

Wandering Fern



By Anita Ellis of Hillside Quilting
52½" x 52½"

A lap quilt pieced with simple squares and a little yardage, precision pieced using the Westalee Design piecing tools.

Quilted with a delicate design using the Coral Fern Template by Westalee Design.
Use in many ways: as a fill, motif and border.



USE THIS PAGE FOR NOTES

GENERAL REQUIREMENTS

- Sewing machine in good working order, cleaned and oiled according to manufacturer instructions.
- Extension table for sewing machine.
- Standard feet for piecing. Choose the foot that allows for placement of the Sewing Machine Guide flat against it, on the inside edge closest to the machine throat, to aid in stitching scant quarter inch seams.
- Sewing machine needles for piecing and quilting, such as the Superior brand Top Stitch in size 70 or 80 for piecing and 90 for quilting.
- Fine cotton piecing thread 50 weight.
- Quilting threads in colours that blend. I like Glide 40 weight.
- 505 spray baste.
- Spray starch.
- Fine sewing pins.
- Seam ripper.
- Self-threading needles.
- Quilting gloves - the Grabaroo brand are good. Make sure your gloves have grip and are tight on your hands.
- Cutting mat and rotary cutter with new sharp blade.
- Long quilting ruler for marking quilting designs (6½" x 24" or similar.)
- Large square ruler for marking centre square, 15" square or bigger.
- Smaller cutting ruler for cutting fabrics. (6" x 12" is a useful size.)
- Marking tools. The Sewline Duo pens are suitable for most colours, except darker fabrics. Test anything used to ensure removal is satisfactory.

WESTALEE DESIGN PIECING TOOLS

Scant Quarter Inch Seam Gauge

Sewing Machine Guide

Westalee Stiletto

BACKING FABRIC

1.5 m wideback fabric around 108" width

OR

3 m standard width fabric around 42" wide

WESTALEE DESIGN QUILTING TEMPLATES

Ruler foot for your machine

Coral Fern Template

Spacing Gauge

Straight quilting ruler

8 point Crosshair ruler

Stitching line discs

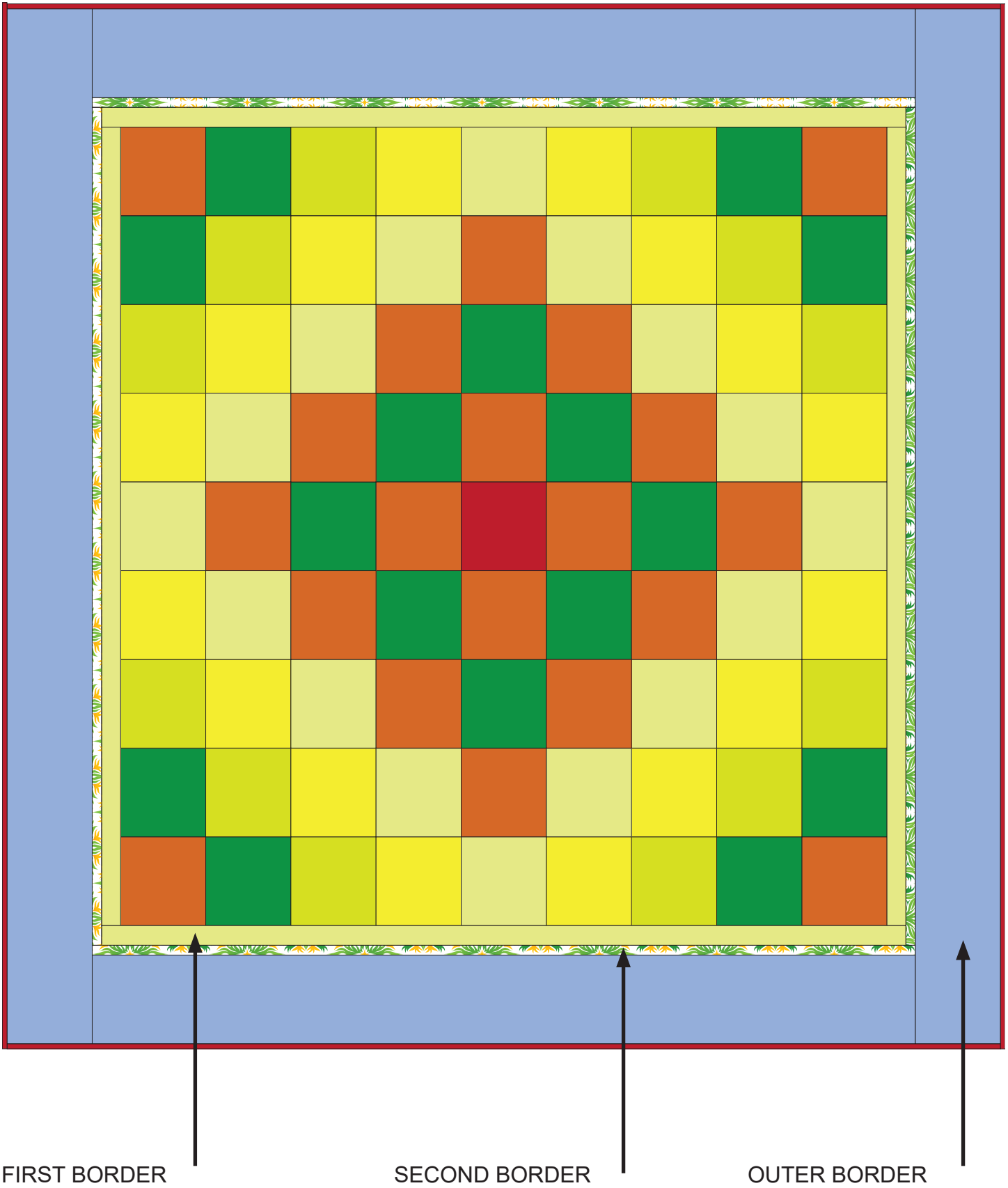
Standard width fabric will have a seam where two pieces need to be joined. Wideback fabric will not have a seam and there will be some fabric left over for another small quilt backing.

The piece needs to measure 150cm or 60" square or bigger.

WADDING

A piece of cotton wadding 1.5 m x 1.5 m (60" x 60")

FABRIC REQUIREMENTS FOR QUILT TOP


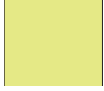

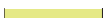








FIRST BORDER

SECOND BORDER

OUTER BORDER

CUTTING CHART

	50 cm or ½ yard width of fabric Cut 5" x 5" squares (20)		75 cm or ⅞ yard width of fabric *** Cut 5" x 5" squares (16)
	50 cm or ½ yard width of fabric Cut 5" x 5" square (1) *		Same fabric cut first border
	2½" width of fabric strips for binding (6)		Cut 41" x 1½" (2)
	50 cm or ½ yard width of fabric ** Cut 5" x 5" squares (16)		25 cm or ¼ yard width of fabric Cut second border
	30 cm or ⅓ yard width of fabric Cut 5" x 5" squares (12)		Cut 43" x 1" (2)
	50 cm or ½ yard width of fabric ** Cut 5" x 5" squares (16)		85 cm or 1 yard width of fabric Cut 5" strips width of fabric (6)
			This will be joined to make outer border
			These are joined and cut to make border pieces in the following measurements.
			44" x 5" (2)
			53" x 5" (2)

All Fabrics are standard width patchwork cottons, approximately 42" wide.

