

Cape Cod National Seashore Quilt Row



Cotton Applique Project – Finished size of row is 12.5" x 30.5"
(including outside seam allowance)

Project combines piecing and raw-edge applique.

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Materials:

- Cotton Fabric requirements FOR ONE ROW (see cover photo for colors):
 - Fat quarter each of three blues for sky and water
 - 3.5" x 13" piece dark blue for night sky
 - Fat quarter green for grass
 - Fat quarter beige or taupe for Coast Guard blocks and lighthouse
 - Fat quarter brown for night sand, lighthouse base, seal eyes/nose, and Marconi Station
 - Fat quarter dark grey for anchors, whale tail, and parts of seal
 - 4" x 4" piece of red for lighthouse
 - 5" x 5" piece of light grey for seal and parts of lighthouse
 - 3" x 5" piece of gold or orange for sunset and light in lighthouse
- Other equipment/notions:
 - Thread for machine piecing
 - Six-strand black embroidery floss for embroidered details, and crewel needle. (Use one strand of floss for all blanket stitching, and three strands for all embroidery.)
 - Lightweight fusible web
 - Sewing machine
 - Scissors, straight pins, quilter's ruler, iron, freezer paper, pen or pencil

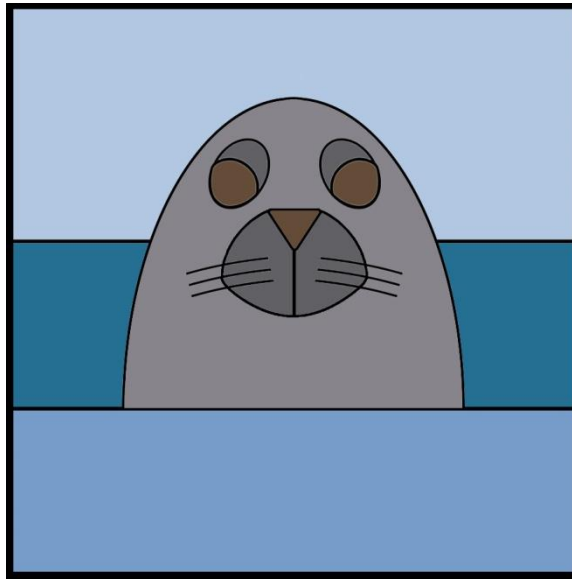
Basic Instructions:

- Cut fabric for blocks as instructed.
- Trace all applique shapes for each block onto freezer paper and cut out.
- Apply fusible web to the appropriate fabrics following manufacturer's instructions.
- To use the freezer paper templates, place them shiny side down on the **front** of the fused fabric. Set the iron to a medium setting with no steam. Press down for a few seconds until the freezer paper sticks.
- Cut out all applique shapes from fabric for each block as instructed.
- Sections of blocks are joined using 1/4" seam allowances. Do **not** trim the outer edges of the blocks until after appliqueing is complete. Some shrinkage of the block may occur

when appliqueing, and the blocks are oversized to accommodate that possibility. After appliqueing, trim the blocks to indicated size. Measure each block before trimming; the amount of fabric needing to be trimmed will vary.

Constructing the Blocks:

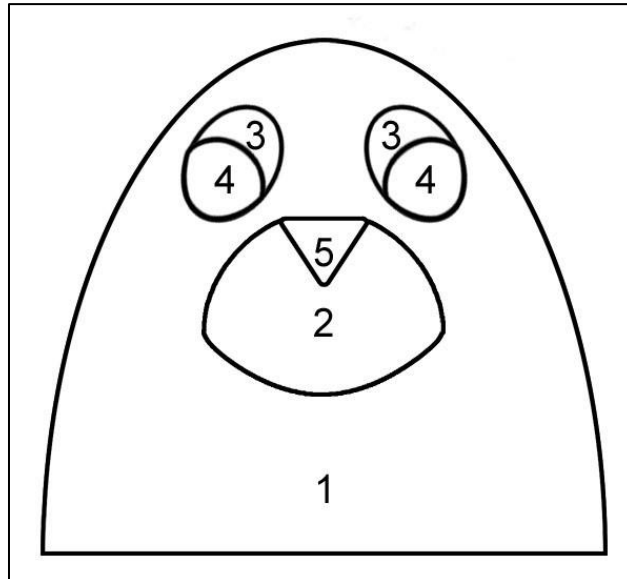
Head of the Meadow Block



- Cut the three background sections:
 - Piece A: 7" x 3.5" (sky)
 - Piece B: 7" x 2.75" (dark water)
 - Piece C: 7" x 2.75" (lighter water)
- Sew sections together as shown above, with 1/4" seam allowance. Press seams open. Do not trim the block.

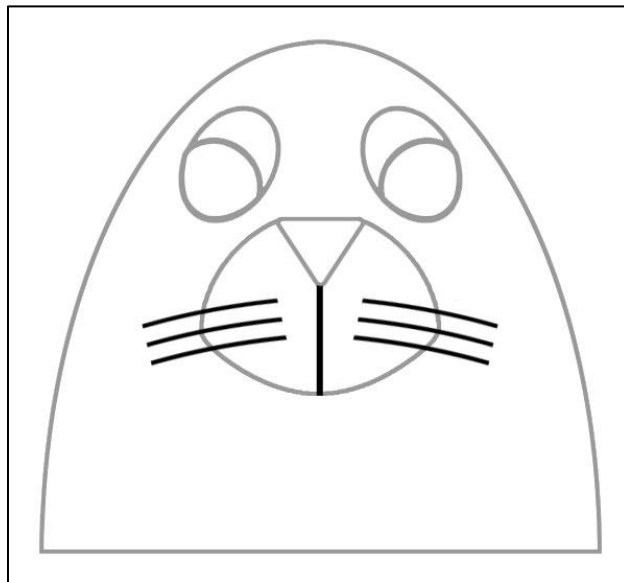
- Layer applique pieces on the seal head as shown in Figure A. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around each applique shape.

