

One Loose Thread 

Picnic Sampler Quilt



Techniques covered:

Standard patchwork techniques for cutting, pressing, sewing, block and quilt construction;
Creating Half Square Triangles (HST) and the Easy 8 method for creating HST.



PLEASE READ THIS PAGE FIRST IMPORTANT INFORMATION

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MORE IMPORTANT INFORMATION

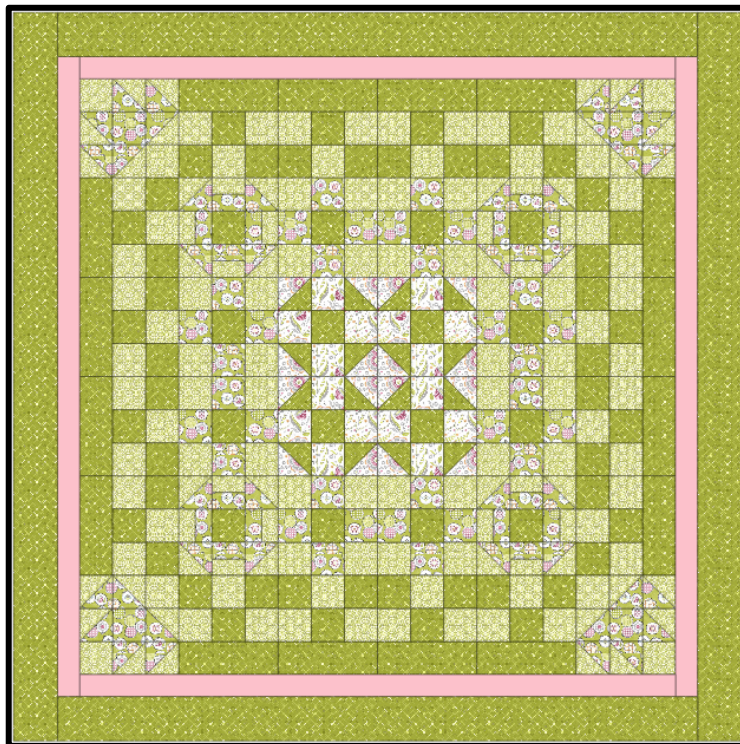
- HST means Half Square Triangle
- All seams are sewn at $\frac{1}{4}$ "
- WOF means Width of Fabric and is assumed to be 40" minimum
- All seams are pressed open
- Be mindful of fabric stretch when you press your seams open as this will change the size of your HSTs.

ESSENTIAL TOOLS

The most important tool needed for this pattern is a Half Square Triangle Trimmer.

One Loose Thread

The Quilt



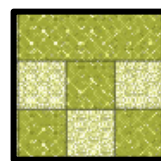
The Size

66" x 66"

The Blocks



9 Patch



Border Block



Churn Dash



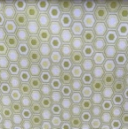
Shoo Fly



Maple Leaf



Fabric Requirements:

Fabric		Metres
A		1 ¾ Metres
B		1 Metre
C		½ Metre
D		2 ¼ Metres
E		0.4 Metre

NOT INCLUDED:

Backing, wadding or binding. (There will be fabric left over that could be used for binding).

Other Requirements for the course:

Sewing machine, rotary cutter, pencil, ruler, seam unpicker, thread to match fabric chosen, scissors, snippers, quilters ruler.

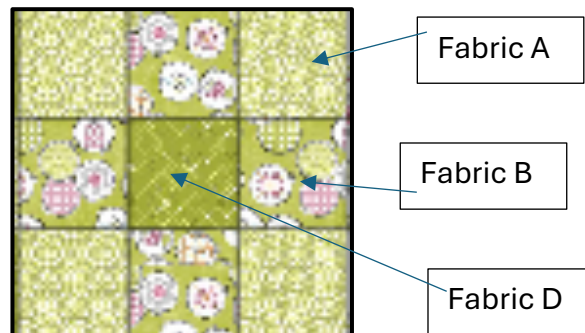
You may also want to bring a small cutting mat, project iron and ironing mat if you have them. There will be some cutting mats available in the class.

