 107" x 107"

A 12 Block Pattern Series

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COTTON TREASURE DESIGN

Turning Cotton into Treasure

by Lidia Froehler

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Mystical Journey

Welcome to the *Mystical Journey* Block of the Month Program.

This quilt was designed to enable a confident beginner to learn more involved techniques over a 12 month period.

Participating in this program will help to develop skills and build confidence with the final result of a great feeling of accomplishment and a bed size quilt.

Please read and apply the following instructions as this will help you to make a great quilt.

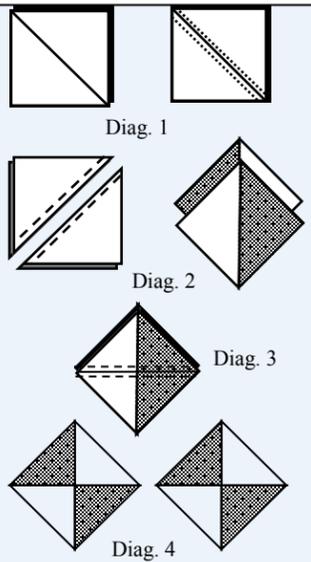
1. Purchase good quality fabric and pre-wash your fabric.... I know that most quilters do not pre-wash fabric. Not washing is in most situations OK, but this quilt has a number of small pieces and precision will be required. If you are not willing to wash, do at least spray with water and press to dry using an iron to pre-shrink. (I have seen an unwashed 6" square loose as much as 1/4" in size).
2. Make a legend using your fabrics as a reference throughout this project (similar to the one on the back cover of this guide).
3. Precise cutting and a **SCANT 1/4" SEAM ALLOWANCE** is a must. A scant 1/4" seam allowance is one thread less than a 1/4".
4. Width of fabrics strips (WOF) should be cut **ONLY** where indicated, otherwise cut required shapes as needed.
5. As you progress with the quilt, always check previous months for any usable leftovers in the colours you need. Doing this will result in more effective use of fabric and less tiny scraps when the quilt is finished.
6. Take your time and verify all provided measurements as you work on each component of the quilt. The center of the quilt must be a precise size in order to fit the outside blocks and arrive at specific length to accommodate the pieced border.
7. It is very important that **PRESSING** be done carefully (up and down motion, no side to side sliding).
8. I will provide fabric requirement for each block on the back of each pattern and combined total fabric requirement for the whole quilt on the back of this Reference Guide. Some of you might be using your stash and it is not necessary to have exactly the same yardage, you can mix and match to your liking.
9. I am providing instructions on how to make some of the components only in this first section of the program. Please refer back to this page as required when you need to make the following:
 - a. Quarter Square Triangles (QST)
 - b. Half Square Triangles (HST)
 - c. Combination Unit (CU)
 - d. Flying Geese (FG)

Thank you for participating in this project, Happy Quilting
Lidia

How to make Quarter Square Triangles (QST)

You will be using light and dark squares to make this component.

1. Mark a diagonal line from corner to corner on the wrong side of the light square.
2. With right sides together align the light square with the dark square. Sew together with two seams, stitching a scant 1/4" on each side of the diagonal line (Diag. 1). Cut on the drawn line to make two half square triangles (HST), press to dark or open for less bulk (Diag.2).
3. Mark a diagonal line from corner to corner, perpendicular to the already stitched line (Diag.3).
4. With right sides together alternating light and dark fabrics, align the outside edges of the two HST and nest the seam allowance together. If you feel more comfortable, use a pin to hold the squares together.
5. Sew together with two seams, stitching a scant 1/4" on each side of the diagonal line. Repeat for the remaining square.
6. Cut on the drawn line to make two QST, press to dark or open for less bulk. Trim each QST to the size specified in the pattern (Diag. 4).



How to make Half Square Triangles (HST)

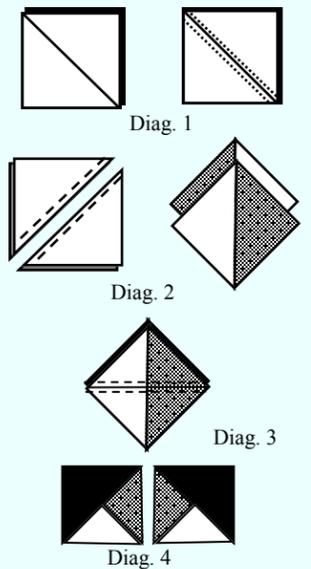
Follow step # 1 and # 2 from making Quarter Square Triangles.

