

SUTURA STYLE 2017 BLOCK OF THE MONTH PATTERN

# Cake and Tea for You and Me

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I am really excited to be able to present my third Dawn Abbey Block of the Month pattern! This ten month project is designed for beginners and experts alike. The blocks were specifically designed for the web so the size is 8" which should print off nicely at home.

Happy Quilting!

*Natalie*

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# General Quilting Supplies

## FREEZER PAPER

I like the 8 1/2" sheets that can go into the printer best but you can certainly use the kind from your local grocery store.

## IRON AND IRONING SURFACE

A good iron and surface close to where you are stitching is invaluable. I took a piece of MDF and covered it with a single layer of cotton quilt batting and a piece of muslin to create the surface that I use. A travel iron is great for larger areas while a smaller mini iron is great for tiny pieces

## WASHABLE GLUE STICK

I use my glue stick to temporarily stick applique pieces to freezer paper and to do a multitude of other tasks.

## PERMANENT MARKER

Use a permanent marker to trace your pattern pieces onto Fuse N Stick, freezer paper or clear fuse.

## QUILTER'S RULERS

Use a 6" x 24" Quilter's Ruler with your rotary cutter and mat. A smaller Add - A - Quarter ruler is needed to trim the excess fabric for paper piecing.

## CUTTING MAT AND ROTARY CUTTER

Accurate cutting is the foundation of accurate blocks. A simple cutting mat and rotary cutter will make cutting strips and shapes faster and simpler.

## TERRIAL MAGIC AND FABRIC MAT

If you plan to use your Scan N Cut machine to help with the cutting then your applique fabric should be stabilized with Terial Magic. Follow the directions carefully, it can stain light fabrics otherwise. You will need to use the Fabric Mat for your Scan N Cut to hold the fabric in place while the machine cuts for you.

## TEAR AWAY STABILIZER OR PRINT-STITCH-DISOLVE

Perfect for paper piecing, Tear Away stabilizer is easy to trace on, and pulls away from your fabric in a snap. In the Dawn Abbey Studio, we use PSD so our quilts stay soft.

## CLEAR FUSE OR FUSE N STICK

Fuse'N Stick is a unique double-sided adhesive stabilizer that is ideal for appliqué. One side of Fuse'N Stick has a low-melt adhesive that is activated by using a medium setting on a hand iron. The other side of Fuse'N Stick contains a sticky adhesive protected by a paper backing. To use, simply iron the fusible side of Fuse'N Stick to the right side of your base fabric, remove the release paper from the other side of the Fuse'N Stick and place your appliqué on top. After stitching down your appliqué, the excess stabilizer can be removed by tearing or cutting it away.

Clear Fuse can be used like any other fusible web but the clear coating allows greater accuracy.

Note: you may not need everything listed here, it depends on the method you decide to use to create your blocks.

**For example, if you choose to fuse all your applique pieces then you will not need freezer paper, a glue stick or a permanent marker.**

For paper piecing instructions please visit our YouTube Channel, Sutura Style for a video tutorial

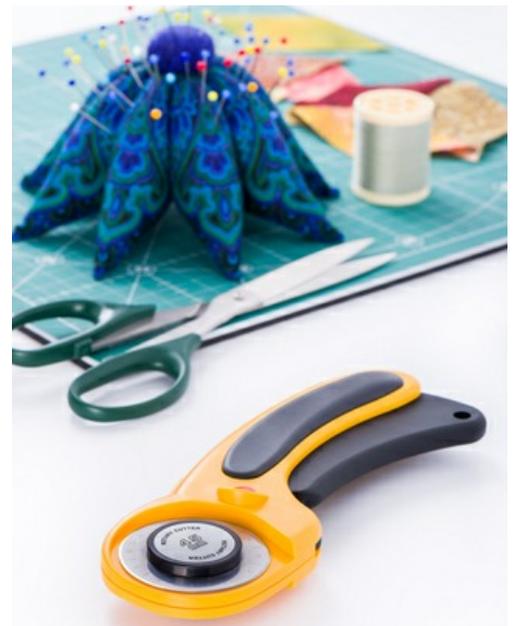


Photo Credit © Maxcab | Dreamstime.com

# YOU WILL NEED

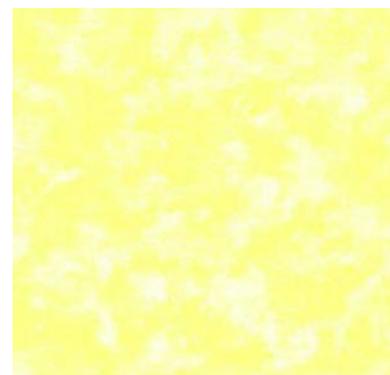
This block can be made from a number of "tea" themed prints or use your own. To create the quilt you will need:

- 1 yard of Heat N Bond Lite,
- Creative Grids Non Slip Ruler 6" x 24",
- An extra fine permanent marker,
- A disappearing ink marker,
- QGI Sweet Border Stencil by Hari Walner
- High Quality Quilting Thread, we use MonoPoly thread
- White cotton quilting thread
- Machine Embroidery in aqua green, pale pink, pale yellow and white
- 1.5 yards of backing fabric
- Tear and Wash Stabilizer or old dryer sheets.

Fabric	Yardage (extra allowed)
Aqua Green	½ yard
White (background)	½ yard
Pale Pink (background)	½ yard
Ice Pink	10" Square
Medium Pink	10" Square
Strawberry Pink	10" Square
Fuschia	10" Square
Pale Aqua	½ yard
Golden Yellow	10" Square
Pale Beige (pastry)	10" Square
Medium Brown (mocha)	10" Square
Chcocolate Brown	10" Square
Focus Stripe	2 Repeats (about ½ yard)

# SUGGESTED FABRICS

Fabrics shown are available on our website at [www.suturafabrics.com](http://www.suturafabrics.com) or at your local quilt shop.



# Preparing the Fabrics

## FABRIC CHOICES

The fabrics chosen are entirely up to the quilt artist. While it is true that in the U.S. cotton is usually the fiber of choice, wool, silk and recycled clothing are also wonderful options. If you are new to quilting then high thread count cotton is the best place to start. I'll never forget my first attempt at piecing. I was afraid of wrecking the fabric so I bought cheap quality, low thread count fabric, didn't wash or starch it, and the end result was disaster! Whatever the fiber content, remember to keep a simple rule of high quality fabric leads to great results. When selecting the prints, solid colors, and tonal blender fabrics for your quilt, keep light, medium and dark color values in mind.

## FABRIC PREPARATION AND STARCH

Whether you choose to pre-wash your fabric or not depends on whether or not you plan to use the quilt as a wall hanging or on a bed/lap. My rule for fabric is simple, treat the fabric exactly the way the quilt will be treated after the project is completed. However, lesson above noted, I *always prep my fabric with heavy spray starch*, it makes both cutting and stitching easier - no more disasters!

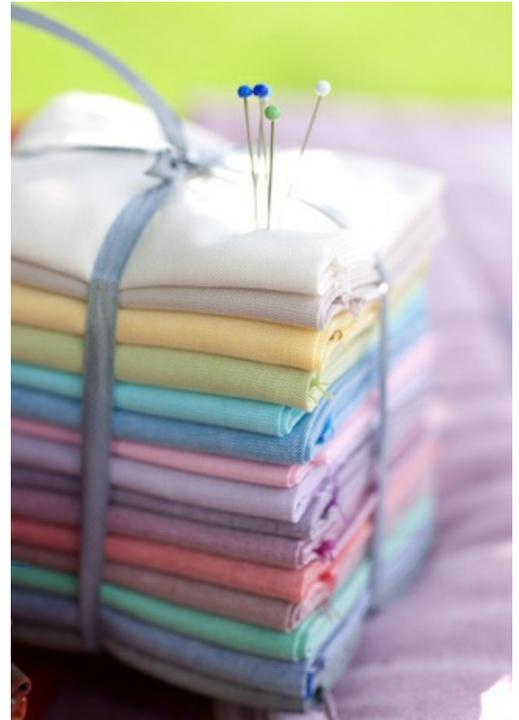


Photo Credit © Christian Jung | Dreamstime.com

# Piecing the Quilt

## Piecing the Quilt

Generally I use a 1/4" piecing foot and a 2 mm stitch to create the seams for quilts. Once an area has been stitched, press it right away. It saves time and hassle later. Place the pieces to be stitched right sides together and sew at a scant 1/4". Use the edge of your guide foot to keep the seams even. *Be sure to invest in a high quality foot.* There are different styles of 1/4" feet use a tape measure to be certain that yours will give accurate results.

**Paper piecing** was introduced to me with a gift from my Mom and fellow quilter. Some years ago she presented me with a book by Carol Doak. My piecing skills soared thanks to this method and I quickly realized that my tearaway stabilizer sheets were the perfect "paper" piecing foundation. Later, I discovered Print-Stitch-Disolve from Pellon which is my favorite. To learn how to do paper piecing, please visit Carol Doak's website at:

## [Carol Doak's Paper Piecing](#)

Once the blocks are all assembled, it's time to quilt the top to the backing and batting. To do that, make a quilt "sandwich" with the backing and the top enclosing the batting. Always cut the batting and backing several inches bigger than the top. Use quilters safety pins to baste the entire top or use basting spray for smaller projects. Roll up your project and use either free motion quilting or stitching lines with a walking/even feed foot.

## **Free Motion Quilting and A Walking Foot**

Please visit our website at [www.designersewingcenter.com](http://www.designersewingcenter.com)

to see the Brother videos on how to create free motion quilting and on using walking foot.

# Appliqué Methods

## Fusible Web Appliqué Method

Trace your design onto fusible web such as Clear Fuse or Stick N Fuse. My personal favorite for general applique is Stick-N-Washaway® by Pellon.

Stick-N-Washaway is a unique product that combines a pressure sensitive adhesive with a water-soluble stabilizer. The stabilizer will wash away without placing any stress on threadwork and leaves no trace on either side of the project. I still have to use a dab of glue to adhere the motif to my project but it allows me to temporarily adhere my appliqué to the fabric and then it washes away leaving my quilt top "needle turn" smooth.

NOTE: Remember to mirror image your design when tracing onto the paper or clear sheet so your motif will face the correct way later.

