



Online Quilt Magazine.com

**Easy-To-
Learn Paper
Piecing**

**Make Our
New Block of
the Month**

**Reader
"Show and
Tell" and
More!**

**Surprising
Health
Benefits of
Quilting**

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This Month's Premium Issue has **76 Pages** Packed Full of More Great Articles and Projects for You to Make. To Upgrade, go to www.OnlineQuiltMagazine.com , Register in the Right-Hand Box and Don't Miss Another Issue! **(There's Rose's darling Duckling Baby Quilt Pattern as well as the Quilting Designs for Last Month's "Squared Up" Quilt, plus Much More!)**



Letter from the Editor

Jody Anderson

Hi!

This seems to be a month for ‘firsts’, and I have to say, I think that’s a good thing. My daughter is about to head off on her first school camp with much excitement (and yes – she’s been sleeping in the sleeping bag in bed all week).

My Grandma used to say “Use it or lose it” – I think about keeping active, but I’m sure she also meant the brain too, and it’s the mental activity that keeps us going, and life exciting. This is never more important than in quilting – with so many creative options available, take the time to learn something new. Try a new technique, or develop a new skill, and challenge yourself to see just what you can do, and keep your quilting life exciting.

With that in mind, if you’ve not tried paper piecing before, Julie Hirt has a fabulous block this month with heaps of “How To” photos, so now there’s no excuse! There’s new fabrics to check out and lots great of “Show and Tell” quilts, plus more this issue too.

Have a great month!

Jody



Split Hatchet Paper Piecing Tutorial

By Julie Hirt from www.627handworks.com

Hello - I'm Julie Hirt from 627handworks.com. I'm fairly new to quilting, and sewing for that matter. I purchased my first machine in 2010 and haven't regretted it for a second. No one in my family sews or quilts so I took to the internet to teach me. Along the way I've found great resources as well as making a lot of 'quilty friends'.

My favorite thing to make is quilts. The very first quilt I owned was the first quilt I made. The process was an eye opener as well as being my first sewing experience. I've been addicted ever since and my fabric obsession has grown steadily as well.

Pre-cuts really helped me in the beginning

because they taught me how prints and colors work together. I didn't have to stress about whether the fabrics would look good together. Now I have a good sense of what I like and tend to mix it up a little more. Pre-cuts are still on my list because I can play with all the prints in a collection and buy larger cuts of my favorites.

I'm typically drawn to what are considered 'modern' fabrics; basically I enjoy bright colors and fun, clear prints. Instagram, Flickr, personal quilt blogs and even online fabric shops provide an endless stream of ideas. Admiring others work is what really motivates and inspires me. It's amazing what people create and how generous this community is.

Music has always been really important in my life

and after tackling some paper piecing projects, I decided to make some patterns. Surprising myself, I was able to create 12 blocks in a series called Block Rock'n. They are free patterns, available on my website, named after some of my favorite bands or songs.

Since I lack any type of formal introduction to sewing or quilting, I think it's made me a little more carefree. I don't really know what is considered the right or wrong way and I'll try something to see if it works.

I hope you enjoy my following Split Hatchet paper piecing tutorial. If you've never paper pieced before I encourage you to give it a try!

Grab a few fabric scraps and print off a few templates. It will open the door for all kinds of new patterns.

What's the worst that can happen?



For this tutorial I am using the 5" template. Included are templates for 3", 4", 5" and 6". This is a great project to use up some scraps!

(Download Julie's set of templates from:

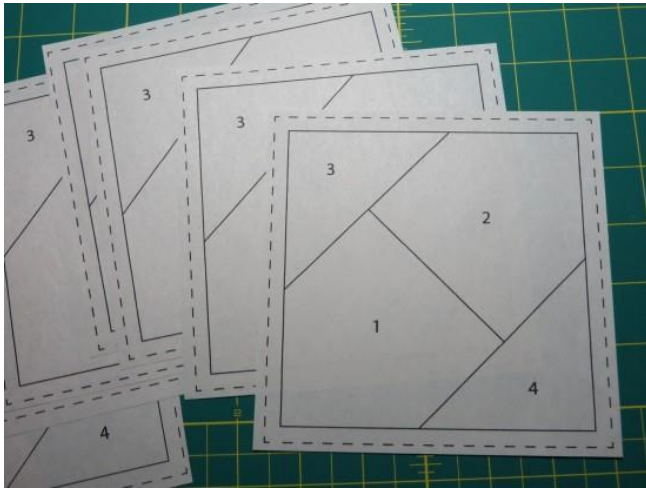
<http://www.onlinequiltmagazine.com/members/content/f/id/399/> or from:

<http://www.quiltblockofthemonthclub.com/download.php?file=julie-hirts-split-hatchet-block-templates.pdf> You may need to copy and paste these links into your web browser bar.)

Set your stitch length to a lower number - I like to use between 1.2 - 1.5. This makes it easier to tear the paper off when you are finished.

