

STARTER & SAMPLER SET

RULER ROLL

Illustrated Instruction Booklet by Angie Attwood

Westalee Design Accredited Tutor

Quilted with and designed to carry
Westalee Design Starter & Sampler Set

This fun small project will give you creative practice
with your templates and reward you with a beautiful
yet functional storage solution for your Westalee
Starter and Sampler Set templates.



Perfect to keep in your
sewing room or carry to a class.



REQUIREMENTS:

(0.5M EACH OF TWO FABRICS WILL MAKE
THE RULER ROLL, ALL POCKETS, BINDING AND TIES)

1 x fabric panel (Outer) approx 13" x 25"

a plain or blender fabric will work well and can be pieced

1 x 13" x 25" backing fabric (unseen)
for outer quilted pattern

1 piece of Wadding (13" x 25")

1 x fabric panel (Inner) 9.75" x 22"

a contrasting patterned fabric will work well
and can be pieced

Light/medium weight fusible interfacing
9.75" x 22" (optional)

Pockets: plastic, mesh or fabric

Binding: (2.5" x 70")

Thread

Templates used: 12" Arc • 6" Spiral • Spinning Wheel 36 • Spin-e-fex no. 4 • 2" Circle • 1" Clamshell

Finished Project Size: 9.75" x 22"

OUTER QUILTED PATTERN

Prepare a fabric sandwich approx 13" x 25" for the outside of your Ruler Roll. It can be pieced, plain fabric or blenders will showcase your quilting beautifully. The backing fabric will not be visible once the ruler roll is made up so use anything from your stash or recycled. Your wadding choice may also be 'stiff' or have body.

Marking up

You may find it easier to mark up before sandwiching. Find the centre of your fabric (fold in half and half again (quarters), finger press the centre).

Mark: (Figure 1).

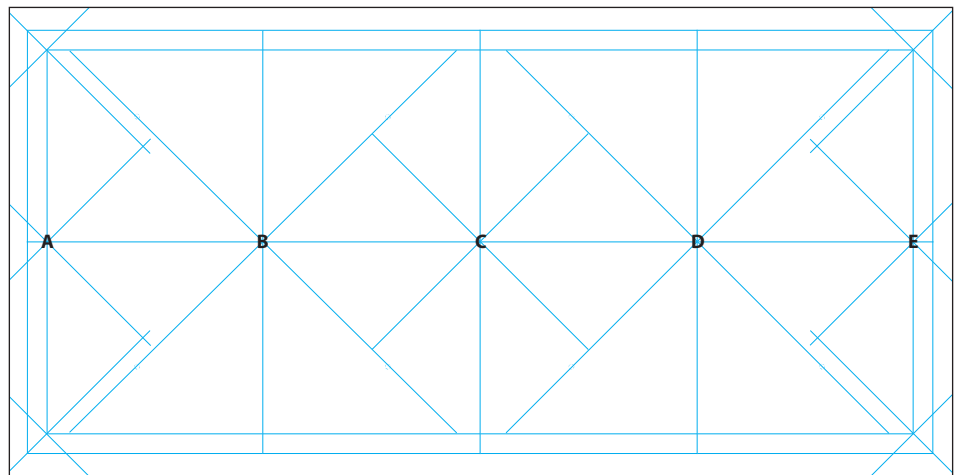
- both vertical and horizontal centre lines plus the centre (C)
- a 9.75" x 22" rectangle
- a 10.75" x 23" rectangle
- 5.5" either side of the centre point (C) on the horizontal guideline (B & D)
- an 8 point cross hair from the centre of each point B & D
- an 8 point cross hair from the centre C
- smaller 8 point cross hair guidelines at the centres of A, E and at the four corners
- at B & D mark points 4.5" from the centre on each 45 degree angle ●

KEY TO ILLUSTRATIONS:

- ✱ Start of stitching route
- End of stitching route
- Stitch direction
- ⦶ Back tracking/double stitching

All straight line work is done using the straight edge of the 12" Arc Ruler unless specified otherwise.

Figure 1.



- Beginning with your needle at the centre point C, stitch 8 rotations of Spinning Wheel 36 (pointed end at the centre and off the pin) aligning with each 45 degree cross hair guideline. Cut threads and tie in ends. **Figure 2.**

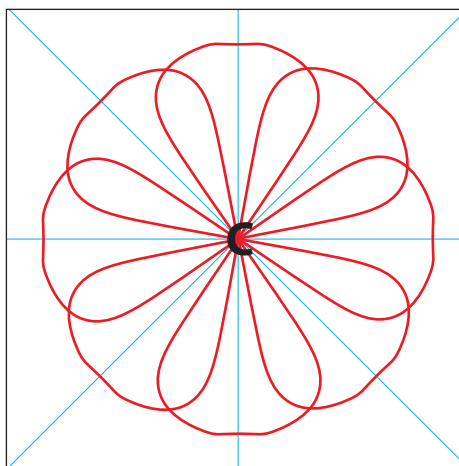


Figure 2.

- Using the 2" circle, stitch 4 rotations from point B aligned on the 90 degree, vertical and horizontal guidelines. **Figure 3.**

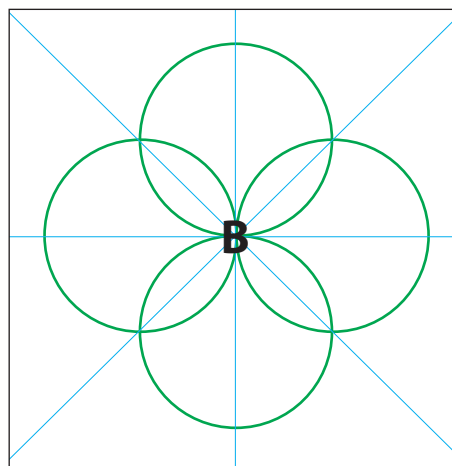


Figure 3.