1. Trim each HST to the size specified in the pattern

How to make Combination Units (CU)

You will be using 1 light, 1 medium and 2 dark squares to make this component.

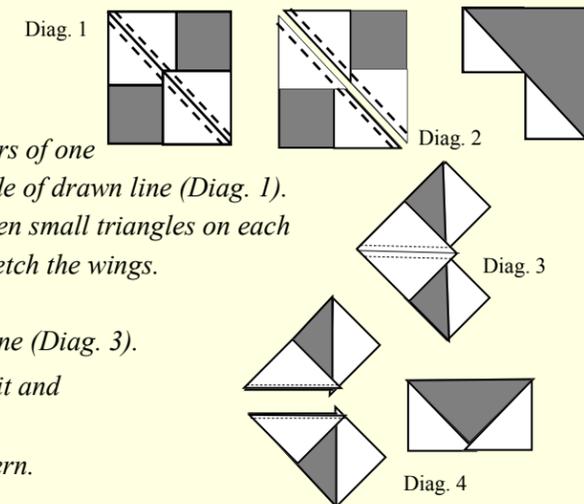
1. Mark a diagonal line from corner to corner on the wrong side of the light square.
2. With right sides together align a light square with a medium square. Sew together with two seams, stitching a scant 1/4" on each side of the diagonal line (Diag. 1). Cut on the drawn line to make two half square triangles (HST), press to dark or open for less bulk (Diag.2).
3. With right sides together layer one dark square with one HST, mark a diagonal line from corner to corner, perpendicular to the already stitched line (Diag.3). Sew together with two seams, stitching a scant 1/4" on each side of the diagonal line. Repeat for the remaining square.
4. Cut on the drawn line to make two combination units, press to dark or open for less bulk. Trim each combination unit to the size specified in the pattern (Diag. 4). You should have 2 combination units and 2 combination units that are "mirror image".



How to make Flying Geese

You will be using 1 large and 4 smaller squares.

1. Mark a diagonal line on wrong side of all the smaller squares.
2. With right sides together align two smaller squares with opposite corners of one large square. Sew together with a scant 1/4" seam allowance on each side of drawn line (Diag. 1).
3. Cut apart on the drawn line to make two triangle units (Diagram 2), open small triangles on each unit and press carefully to the outside. Make sure that you **DO NOT** stretch the wings.
4. Align a marked smaller square with remaining corner of triangle unit. Sew together with a scant 1/4" seam allowance on each side of drawn line (Diag. 3).
5. Cut apart on the drawn line (Diag. 4), open small triangles on each unit and carefully press to the outside. Each Flying Goose unit should be trimmed to the size stated in the pattern. You should have 4 Flying Geese.



Mystical Journey



Finished Quilt Size: 107" x 107"

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Supplies Needed:

- ◆ Rotary cutter and mat (min. 18" x 24")
- ◆ Rulers: 6" x 24", 6" x 12" & 12" square
- ◆ 8" Bias Square or
I recommend a "Wing Clipper and a "Tucker Trimer"
by Deb Tucker (very helpful but not required)
- ◆ Basic sewing supplies

Fabric requirements:

- ◆ Fab. #1 14" x 22" piece
- ◆ Fab. #4 8" x 22" piece
- ◆ Fab. #8 9" x 13" piece
- ◆ Fab. #11 15" x 22" piece