Specialised tools:

A HST Trimmer – like the Clearly Slotted Trimmer, One Loose Thread's HST Trimmer or the Bloc Loc for 3 ½" squares, and a 9 ½" (or slightly larger) squaring tool.

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9 Patch Block



Cut:		
Fabric A	3 ½" x WOF	4
Fabric B	3 ½" x WOF	4
Fabric D	3 ½" x WOF	1

Use the Strip Method for creating multiple blocks

Create two strip sets

Strip set A will be
Fabric A – Fabric B – Fabric A
(make 2 sets)



Strip set B will be
Fabric B – Fabric D – Fabric B
(make 1 set)



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Sewing Method

1. Sew Strips together using a $\frac{1}{4}$ " seam.
(Hint: sew straight down one side, turn and sew the next strip in the opposite direction, this avoids fabric bowing)
2. Press seams open.
(Hint: set the seams before opening the seams to press. After pressing, turn the strip over and press again from the top to ensure strip is flat)
3. Sub cut your strips into $3\frac{1}{2}$ " strips



4. You need 16 of sub cut strip set A
5. You need 8 of sub cut strip set B
6. Take 2 strips of Set A and 1 strip of Set B and sew them together into a block
(Hint: make sure you nest your seams as you sew)

You will have left over fabric



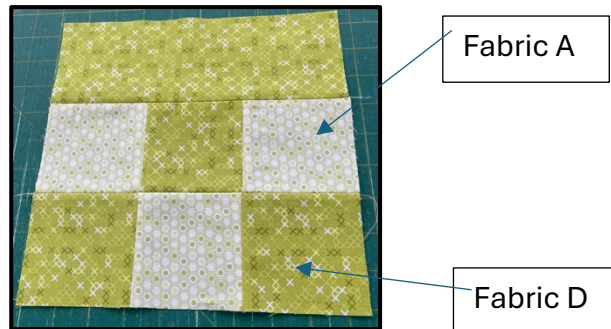
7. Press seams open
(Hint: Press from the bottom first, setting the seams, then pressing open. Flip the block over and press from the top to ensure it is flat)



8. Your finished block should measure $9\frac{1}{2}$ " square, allowing the half inch for seam allowance for when you add it to your quilt.
(Hint: Always square your blocks, this makes it so much easier when you are construting the quilt)
9. **You need a total of 8 of these blocks.**

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Border Block



Cut:		
Fabric A	3 ½" x WOF	6
Fabric D	3 ½" x WOF	6
Fabric D	3 ½" x WOF	4 (top border)

Use the Strip Method for creating multiple blocks
Create two strip sets

Strip set A will be
Fabric D – Fabric A – Fabric D
(make 2 sets)



Strip set B will be
Fabric A – Fabric D – Fabric A
(make 2 set)



One Loose Thread

Sewing Method

1. Sew Strips together using a $\frac{1}{4}$ " seam.
(Hint: sew straight down one side, turn and sew the next strip in the opposite direction, this avoids fabric bowing)
2. Press seams open.
(Hint: set the seams before opening the seams to press. After pressing, turn the strip over and press again from the top to ensure strip is flat)
3. Sub cut your strips into $3\frac{1}{2}$ " strips
4. Sub cut your 4 extra strips of Fabric D into $9\frac{1}{2}$ " strips



5. You need 16 of each - (you will probably have fabric leftover)

6. Take 1 strips of Set A and 1 strip of Set B and sew them together into a block, then attach the strip of Fabric D to the top

(Hint: take care with placement and make sure you nest your seams as you sew)



7. Press seams open

(Hint: Press from the bottom first, setting the seams, then pressing open. Flip the block over and press from the top to ensure it is flat)



8. Your finished block should measure $9\frac{1}{2}$ " square, allowing the half inch for seam allowance for when you add it to your quilt.

(Hint: Always square your blocks, this makes it so much easier when you are construting the quilt)

9. **You need a total of 16 of these blocks.**



Shoofly Block



Cut:		
Fabric C	3 ½" x WOF	4
Fabric D	3 ½" x WOF	3

Sub cut:	Strips 3 ½ x WOF	Into 3 ½" squares
Fabric C	2	Total of 24
Fabric D	2	Total of 16

Use the Strip Method for creating multiple blocks

Create one strip set

**Strip set A will be
Fabric C – Fabric D – Fabric C
(make 1 set)**



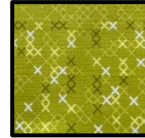
Follow the sewing process for either the 9 patch or the Border block to create your strip.