Figure A



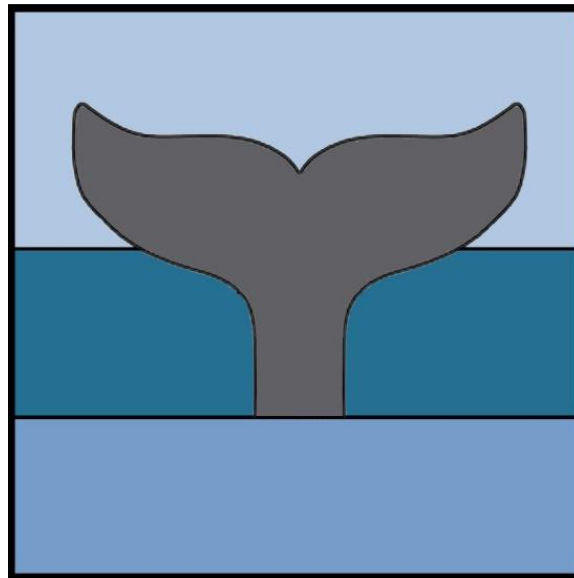
- With three strands of the black embroidery floss, and a back stitch, embroider the whiskers and center line on the seal's muzzle as shown in Figure B.

Figure B



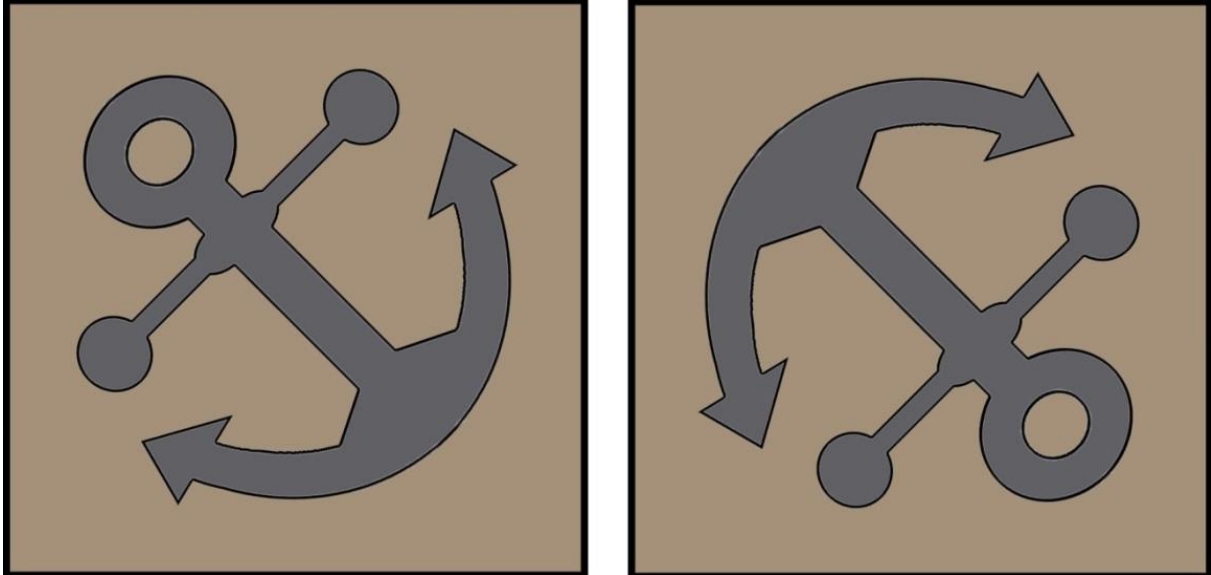
- Fuse the seal head to the block as shown in color diagram. With one strand of the black floss, blanket stitch around the seal head.
- Press the finished block, and then trim to 6.5" x 6.5".

Race Point Block



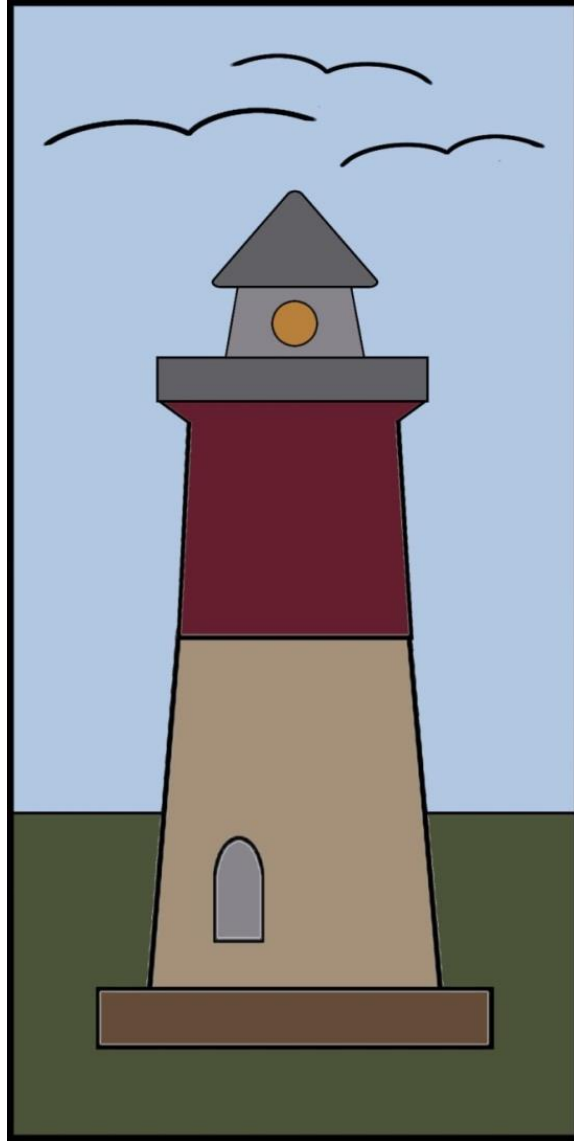
- Cut the three background sections:
 - Piece A: 7" x 3.5" (sky)
 - Piece B: 7" x 2.75" (dark water)
 - Piece C: 7" x 2.75" (lighter water)
- Sew sections together as shown above, with 1/4" seam allowance. Press seams open. Do not trim the block.
- Layer prepared whale tail applique piece on the pieced block as shown above. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around the applique shape.
- Press the finished block, and then trim to 6.5" x 6.5".