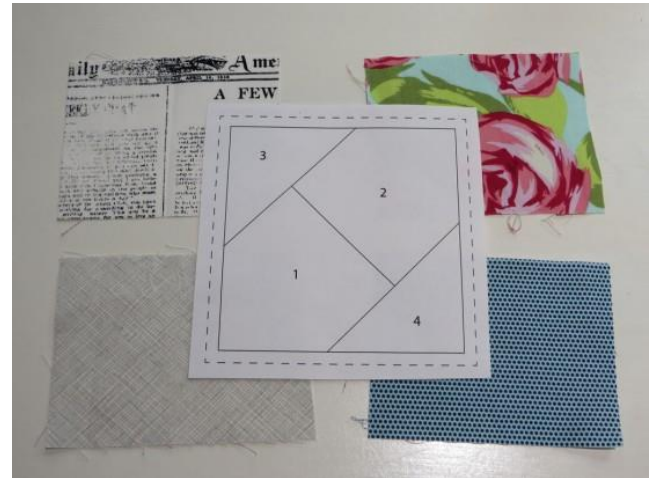
Print several copies of the template size you prefer. Trim your pieces leaving a little paper around the dotted line.

We will be following the number order on the template.



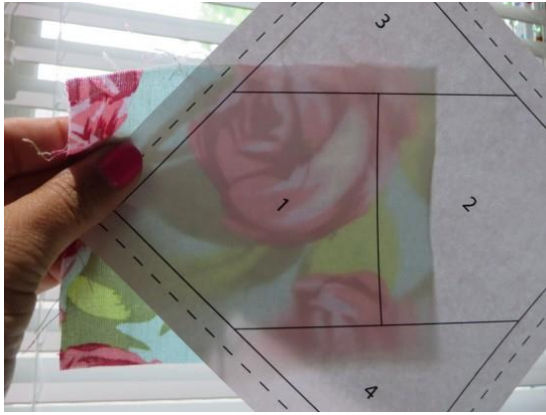
Gather up your fabrics.

Make sure to give yourself plenty of fabric allowance. Choose pieces that are at least 1/2" bigger on all sides of the template, including the dotted line.



We will be stitching along the printed lines and the fabric will be sewn to the back side.

To start, grab your first piece of fabric and hold it up to the template making sure it fully covers the area.



Place it **right side up** on the back of the paper.
The first piece will be the only one you place right side up. I like to use a few dabs from a glue stick to hold piece #1 in place.



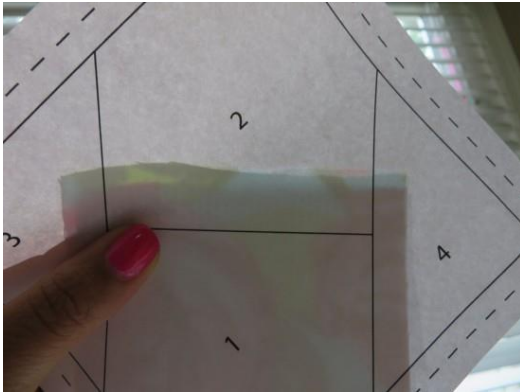
Paper piecing:

The way this works is you stitch along the lines between numbers. In this case, between #1 and #2. After stitching, you fold the second fabric over and it will be in the space intended, facing right side up. This is why the fabric is placed right side facing down - it will be folded over to the pretty side after stitching.

The fabric is placed opposite from the space it's intended and only crossing into the space enough for a stitch line. Place your second piece of fabric, **right side down**, opposite the #2 space.



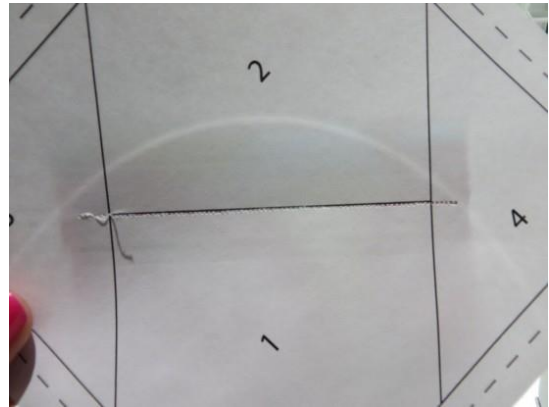
Hold it up to a light source so you can see the fabric edge extends over the sewing line.



Stitch in in place - don't forget to use a small stitch size.



It should look something like this.



Fold the second piece of fabric over:



Iron. You don't want to use steam because it will deform your paper.



Fold the fabric back so you can see the stitch line and trim the excess fabric to 1/4".



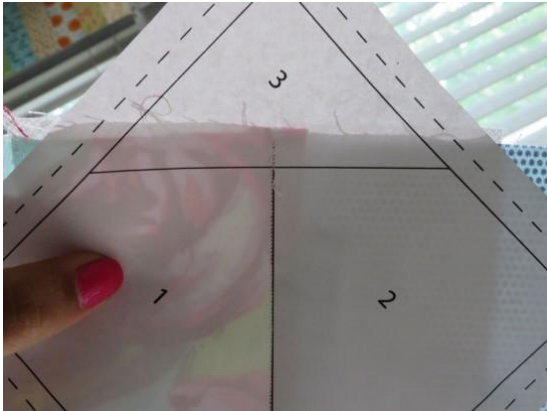
Now both pieces are right side up and cover spaces #1 and #2.



Repeat the process for space #3. Lay your fabric right side DOWN, opposite the space it will cover.



Hold it up to light to verify it extends past the stitch line.