* Cut first.

There is plenty of excess for the binding if two of the binding strips are 5" shorter because of the square that has been already cut.

** Generous measure

This fabric measurement allows for mistakes. The pieces can be cut from two 5" strips if you are an accurate cutter.

*** Fabric needs to be at least 43" wide when selvages are cut off. If it isn't this wide, you will need to join the border strips and will need to cut another strip. (This is allowed for in the amount required.)

LONG STRIP JOINING INSTRUCTIONS

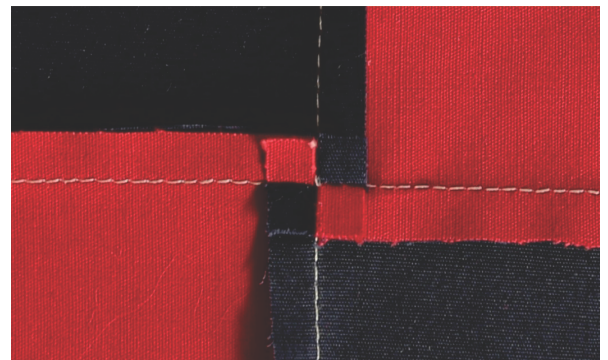
If your chosen fabric is not wide enough for the borders, ensure that the joined strip is made up of even size strips, i.e. not a long piece with a tiny bit on the end.

With the outer border fabric, cut 6 strips 5" from the width of fabric.

Cut one strip in half and trim the ends of the other five strips. Join all the strips, starting and finishing with a half strip, using scant quarter inch seam and then use this piece to cut 2 strips 44" x 5" and cut 2 strips 53" x 5". By joining the strips in such a way there will not be short lengths of border and the seams will be purposely uneven across all borders.

PERFECT SCANT QUARTER INCH SEAMS: GENERAL INSTRUCTIONS

1. A Scant Quarter Inch Seam is used throughout this project. A Scant Quarter Inch Seam is a couple of threads less than an exact quarter inch seam. When piecing projects, this adjustment allows for the fold in the fabric when we press the pieces, ensuring precise piecing and block measurement.
2. A 2mm stitch length is ideal. Secure but not impossible to unpick.
3. Rather than pressing to the dark, which may be something you are used to, seams are pressed to nest wherever possible. Nesting the seams together means alternating the direction of the seam allowance on each join so that the pieces 'nest' together. This can be felt with the fingers as they sit flat. Use pins to hold the pieces in place as you sew.
4. Pressing to nest the seams has many advantages.
5. Point accuracy is greatly improved.
6. Seams can be spiralled for a flatter seam intersection.
7. Flatter seams are much easier to quilt.
8. Accurate Scant Quarter Inch Seams mean that seam allowance is not lost in adjusting, making the quilt stronger.
9. There can be occasions when nesting is not possible. In these situations, work out the best pressing order by laying out the block pieces and reviewing how the pieces will be joined. A seam can also be clipped to change the direction if required.
10. It is very useful to use a small piece of fabric at the beginning and end of each seam for speed and seam accuracy.
11. When pressing, set the seam with your steam iron before pressing to the side. This eliminates the small creases that can alter the seam size and be difficult to piece and quilt.



SET THE SCANT QUARTER INCH SEAM BEFORE YOU START

1. This step is vital to the success of your project.
2. Take the time to ensure that your machine is set up correctly with the needle in the right position to give you a Scant Quarter Inch Seam.
3. The three Westalee Design Piecing Tools make this easy. Using these will ensure the accurate piecing of the blocks. No more missed points or cutting off parts of the design.
4. Secure the Machine Sewing Guide to the bed of the machine, aligning next to the right side of the sewing machine foot.

5. Align the edge of the Scant Quarter Inch Seam Gauge with the right hand side of the sewing machine presser foot. Ensure that the foot used has a straight edge.
6. Using an 80 size needle, lower the presser foot and lower the needle by hand into the groove of the tool.
7. Make small adjustments to the needle position so that it will travel in the centre of the groove.
8. Make sure that the edge of the foot is still aligned with the edge of the Seam Gauge.
9. Remove the Scant Quarter Inch Seam Gauge from the machine. The seam is now set and needs to be tested.



Scant Quarter Inch Seam Gauge: used to set the needle in the right spot in relation to the edge of the foot.

Machine Sewing Guide: this aids in aligning the fabric to sew straight seams.

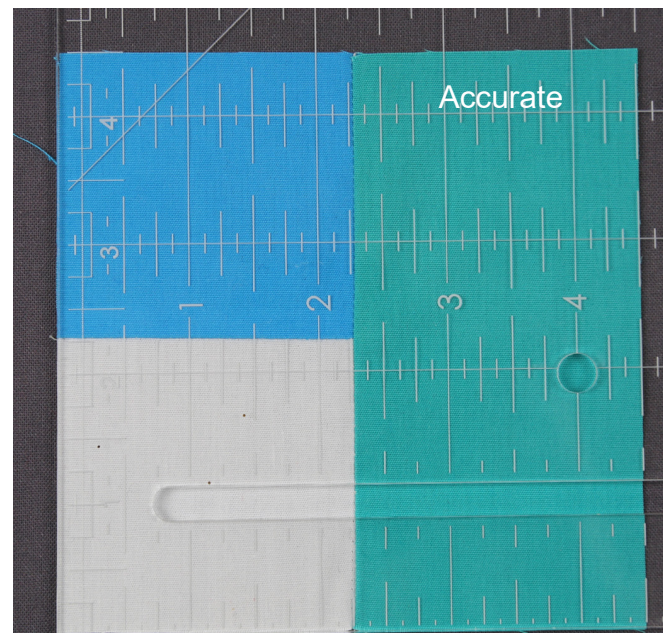
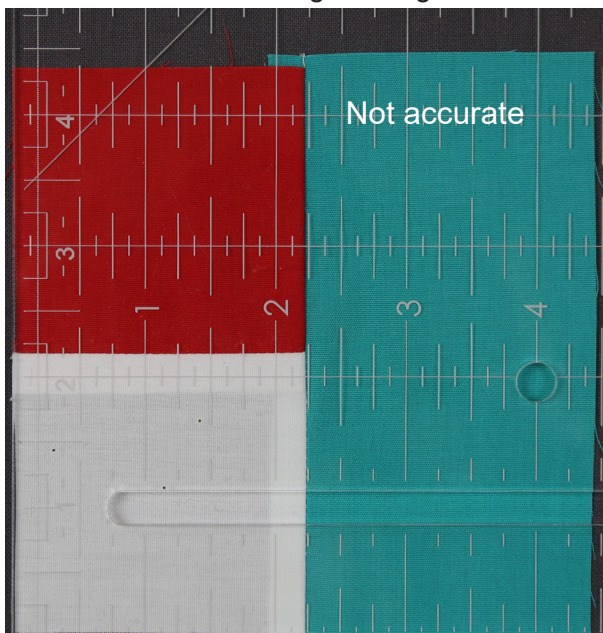
Westalee Stiletto: used to keep seams together all the way to the end.