Coast Guard Blocks



- Cut two 7.5" squares for blocks.
- Layer prepared anchor applique pieces on the pieced block as shown in above. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around each applique shape.
- Press the finished blocks, and then trim to 6.5" x 6.5".

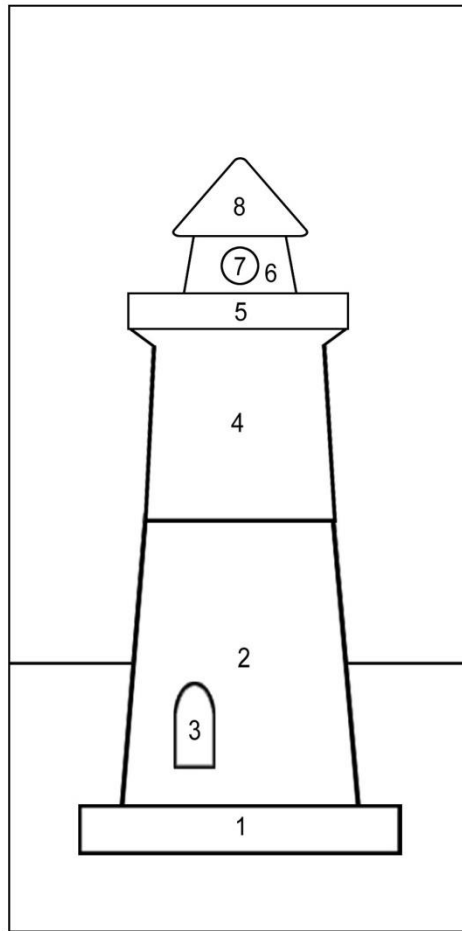
Nauset Light Block



- Cut the two background sections:
 - Piece A: 7" x 9.5" (sky)
 - Piece B: 7" x 4.5" (grass)
- Sew sections together as shown in above, with 1/4" seam allowance. Do not trim the block.

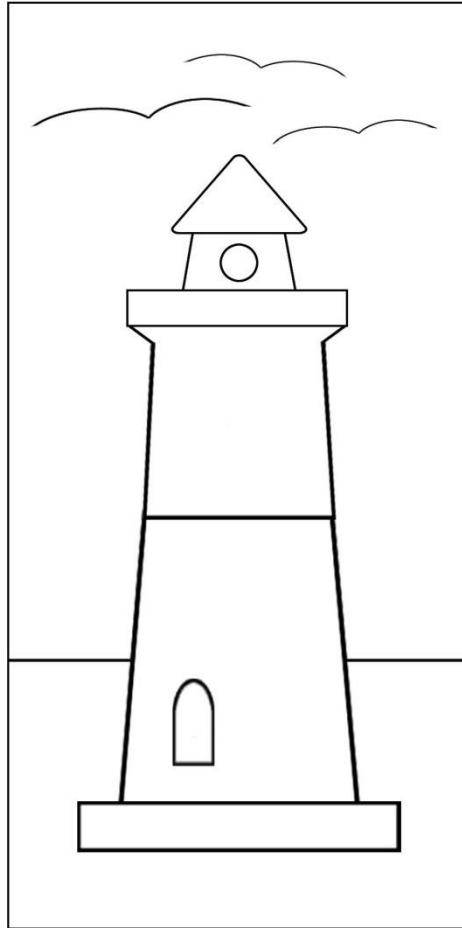
- Layer prepared applique pieces on the pieced block as shown in Figure A. Slightly overlap all pieces (except 3 and 7) where they meet. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around each applique shape.

Figure A



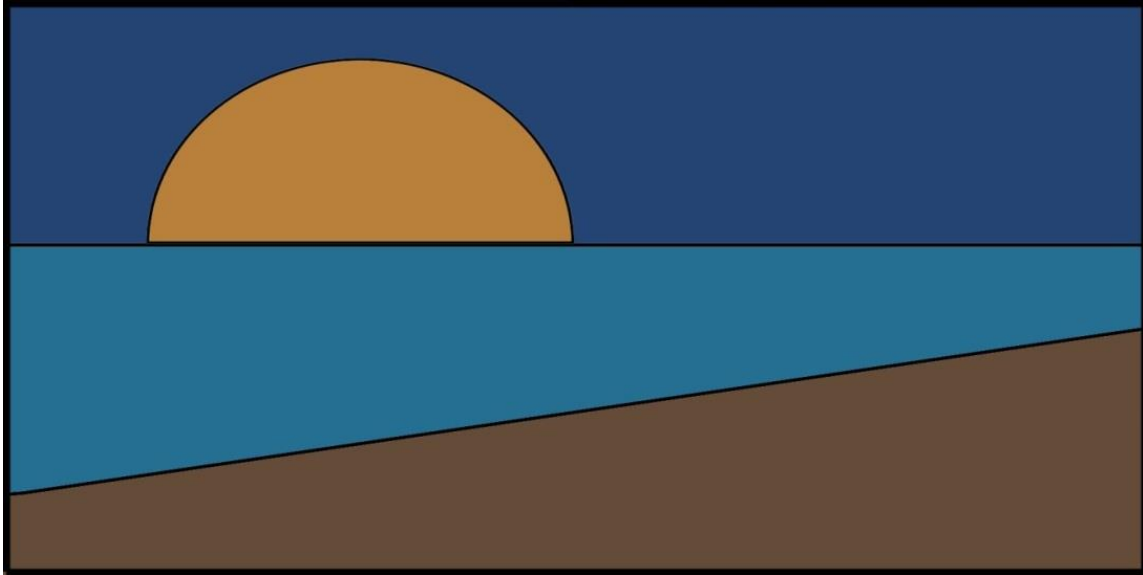
- With three strands of the black embroidery floss, and a back stitch, embroider the sea gulls as shown in Figure B.