Cut out your design, around the lines, leaving yourself a little space to work.

Fuse the motif to the **wrong side** of the fabric. This is why you need to work with a

mirror image! Clear Fuse requires that you move the iron around during the adhesion process.

Now, cut the motif out precisely.

Remove the backing and fuse the motif to a backing fabric or garment.

Stitch the motif to the backing. Use one of the following:

A long, narrow, zigzag stitch, Blanket stitch, Satin Stitch, or an Appliqué stitch.

## Freezer Paper Method

Trace out the chosen motif onto the dull side of freezer paper or print directly onto 8 1/2" by 11" sheets from a file on your computer.

Cut out the motif on the lines

Use a washable glue stick to temporarily stick the **dull side** of the freezer paper to the **wrong side** of the fabric.

Trim the fabric to within a scant 1/4" of the edge of the paper.

Fold the raw edges of the fabric over the edges of the

paper and press. The shiny side of the freezer paper has a wax surface, the seam allowance will stick to it. Now place the motif on the background fabric and press. It will stick temporarily.

Stitch the appliqué using the method above.

## Sewing Tip:

When quilting or stitching an appliqué I like to use 60 weight cotton thread for most applications. When I am creating something simple, I enjoy MonoPoly thread for both the top and bobbin. This product is made from polyester and as a result does not melt, turn brittle or stretch out of proportion.



## THE STORY OF CAKE AND TEA

This quilt is dedicated to every Nana, Auntie, Mom and Big Sister who played "Tea Party" with a little one.

The memories that inspired this quilt are of a time in my life when my Nana and Grandpa would come for visits every October for Canadian Thanksgiving. It was such an exciting time! Holiday food and family all around, what could make a little girl happier? Tea with Nana! And my very clever parents used that to advantage. You see, I was a very fussy eater as a child and my poor Mum was always worried about getting enough nutrients into me. Nana came up with the brilliant

idea of "Nana Cakes" shown in the corners of the quilt. These cakes were actually peanut butter sandwiches with a dollop of strawberry jam on top (smile).

Eventually I outgrew my persnickety nature towards food but the fond memories of "Cake and Tea with Me" persist.

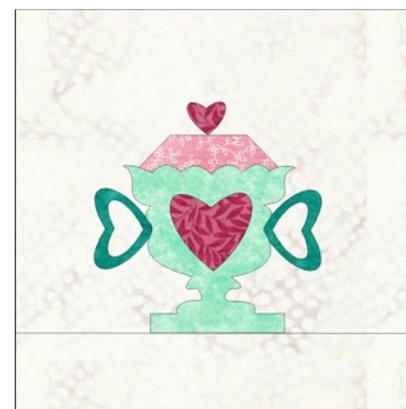
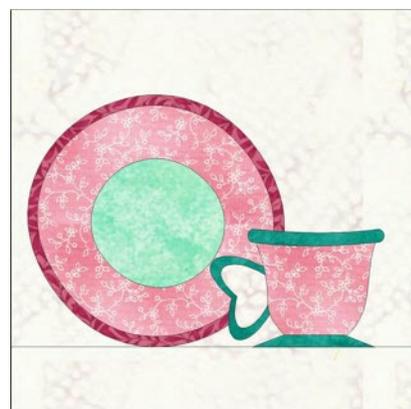
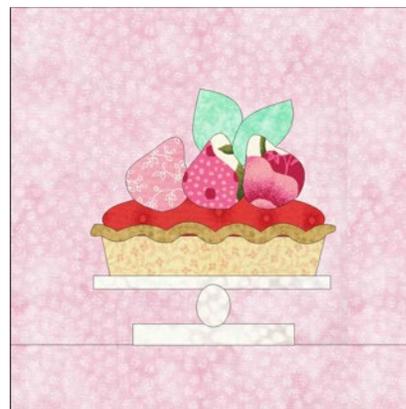
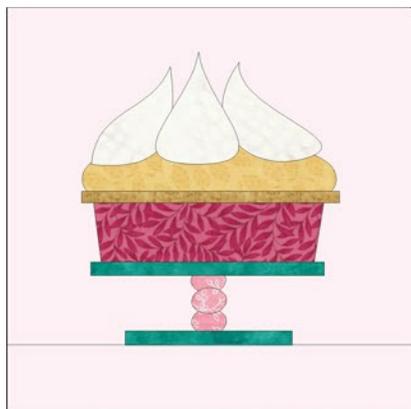
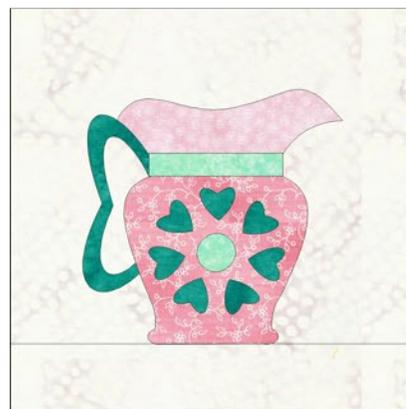
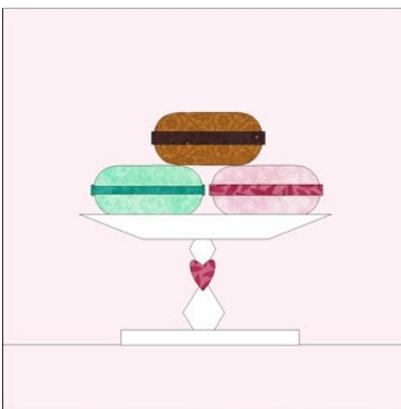
All family is important but to me, my Grandmother's hold a very special place. I hope that this quilt will inspire a new generation of Tea Party Girls!



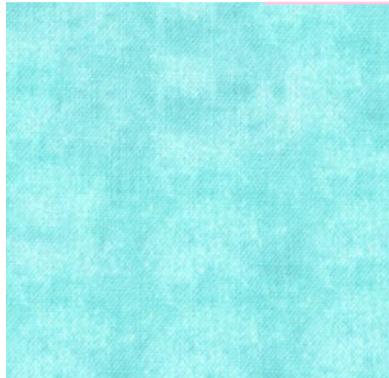
## Getting Ready to Quilt

Prepare all the fabrics for quilting by pre-washing them in hot water and starching them heavily. Press each piece carefully before attempting to cut out strips or pieces. This will prevent the fabric from warping during the quilting process.

# THE BLOCKS



# FABRICS



New fabrics come out every month in the quilt fabric industry. At the top are some choices that were available at the time of printing while the ones shown below “Cupcake Cafe” are due out in August 2017



Cupcake Cafe is due out at the end of August 2017. Use the color palette that works best for you.



# FEBRUARY

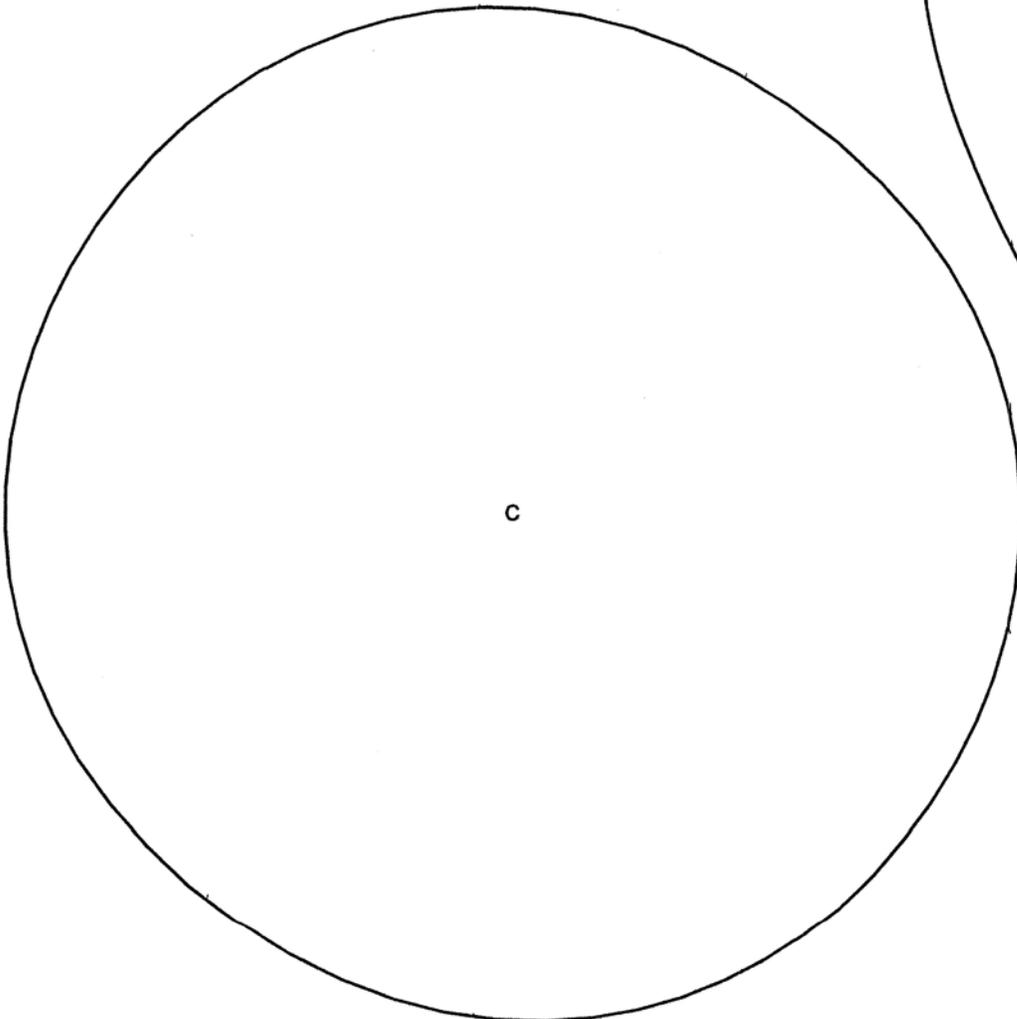
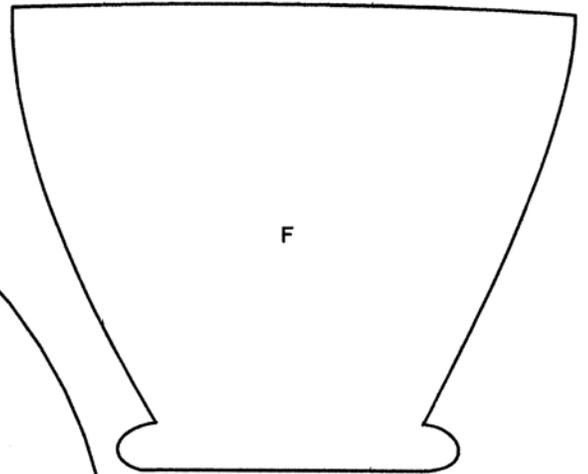
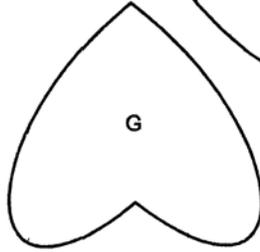
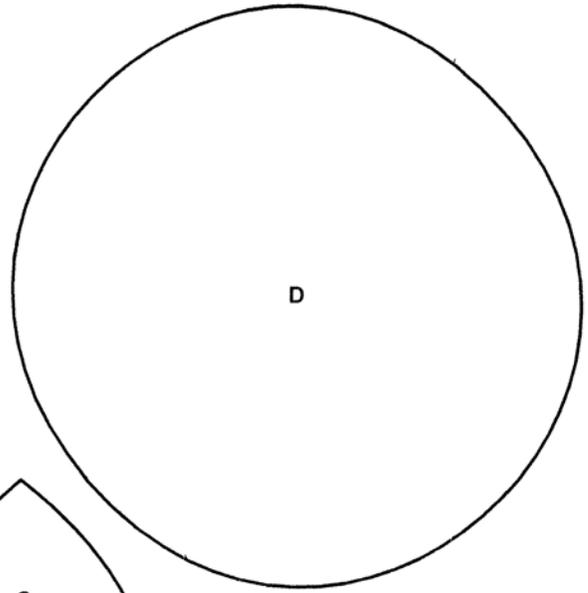
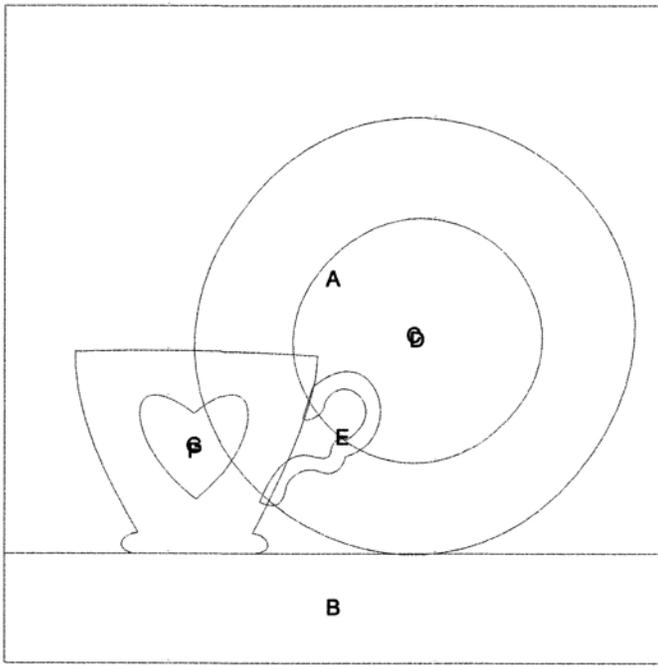