DO NOT RUN THE MACHINE WITH THE SEAM GAUGE IN PLACE.

TEST THE SCANT QUARTER INCH SEAM

1. A test piece should be completed and measured to ensure accuracy.
2. Cut two 2½" x 2½" squares and one 4½" x 2½" rectangle.
3. Using the Scant Quarter Inch Seam set, sew the squares together first and press the seam to the side.
4. The flat side of the Stiletto is very good for feeding the last part of the seam under the presser foot.
5. Sew the squares to the rectangle and again press.
6. The final square should be an accurate 4½" x 4½" square.
7. If the square is not accurate, adjust the needle position and repeat the test until a satisfactory result is achieved. You are now good to go.



PIECING INSTRUCTIONS

STEP ONE: PIECE THE CENTRE SQUARES

1. Lay out your centre squares in a manner pleasing to you.
2. Join each row using scant quarter inch seams. **Do not backstich** at the end of each seam.
3. Label each row with a piece of paper pinned to the left hand corner with the row number, from 1-9.
4. Press row 1, alternating the direction of each seam.
5. Press row 2, again alternating the direction of each seam so that they are opposite to row 1.
6. Pressing in this way means that the seams will be spiralled on each row with no clipping into the seam required.
7. Place rows 1 and 2 right sides together. Nest and pin seams. Sew seam with scant quarter inch seam.
8. Press and spiral each seam to keep work flat. The back side of a seam ripper is useful to pull out a couple of stitches so the spiral lays flat.
9. Continue to press and add each row to your work in turn. Ensure you are alternating the direction of pressing on each seam between the squares.
10. Press and spiral seams as you go.
11. Press your centre square.
12. The square will now measure 41”.

STEP TWO: JOIN THE FIRST BORDER

1. Join top and bottom border (41” strips) to the centre square. Pin at both ends, in the centre and in-between, with pins securing the seam allowances from the squares so they don't flip over. Pin so that the seam can be stitched with the seams upwards. This helps to prevent flipping seam allowances.
2. Stitch a scant quarter inch seam.
3. Press seam to centre square.
4. Add side border strips (43” strips) as detailed above.
5. Again press to the centre.
6. Square now measures 43”.

STEP THREE: JOIN THE DARK HALF INCH BORDER

1. Join top and bottom border (43” strips) as detailed above. Press back to the half inch border.
2. Add side border (44” strips) as detailed above and again press back to the dark strip.
3. Square now measures 44”.

STEP FOUR: JOIN THE 5" OUTER BORDER

1. Join top and bottom border (44" strips) as detailed above. Press back to the dark strip.
2. Add side border (53" strips) as detailed above and again press back to the dark strip.
3. Square now measures 53".

PREPARE PATCHWORK TOP FOR QUILTING

1. Press quilt top well, without stretching and distorting seams. Check that seams are not flipping.
2. Clip loose threads from the back of the quilt.
3. Press backing fabric if necessary.
4. Mark out initial designs. Do this before you baste for ease and accuracy.
5. Additional marking lines can be added when the quilt has been sandwiched ready for quilting.
6. Spray baste quilt ready for quilting.

MACHINE SET UP

1. Check your seating position, arms at right angles to your table.
2. Do use a flat extension table to fit your machine, so that the templates do not 'rock'.
3. Use a sew slip mat to allow the quilt sandwich to move smoothly under your machine.
4. Wind good quality bobbins. A poorly wound bobbin is the cause of a lot of problems.
5. Try with feed dogs up and feed dogs down. See what you and your machine prefer. Either way, set your stitch length to zero. (Although some machines do prefer to have the stitch length set to a normal length).

Experiment with your machine.

SETTING UP YOUR RULER FOOT

1. Be sure to have the right foot for the shank of your machine.
2. Most machines can use low shank templates (yes, even high shank machines), so long as the foot does not 'hop'. If it 'hops' you must use high shank templates so that the templates do not go underneath the foot.
3. Longarm machines nearly always need 6mm Longarm templates and use the foot that comes from the manufacturer of the machine.
4. The foot needs to be set at a height to just skim over the highest seam on the work.
5. The needle must be up before the foot is raised.
6. If you encounter problems, the first thing to check is the foot. Is it still attached securely? Screw it on so it is a snug fit and does not move.

THREADS AND NEEDLES

1. Use good quality needles that match the thickness of thread you are using. (I like the Superior Top Stitch needles and the Janome Purple Tip needles.)
2. Try lots of different threads to see what you and your machines like.
3. Do not be afraid to change colours, it is always worth the effort.
4. Match the bobbin and spool thread.
5. If you have problems, check that the thread path is clear and the bobbin is correctly fitted into its case.

STARTS AND STOPS

1. Pull the bobbin thread to the top of the work when you start and finish your quilting. This ensures that you do not get thread tangled under your quilt.
2. Leave long ends and thread them into your work using self threading needles.
3. Avoid using the automatic cutter on the machine as it will leave the ends too short.