Iron.



Stitch in place.



Trim the excess fabric from the stitch line.



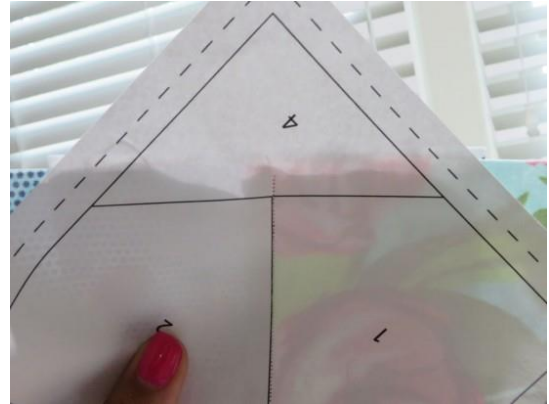
It will look something like this.



You repeat the process for space #4. Lay your fabric right side down, opposite the space it will cover.



Hold it up to light to verify it extends past the stitch line.



Stitch in place.



Iron.



Trim.



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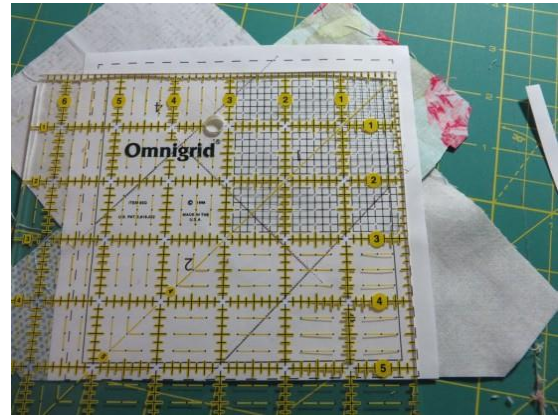


Keep up to Date with What's Happening on our Facebook Page – Do You Love Quilting Too?

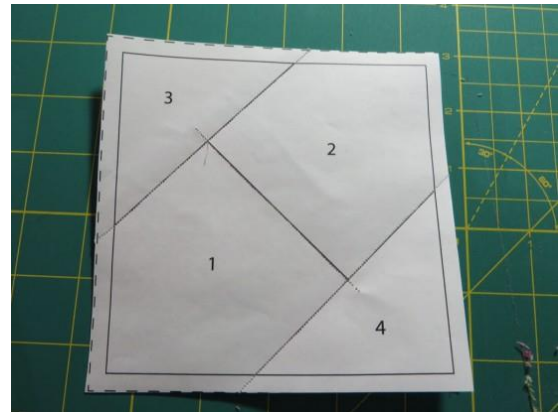
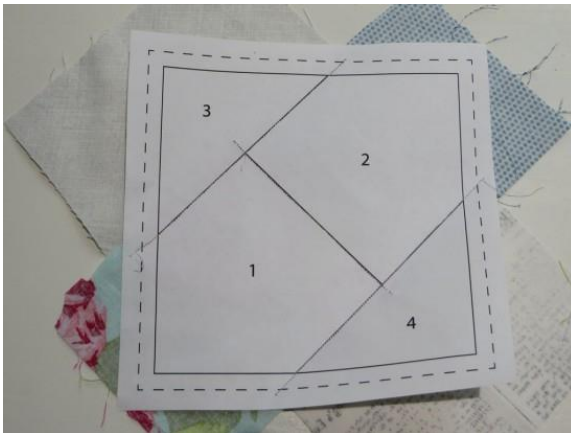
Bonus blocks, hints and tips added all the time!!

<http://www.facebook.com/#!/pages/Do-You-Love-Quilting-Too/271888039492644>

Now you have this:



The back looks like this:



Trim your block to the **DOTTED** line.

You have a paper pieced Split Hatchet! Don't remove the paper.

Sew them together using the outer solid line as a stitch line.



After you get the hang of it you can play with different size scraps and even triangle pieces for the corners. Create several more blocks.



You can arrange the blocks several different ways: X's, O's, you can even have them all going the same direction.

Your fabric choices can create a completely different look as well.



Keep making more blocks! After you are done you can remove all the paper from the back. You'll be glad you used that tiny stitch, too!



About the Author: Julie Hirt is a stitcher and fabric fanatic who mostly quilts, but also dabbles in crochet and other crafts. Julie lives in Lenexa with her husband, two daughters and three spoiled dogs. You can find her blog and patterns at 627handworks.com



Surprising Health Benefits of Quilting

By Jillynn Stevens

You know that quilting makes you feel good, but now there's scientific evidence to back up what you've always suspected - not only does quilting make you happy, it's actually good for your health.

Researchers at the University of Glasgow published their findings in the peer-reviewed *Journal of Public Health* after conducting qualitative research using a local quilting group as their source.

The end result?

"Quilting seemed to possess some distinct properties for enhancing well-being that would

not be replicable through outdoor/physical activity."

In other words, that's dry research speak for saying quilting gives you a workout you're not going to find in your local step class.

The biggest perk? When you're happy and doing something you love, your brain gets saturated with dopamine and serotonin, otherwise known as happy chemicals - especially when you're doing "meaningful work" using your hands.

According to Kelly Lambert, PhD and a member of the neuroscience department at Randolph-Macon College, quilting complements these conditions perfectly.