Figure B



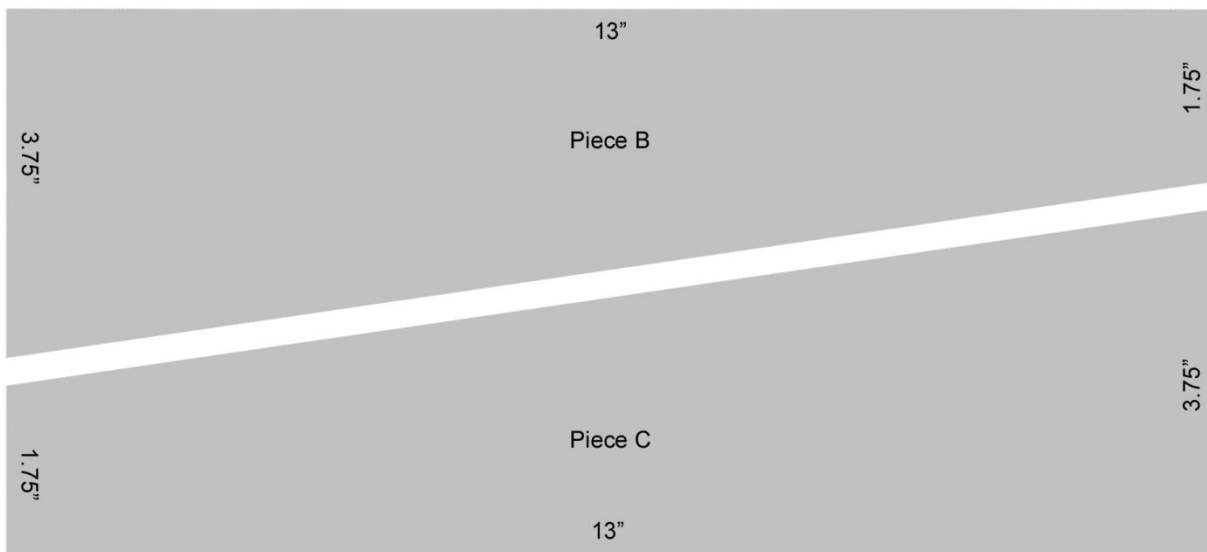
- Press the finished block, and then trim to 6.5" x 12.5".

Herring Cove Block



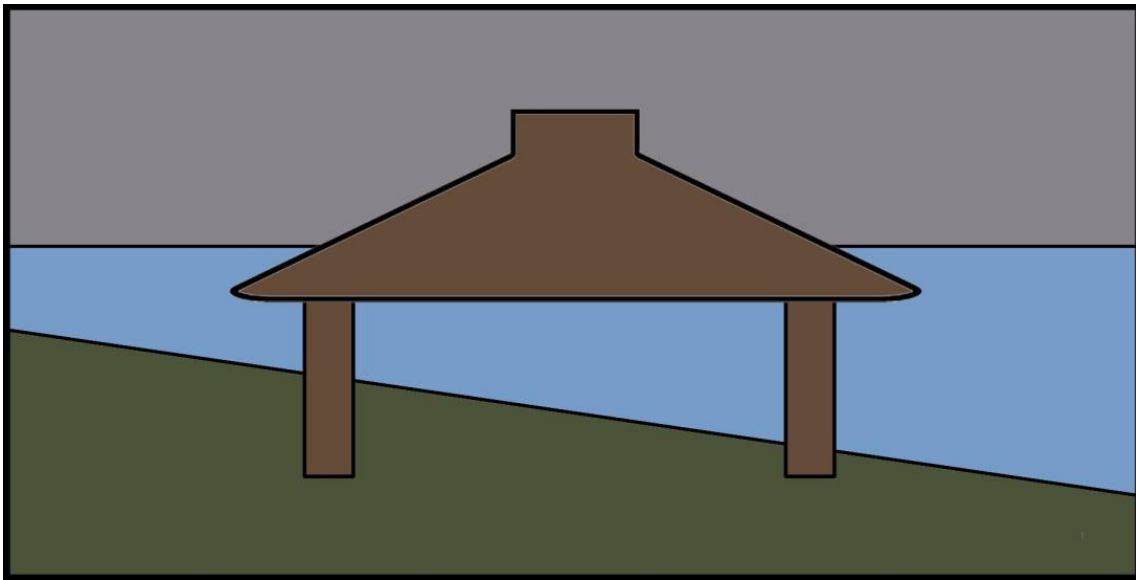
- Cut the background sections:
 - Piece A: 3.5" x 13" (night sky)
 - Piece B: Cut using measurements in Figure A (water)
 - Piece C: Cut using measurements in Figure A (sand)