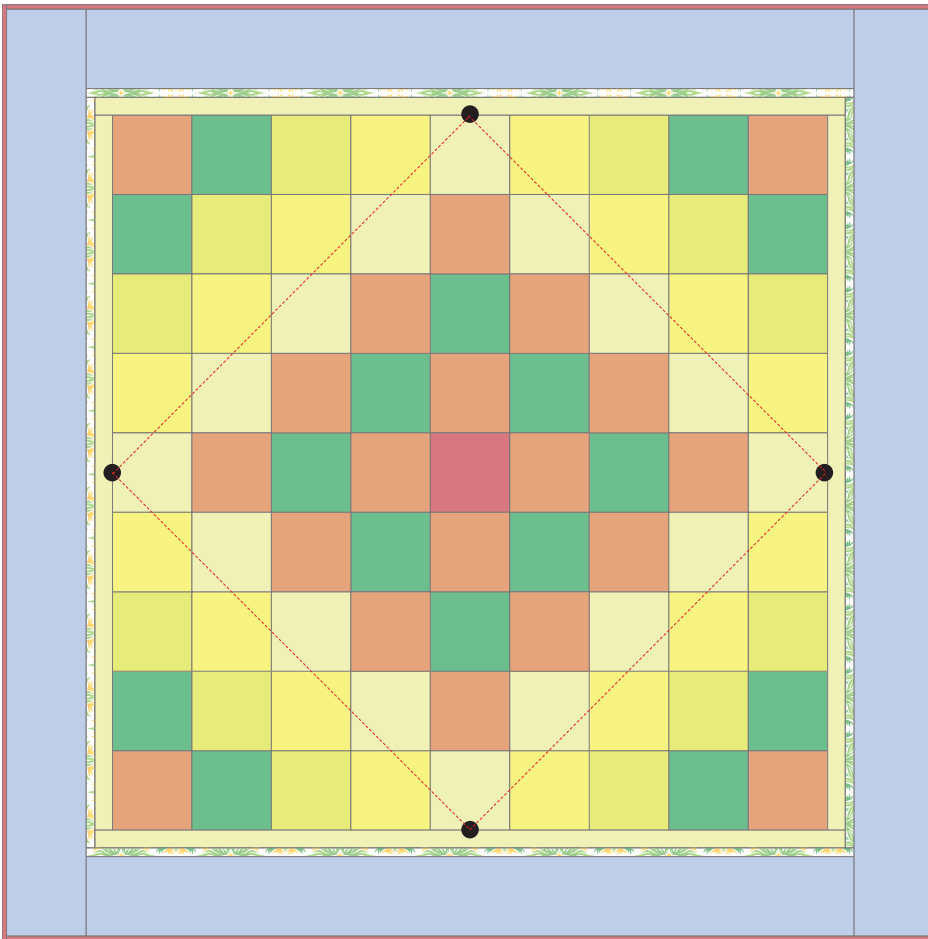
THREAD TENSIONS

1. Do check your tensions often.
2. Look at the back of the quilt to see that the stitches are still forming nicely.
3. Stitches should knot inside the wadding to give similar looking stitching on the front and the back.
4. If you can see dots of the top thread coming through to the back, tighten the top tension.
5. If you can see dots of the bobbin thread coming through to the top, loosen the top tension.
6. If you cannot make the necessary adjustments with the top thread, the bobbin case may need to be loosened or tightened. Use a very small screw driver and only move in small increments before testing again.
7. If the tension suddenly looks terrible, it is likely that the bobbin is not sitting correctly in the case and the thread may have slipped out of the groove.

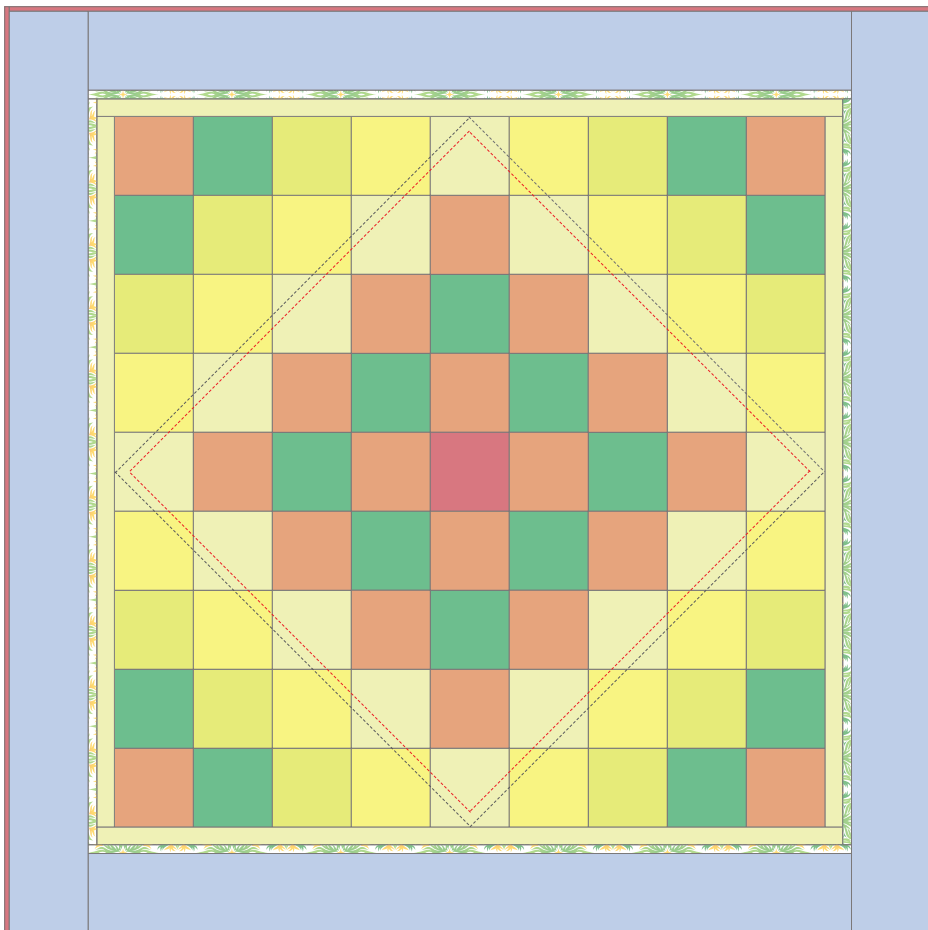
GOOD QUALITY STITCHING

1. This comes with practise. Please do not be too tough on yourself in the beginning.
2. Quilting with rulers is not a race, keep steady consistent speeds for the best results.
3. Keep your hands moving consistently and close to the area that you are quilting.
4. Control the speed of the stitching at the machine and keep your foot to the floor most of the time.
5. The exception to this is when you are stitching along a previous line of quilting or going into the centre of a motif. Then slow down to reduce the number of stitches being taken.
6. Finish stitching with the needle in the down position so that you do not lose the line.
7. Stop the machine when you need to move your hands, giving you more control over your stitches.