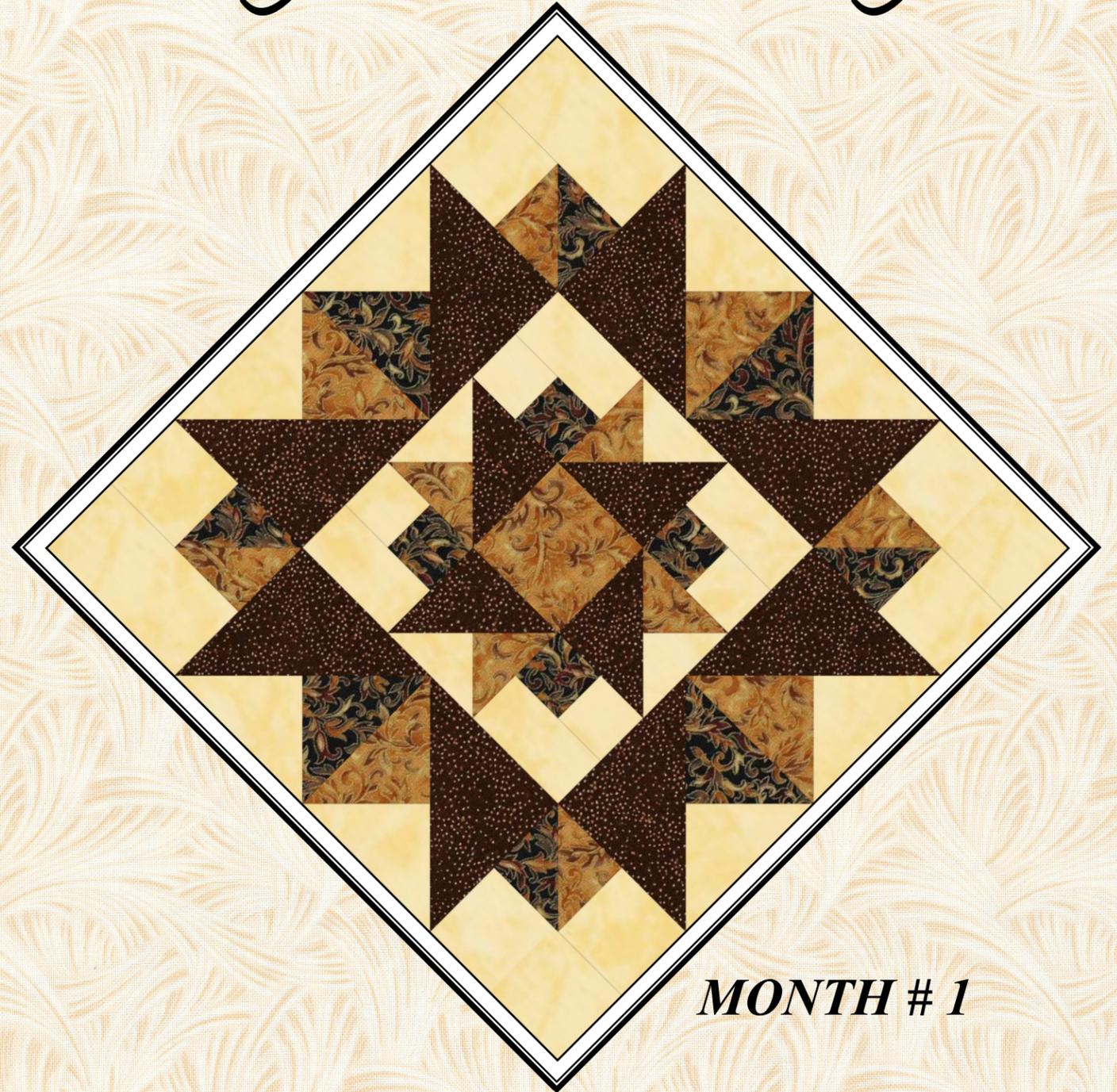


COTTON TREASURE DESIGN

by Lidia Froehler



Mystical Journey

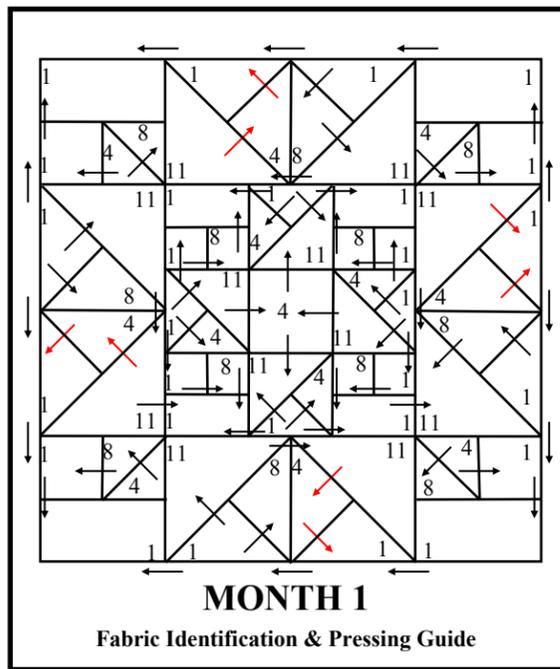


MONTH # 1

COTTON TREASURE DESIGN

Turning Cotton into Treasure

by Lidia Froehler



Month One and Two

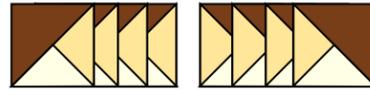
In order to avoid working with lots of triangles that have bias edges you will be using the easier method of making combination units. This will result in an extra set of mirror image units for block One and Two. Don't Panic, you will be getting a bonus pattern at the end of this program to use the units in.