Next on the health benefits list is a decrease in stress levels. Dr. Lambert says quilters "feel a

sense of accomplishment that increases your 'reward chemicals' and decreases the chemicals related to stress or anxiety."

Of course, lower stress levels are linked to a variety of good things from a lower risk of heart attack and stroke to lower body fat.

In a time when stress levels are breaking through the roof for most people, who wouldn't benefit from a little cultivation of mindfulness?

If you're more into quantitative proof, a clinical psychologist published research in the Journal of the American Medical Association showing evidence that quilting leads to decreased blood pressure, heart rate and perspiration.

Finally, according to Harvard neurologist Marie Pasinski, MD, quilting is a soother for the brain.

The Glasgow research echoes these sentiments, with the participants saying that quilting was a (relatively) easy way to embrace creativity, and



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the use of different colors and textures gave them a "sense of wellbeing."

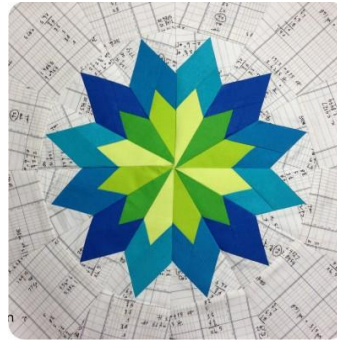
The Glasgow participants specifically cited, time and again, bright colors and how they elevated their moods - particularly during those dreary British winters.

Most of the group also said there was something captivating about quilting and that they got into a flow, much like a runner's high. It's relaxing and at least for a little while, their anxieties were put on the back burner.

However, quilting also requires problem solving skills, like when new patterns and shapes are required.

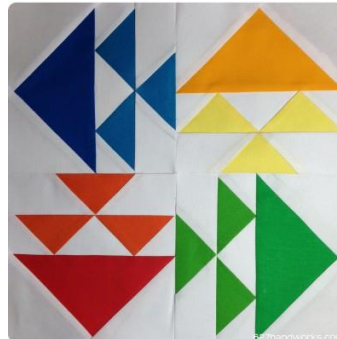
From newbies to quilt masters, everyone said that at some point they always find a new challenge.

Finally, getting that tangible end result is a built-in reward that offers plenty of satisfaction and the feeling of achievement.



six two seven
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FREE block patterns at <http://627handworks.com/>



During the social aspect of quilting as a group, the women said they felt inspired and all those compliments don't hurt when it comes to getting a self-esteem boost.

Quilting is "uniquely good for you" concluded researchers-a sentiment that's obvious for quilters, but it's quite the rush to get a nod from the world of academe (kind of like nailing that tumbling blocks pattern on your first try).

Not only does quilting have health benefits, it often takes place in the company of good friends and family.

About the Author: Jillynn Stevens, Ph.D. is a writer with a vast array of subject matter expertise. Along with publishing articles for large and small businesses, she researches, writes and publishes reports on various public policy issues. For fabric and more, see Novelty Quilt Fabric, your online quilting supply store.

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What's New from The Fat Quarter Shop

From Kimberly Jolly at www.FatQuarterShop.com

We're pleased to be able to bring you a selection each month of the Newest Fabric Releases and the new season fabric "must haves".



SOMERSET BY FIG TREE QUILTS FOR MODA FABRICS

Somerset was inspired by an impressionist painting of an autumn garden in full bloom.

It is grounded with dark earthy browns and soft greys with persimmon and citron hues that evoke an autumn garden of your dreams.

This range is available in all the cut goods and yardage.

View this Range at:

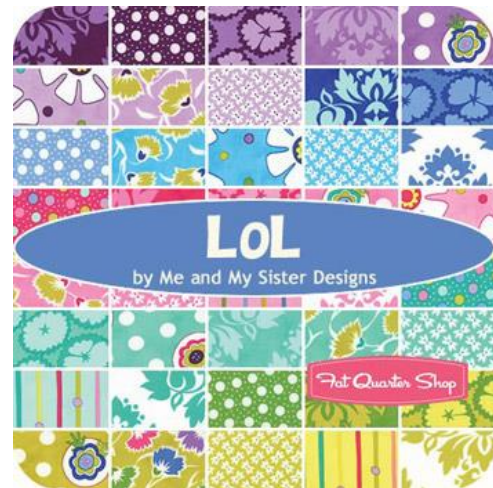
<http://www.fatquartershop.com/moda-fabric/somerset-fig-tree-quilts-moda-fabrics/>



**MOON SHINE BY TULA PINK FOR FREE SPIRIT
FABRICS**

Inspired by all of what the great outdoors has to offer, such as deer, florals, and camping. Tula presents her newest collection in three colorways, dandelion, strawberry, and meadow. Available in all the cut goods, yardage, and an exclusive Designer Select Fat Quarter Bundle.