Subcut 4 only x 3 ½ strips

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Making the HST (Half Square Triangle)

1. Take 1 x 3 ½" square of both Fabric C and Fabric D and lay them together front facing in.



2. On the back of the lighter square, draw a diagonal line corner to corner.
3. Sew the 2 pieces together on the diagonal line.



4. Trim one side to a ¼" seam.
5. Set the seam with the iron, then press the seam open, flip and press flat.



You need a total of 16

Making the Shoofly Block

1. Take 2 HST and 1 x 3 ½" Fabric C square and sew them together.
(Hint: Be careful with placement of HST)



2. Press seams open

You need a total of 8

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3. Take 2 HST strips and 1 of the C-D-C strip set and sew them together.
(Hint: Be careful with placement, make sure points of the HST are inward facing to the centre block)



4. Set your seams and press them open, flip the block and press flat.

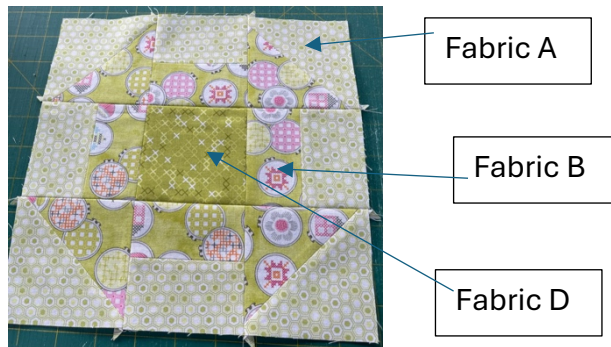


5. Your finished block should measure 9 ½" square, allowing the half inch for seam allowance, when you add it to your quilt.

You need a total of 4



Churn Dash Block



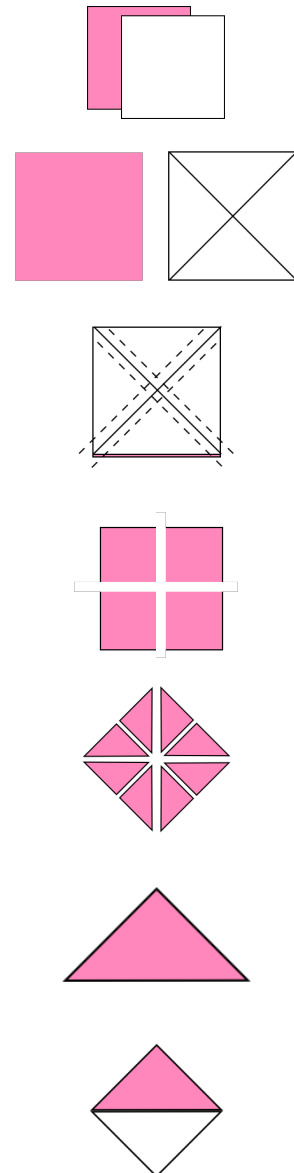
Cut:				Sub cut:	
For HST		Strips			
	Fabric A	8 ½" x WOF	1	8 ½" squares	2
	Fabric B	8 ½" x WOF	1	8 ½" squares	2
For Side Panels					
	Fabric A	4" x WOF	1	Do not subcut, this will happen during the sewing process	
	Fabric B	4" x WOF	1		
For Centre Squares					
	Fabric D	3 ½" x WOF	1	3 ½" squares	4



Easy 8 Method of Creating Multiple HSTs

You will need a total of 16 trimmed HSTs

1. Take 2 squares, one of background and one of colour of required starting size.
2. On the wrong side of the background fabric, draw diagonal lines.
3. With the right sides facing, sew a $\frac{1}{4}$ " seam down each side of the diagonals.
4. Cut through the centre vertically then horizontally.
5. Then cut on the diagonals to make 8 HSTs.
6. Trim to required size using a triangular trimmer.
7. Open seams and press flat.