- Again from centre point B, hook the 6" Spiral template around the foot and stitch out to a 4.5" mark on a 45 degree guideline. **Figure 4a.**

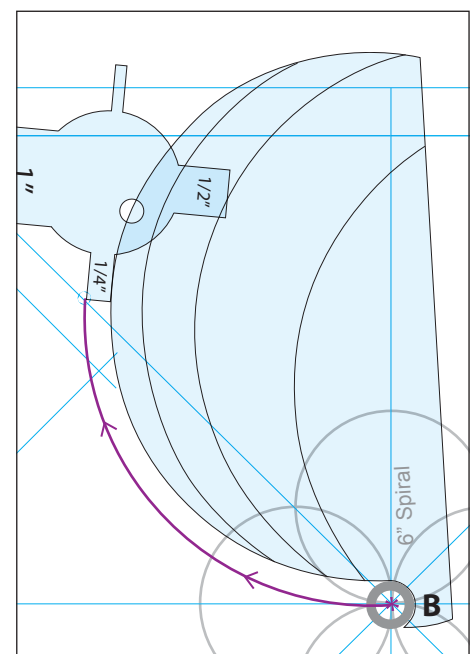


Figure 4a.

- Hook the template around the foot once again to stitch back to centre point B. **Figure 4b.**



Figure 4b.

Repeat figures 4a and 4b to stitch petals on the other three 45 degree guidelines. **Figure 4c.**

Cut threads and tie in ends.

Repeat figures 3 to 4c from centre point D to create a mirror image. **Figure 4d.**

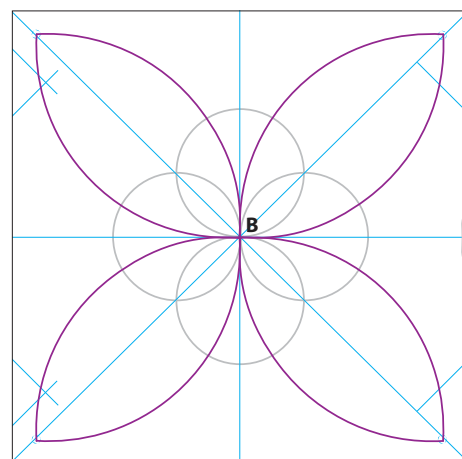


Figure 4c.

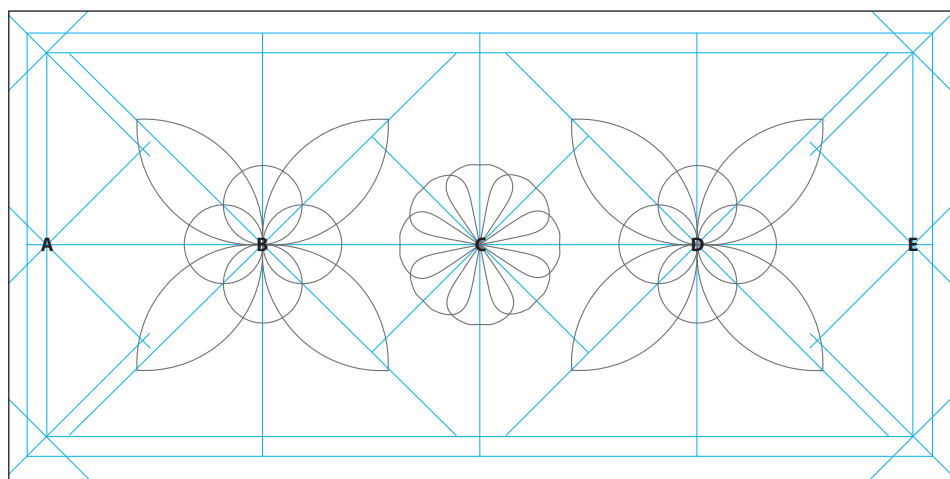


Figure 4d.

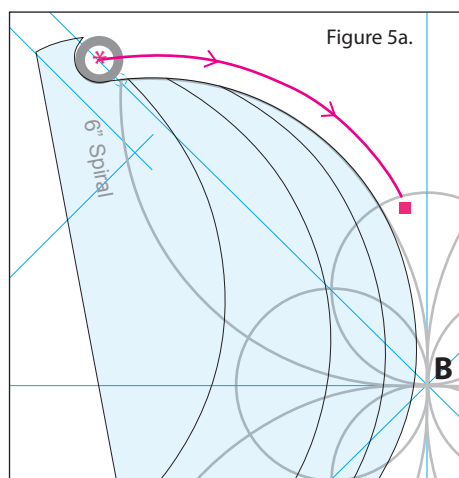


Figure 5a.

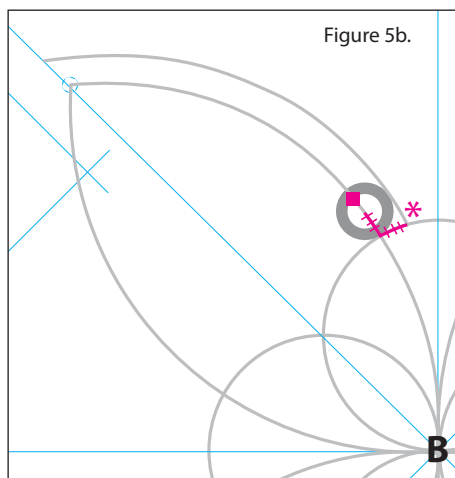


Figure 5b.

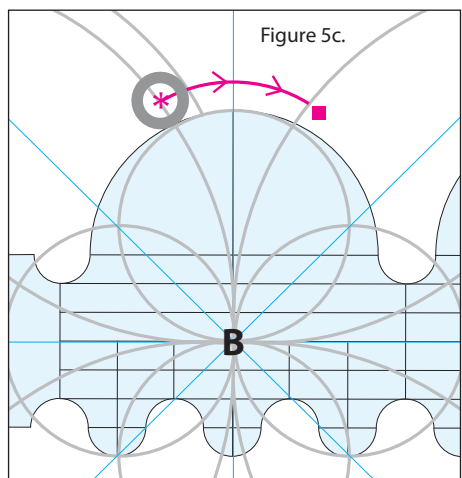


Figure 5c.