Piecing:

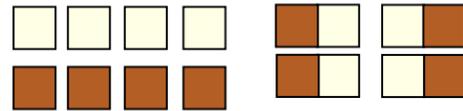
Use a scant 1/4" seam allowance throughout the project.

Inner Star.

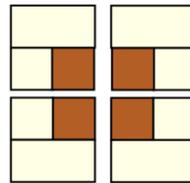
- Take 2 - 3 1/2" squares of Fab. # 1 and Fab. # 4 and 4 - 3 1/2" squares of Fab. # 11. Following the instructions in the Reference Guide make 8 Combination Units (CU). Separate them into matching units and put one set aside. I used the one on the left side. They should be trimmed to 2 1/2" square.



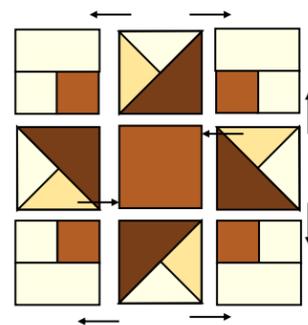
- Take 4 - 1 1/2" squares of Fab. # 1 and Fab. # 8. Using a scant 1/4" seam allowance, sew them into 4 pairs, press to the dark fabric. Each segment should measure 1 1/2" x 2 1/2".



- Take 4 - 1 1/2" x 2 1/2" rectangles of Fab. # 1. Following the diagram attach them to the segments from step # 2. Press toward the rectangle. Each unit should measure 2 1/2" square.

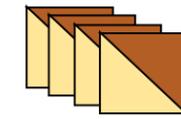
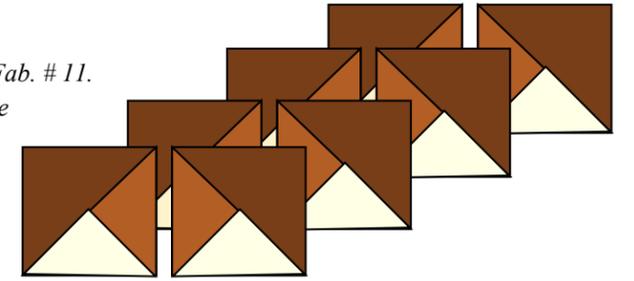
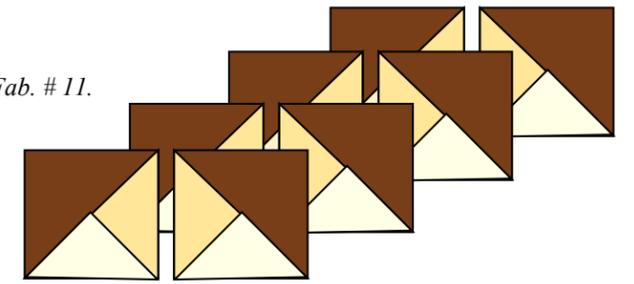


- Using the units made in the above steps and 1 - 2 1/2" square of Fab. # 4 lay out the inner star as shown, sew it into 3 rows and then sew the rows together. Clean the edges and trim any loose threads, make sure you have a 1/4" seam allowance on all points of the star. The inner star should measure 6 1/2" square.