## *Cup of Sweetness*

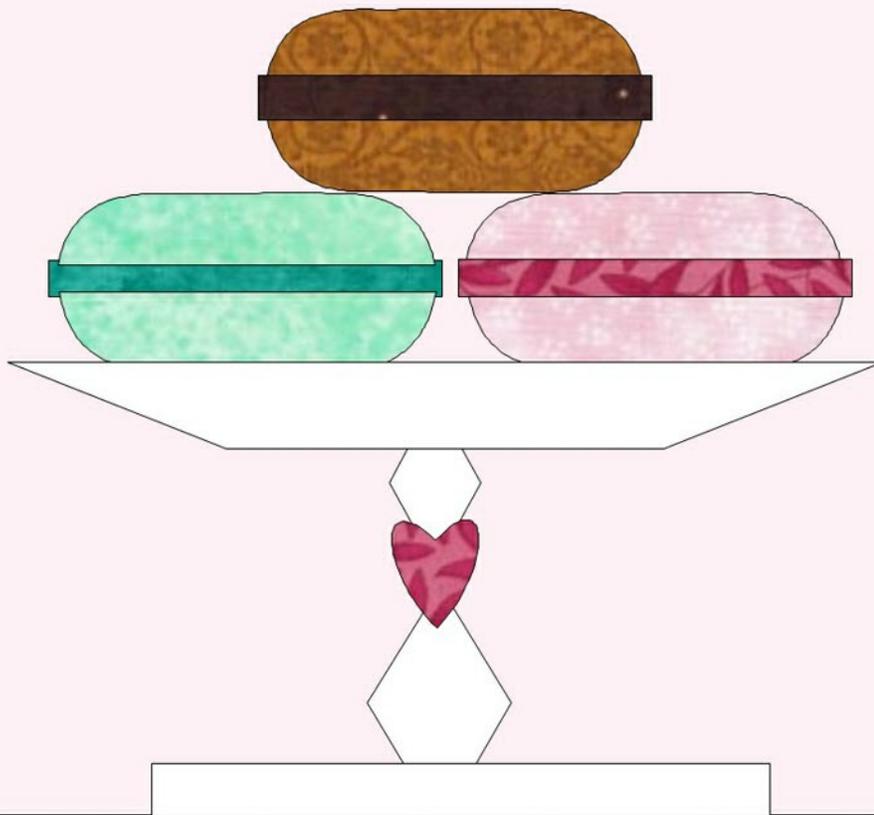
Celebrate Valentine's Day with a Cup of Sweetness! Use the methods shown on our YouTube Channel, Sutura Style, to stitch up this 8" block. I added Sashiko stitching on the shop version to create the appearance of steam rising from the cup. The video can also be found on our website at [www.suturafabrics.com](http://www.suturafabrics.com)

# Cake and Tea February Sweet Cup

Key Block (43/100 actual size)



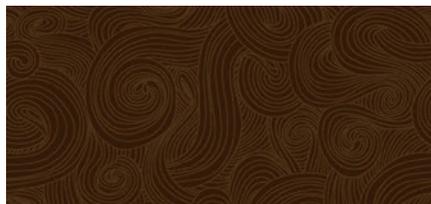
# MARCH



## *Mad for Macaroons*

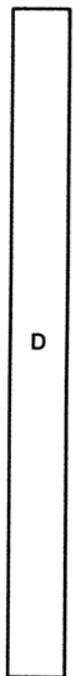
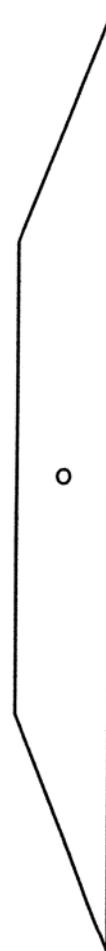
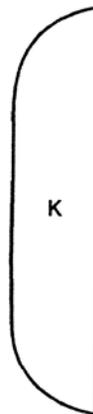
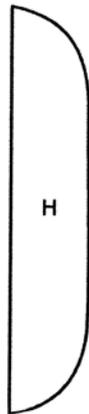
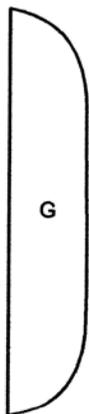
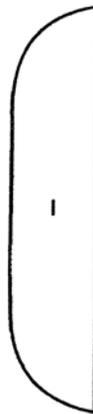
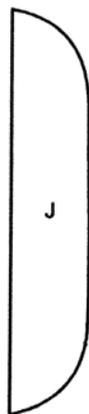
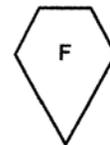
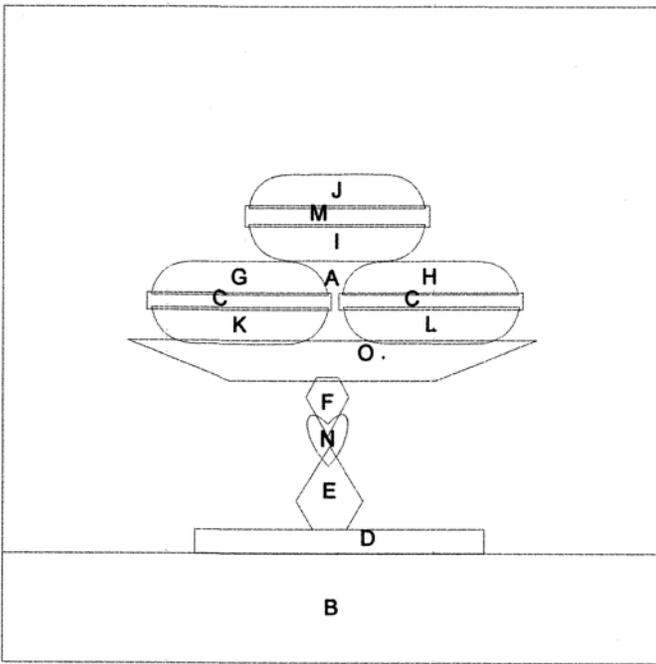
It's March and Madness is sweeping the sporting world.

Time to play outside and in!