- You are now ready to stitch a 0.25" echo around this pattern. Align the edge of the 6" Spiral template exactly along the stitched curve of a petal centred at B. Use any part of the template that fits. Begin on an outer 45 degree guideline and stitch towards the centre, stopping at a 2" circle. **Figure 5a.**

Backtrack freehand along the 2" circle to the corner and up the curve of the petal a 0.25". The foot should be just kissing the 2" circle. **Figure 5b.**

Align a 3" Clamshell centrally and alongside the top edge of the 2" circle to stitch the 0.25" echo to the next petal. **Figure 5c.**

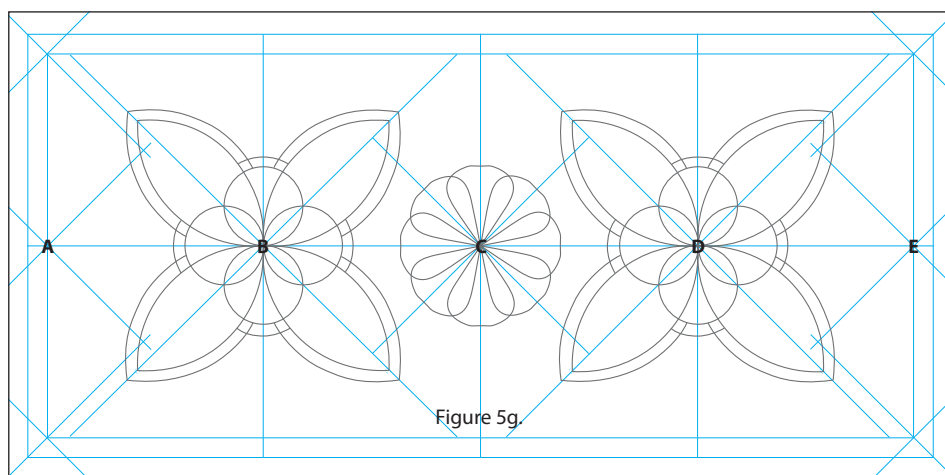
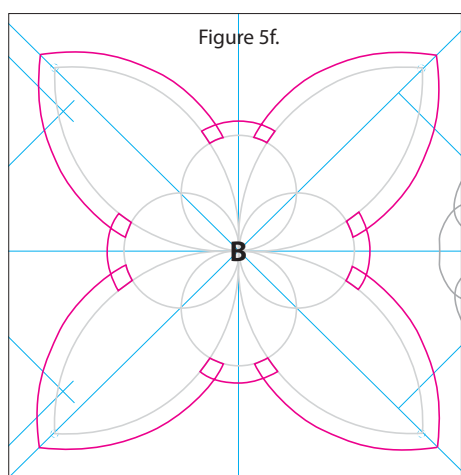
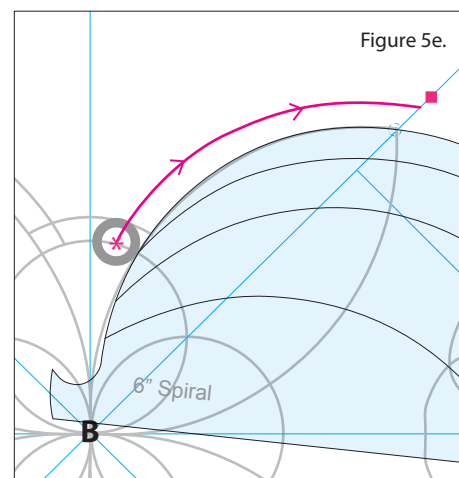
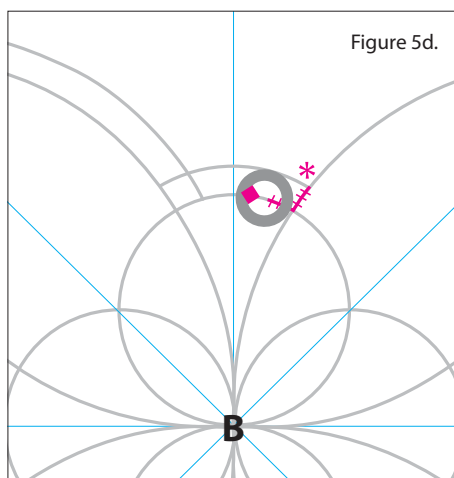
- Backtrack 0.25" down towards the corner again and left along the 2" circle. **Figure 5d**

Re-align the 6" Spiral template along the curve of a stitched petal to once again stitch a 0.25" echo out to the corner, stopping at the 45 degree guideline. **Figure 5e.**

Repeat figures 5a to 5e to work around the other three sides of the pattern. **Figure 5f.**

Cut threads and tie in ends.