Check it out at: <http://www.fatquartershop.com/free-spirit/moon-shine-tula-pink-free-spirit-fabrics/>



**LOL BY ME AND MY SISTER DESIGNS FOR MODA
FABRICS**

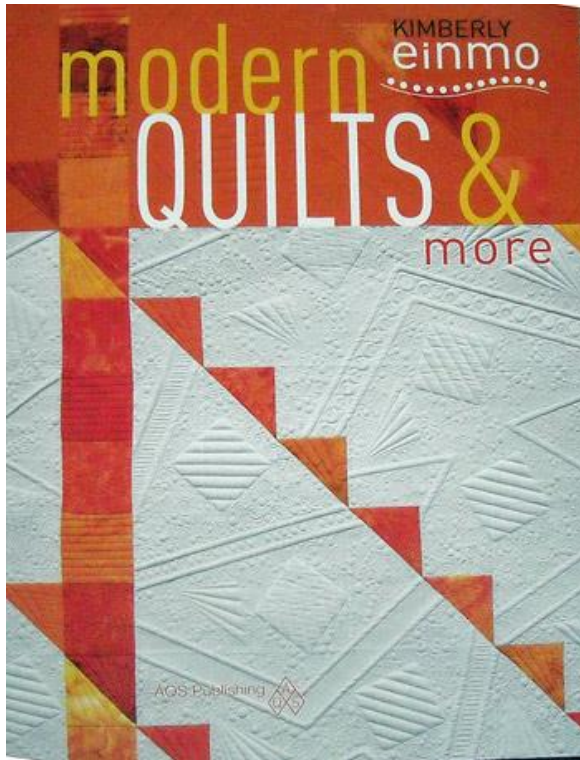
LOL says it when describing these fun new prints from Me and My Sister Designs! Inspired by texting abbreviations, these prints will make you Laugh Out Loud! Don't forget to text all of your friends about this new collection. Available in all the cut goods and yardage.

See this collection at:
<http://www.fatquartershop.com/moda-fabric/lol-me-and-my-sister-designs-moda-fabrics/>



Book Reviews

By Annette Mira-Bateman from www.QuiltBlockoftheMonthClub.com



If you're a fan of Modern Quilts, this book is one to add to your reference library.

Kimberly's stunning designs merge modern and traditional styles, while using fast construction methods.

The book is full of great photos (including lots of close-ups), and there are lots of detailed diagrams to walk you through making and assembling these blocks and quilts.

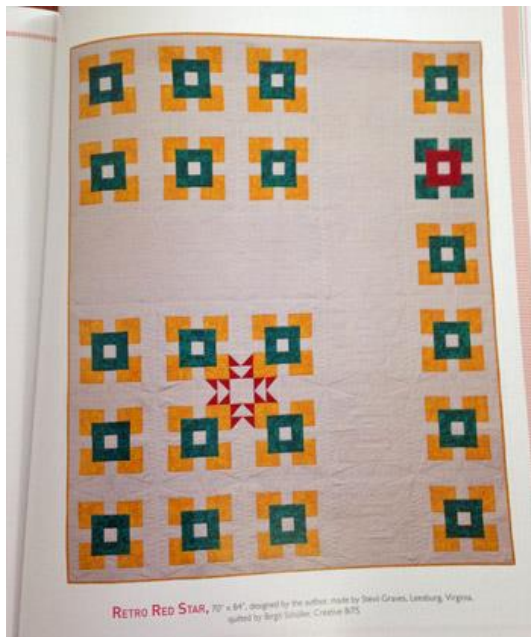
There are 10 different quilt projects in this book, plus a couple of bonus 're-do' projects, where you can rearrange blocks to create completely different quilts.

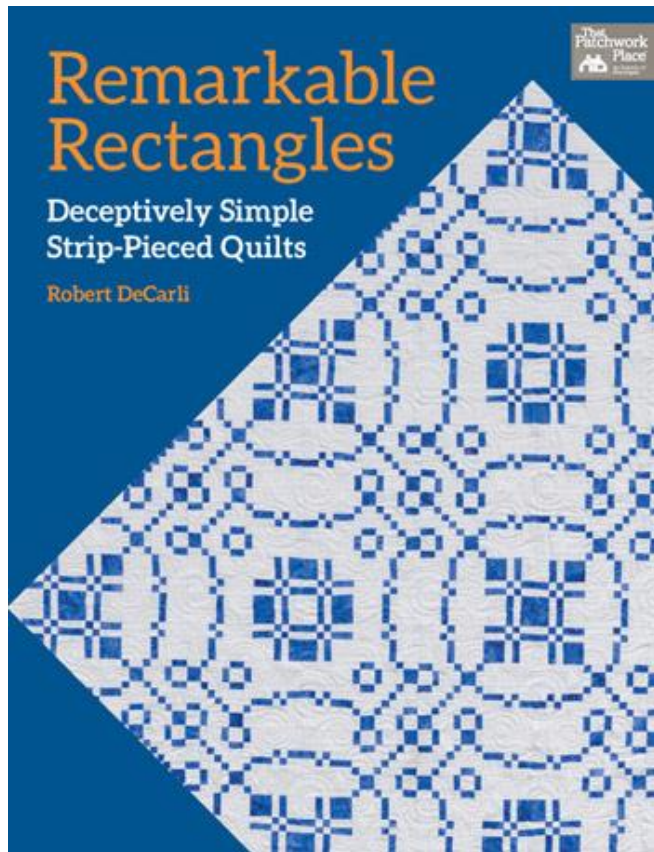
These quilts also offer the chance to showcase some spectacular quilting, and it's well worth

"Modern Quilts and More" By Kimberly Einmo

taking a good look at the photos in the book for ideas and inspiration.