# Cake and Tea March Macaroons

Key Block (43/100 actual size)



# APRIL



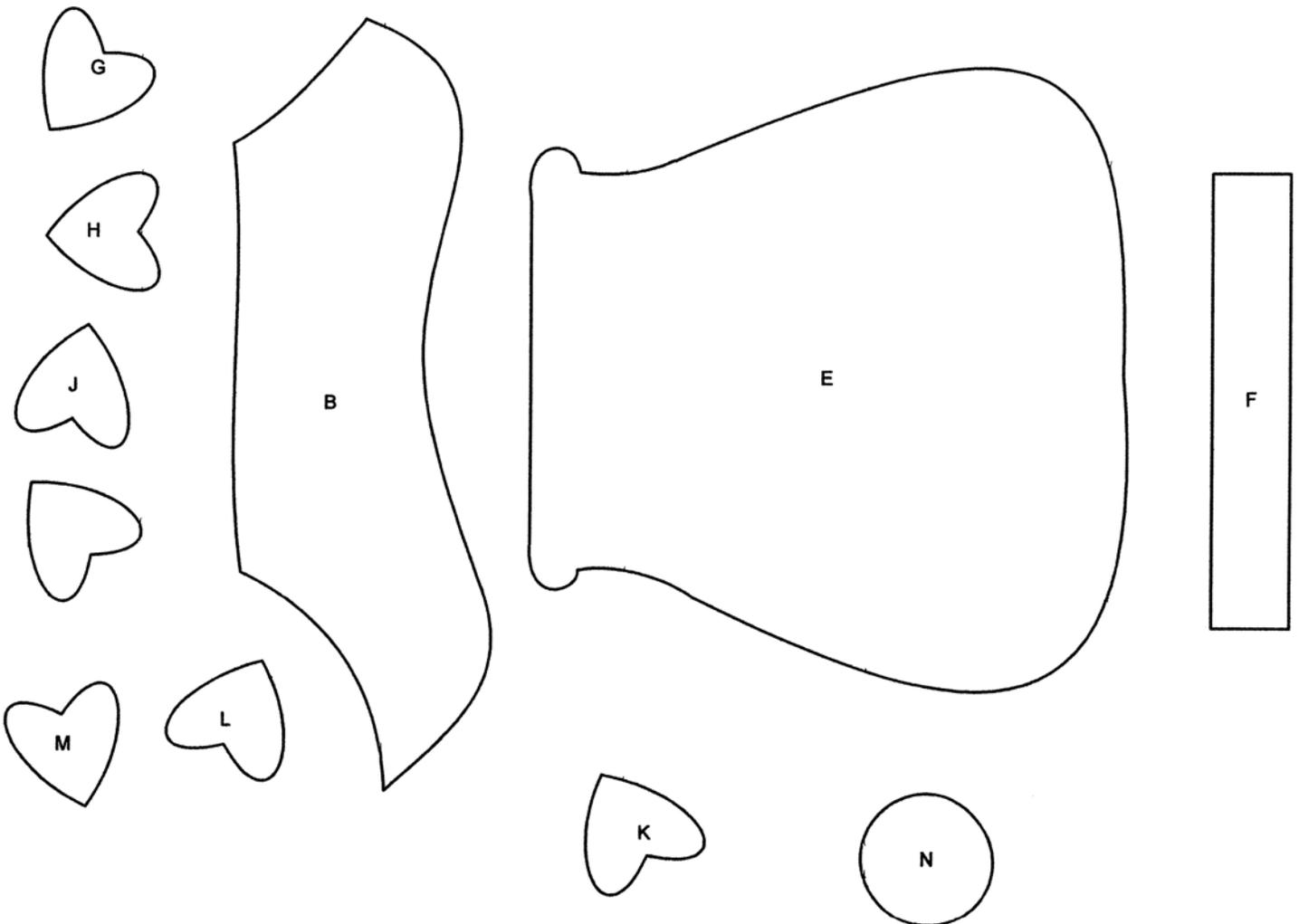
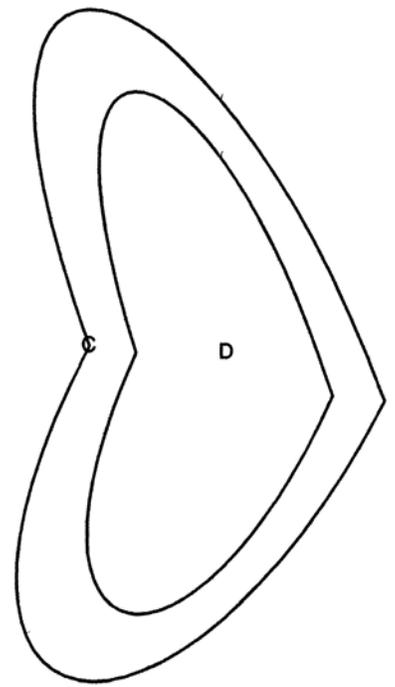
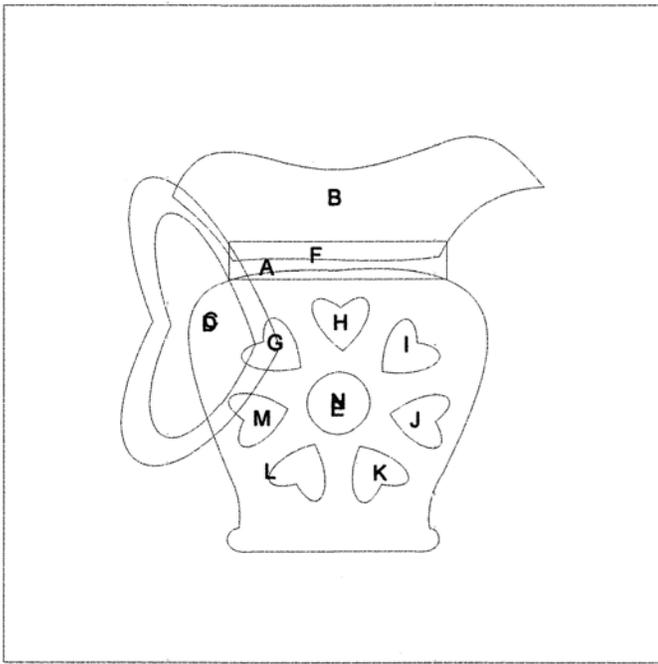
## *Cream of Hearts*

Warm, milky-sweet tea is just right for winning the hearts of little ladies everywhere



# Cake and Tea April Cream of Hearts

Key Block (43/100 actual size)

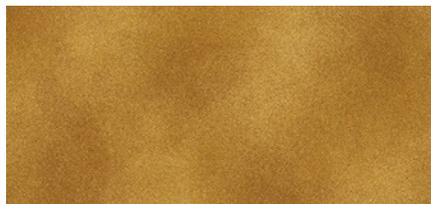


MAY



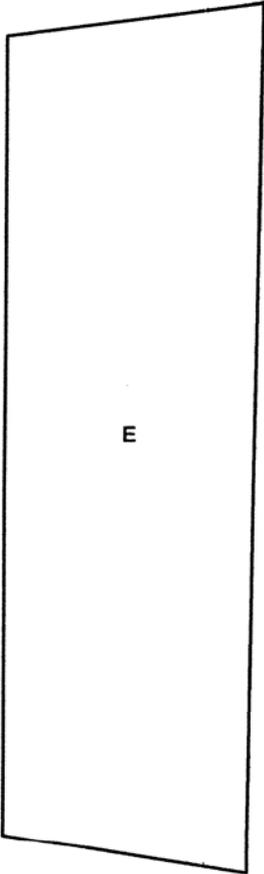
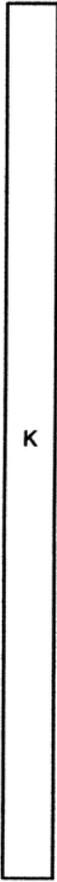
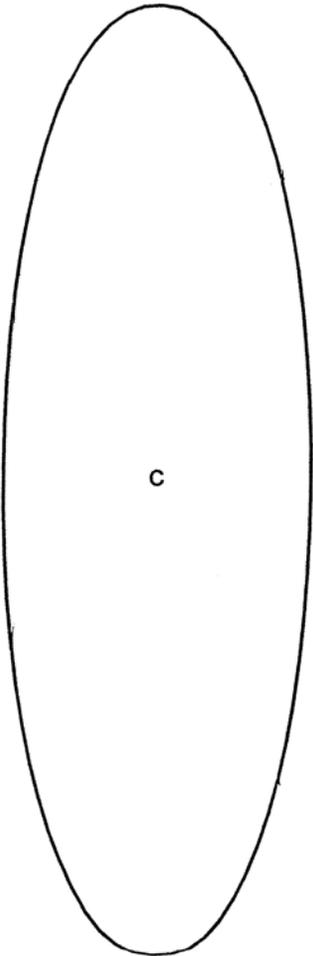
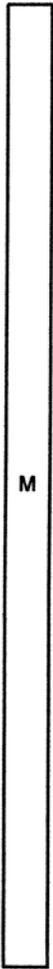
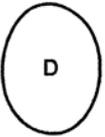
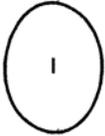
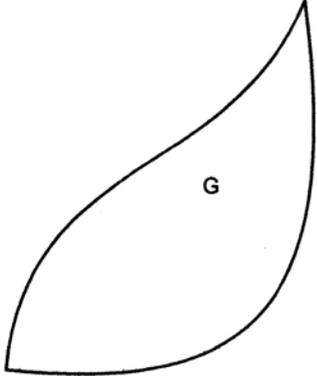
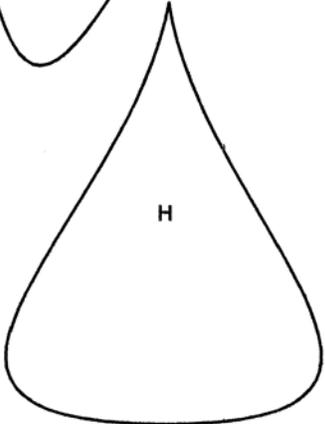
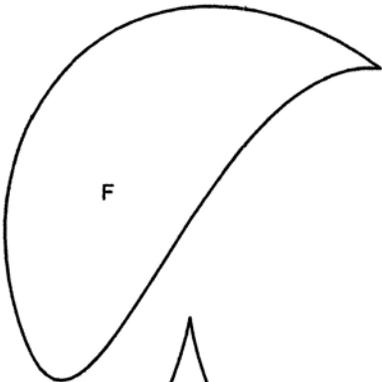
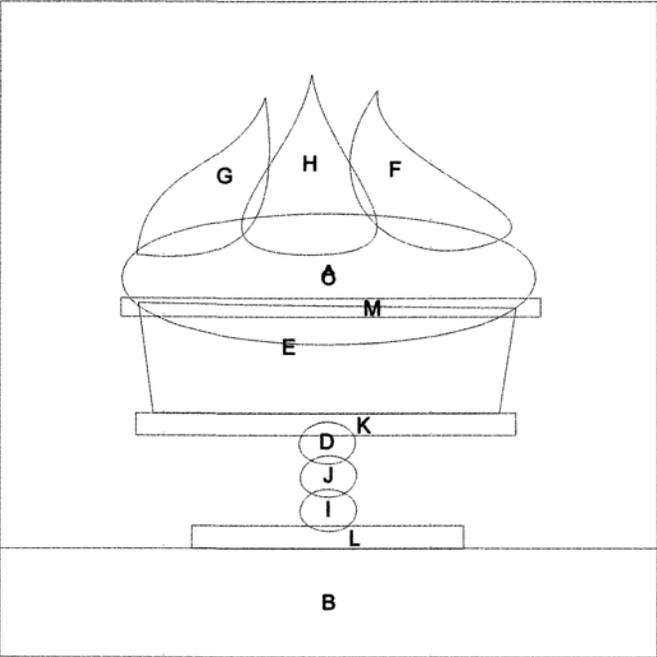
*Mama's Meringue*

Warm from the oven is this meringue topped caramel pie!