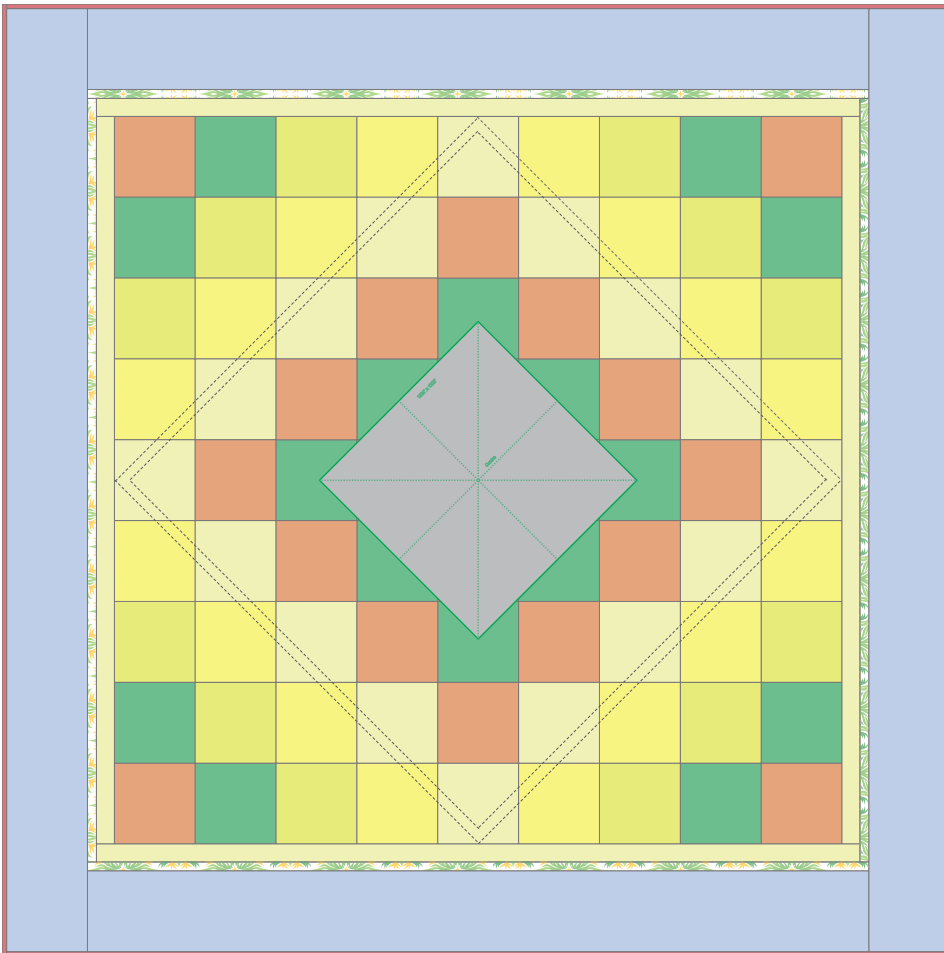
ORDER OF QUILTING



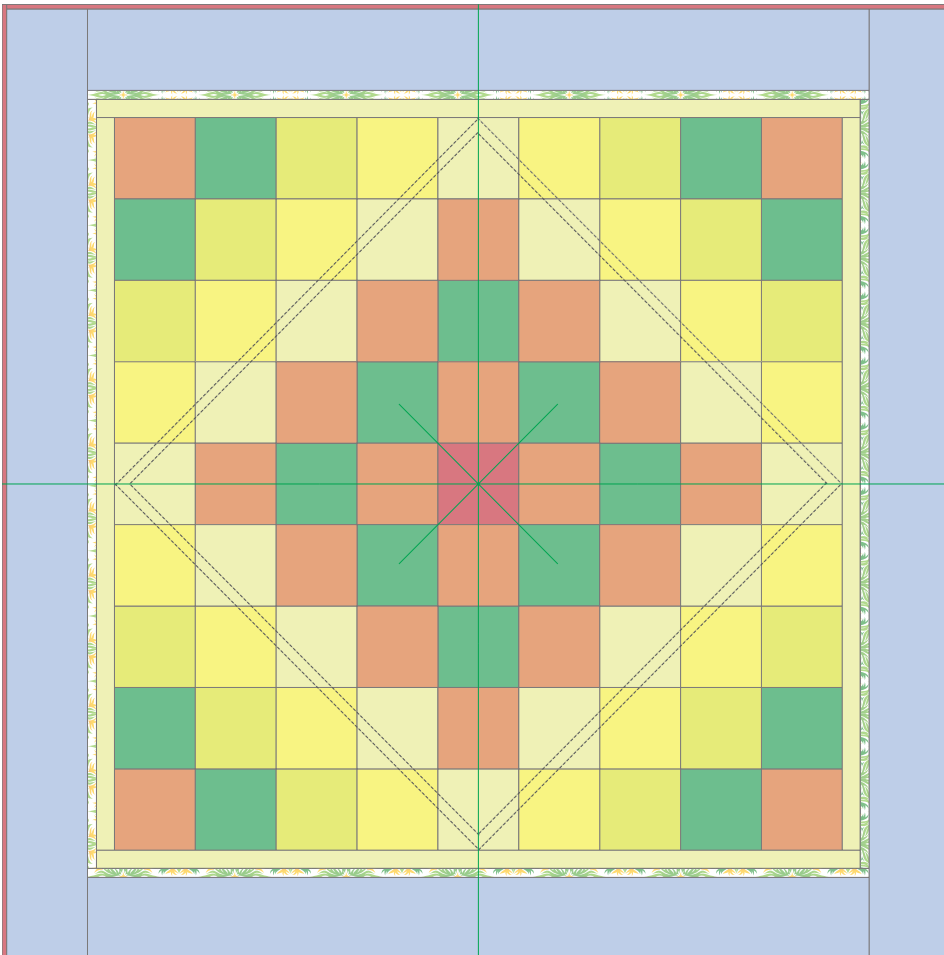
1. Mark centre point of each side where the squares meet the first border.
2. Draw a line between each of these points.
3. Stitch this line, using your straight ruler to guide the foot.
4. The spacing gauge is very handy tool to help with the alignment.



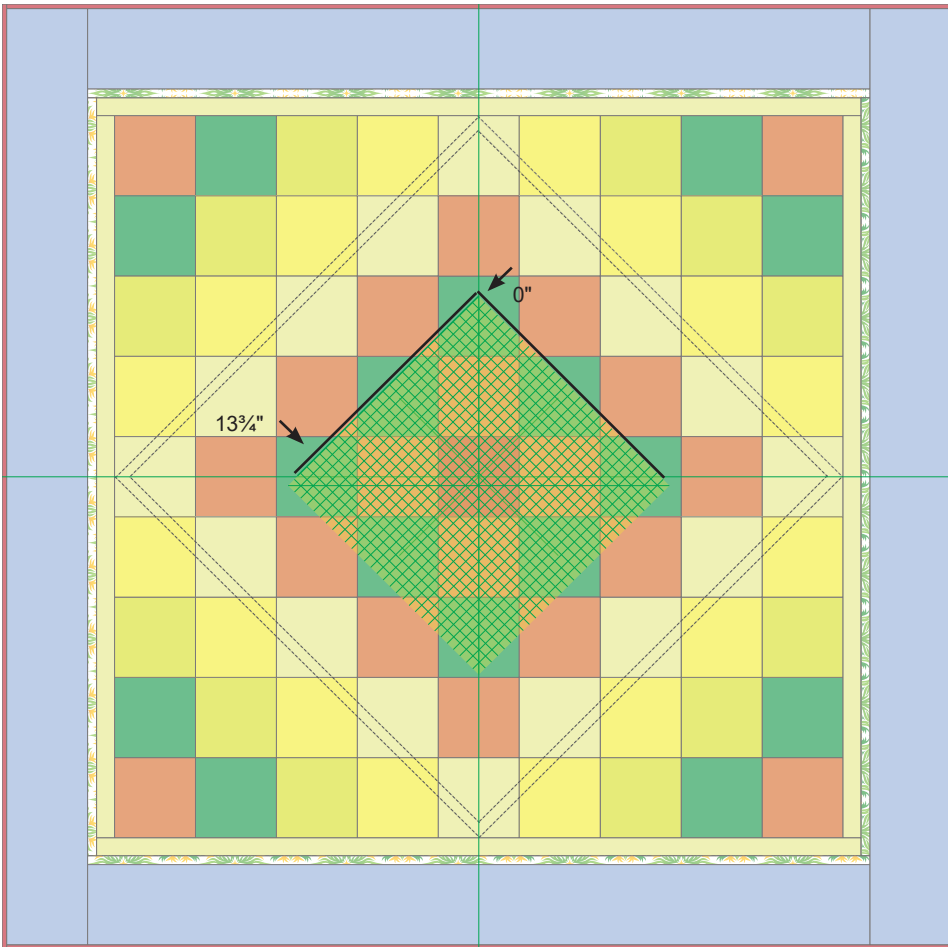
5. Stitch a second line, $\frac{1}{2}$ " in from the first line.