“Modern Quilts and More” by Kimberly Einmo is available from: American Quilter's Society, PO Box 3290, Paducah KY 42002-3290 or www.americanquilter.com, or ask your quilt book retailer.





“Remarkable Rectangles” by Robert DeCarli

Wow! What a great book, based on a great idea!

Author Robert DeCarli has a wonderful story behind his journey into quilting, and in the process, figuring out a very clever method of using strip piecing techniques to make blocks that when combined, give the illusion of woven coverlets – complete with complex designs and patterns.

Robert has called on his mathematical background to simplify this large variety of designs, to make them suitable for quilt-making.

There are plenty of ‘how-to’ diagrams, and instructions are clear and easy to understand.

Learn how to stitch bold designs with the appearance of curves and diamonds, all made using only rectangles and squares.

There are 15 different projects to try in this book, and Robert has included a detailed section at the end showing alternate layouts with completely different finished results.

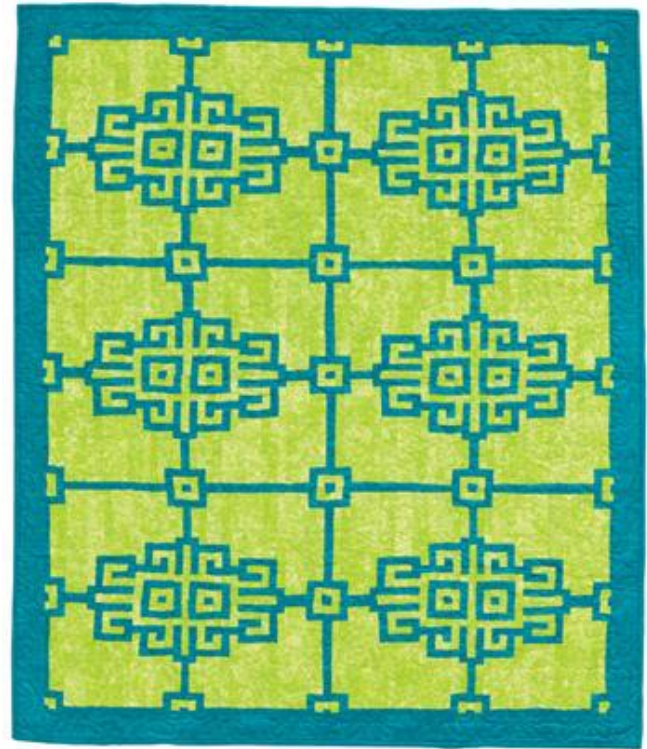
"Remarkable Rectangles" by Robert DeCarli is published by Martingale and is available through your local craft book shop or online from:

www.ShopMartingale.com

(Photos courtesy of Martingale)



"Kathy's Star"



"Chinese Screen"



Recipe Corner – Baked Lemon Tart



Ingredients

1¾ cups plain flour
½ cup almond meal (ground almonds)
1/3 cup icing sugar mixture
175g (6.2 oz) butter, chilled, chopped
2 egg yolks
2 tablespoons chilled water
Whipped cream and strawberries, to serve

Lemon filling

5 eggs, lightly beaten
¾ cup caster (fine white) sugar
300ml (1¼ cups) double thick cream
2 teaspoons finely grated lemon rind
½ cup lemon juice (this will be about 2 lemons)

Method

Step 1

Place flour, almond meal, icing sugar mixture and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add egg yolks and water. Process until dough comes together. Turn out onto a lightly floured surface. Knead until just smooth. Shape into a disc. Wrap in plastic wrap. Refrigerate for 30 minutes.

Step 2

Preheat oven to 200°C/180°C fan-forced (moderate oven). Grease a 4cm (1¾ inch)-deep, 23.5cm (9½ inch) (base) round, loose-based fluted flan tin. Roll out pastry between 2 sheets of baking paper until 3mm (1/8 inch) -thick. Line tin with pastry. Trim excess. Refrigerate for 15 minutes.

Step 3

Place prepared tin on a baking tray. Line pastry case with baking paper. Fill with ceramic pie weights or uncooked rice. Bake for 10 minutes. Remove weights or rice and baking paper. Bake for 10 minutes or until light golden. Cool pastry case. Reduce oven temperature to 180°C/160°C fan-forced.

Step 4

Make lemon filling Whisk eggs, sugar, cream, lemon rind and lemon juice in a bowl. Stand 5 minutes. Pour mixture into pastry case. Bake for 30 to 35 minutes or until filling has just set. Cool

for 15 minutes. Refrigerate overnight or until chilled. Serve with whipped cream and strawberries.

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CTE 02 02



Reader “Show and Tell”

This month we continue our regular segment of “Show and Tell” quilts made by our Online Quilt Magazine Readers. It’s been another busy month too!