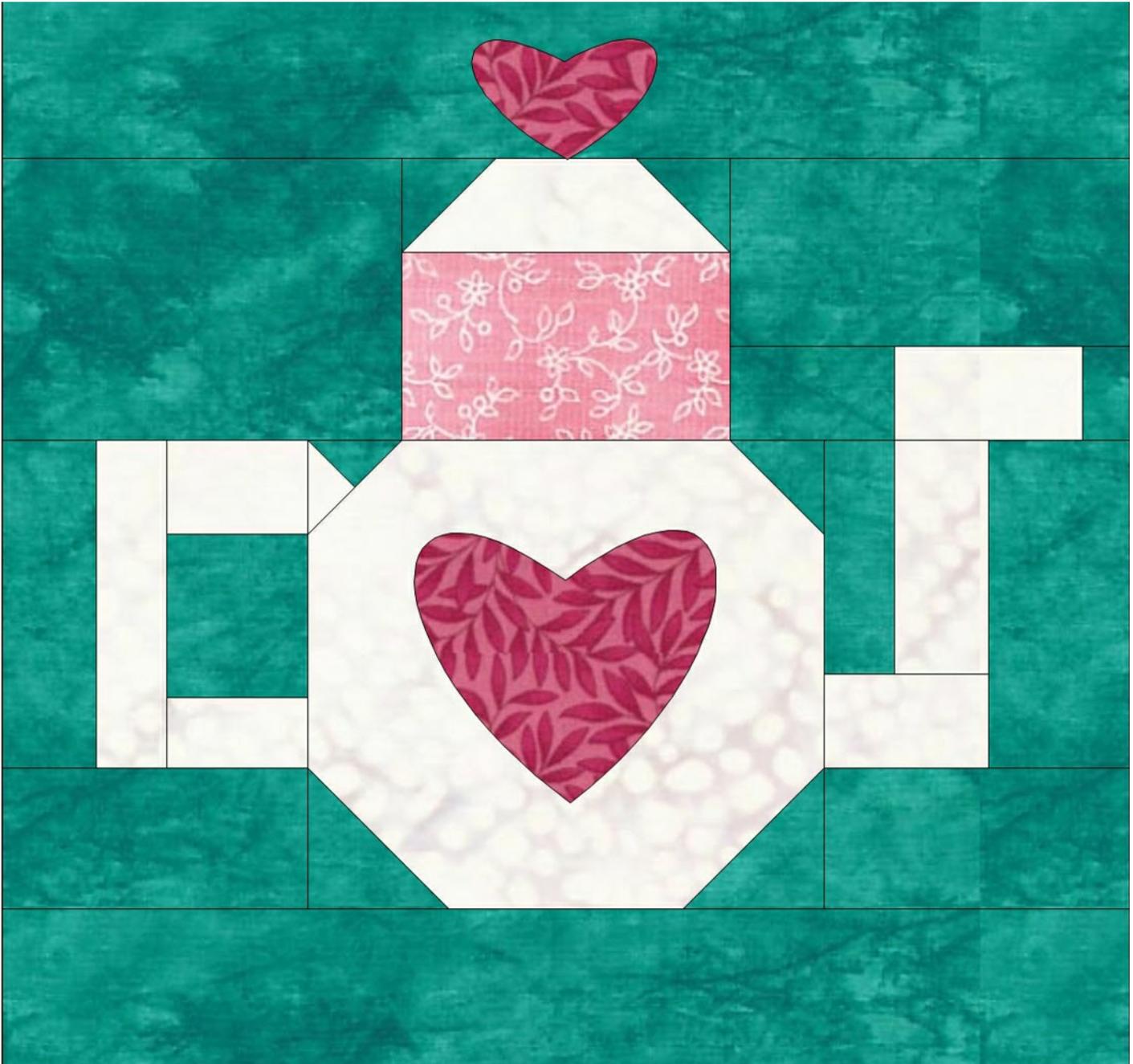


# Cake and Tea May Meringue

Key Block (43/100 actual size)



# JUNE

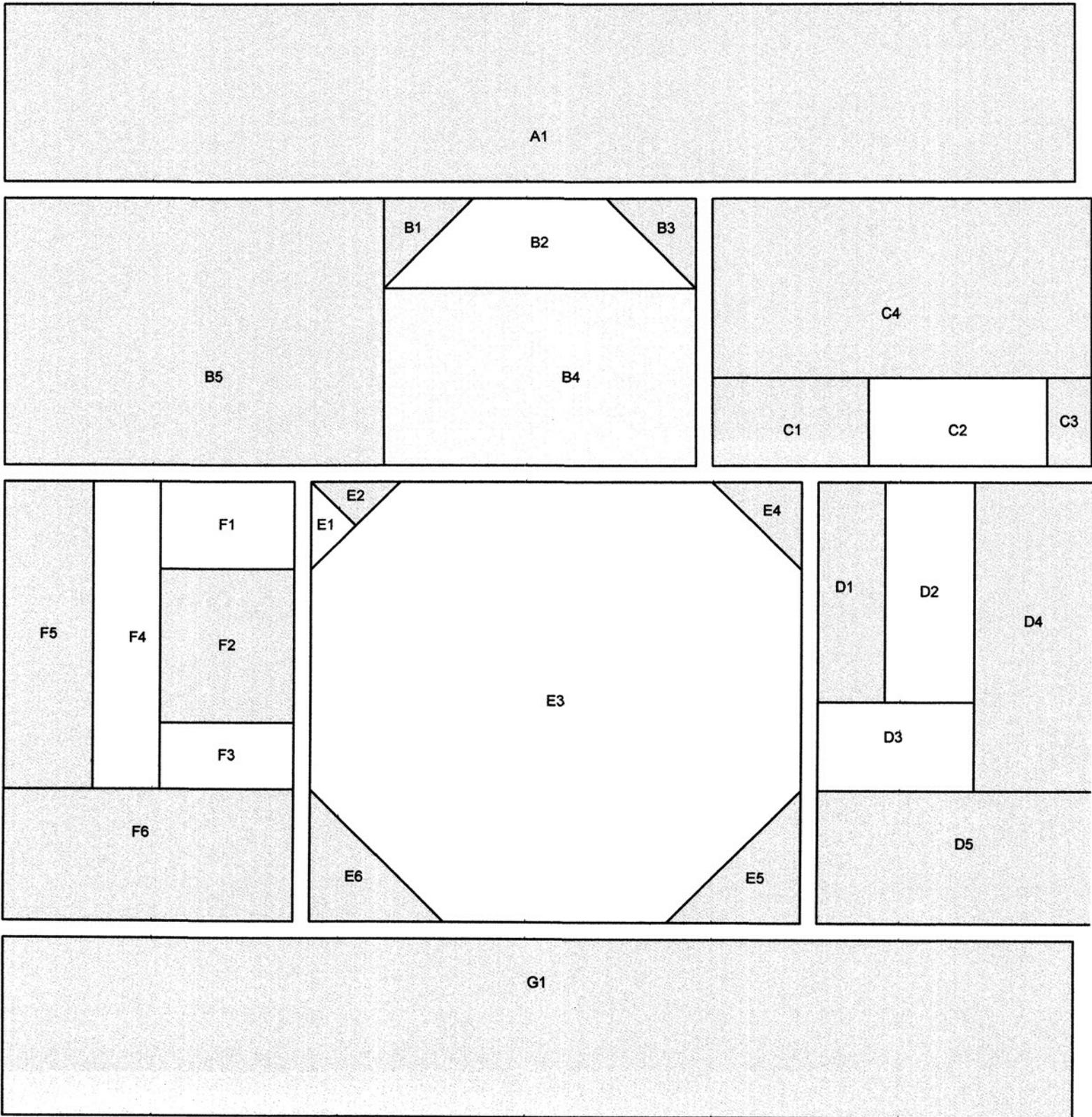


## *Sweetea Pot*

The sweetest pots of tea are those made with love!



# Cake and Tea June Lovetea Pot



Follow the paper piecing instructions provided on page 5 or visit our Sutura Style YouTube channel for a video tutorial.