Repeat to echo around the same pattern centred at point D. **Figure 5g.**



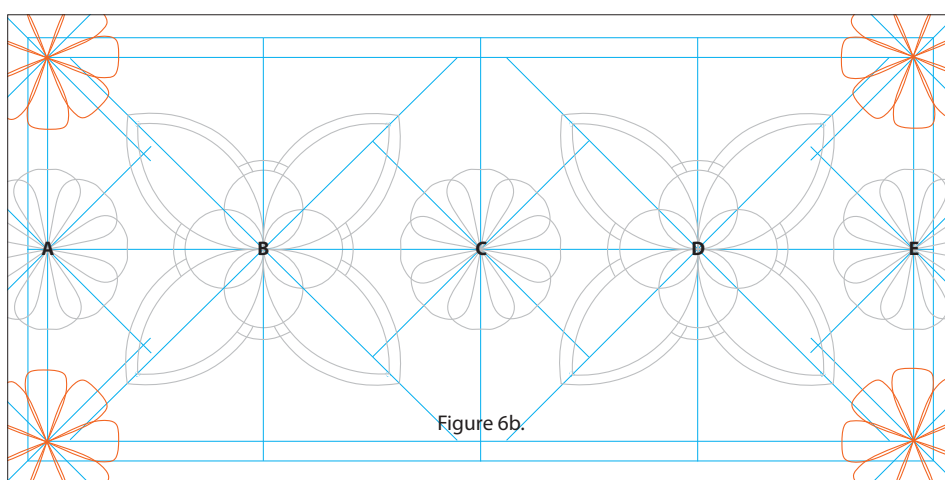
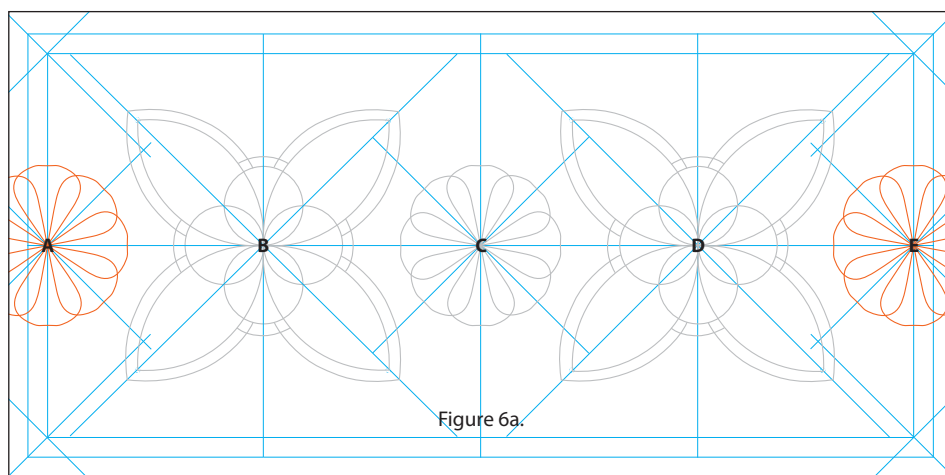
- The flowers stitched at each end can be stitched using all the same template if you have a preference or a mixture of both Spinning Wheel 36 and Spin-e-fex-4. You can choose the placement. I have stitched Spinning Wheel 36 in the centres and Spin-e-fex 4 at the corners.

Beginning at point A with Spinning Wheel 36, stitch all 8 rotations (or as much as you can fit on your fabric sandwich). Like all quilting, the design will compress slightly therefore it's always a good idea to stitch neaty into the outer guide area. Repeat at point E. **Figure 6a.**

Using Spin-e-fex 4, stitch 8 rotations at each corner.

Figure 6b.

Cut threads and tie in ends after each flower.



You are now ready to frame the centre and infill the areas above and below the two sets of petals (B&D). Again, you can choose to infill with whatever pattern you like or a mixture. I've shown two options here; a 0.5" straight line echo and 1" mini clamshells. If you're not keen on one or the other then stitch something entirely different, have fun with it, it's your ruler roll!

- **The 0.5" straight line echo infill** is simply stitched using the 12" Arc ruler. Beginning at the tip of the petal, stitch on the 45 degree guideline towards the corner, stopping at a spin-e-fex 4 petal. Backtrack around the petals until you can align the first guideline of 12" Arc ruler over the line just

stitched to achieve a 0.5" echo. Repeat the process working towards the centre and back out again until you reach the centre guideline where you will need to switch sides to continue. There are

several ways to tackle the order of stitch, stitch a natural order to you. **Figures 7a, 7b & 7c.**