We will include them as long as you can send them to us, and that way we can all share in the wealth of creativity and inspiration abundant within our quilting community.

~~~~~

*“Here is the quilt that I am making for Rod’s daughter Western Australia. ONLY have to do 112 or so Piano Keys for the second border. She picked the colours as it will go on her white leather couch, where she has orange and zebra print cushions, plus a cow hide black & white rug on the floor.”*

*- Elizabeth P., Australia*



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“I got a few quilts finished. The first picture is a bag, done with a technique of “folding”. The second picture is a quilt cutting with my sizzix machine: owl and butterflies. The last quilt is the “drunkard path” technique and also cut with my Sizzix machine. I love the machine, it is always the

*same cut, and very fast indeed.” – Jacqueline B.,
Belgium*



“My interpretation of your wall hangings”

- Jennie H., Australia

(“Grandma’s Dresser” and “Bookcase and Family Tree Quilt” – both from www.Quilts-n-Bags.com or www.QuiltBlockoftheMonthClub.com)



~~~~~



*"The Grandmother's Flower Garden has always been a favorite pattern. I finished the quilt this spring. Each of the Flowers has 3 different fabrics and there are 35 flowers. The blue is "cloud" fabric. As I was making the quilt thoughts were running through my mind on making it special. That is where the fence came in with the arch. So "Welcome to my Garden" is the title of the quilt."*

*-Kathleen S, Northeast Kansas, USA*

~~~~~

"I have to admit that my true love in quilting is applique. I would enjoy pictures and articles on needle- turn applique. I am attaching a couple photos for show and tell. The pink and white quilt is a Baltimore album, queen bed size and the very first quilt I made. It won 2nd place in a local quilt show. I have done a couple pieced quilts too that I am proud of. I do all my quilts completely by hand --it turns out my sewing machine does not like me and to be honest, I am not overly fond of it either :)"

-Marianne, Wisconsin, USA



~~~~~

*"Thought I'd send you this photo of "Falling" which I finally finished yesterday! Enjoyed working on this quilt. As you can see it is slightly different from yours - some of the squares actually have leaves on them so thought this was appropriate."*