Figure A



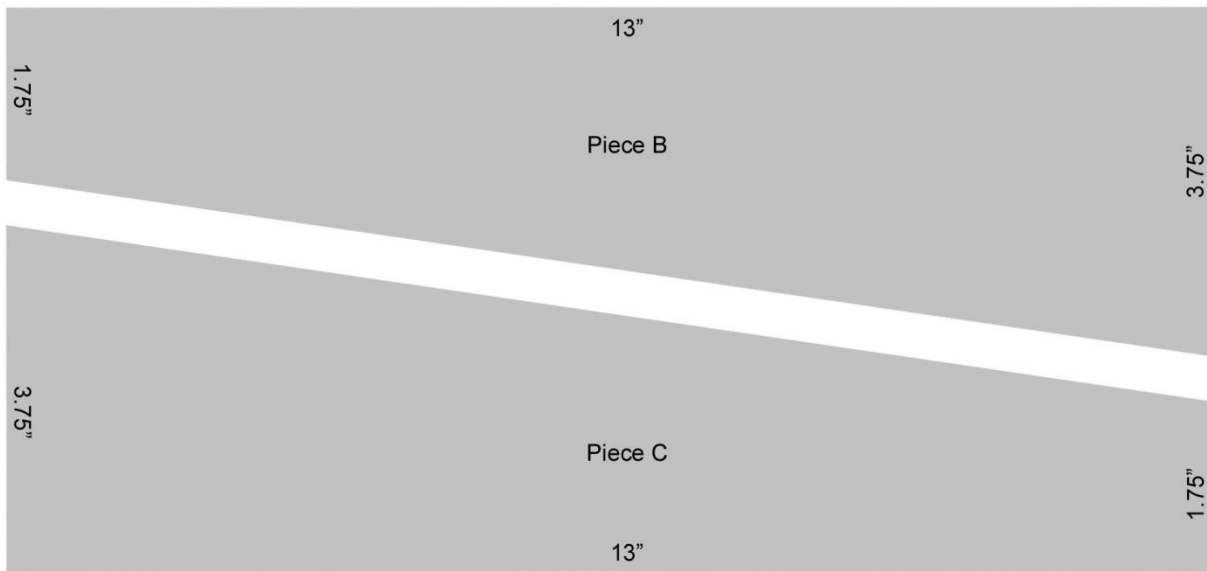
- Sew sections together as shown above, with 1/4" seam allowance. Press seams open. Do not trim the block.
- Layer prepared sun applique piece on the pieced block as shown in color image. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around the applique shape.
- Press the finished block, and then trim to 6.5" x 12.5".

Marconi Block



- Cut the background sections:
 - Piece A: 3.5" x 13" (grey sky)
 - Piece B: Cut using measurements in Figure A (water)
 - Piece C: Cut using measurements in Figure A (grass)

Figure A

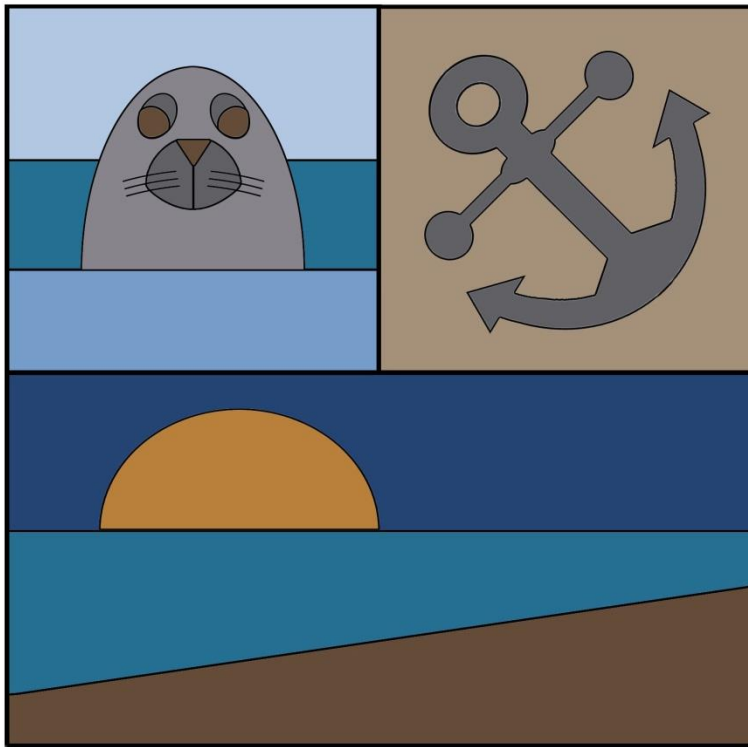


- Sew sections together as shown above, with 1/4" seam allowance. Press seams open. Do not trim the block.
- Layer prepared applique pieces on the pieced block as shown above. Slightly overlap the pieces where they meet, with the roof on top of the posts. Press with iron following manufacturer's instructions. With one strand of the black floss, blanket stitch around each applique shape.
- Press the finished block, and then trim to 6.5" x 12.5".

Assembling the Row:

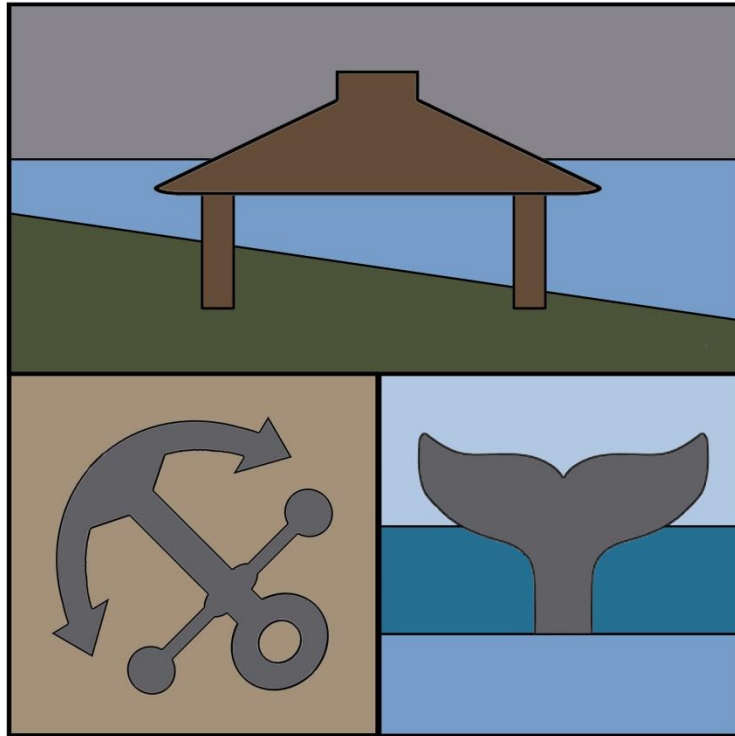
- Use 1/4" seam allowances to join blocks.
- Join the Head of the Meadow block to one of the Coast Guard blocks, as shown in Figure A.
- Join this pair to the Herring Cove block, as shown in Figure A.