Repeat below to create a mirror image. **Figure 7d.**

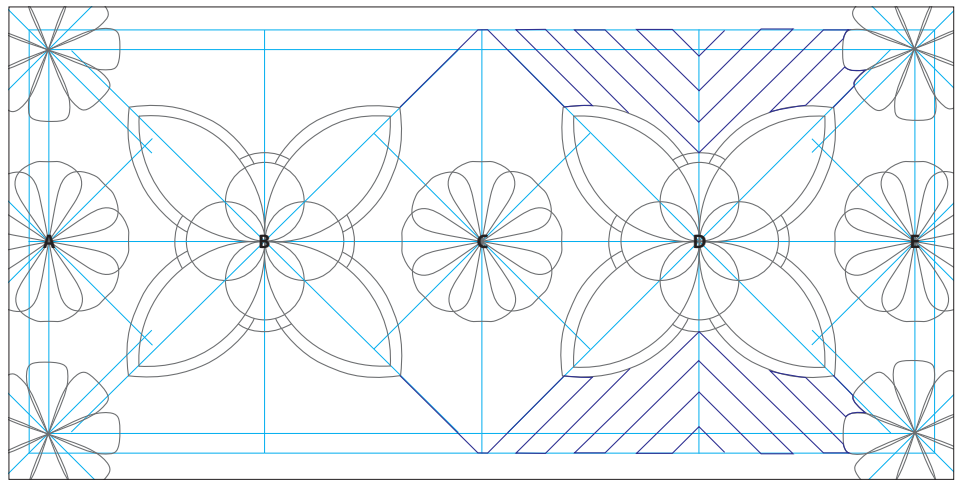
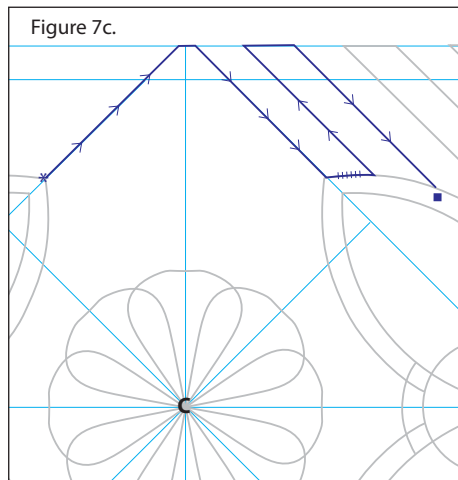
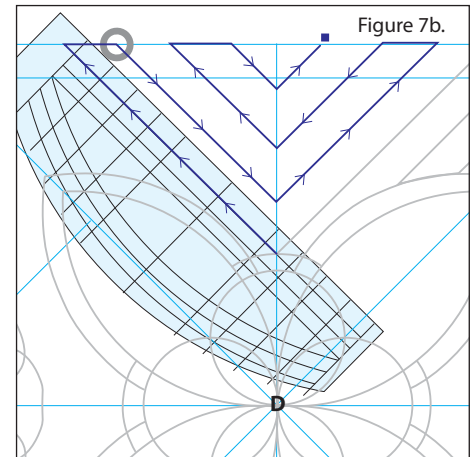
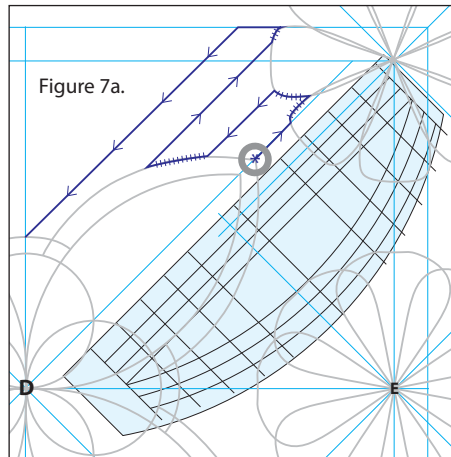
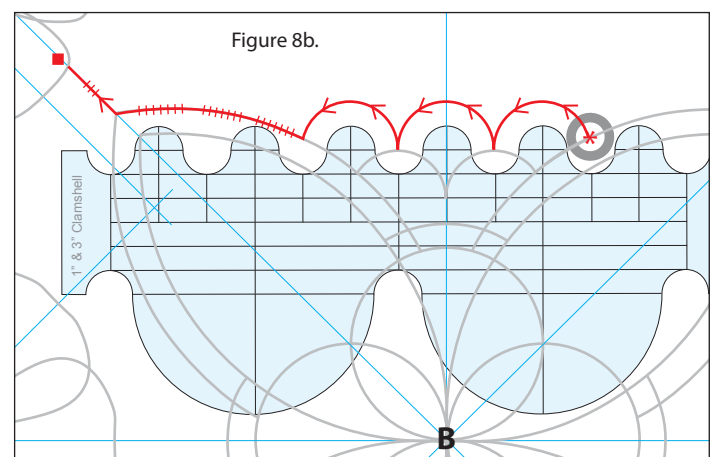
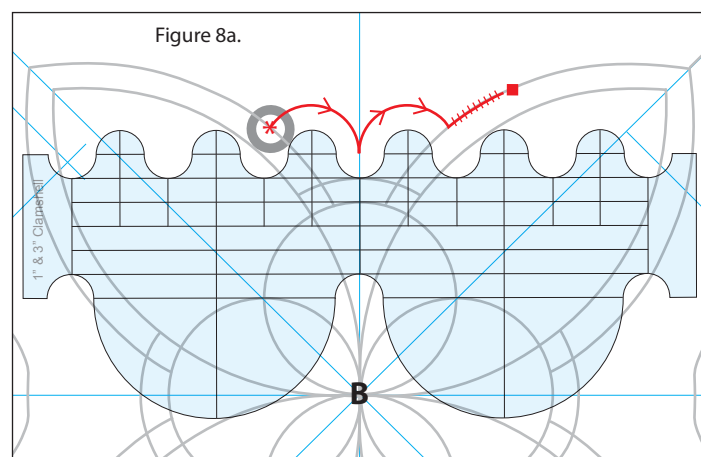


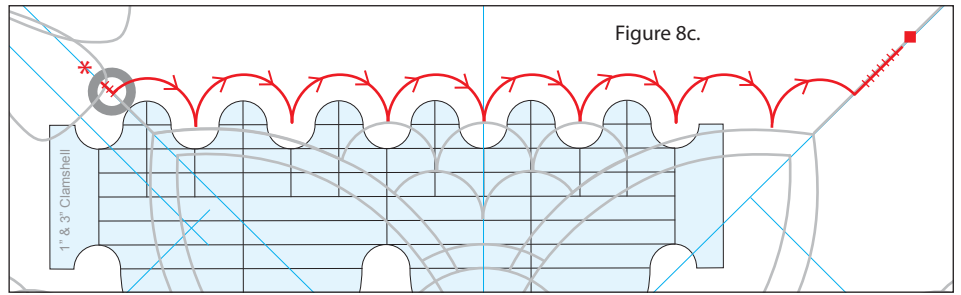
Figure 7d.

- **Mini clamshell infill.** Align the 1" mini clamshell template centred over the petal design (B) and with the **second** baseline aligned with the top of the 2" circle echo. This will show you where along the petal echo line to bring your threads up and begin stitching. Stitch two clams and travel up the curve of the opposite petal echo. **Figure 8a.**

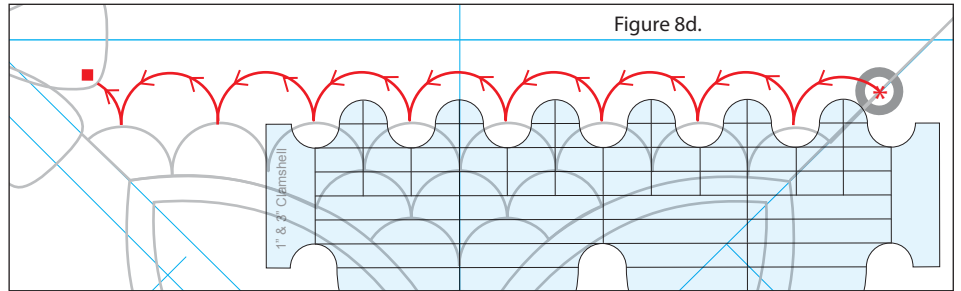
Align the mini clamshell template for the next row, using the **first** baseline guideline in line with the top of the ones just stitched. Stitch the next row of three then travel to the tip of petal echo and along the 45 degree guideline to the corner Spin-e-fex 4 petal. **Figure 8b.**



- Align the mini clamshell template for the next row, which is longer than the template therefore you will need to move the template along as you stitch. Backtrack along the 45 degree corner line a little way until you are in touch with the template once again. Stitch across to the opposite 45 degree corner line and travel up the line ready for the final row. **Figure 8c.**

