

Seven sisters

An English Paper Piecing block pattern
Templates included for four block sizes



a Little Crispy

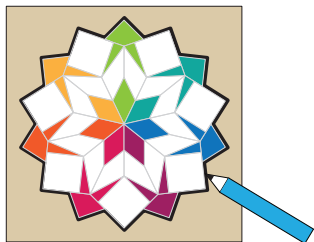


#118

Sewing a pincushion

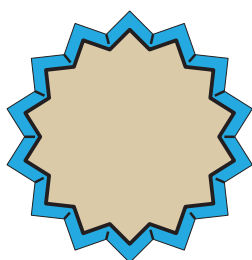
- 1 Place your EPP block (pressed, with templates and basting stitches removed) on a piece of cardstock or double layer freezer paper (dull side up). Trace around the outside edge of the block onto the paper.

Label one of the points or edges with which color or point it corresponds to, since your block is likely not perfectly symmetrical.

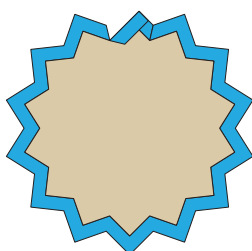


- 2 Carefully cut out the template. Either pin the cardstock shape or iron the freezer paper shape to the wrong side of the backing fabric. You could also use a washable glue stick to tack the fabric to the template.

- 3 Cut the backing fabric about $\frac{3}{8}$ " larger than the shape all the way around. Cut notches to within $\frac{1}{16}$ " of the template at inset points. Don't cut right up to the template.



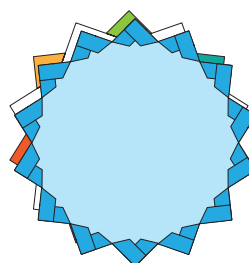
- 4 Baste the backing fabric around the shape using either the stitching or starching technique described in EPP Basics. Press it very well from both sides and remove the template.



- 5 Use the backing template to trace and then cut out woven fusible interfacing about $\frac{1}{8}$ " smaller than the block all the way around. Fuse one or two layers of this to the wrong side of the block and the backing fabric. This seals and strengthens the seams.

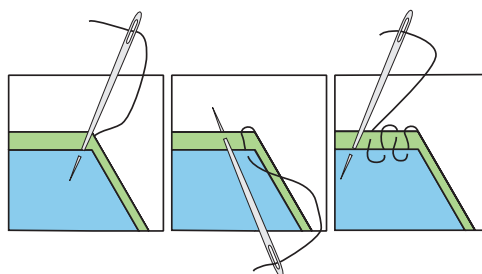
- 6 Optional: add batting and quilting at this point if you'd like. Cut a piece of batting approximately $\frac{1}{8}$ " smaller than the block all the way around so that it doesn't stick out of the seams after turning.

- 7 Place the EPP block and the backing piece right sides together and whipstitch around the outside, leaving a small gap for turning. Start and stop in the middle of an edge if possible—not at a point or corner.



- 8 Turn the piece right sides out and poke out the edges and corners well with something pointy but not sharp. If the shape has small points around the edges, stuffing a small piece of scrap batting or fiberfill into each point helps puff out the shape a little better. Fill with desired filling (if using), such as crushed walnut shells.

- 9 Stitch the opening closed. The stitch I use for this is a cross between the ladder and whipstitch as illustrated below. It is less visible than a whipstitch, but is stronger than the ladder stitch.

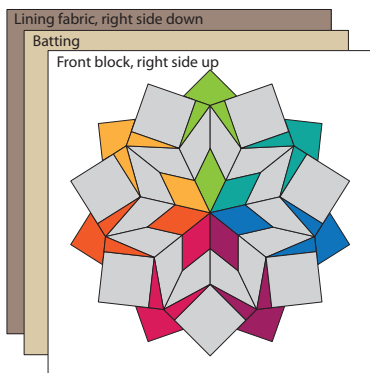


Sewing a pillow

The method I describe below has you appliqué your EPP block onto a background fabric and then create an envelope back for your pillow.

Tip: Starching the background fabric will make appliquéing your block much easier.