Figure A



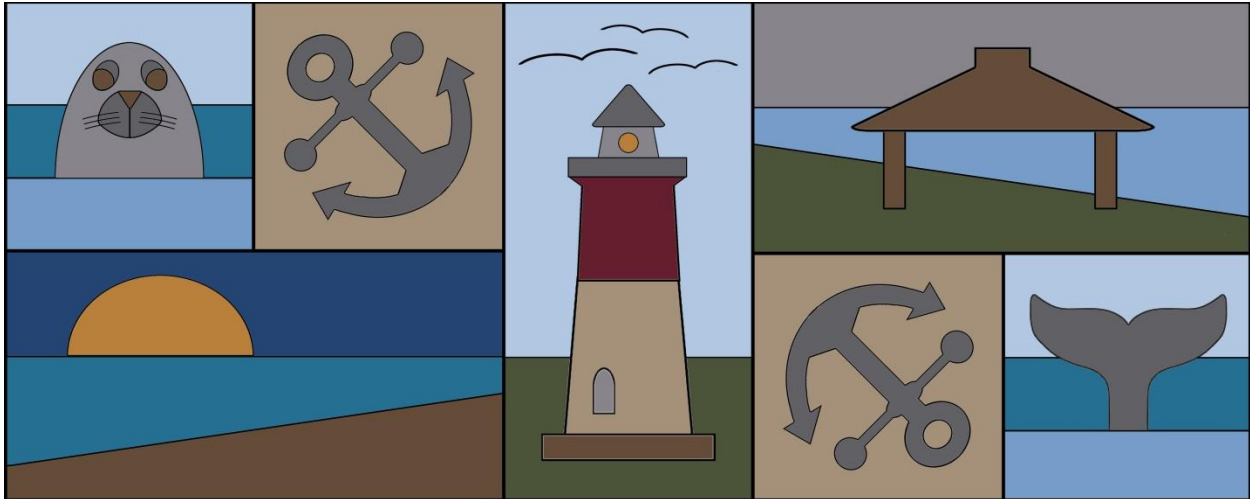
- Join the Race Point block to the other Coast Guard block, as shown in Figure B.
- Join this pair to the Marconi block, as shown in Figure B.

Figure B



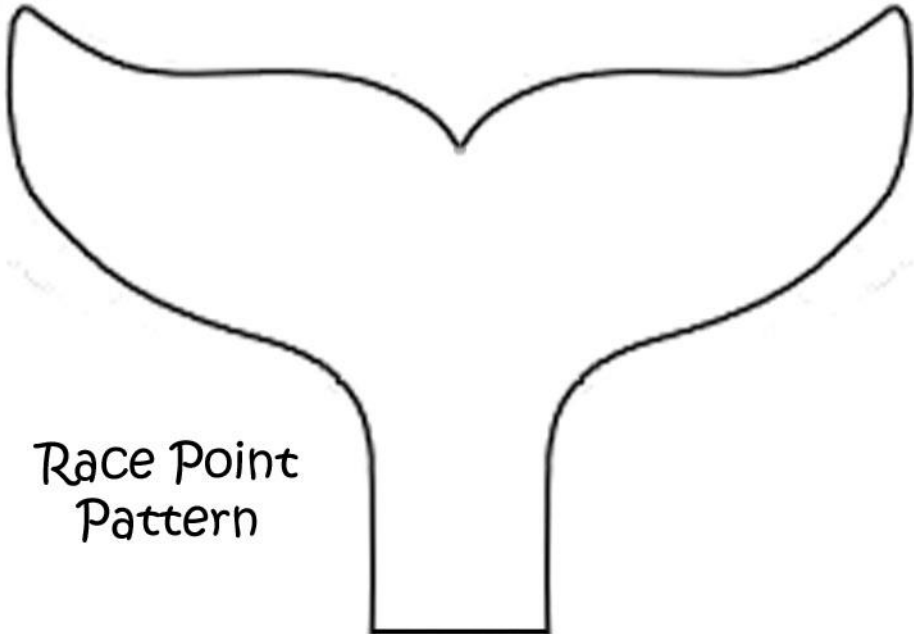
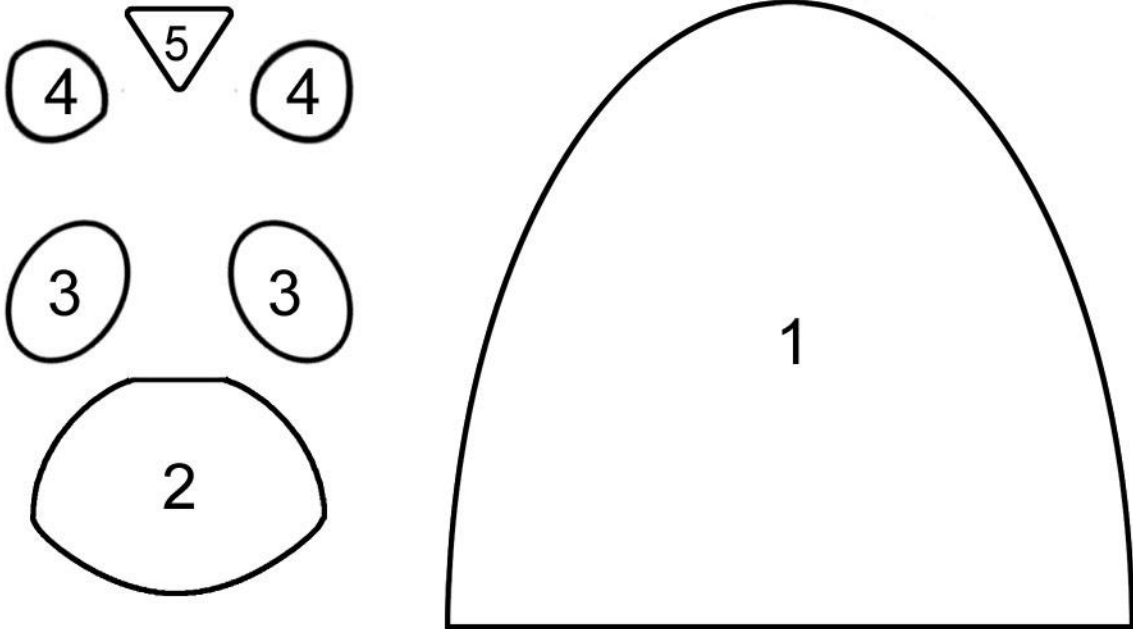
- Join each group to the Nauset Light block, as shown in Figure C.