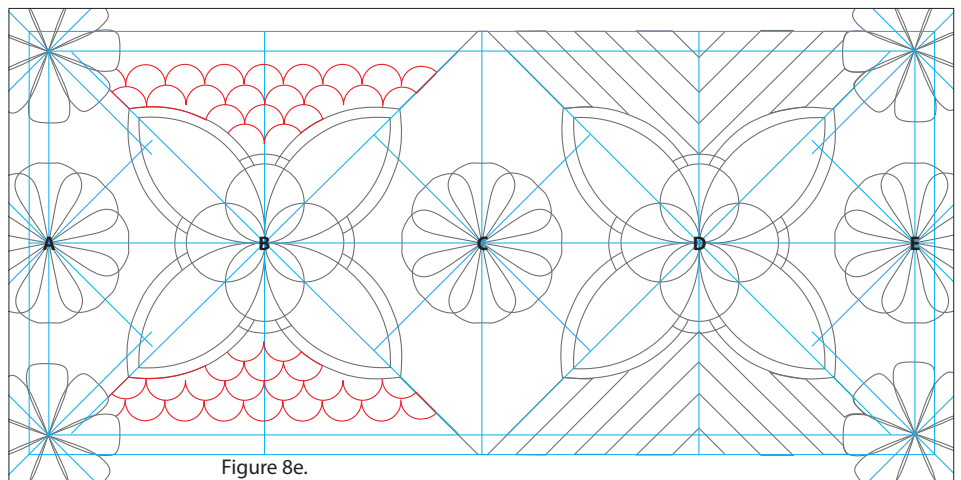


Align the mini clamshell template for the final row, stitch across, again moving the template as you go, stopping when you reach a petal of the corner flower. **Figure 8d.**



Cut threads and tie in ends.

Repeat Figures 8a to 8d to mirror below. **Figure 8e.**



- We will now stitch the Spiral surrounding the centre flower. Bring your thread up where two petals overlap and align the 6" Spiral template as though it were pivoted from the centre of the flower (C). Stitch out to the 45 degree frame line

and back to the petal. **Figure 9a.**

Travel around the edge of the petal, approximately half way. Position the hook of the 6" Spiral template over the centre point C with the **second** guideline over the spiral curve just

stitched. Stitch out to the frame and back once again. **Figure 9b.**

Continue around in this manner until the spiral is complete. **Figure 9c.**

Cut threads and tie in ends.

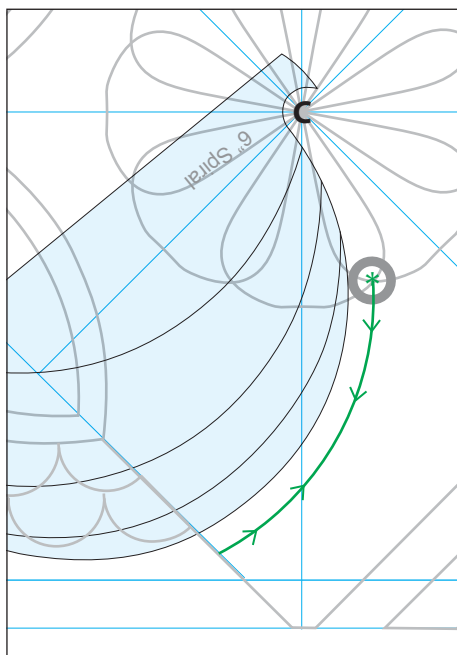


Figure 9a.

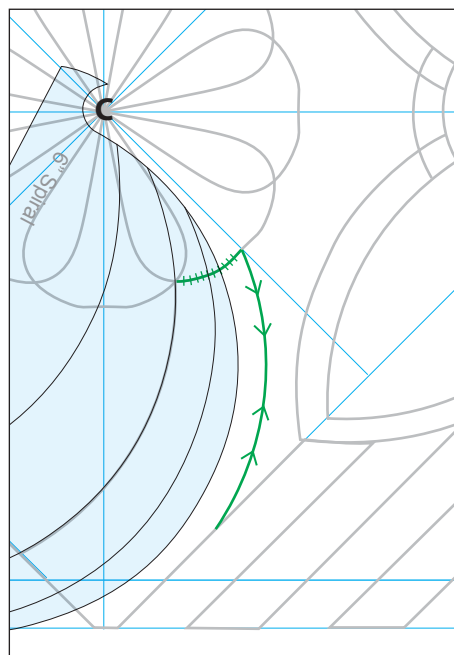


Figure 9b.

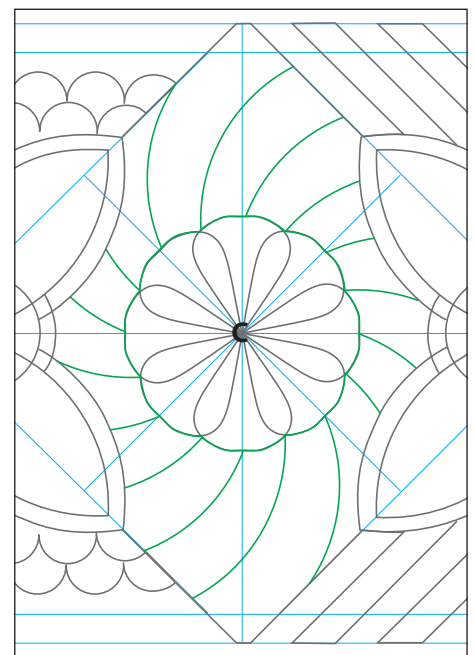


Figure 9c.

The none-quilted areas around the small flowers at either end can be left unquilted or micro-filled as you wish. You could stitch a small vermacelli pattern for instance. I have stitched a 0.25" cross-hatch.