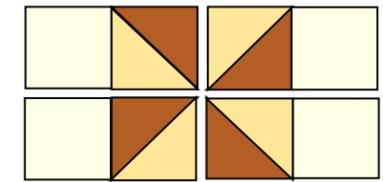


Piecing the outer ring

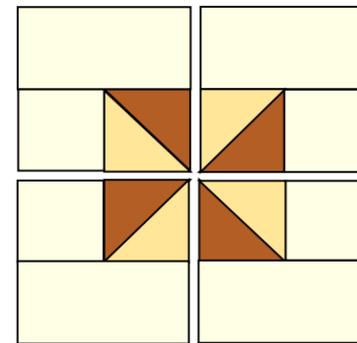
- Take 2 - 4 1/2" squares of Fab. # 1 and Fab. # 4 and 4 - 4 1/2" squares of Fab. # 11. Following the instruction in the Reference Guide make 8 Combination Units (CU). Press the first cut to the light and the second cut towards the pieced triangles, see the pressing guide on the left. Separate them into matching units and put one set aside. I used the one on the right side. They should be trimmed to 3 1/2" square.
- Take 2 - 4 1/2" squares of Fab. # 1 and Fab. # 8 and 4 - 4 1/2" squares of Fab. # 11. Following the instruction on sewing and pressing in the Reference Guide make 8 Combination Units (CU). Separate them into matching units and put one set aside. I used the one on the left side. They should be trimmed to 3 1/2" square.
- Take 2 - 2 1/2" squares of Fab. # 4 and Fab. # 8, follow the instructions in the Reference Guide to make 4 Half Square Triangles (HST). They should be trimmed to 2" square.



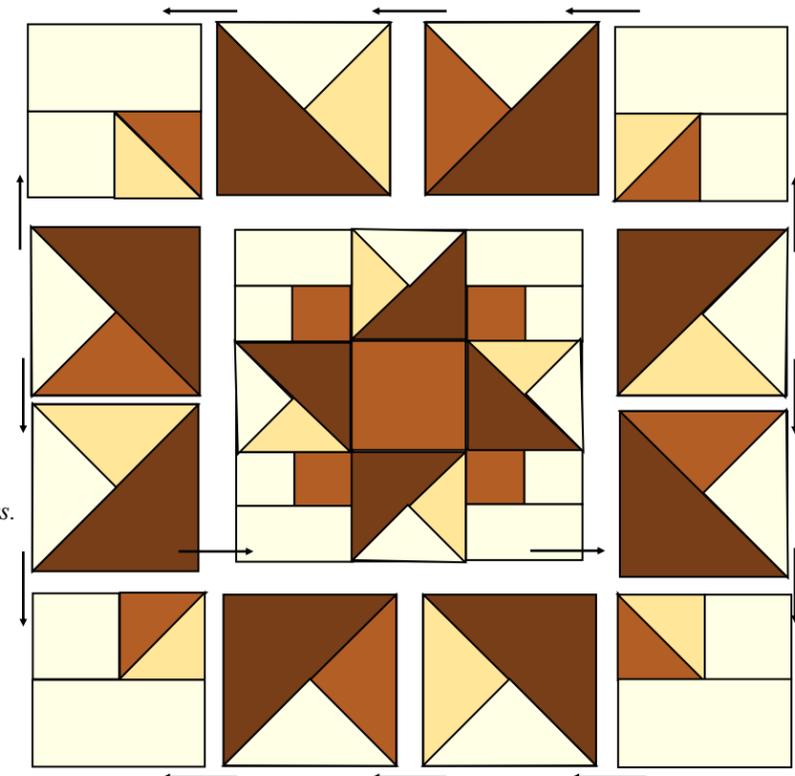
- Take 4 - 2" squares of Fab. # 1 and the HST from the step above.
- Follow the diagram below and sew them into 4 pairs, press to the light fabric. Each segment should measure 2" x 3 1/2".



- Take 4 - 2" x 3 1/2" rectangles of Fab. # 1. Following the diagram attach them to the segments from step # 5. Press toward the rectangle. Each corner unit should measure 3 1/2" x 3 1/2".



- Using the units made in the above steps and the inner star lay out the star as shown. Sew it into 3 rows and then sew the rows together. Press the rows in opposite directions as indicated by arrows. Clean the edges and trim any loose threads, make sure you have a 1/4" seam allowance on all points of the star. The star should measure 12 1/2" square.



Cutting:

Fab. # 1

- 4 - 4 1/2" squares
- 2 - 3 1/2" squares
- 4 - 3 1/2" x 2" rectangles
- 4 - 2 1/2" x 1 1/2" rectangles
- 4 - 2" squares
- 4 - 1 1/2" squares

Fab. # 4

- 2 - 4 1/2" squares
- 2 - 3 1/2" squares
- 3 - 2 1/2" squares

Fab. # 8

- 2 - 4 1/2" squares
- 2 - 2 1/2" squares
- 4 - 1 1/2" squares

Fab. # 11

- 8 - 4 1/2" squares
- 4 - 3 1/2" squares