Figure C



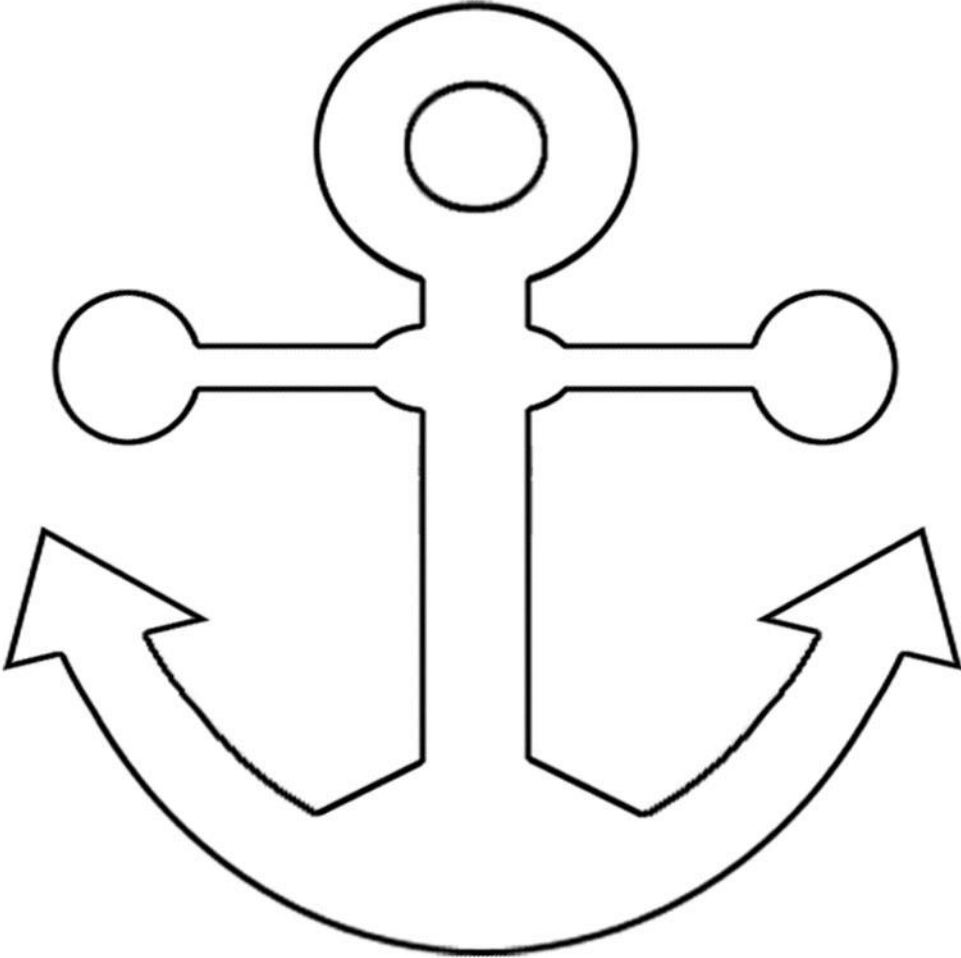
- The final row measures approximately 12.5" x 30.5" including outside seam allowance.
- For questions regarding this project, please contact Elizabeth at ecoughlin@comcast.net
Website: <http://ecoughlindesigns.blogspot.com/> .