- Align the 12" Arc ruler along the 45 degree line at the tip of a main petal. The foot will give a 0.25" echo. Stitch back and forth, travelling at the end of each line around the stitched pattern until the area is complete. You will need to stop on occasion, cut threads, tie in ends and restart where necessary. **Figure 10a.**

Repeat this process in the opposite direction to create the cross-hatch. **Figure 10b.**

Repeat at the other end or stitch a different infill of your choice. **Figure 10c.**

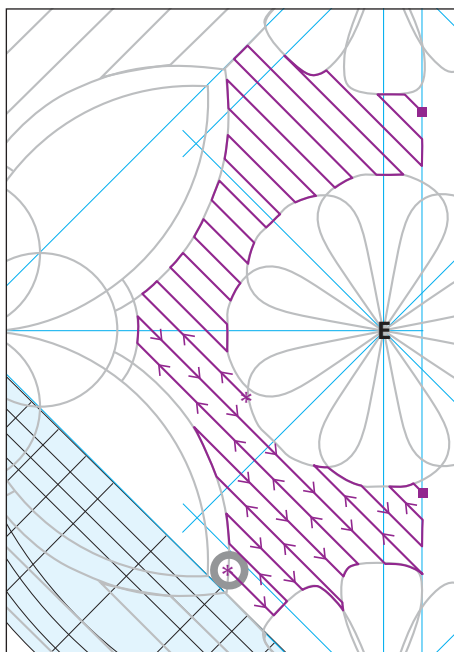


Figure 10a.

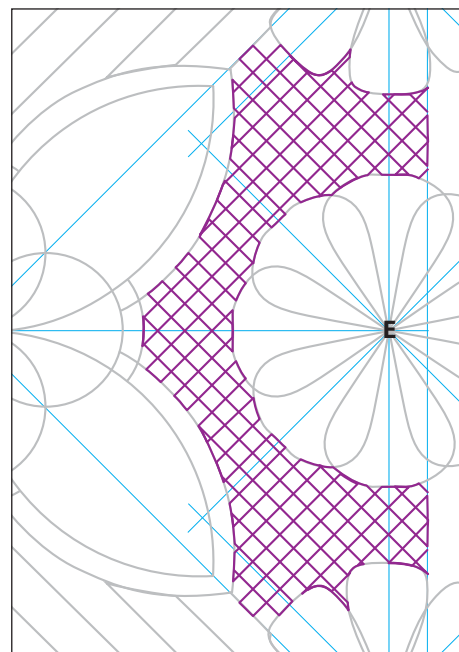


Figure 10b.

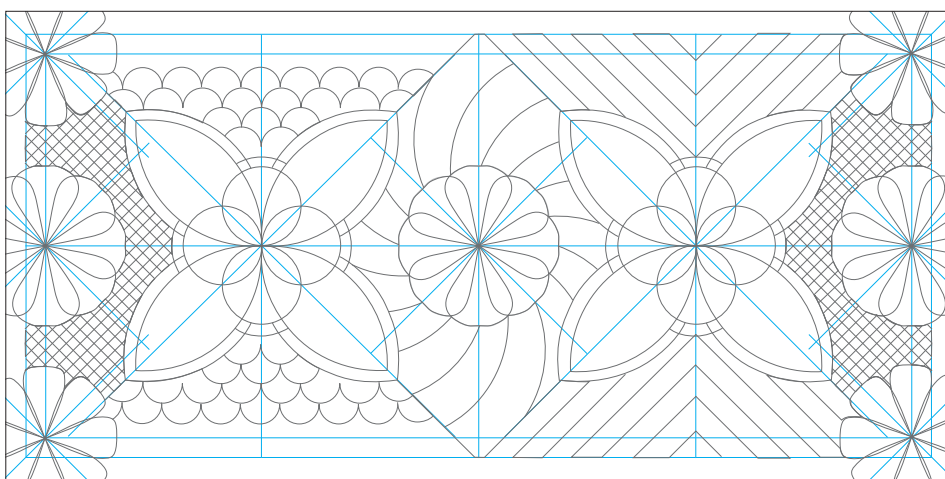


Figure 10c.

The Outer quilting is now complete.

You will find that the piece will have shrunk with the quilting process which is why we stitch the pattern to a larger area. Do not be too keen to remove your guidelines, the centre lines will be useful for trimming.

Trim the whole piece to 9.75" x 22". I find the easiest way to trim a quilted block is to half the desired measurement and measure from the centre out, to make a cut on all four sides. For example: 4 and 7/8's from the centre along the long edge and 11" from the centre on the short edge.

INNER POCKETS

Prepare your inner choice of background fabric 9.75" x 22".

For extra body fuse light/medium weight interfacing to the reverse.

The Pockets can be made from different materials such as plastic, mesh or fabric. I used plastic from recycled packaging but you can purchase heavy duty plastic from stores such as Dunelm. Mesh pockets can be gorgeous but the material is a little more difficult to find and often needs purchasing online. I was too impatient to wait to make mine! Fabric pockets are the simplest, using what you have at hand.

Mesh and plastic pockets will be a single layer of material. One long edge of the pocket only will require binding. The other three sides are enclosed in either the final outer binding or the seam where the pocket is attached.

To make a fabric pocket, take two pieces of contrasting fabric. Place right sides together and stitch down both long sides. Press seams open and turn RSO. Before pressing again, roll one seam until the desired amount of contrasting fabric is showing (like a bound edge). Press in position, top stitch if desired. Starch or interfacing can be used for extra body. **Figure 11.**