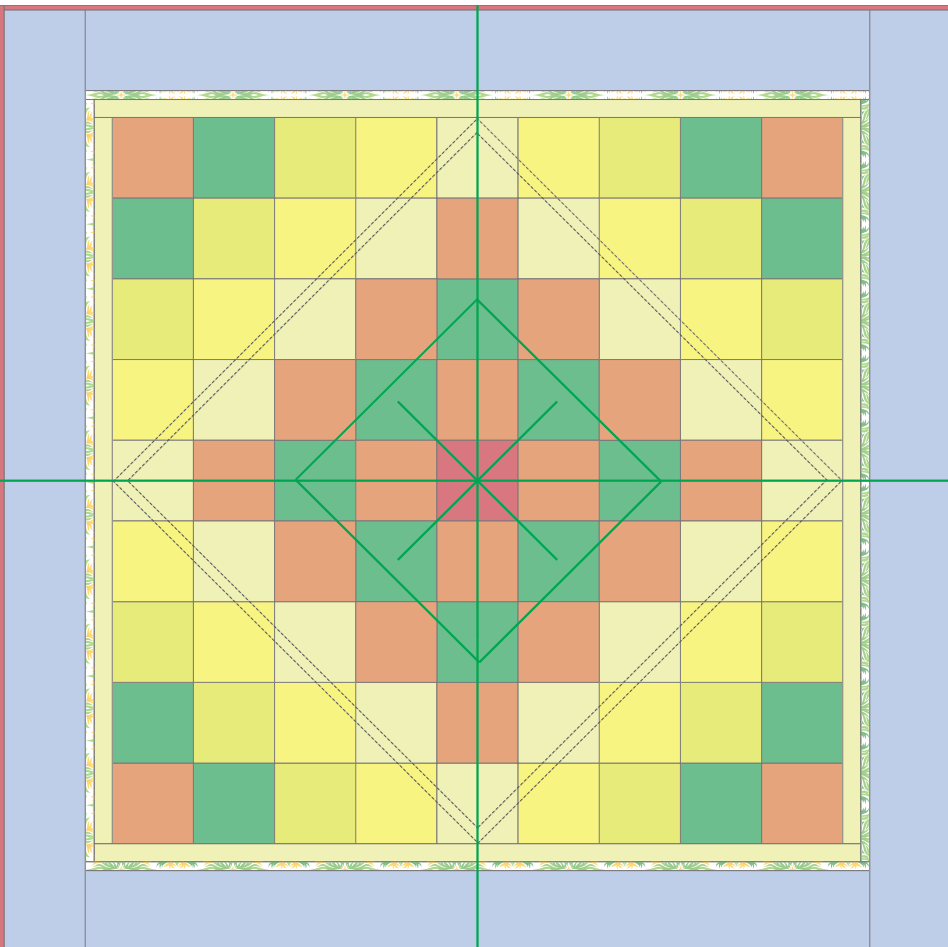
6. Line up the 8 point crosshair ruler from the centre of the quilt.



7. Mark 8 crosshair lines from the centre and then extend these lines horizontally and vertically on the quilt, right to the edge.

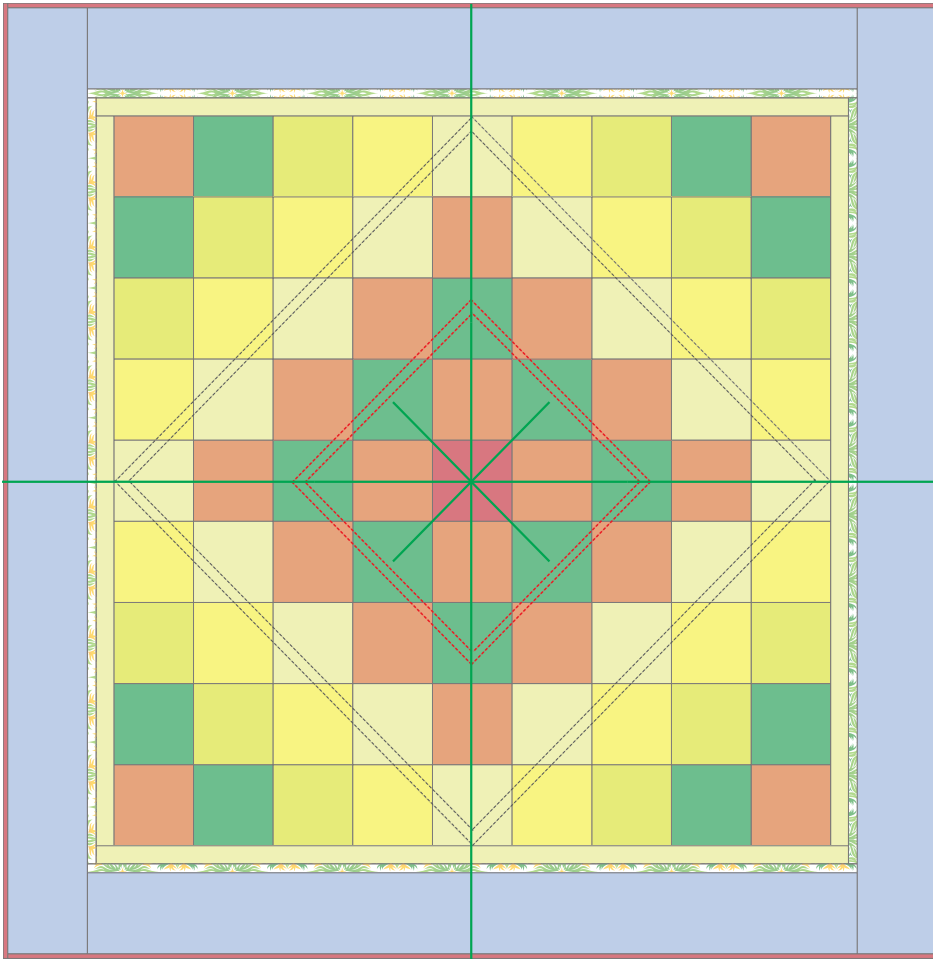


8. Lay square cutting ruler on the quilt as shown and use it to mark an on-point $13\frac{3}{4}$ " square from the centre of the quilt. Line up the horizontal and vertical reference lines already drawn.
9. Do the same for all four sides to draw a square $13\frac{3}{4}$ " from the centre.



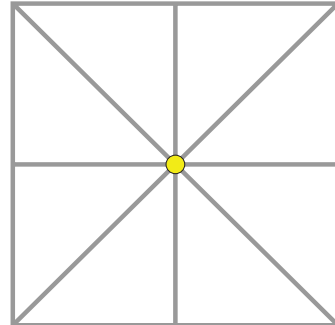
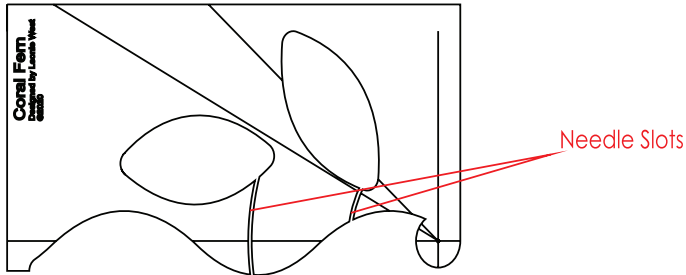
10. Your marking will now look like this.

11. Stitch the $13\frac{3}{4}$ " square and also $\frac{1}{2}$ " in from it to stitch a square $13\frac{1}{4}$ " from the centre.



12. The following three pages give the instructions on how to complete the Coral Fern designs.
13. Then there are diagrams showing the placement of these designs throughout the quilt.