- 1 Make your block into a square or add a border by hand- or machine-appliquéing it onto a square or rectangular piece of background fabric.
- 2 Layer your block with batting or sew-in fleece and a lining fabric that are both about 1" larger than your pillow front all the way around. Layer in this order: pillow front (right side up), batting or fleece, and lining (right side down). The lining fabric can be ugly as it won't show—it is just to protect your batting.



- 3 Baste the three layers together, and quilt as desired. Square up your pillow front: using a large square or rectangular ruler and a rotary cutter, make sure the corners are 90 degrees and the edges are straight. Trim away the excess batting and lining fabric.
- 4 Measure your pillow front. Cut two same-sized pieces with the following dimensions for your envelope backing:
Width = Pillow front width
Height = Pillow front height + about 5"
For example, if your pillow front is 12" square, then you need two backing pieces that are 12" x 17".

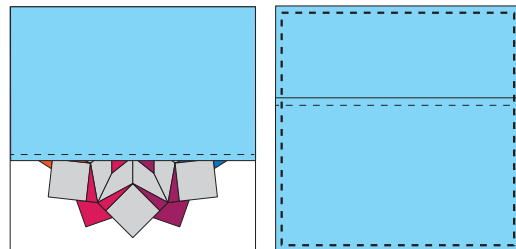
- 5 Fold your backing pieces in half, wrong sides together, so that the short ends meet. Press.



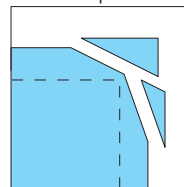
- 6 Topstitch (sew a seam) close to the fold of both pieces with a long stitch length.



- 7 Layer both of your backing pieces, wrong side facing you onto the **front** (block/right) side of the pillow front: First match the doubled raw edge of one backing piece to the top edge of the pillow front. Match the raw edge of the other doubled backing piece to the bottom edge. Sew all the way around the pillow with a 1/2" seam allowance.



- 8 Clip your corners to reduce bulk. You can finish your raw edges with a serger or a zigzag stitch if you'd like. Turn the pillow wrong side out through the envelope slit. Press if needed.



- 9 Insert your pillow form, and enjoy your hard work!



Seven sisters

Pincushion on cover is approximately 4" across.

Block designed, pieced, and assembled by Kristin Lawson.

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English paper piecing (EPP) is very portable and so easy to pull out when you have a spare moment!

This pattern has templates for four EPP block sizes: 4", 6", 9", and 12", though by enlarging or reducing your template sheets you can make any block size you'd like. Each size has all the templates you'll need for one block on one or more sheets of paper, ready to copy onto cardstock or freezer paper, with the pieces spread out for easy cutting. You can easily copy as many templates as you'd like!

This pattern has two sections: EPP basics will teach you two EPP techniques and give you some tips & tricks for sewing your block, and Seven sisters, which has instructions on how to turn your block into a pincushion (as shown on the cover) or a pillow. The steps for finishing a pincushion can be applied to many other projects like coasters, placemats, table toppers, ornaments, and so on. The only limit is your imagination! Also included is a coloring sheet so you can test your color combinations!

Check out my latest patterns and other info at alittlecrispy.com, or follow what I'm up to on Instagram [@CrispyKristin](https://www.instagram.com/CrispyKristin). For questions or comments, please contact me at kristin@alittlecrispy.com.

Materials & fabric

Basic EPP supplies: cardstock or a double layer of freezer paper, a needle and thread, an iron, and scissors. If you plan to starch baste (explained inside) you will also need heavy starch, a paintbrush, a small iron (such as a Clover mini iron), and a stiletto.

For a pincushion: heavy cardstock (like a cereal box) or freezer paper, lightweight woven fusible interfacing, small batting scraps, something pointy like a knitting needle, a funnel, and a heavy pincushion filling like crushed walnut shells (sold as reptile bedding at pet stores) or craft sand. You will also need a scrap of fabric that is approximately ½" bigger than your finished EPP block on all sides for backing.

For a pillow: a square of batting or sew-in fleece and a square of lining fabric, both approximately 1" larger than your EPP block all the way around; two pieces of backing fabric that are each approximately the width of your pillow by five inches longer than the height of your pillow; and a pillow form that is at slightly larger than the size of your block.



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