Head of the Meadow Patterns

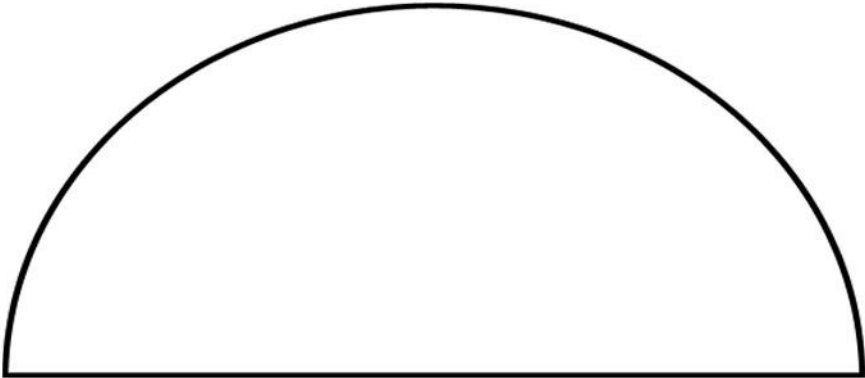


Race Point
Pattern

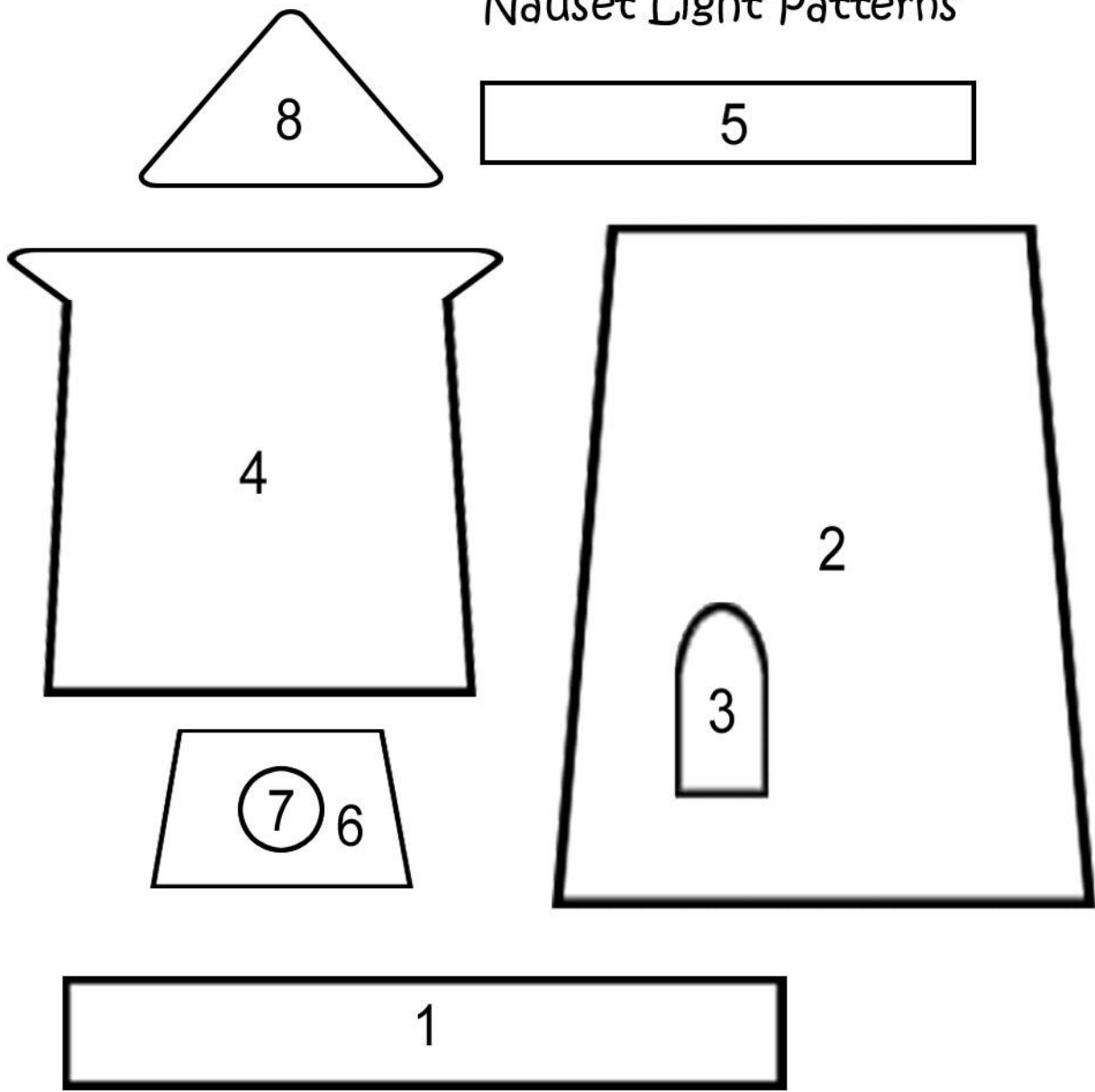
Coast Guard Pattern

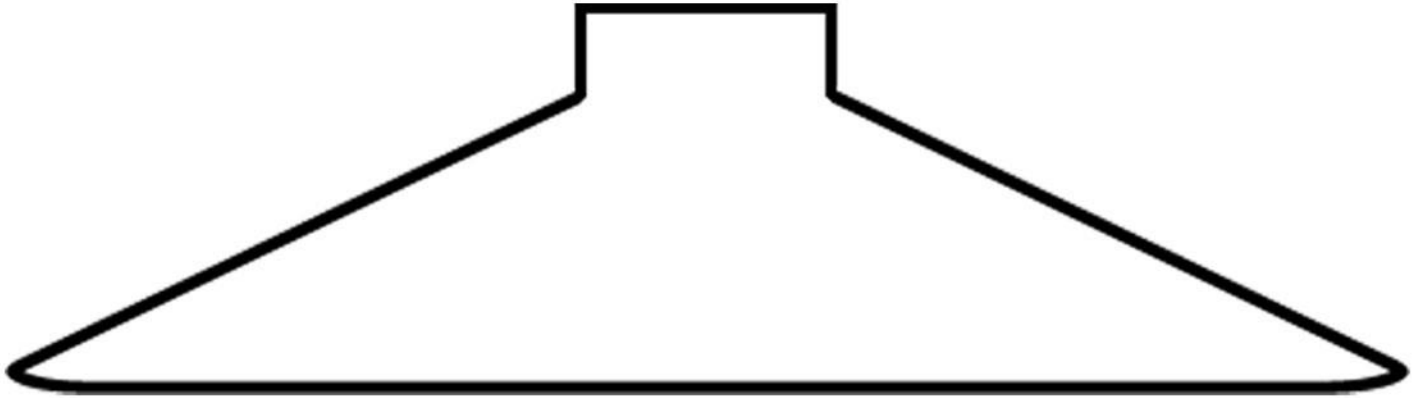


Herring Cove Pattern



Nauset Light Patterns





Marconi Patterns

