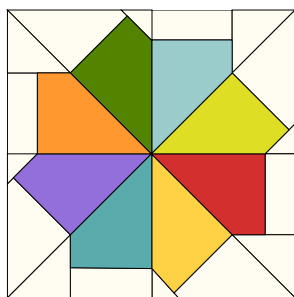


**Block #7**  
**Foundation Pieced Fat**  
**Quarter Bundle Block**



**Instructions**

**Note: Please read through all the instructions before beginning this block.**

1. Use 8 different fabrics for the "fat quarters". You will also need background fabric.
2. Trace or print the pattern on the next page, 4 times, on good quality tracing paper or light-weight, removable stabilizer. Your finished design will be a mirror image of the drawing.
3. The numbers on the pattern indicate the order in which the fabric pieces will be sewn.
4. Sew 4 "A" sections and 4 "B" sections.
5. Sew a completed "A" section to a completed "B" section. Trim so the finished square is 6½" x 6½".
6. Sew the 4 – 6½" squares together to make the finished block. This block should measure 12½" x 12½".

There are many different methods for paper piecing. One method is given below. Please feel free to use your own favourite method of paper piecing if you wish.

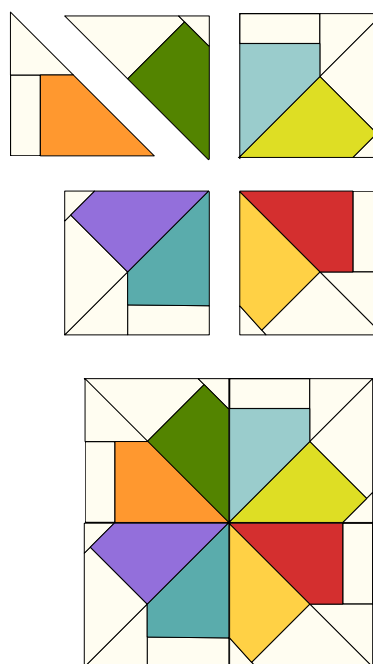
**How to Sew a Foundation Pieced Block**

1. Cut the fabric to the approximate size and shape of the pattern piece, or just use your scraps as they are.
2. With the unmarked side of your foundation facing you, place fabric piece #1 right side up, over pattern piece #1 on the foundation. Hold your foundation up to the light for accurate placement.
3. Pin this piece in place if you wish. Make sure you have left a generous ¼" seam allowance on all sides.
4. Place fabric piece #2 on top of piece #1, right sides together.
5. Turn the foundation over so you can see the drawn lines.
6. Using a short stitch length (14-18 stitches per inch) sew along the line between piece #1 and piece #2. Begin and end 3 or 4 stitches beyond the line.
7. Open piece #2 so the right side is up. Press. Trim excess fabric from the seam allowance.
8. Place fabric piece #3 over piece #2, right sides together.
9. Turn the foundation over so you can see the drawn lines.

10. Sew along the line between piece #2 and piece #3. Begin and end 3 or 4 stitches beyond the line.
11. Open piece #3 so the right side is up. Press. Trim excess fabric from the seam allowance.
12. Continue adding fabric pieces in numerical order until the block is complete.
13. Trim the block to the required size remembering to leave ¼" seam allowance on all sides.
14. Do *not* remove the foundation paper at this time. It will help to stabilize your block and prevent stretched edges when you add the remaining pieces.
15. When the block is completely assembled, carefully remove the foundation paper.

**Additional Tips**

1. Cut fabric pieces bigger than you think you need.
2. Set up a small lamp near the sewing machine. Hold the fabric up to the lamp to help position the pieces of fabric.
3. Stitch toward points if possible. This helps to ensure accuracy.
4. Use an open-toe presser foot on your machine if you have one. This will help you to see the stitching line.
5. Fabrics with all-over, non-directional designs are easier to use than stripes, plaids, or directional prints.



**Pattern for Foundation Pieced Fat Quarters Block**

1. Trace or print 4 of these patterns. Be sure to print the patterns at 100% size.
2. Cut the paper patterns about 1/2" outside the drawn outside lines. The dash lines indicate the cutting lines.
3. Follow the instructions on the previous page to sew the block.