# JULY

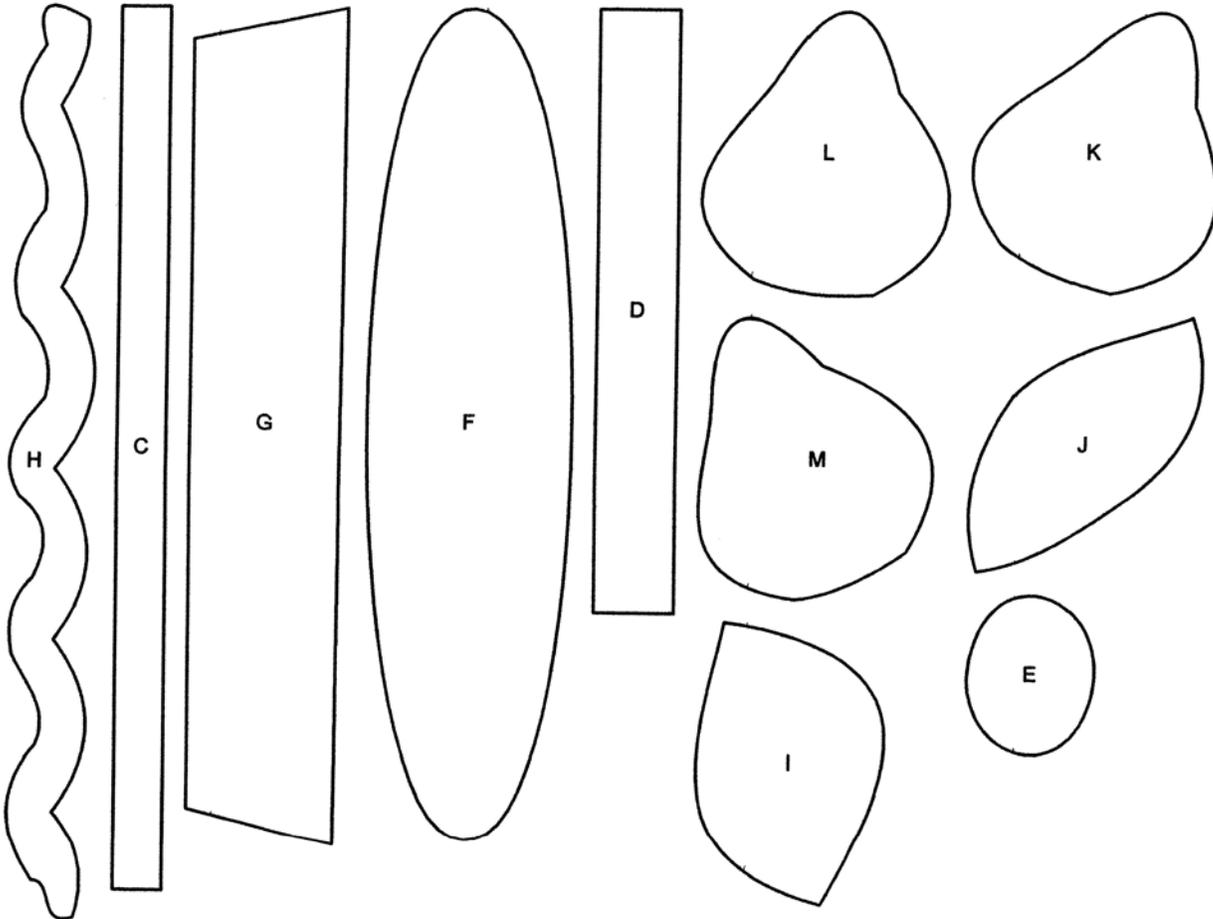
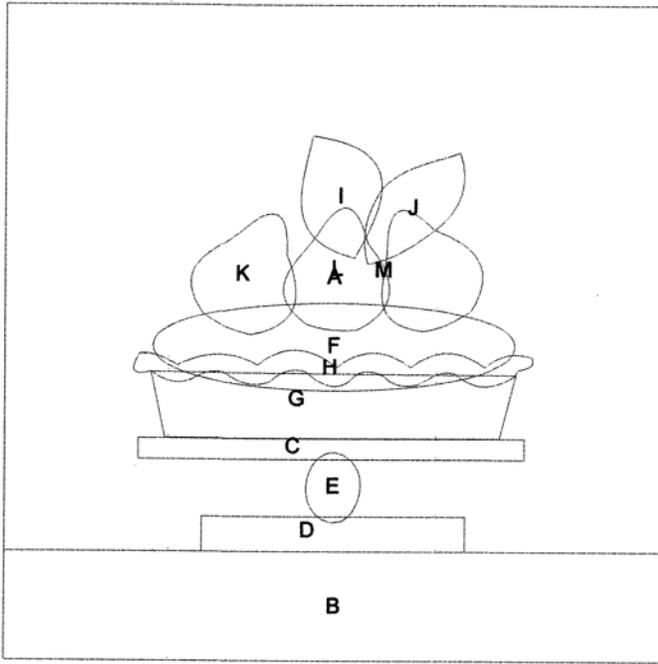


*July Strawberry Pie*  
Mom's homemade strawberry pie  
topped with fresh whipped cream.  
It's the stuff of dreams.



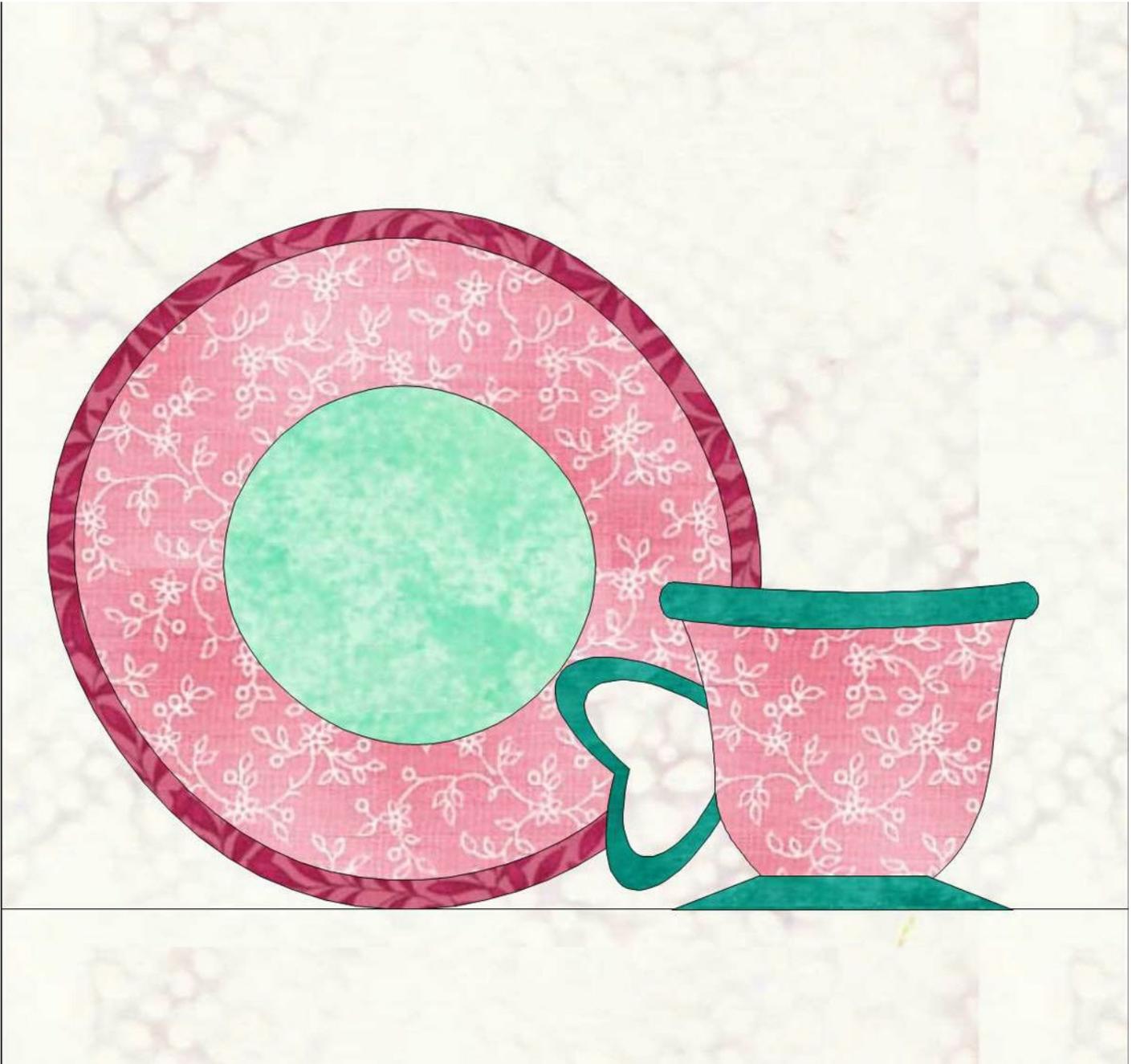
# Cake and Tea July Pie

Key Block (43/100 actual size)