*- Dianne W., Kangaroo Island, Australia*







~~~~~

"...a bag I made last week. It is so cute!"
- Karen B., South Africa

(pattern from www.BagmakingPatterns.com)



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Keep them coming! Please send in  
your "Show and Tell" Quilts to me at:

[jody@onlinequiltmagazine.com](mailto:jody@onlinequiltmagazine.com)



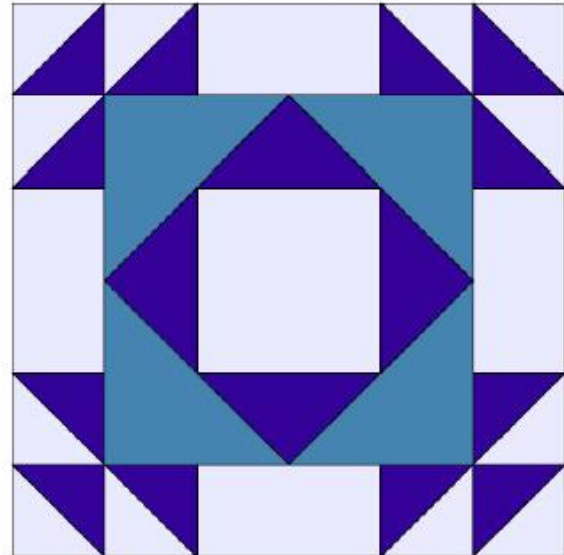
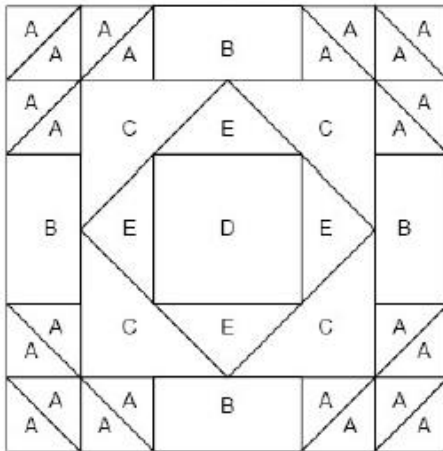
## Block of the Month

This block has a strange name, but is a really striking pieced design. It is a little fiddly to piece together and has a great effect when completed.

To make this 12 inch block as shown, you will need 3 different fabrics, and once you have rotary cut the pieces according to the Cutting Diagram, you can piece them together as shown.

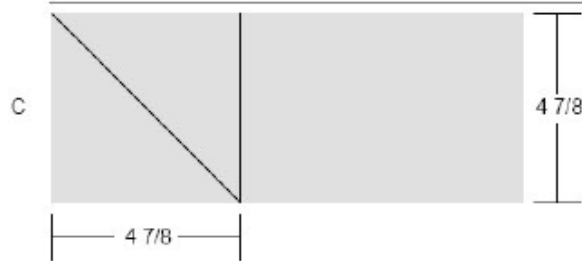
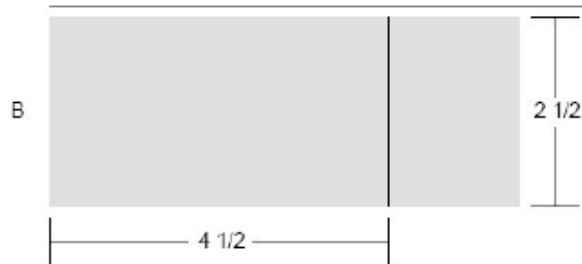
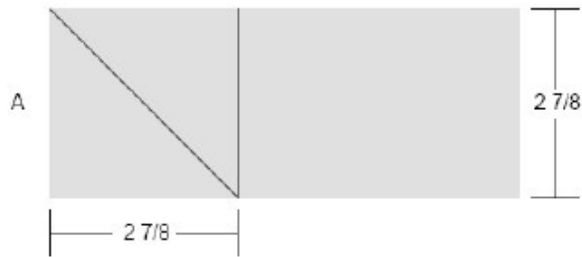
### Double X, No.4

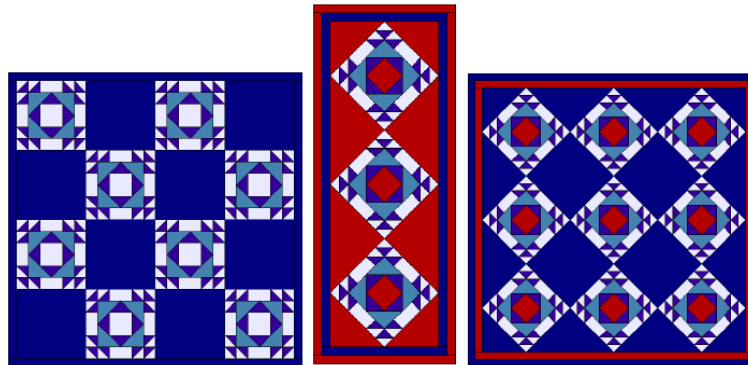
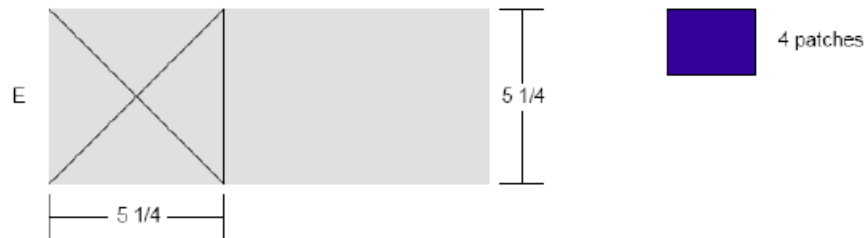
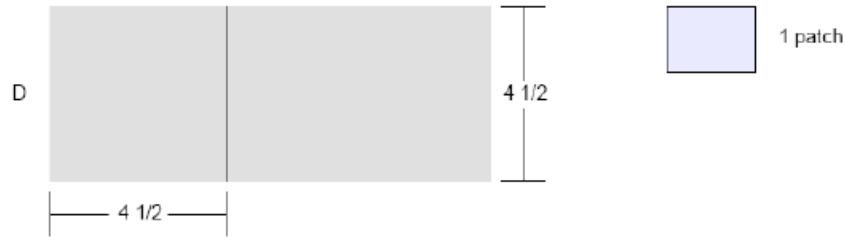
Key Block (1/5 actual size)



Cutting Diagrams

Patch Count





For more great quilts and blocks, visit [www.QuiltBlockOfTheMonthClub.com](http://www.QuiltBlockOfTheMonthClub.com)



## Today's Tips:

This week's tips are courtesy of the APQS blog, (<http://apqs.com/blog/>) and we thought they were great:

- Before starting a new project, clean your ironing board and cutting mat with a self-adhesive lint remover. This picks up any hard-to-wipe-off fuzz from previous quilts or garments that may transfer to your new project (and as Murphy's Law states, "It will always be a bright red thread that you accidentally quilt into a white quilt.") Why give Murphy the satisfaction?
- Here's another clever "thread grabber". We are all familiar with the idea of wrapping a piece of tape around our hand with the sticky side out. This gives you a homemade version of the lint roller. But here's an idea that takes the concept up a notch. Cut an 8-inch strip of Velcro from the "hook" portion of the Velcro. Sew the ends together to form a circle. Make sure the "hook"

portion faces out from your hand, and then slip the circle around your palm. Rub your hand across any surface with loose threads to grab them. Simply "clean" the grabber between uses.

- To keep your thread cones neat and tidy (and to prevent snarly messes) put a mark on the slit in the spool with a felt-tip pen. It only takes a minute but can prevent hours of frustration!
- To keep your thimble from coming off your finger as you sew, blow into it just before you place it on your finger. The hot moisture in your breath helps provide just enough "grabbing" power to create suction. Who knew?

Keep the tips coming! We all love reading hints that work for you.

Please send them all to  
[jody@onlinequiltmagazine.com](mailto:jody@onlinequiltmagazine.com)

# YES, We Want to Hear From You!

As our Online Magazine continues to grow each month, we need your feedback in order for us to continue to improve our publication for you.

- We want to know how you liked it.
- We want to know the topics you're interested in.
- We want to know if you have any suggestions, Hints or Tips of your own that you'd like included, or if you know anyone we should include a story on!

Please send me an email with your Testimonial, Tip, Suggestion, “Show and Tell” Quilt or Enhancement – I'd love to hear from you!

Send all emails to:

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## **"Quilt-y" Quotes...**

\* Buttons and patches and the cold wind blowing...the days pass quickly when I am sewing! (This month - yes!)

\*Count your blessings, stitch them one by one.

\*Don't Needle the Seamstress!

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