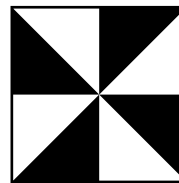


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2017 BLOCK-OF-THE-WEEK



BLOCK
HEADS

Block 40: Cardinal - Jan Patek

Please feel free to use your preferred method of applique. Note: Templates do not include 1/4" seam allowance.

Fabrics are listed in order of use:

- (1) rectangle, 2 1/4" x 5 1/2" (BRANCH)
- (1) square, 1 3/4" x 1 3/4" (BERRY)
- (2) rectangles, 1 1/4" x 2 1/4" (LEAVES)
- (1) rectangle, 2 3/4" x 4 1/4" (BIRD)
- (1) rectangle, 1 1/2" x 2 1/4" (BIRD'S WING)
- (1) rectangle, 2 1/2" x 3" (STAR)
- (1) square, 7" x 7" (BACKGROUND)

Freezer Paper-Needleturn Appliqué*

Note: Please read through instructions thoroughly before beginning.

1. Using pattern on Page 2, trace each of your templates onto matte-side of freezer paper and cut out.
2. Center freezer paper templates, matte-side facing up, onto the RIGHT side of the fabric.
3. Adding 1/4" seam allowance, cut freezer paper templates from fabric.
4. Trace around the outside edge of the freezer paper templates onto the fabric with a colored pencil or chalk; this will assist with needleturn appliqué. Tip: Use a sandpaper board underneath for stability as you trace around the template shape.
5. Peel off freezer paper.
6. Fold the 7" x 7" square backing fabric in half by matching top and bottom edges; finger press. Open fabric square and then fold in half again by matching side edges; finger press.
7. Working with one shape at a time, center and place shape onto the background fabric. Pin, glue, or baste in place and then needleturn appliqué to the background fabric. Continue this process with all shapes until finished. *Note: See link, below, for Jan's instructions on how to make points (for the leaves, bird, bird's wing, and star).*

Embroidery Instructions

8. Embroider bird's eye using 1 strand of cotton floss.

Finish

9. Gently press finished appliqué block.
10. Center block and trim to 6 1/2" x 6 1/2".

*Learn to **Appliqué Like a Pro** by subscribing to Jan's tutorials for freezer paper and needleturn appliqué on YouTube:

<http://www.youtube.com/user/janpatekquilts>

Jan shows you how to appliqué points. Visit:

<https://www.youtube.com/watch?v=whsjyGgS1Y4>

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2017 Block Heads Participating Designers

Lynne Hagmeier of Kansas Troubles

<http://kansastroublesquilters-lynnne.blogspot.com/>

Betsy Chutchian

<http://betsysbestquiltssandmore.blogspot.com/>

Jo Morton

http://jomortonquilts.com/jos_journal/

Jan Patek

<http://janpatek.blogspot.com/>

Lisa Bongean

<http://lisabongean.com/>

Carrie Nelson

<http://blog.modafabrics.com>

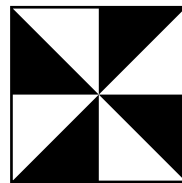
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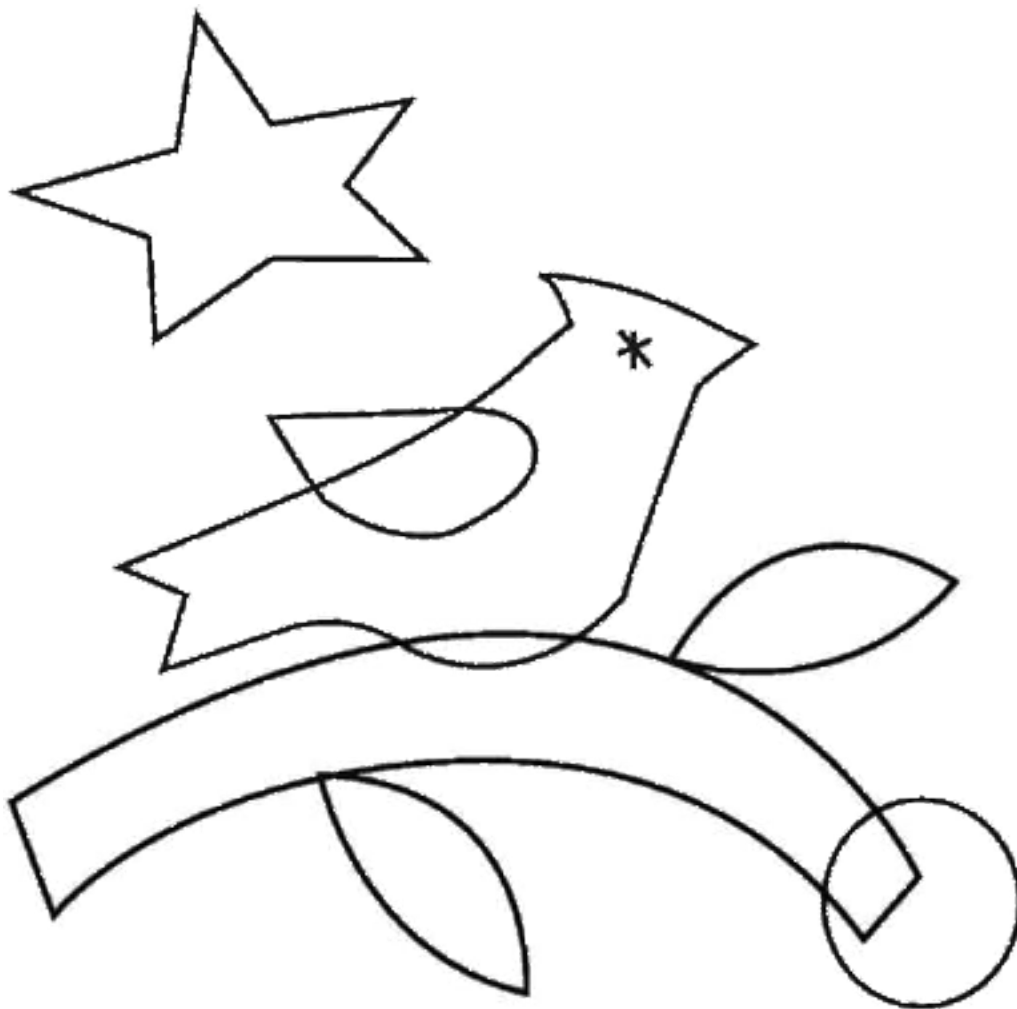
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