# AUGUST

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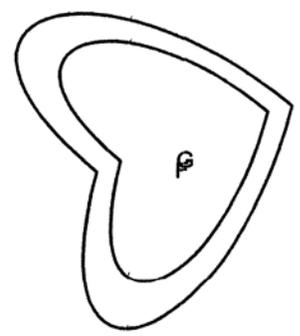
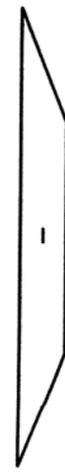
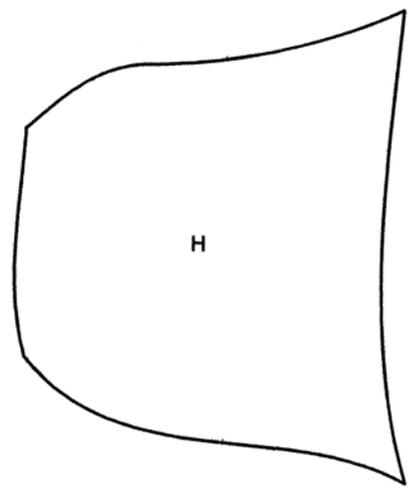
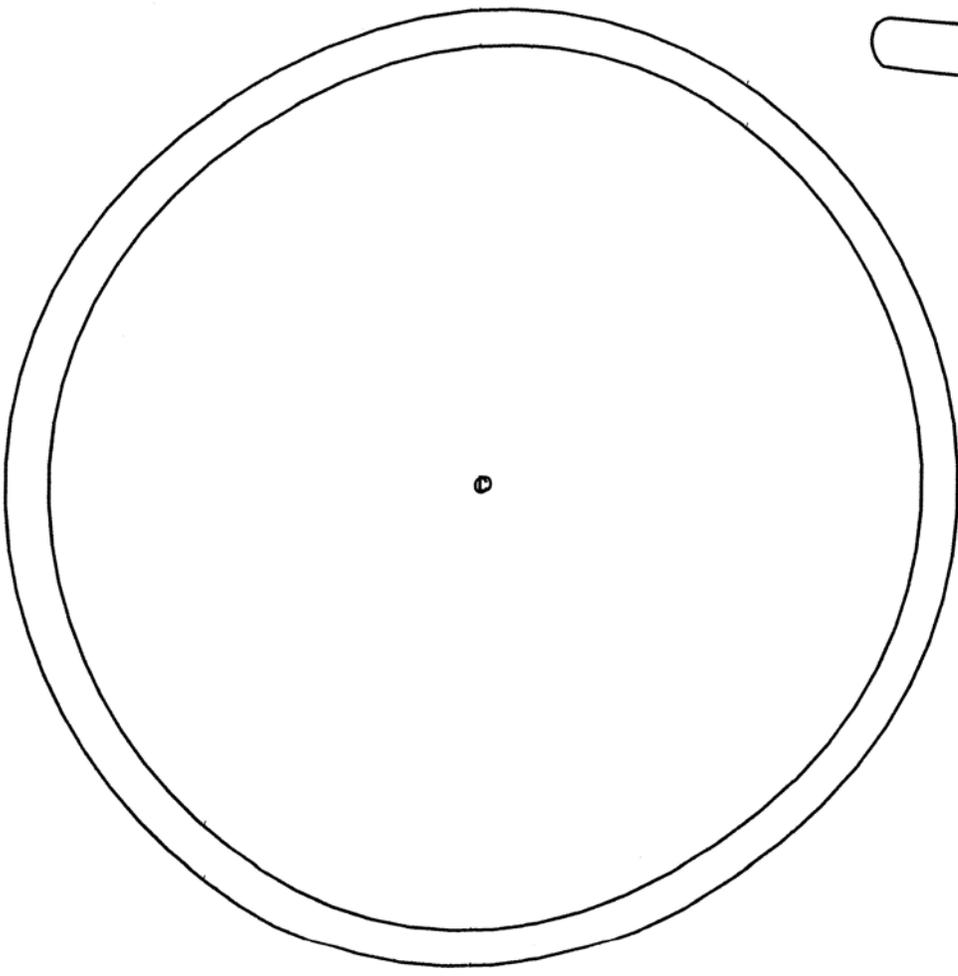
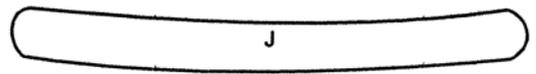
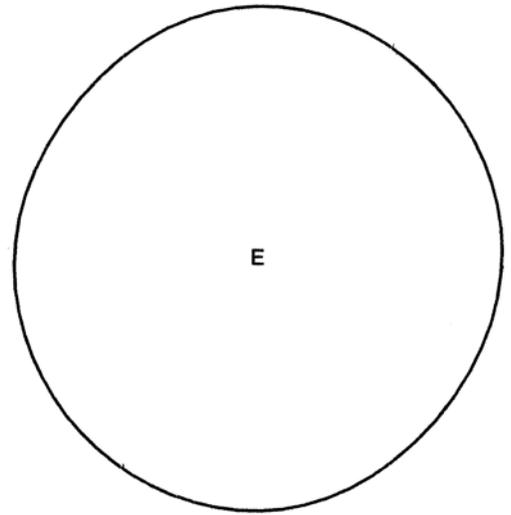
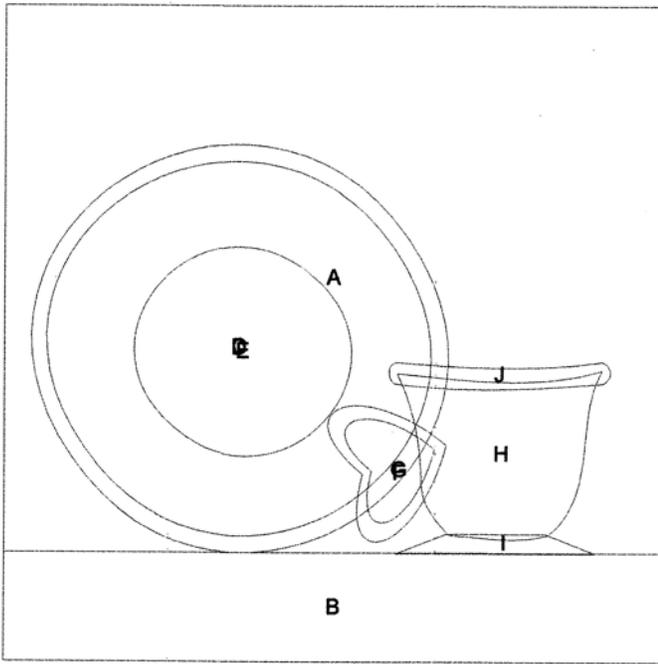
## *Cup O' Joy*

Cocoa tea is a lovely, mildly spicy, drink that warms hearts everywhere!



# Cake and Tea August Angel Cup

Key Block (43/100 actual size)



# SEPTEMBER



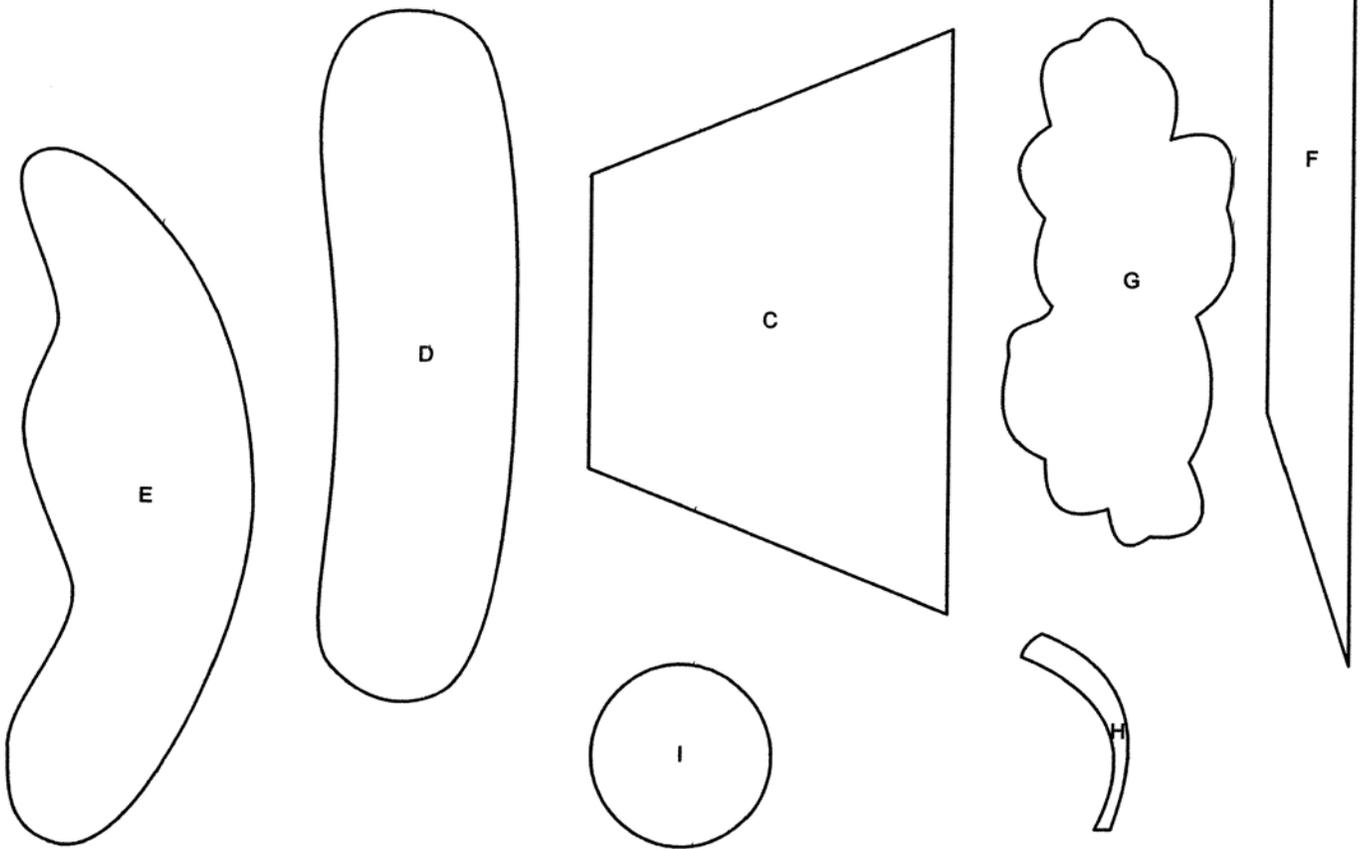
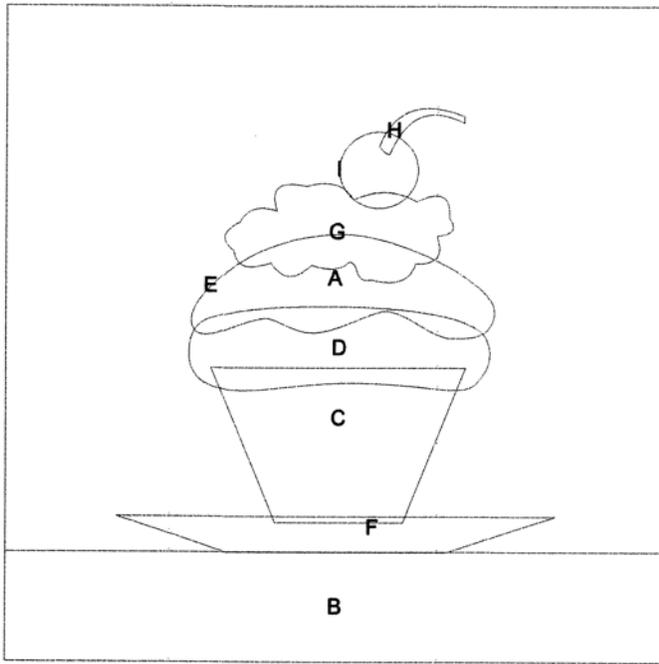
## *Choco-Cherry Cake*

Chocolate cake , cherry topping,  
whipped cream served with  
tea.Yummmm



# Cake and Tea September Choco cherry

Key Block (43/100 actual size)