Coral Fern - Designed by Leonie West



Coral Fern is like no other Template, it uses the Westalee Design Pin Locating System for Westalee Design Rotating Templates and has fine Needle Slots to move the Template past the needle. Sstitch until the needle is in line with the slot, lift the Ruler Foot and move the Coral fern Template so that the Ruler foot is in the next area to be stitched.

Begin by marking **8 Crosshair Reference Lines** using the **Westalee Design 8 Point or Ultimate Crosshair Ruler**.

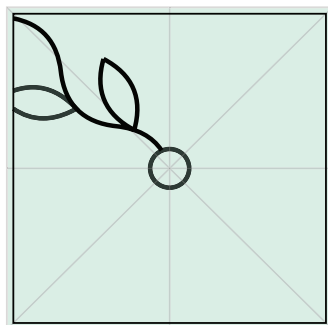
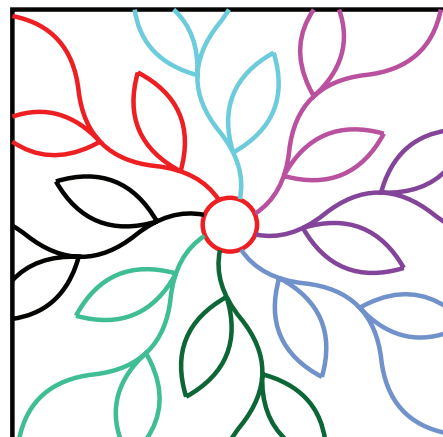
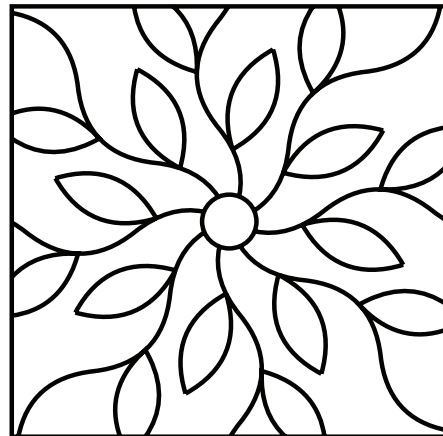
Place the **Locating Pin** at the centre of the Reference Lines. Place the Locating Pin from underneath or you may wish to use my tape to the top method shown in the video and on the Westalee By Me facebook page.

I designed Coral Fern to be used with 8 Reference Lines, but Coral Fern can be used with 5 - 6 -10 - 12 - 20 - 24 or 32 Reference Lines. Remember the more Reference Lines, the more complex the design.

Coral Fern can also be used to quilt beautiful borders.

Coral Fern is quilted in sections.

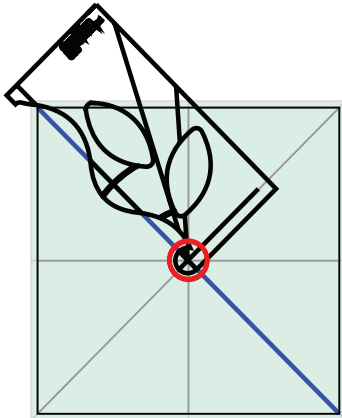
Start with the **Red** as shown in the coloured diagram. Followed by **Blue - Pink - Purple - Blue - Green - Aqua - Black**.



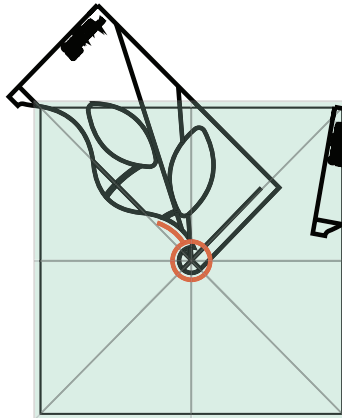
Corel Fern Section

By Leonie West ©2020

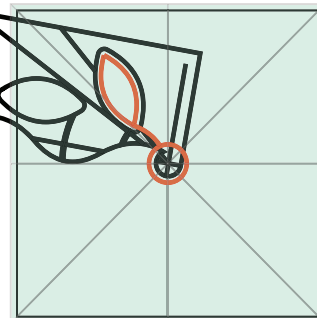
There are 6 Steps to complete each Section of the Coral Fern design. Follow the steps shown below. Align the Template with the Reference Line shown in **Blue**. Stitch the portion shown in **RED**.



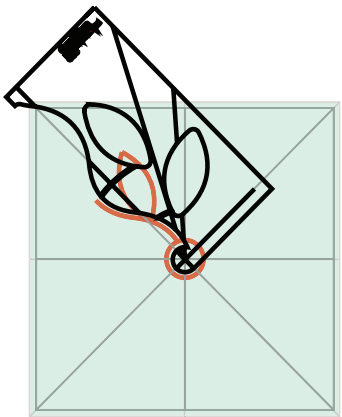
Step 1 - Stitch the Circle, turning the template on the pin.



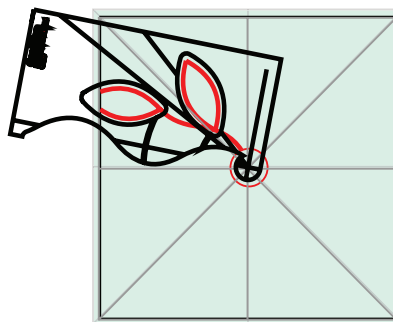
Step 2 - Stitch the first section of the Coral Fern Spine.



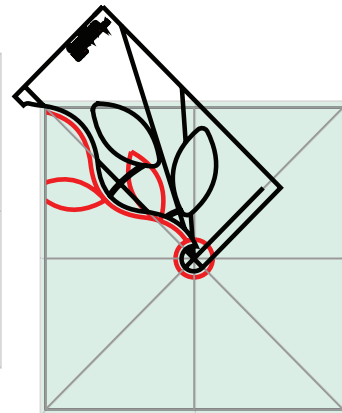
Step 3 - Keeping the **needle down**, raise the ruler foot slightly and slide the Template past the needle and sew the leaf shape.



Step 4 - Keeping the **needle down** raise the ruler foot slightly and slide the Template past the needle and sew the next section of the spine.

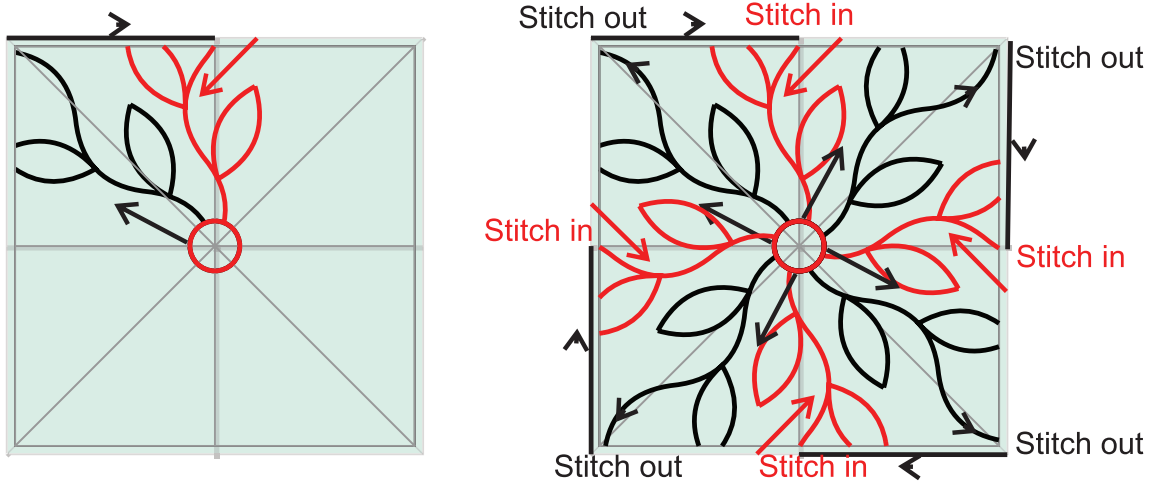


Step 5 - Keeping the **needle down** raise the ruler foot slightly and slide the Template past the needle and sew the next leaf shape.