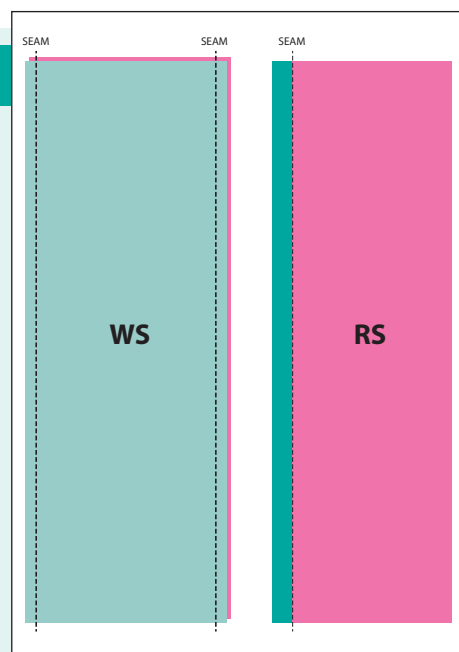
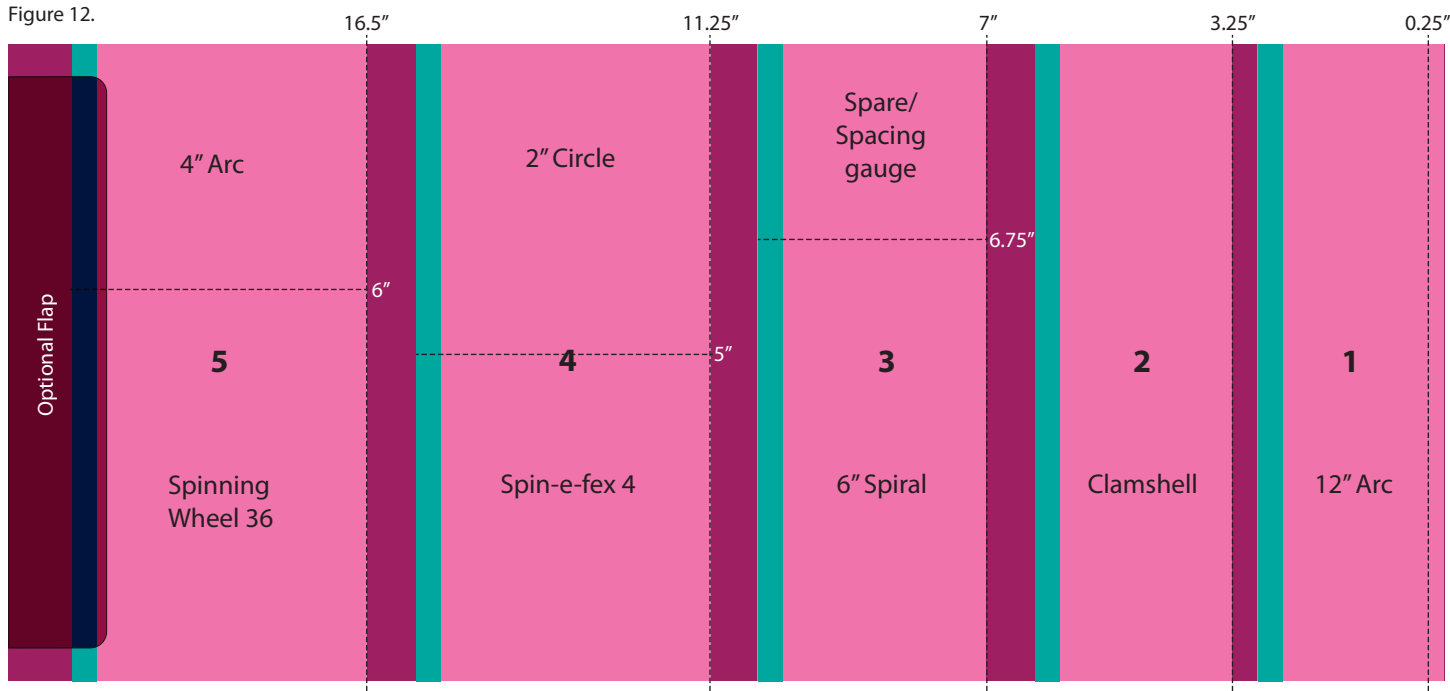


Figure 11.

Figure 12.



You need to make five pockets. Pocket sizes given are finished sizes - please add 1 x seam allowance of choice to the width of plastic or mesh pockets and 2 x seam allowances to fabric pocket widths.

- Pocket 1: 2.5" x 9.75"**
- Pocket 2: 3" x 9.75"**
- Pocket 3: 3.5" x 9.75"**
- Pocket 4: 4.5" x 9.75"**
- Pocket 5: 4.5" x 9.75"**

Measuring from right to left on the RS of fabric, mark vertical guidelines for pocket stitch positions at the following: **0.25", 3.25", 7", 11.25" and 16.5".**

Figure 12.

Plastic or Mesh: Align the raw edge of pocket 1 (RSU) with the raw edge of the inner background fabric. Stitch a 0.25" seam to secure in position. Turn the whole piece 180 degrees before attaching the other pockets as they need to be stitched RSD and folded back.

Place pocket 2, right side down with the raw edge overlapping the vertical guideline at 3.25" by the seam allowance. Stitch down the 3.25" mark to secure in place.

Repeat this process with the other pockets at the marked positions 7", 11.25" and 16.5".

When all the pockets are attached they can be folded back into their final positions. Baste top and bottom edges to hold in place. **Figure 12.**

Fabric Pockets: Position each one RSU overlapping each vertical stitch guideline by about an 1/8". Stitch down. Stitch through pockets 3, 4 & 5 at the shown horizontal positions of 6.75", 5" and 6". **Figure 12.**

Baste top and bottom edges of pockets to hold in place until the edges are bound.

A small flap approx 1.5" x 8.75" can be added at the left edge alongside pocket 5 if desired. Baste in place.

With all pockets made and stitched in position you are now ready to back the inner with your beautifully quilted outer to complete.

FINISHING

The edges are bound as you would a quilt with mitred corners. I like to stitch my binding with a 3/8" seam which gives an equal balance of binding on the front and back.

Cut 2.5" strips of your chosen fabric and join to make approx 70". Press in half length ways (1.25" x 70").

Layer and pin together your quilted outer and your pocketed inner ready to bind. Apply binding to the outside, however, if making with plastic pockets apply to the inside as it will be easier to slip-stitch into the quilted outer. Top-stitch binding if desired.

Before binding decide upon your closure as you will want it secured underneath the binding. Choose from a tie around the roll or a loop and button

(at centre C). Make a fabric tie to match or use ribbon. You will need a length of approx 35" folded and secured at 12"; short end on top.

A tie should be secured underneath the outer binding whereas a loop for a button is better on the inside.



Your Ruler Roll can also be hung near your sewing machine from a loop inside.

I added an additional loop (centred above the main spine) to attach my spacing gauge to. (See front cover).

I hope you enjoy your practical yet beautiful Ruler Roll!

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