**VERY
IMPORTANT**
Do not miss
this step

*If you have missed step 6 and have pressed seams open, trim using a block loc or squaring tool of the unfinished size required in the pattern. Bloc Loc squaring tools come in various sizes to match the size of the HST required.

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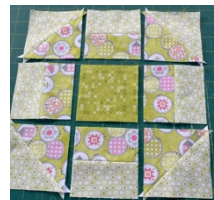
Tube Method for creating the side and top panels

1. Take the 4" strip of both colours and right sides facing, sew $\frac{1}{4}$ " seams down each side to make a tube
2. Sub cut the tube into 3 $\frac{1}{2}$ " pieces – you will need 8
3. Sub cut each tube in half, horizontally (*leaving the seams on the outside*) – you will then have the 16 panels you need
4. Set the seams and press open



Constructing the Block

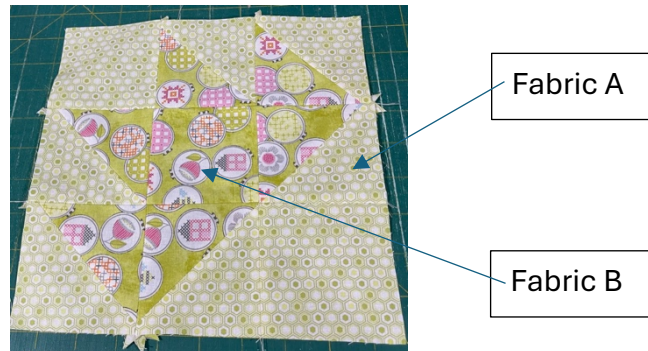
1. Lay out the squares needed to make the block.
2. Sew in rows:
 - Top row of HST – side panel – HST
 - Middle row of Side panel – 3 $\frac{1}{2}$ " square – Side panel
 - Bottom row of HST – side panel - HST
3. Set the seams and press open
4. Sew the three rows together to form the block.
5. Set the seams and press open.
6. Your finished block should measure 9 $\frac{1}{2}$ " square, allowing the half inch for seam allowance, when you add it to your quilt.



You need a total of 4



Maple Leaf Block



Cut:				Sub cut:	
For HST		Strips			
	Fabric A	8 ½" x WOF	1	8 ½" squares	3
	Fabric B	8 ½" x WOF	1	8 ½" squares	3
For Centre Squares					
	Fabric B	3 ½" x WOF	1	3 ½" squares	4
For Corner Squares					
	Fabric A	3 ½" x WOF	1	3 ½" squares	8

You maybe able to use left over fabric instead of cutting new strips.

HST – use the instructions from the Churn Dash Block to create 24 trimmed 3 ½" HSTs.

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Constructing the Block

1. Lay out the squares needed to make the block.



2. Sew in rows:

- Top row of Corner square - HST - HST
- Middle row of HST - Middle Square - HST
- Bottom row of HST - HST - Corner square



3. Set the seams and press open
4. Sew the three rows together to form the block.



5. Set the seams and press open.
6. Your finished block should measure 9 1/2" square, allowing the half inch for seam allowance, when you add it to your quilt.

You need a total of 4



Constructing the Quilt

BLOCK PLACEMENT

MAPLE	Border Block	Border Block	Border Block	Border Block	MAPLE
Border Block	CHURN DASH	9 Patch	9 Patch	CHURN DASH	Border Block
Border Block	9 Patch	SHOO FLY	SHOO FLY	9 Patch	Border Block
Border Block	9 Patch	SHOO FLY	SHOO FLY	9 Patch	Border Block
Border Block	CHURN DASH	9 Patch	9 Patch	CHURN DASH	Border Block
MAPLE	Border Block	Border Block	Border Block	Border Block	MAPLE

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Adding Borders:

1. Cut 5 x 2 ½" strips of Fabric E and sew all strips together.
Press open short seams.
2. Sew to the sides of the constructed quilt top, then the top and bottom, trimming as you go.
3. Press seams open.



4. Cut 6 x 4 ½" strips of Fabric D and sew all strips together.
Press open short seams.
5. Sew to the sides of the previous border, then the top and bottom, trimming as you go.
6. Press seams open.



Your quilt top is now complete!

Congratulations!

Quilt it and enjoy!