

Crossed Canoes - Foundation Pieced



First of all you need to choose your foundation; either a permanent or a temporary foundation.

Permanent foundations are ones that are left in place for the life of the quilt. Material for permanent foundations includes fabric of all weights, and also non-woven interfacing. The design is traced onto the permanent foundation and your material is sewn on top.

Temporary foundations are removed after the project is completed. They are ideal for anything that will be hand quilted, eliminating the extra layer permanent foundations adds. Materials for temporary foundations are usually paper, which is readily available in various weights and types. This includes tracing paper, letter-weight paper and freezer paper. There are also rolls of thin paper especially made for foundation piecing. It is important to use smaller stitches when using temporary foundations. This makes the removal of the temporary foundation much easier with less chance of damaging your patchwork.

The copy machine: IT IS NOT RECOMMENDED TO USE THE COPY MACHINE FOR COPYING YOUR DESIGN. Unfortunately every copy machine distorts to some extent, usually in one direction. If scanning using a computer check that there is no distortion.

When tracing your design, use the finest pencil or pen and fix your design to a firm base with tape. Place your chosen foundation on top and fix with tape to prevent movement. Use a light box if you have one, or tape your pattern to a window and fix your foundation on top.

We will be using a paper foundation for this block so, let's start. For this block you will need:-

4 sheets of A4 paper

Freezer paper

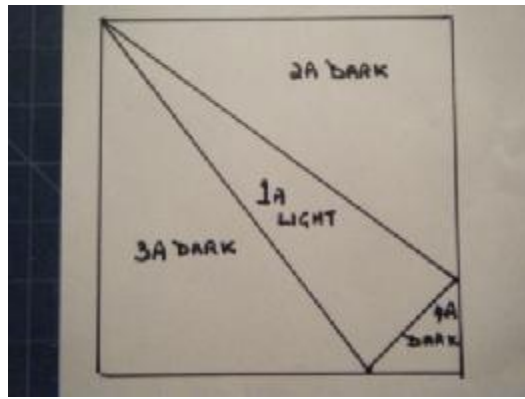
Light and dark fabrics (you only need 2 fabrics for this block)

Pins

Marking pen or pencil for drawing on freezer paper and A4 paper

On one sheet of A4 paper, draw a 6in square (using a square quilters' ruler helps with this).

On the right hand lower corner place a mark 1 ½ inch both sides. Draw a line from one mark to the other diagonally across the corner. Next, draw a line from one of your marks to the upper left corner and then draw another line from the other right corner mark to the left corner. Your foundation should look like the photo on the next page.



You will see that there are sections marked 1a, 2a, 3a, 4a. There is also a guide as to what fabric is to be used ie light or dark. Mark your foundation with similar notations. Repeat with another 6in square, but reverse the design and name the pieces 1b, 2b, 3b and 4b, and reverse the order of light and dark. Draw another 2 squares so you have 2 'a' and 2 'b' squares. These paper designs are your foundation and will be removed once the blocks have been completed. Cut around the edges of your paper foundation to make it a 6in square.

Take your freezer paper and draw an 'a' block and a 'b' block. Don't forget to mark your sections as you did with your paper foundation. Now cut out the individual freezer paper patterns and iron on to the wrong side of your fabrics. Cut around the fabric shapes, leaving a good ½ inch all around. Do not remove the freezer paper.



Take 3 long pins and your paper foundation and place one pin through the beginning of the 1a line on the paper foundation and another at the end of the 1a line, then place the last pin through 4a line. These pins are your guide to the stitching line. Turn the foundation paper over.

Take your 1a fabric and place this, right side up, on the back of the paper. Carefully feel the guide pins through your fabric and butt up the freezer paper against the pins. Holding the fabric in place you can now remove the freezer paper. Now take more pins and pin through the middle of your 1st fabric and the foundation paper to hold it in place. Do not take the guide pins out.

Take your 2nd fabric and turn the excess fabric over the freezer paper, as shown below (next page). The example shows the dark fabric.



With right side up, place the 2nd fabric (which has the excess fabric turned under) against the guide pins. Then flip the 2nd fabric over, right sides together with 1st fabric. Hold firmly and take 2 pins to pin excess fabric through 1st fabric and foundation paper. Remove freezer paper and turn foundation paper over. Holding your fabrics together take one pin and place it on the top side of the foundation paper near the stitching line and remove guide pins on the stitching line.



Using a smaller stitch length, stitch on the 1a line, going a few stitches over the ends. Fold back the paper foundation where you have sewn and trim the excess fabric to ¼ inch.



Finger press or iron fabrics so they lie flat. Repeat this process with the other two sections of the design and give a final press.

When you have all four patches sewn, give a final iron. Take a pen and draw around your 6in foundation. (see photo on next page) This is to give you stitch lines for joining your patches. When you have drawn around each patch, you can remove the foundation paper.



Lay out your patches so you have opposite dark and light patches. You can now sew these together; remember to increase your stitch length to normal. Use a pin through the points to anchor these together then pin to stabilise them. Use your drawn stitch lines to make sure you are joining the patches together correctly. Sew just inside the drawn line; don't forget that the pen/pencil line will have made your square larger than the required size. Trim your seams to $\frac{1}{4}$ inch and then iron open (you will have too much fabric to iron on one side). Repeat the process with the next two patches and join together to form your Crossed Canoes. Trim to 12.5inches. Stand back and admire your block.