# OCTOBER



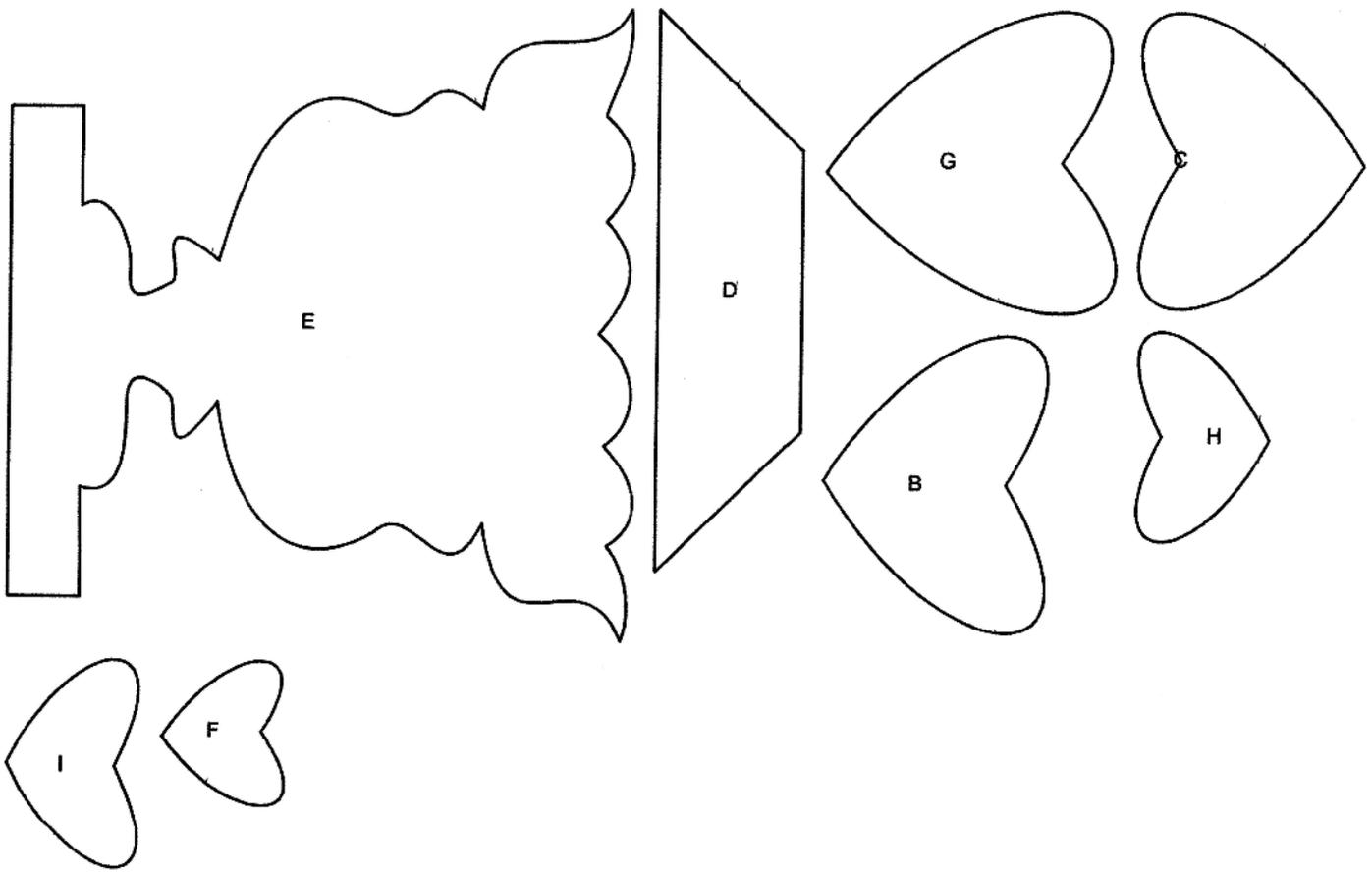
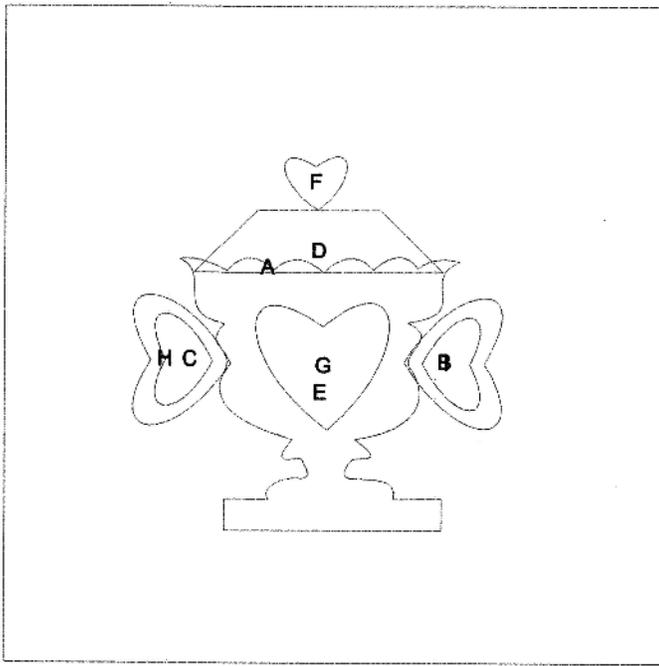
## *Sweet Hearts*

Filled with cane sugar and doled out  
in girl-size portions.



# Cake and Tea October Sweet Hearts

Key Block (43/100 actual size)



# NOVEMBER



## *Nana Cakes*

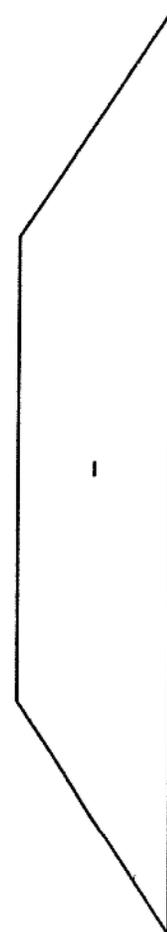
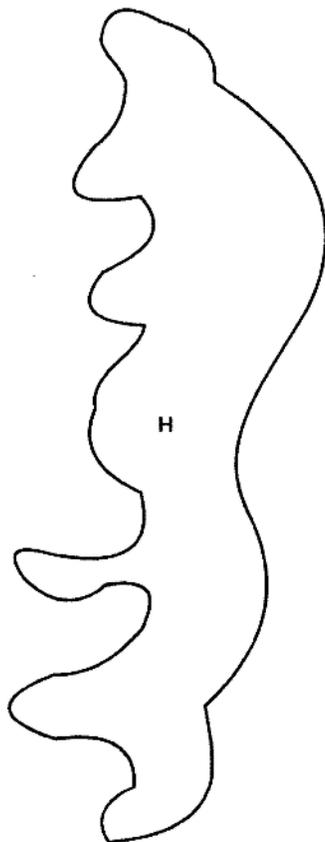
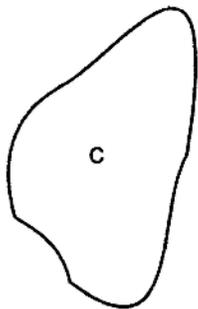
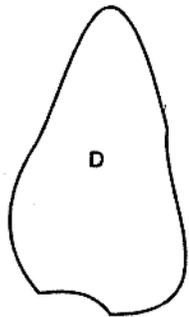
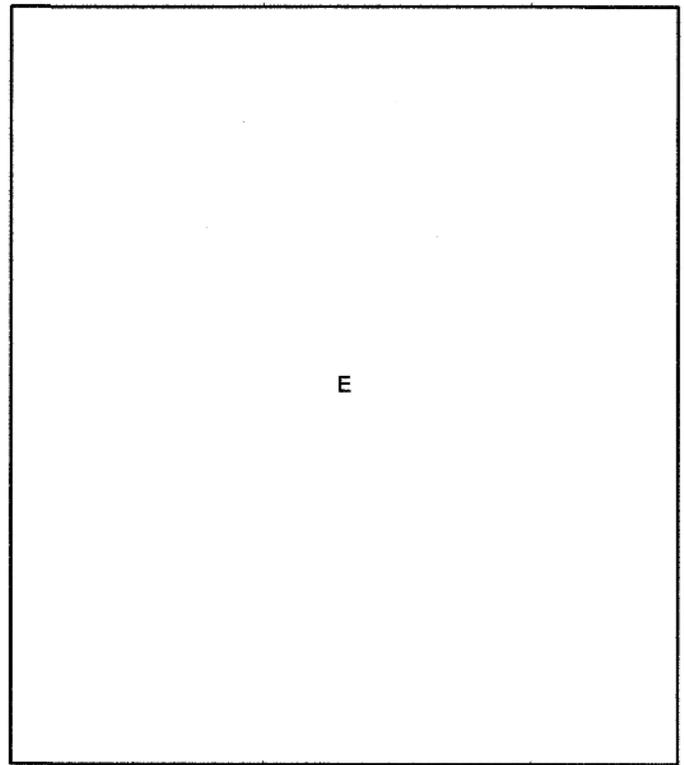
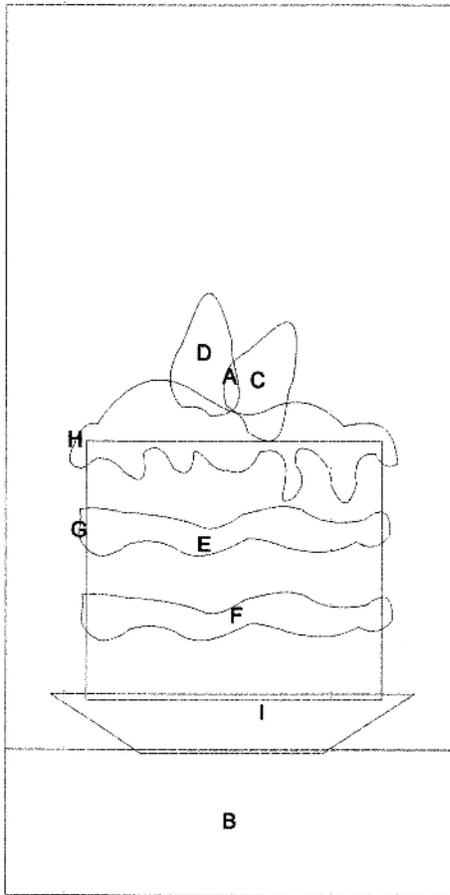
Peanut Butter, Strawberry  
Jam

and plain white bread created  
Nana Cakes for snacks



# Cake and Tea Novemeber Nana Cake

Key Block (39/100 actual size)



Natalie Reiners For Dawn Abbey  
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www.dawnabbey.com

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