Step 6 - Keeping the **needle down** raise the ruler foot and Slide the Template past the needle and complete the spine.

Rotate the template to the next reference line. Travel in the seam allowance or the ditch of the quilt to the next reference line. The design is stitched out from the centre on 1 reference line and into the centre on the next, as shown.



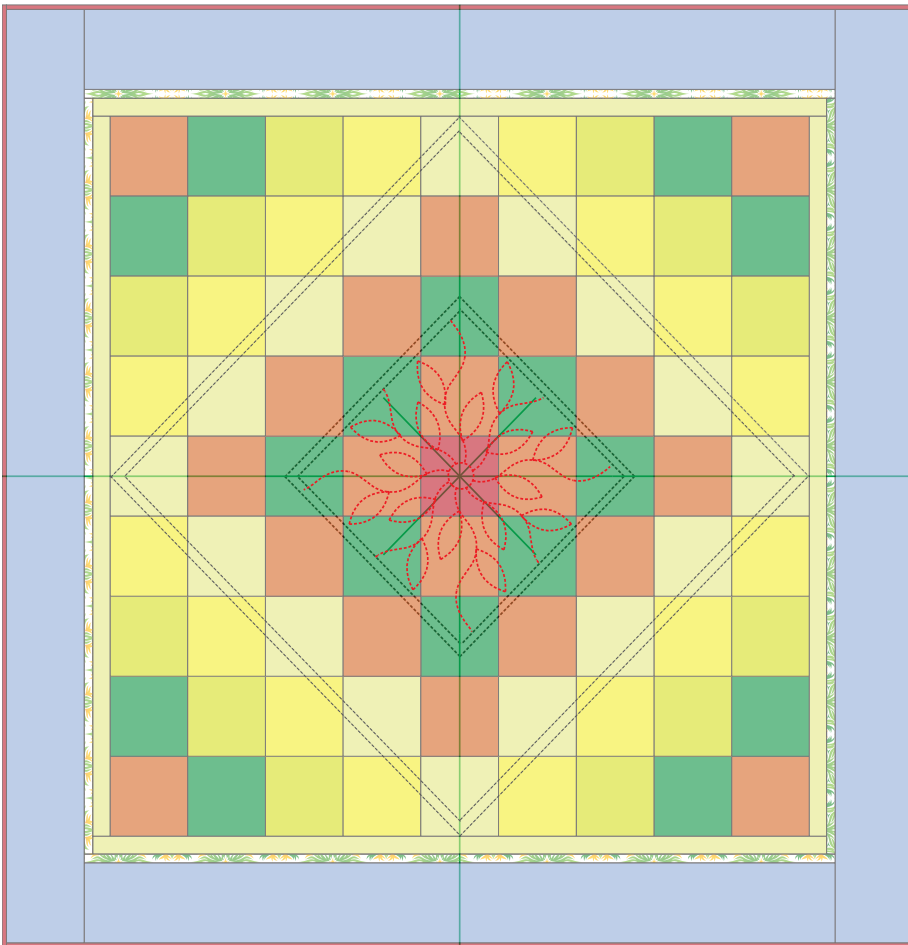
There are many variations to be quilted using the Coral Fern Template.

8 point using only the top section of the leaf

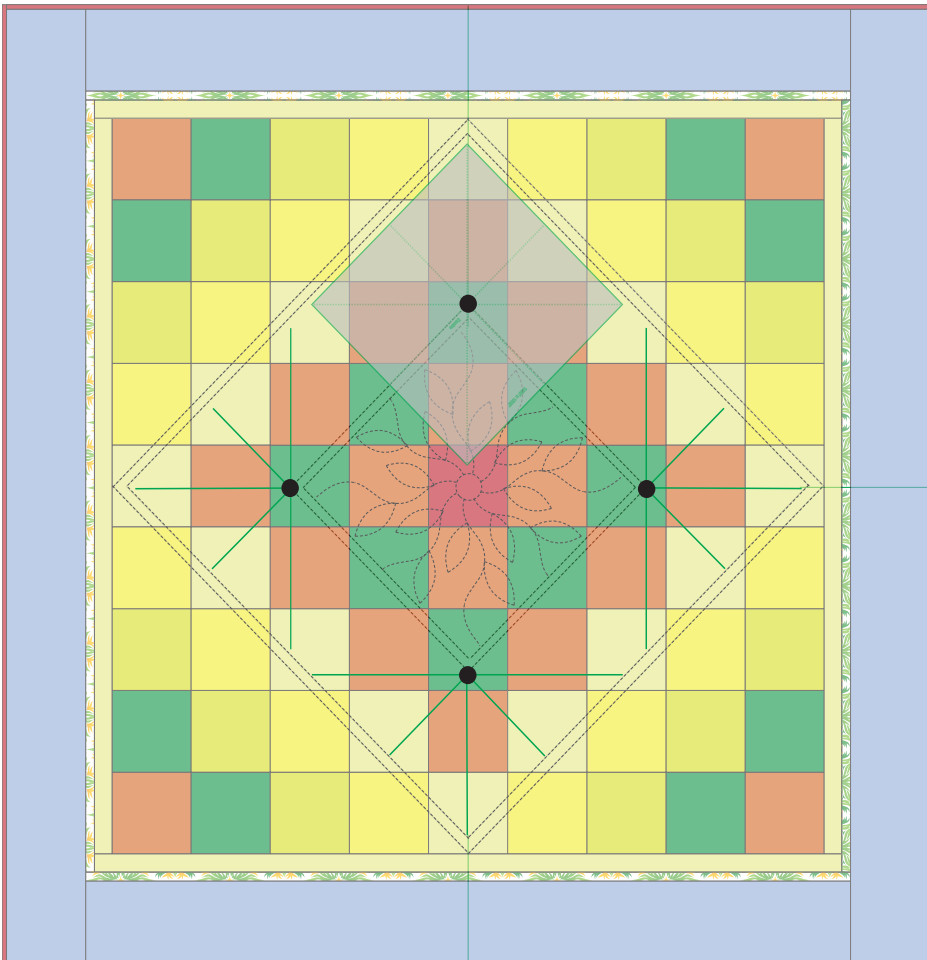


24 point using only the top section of the leaf

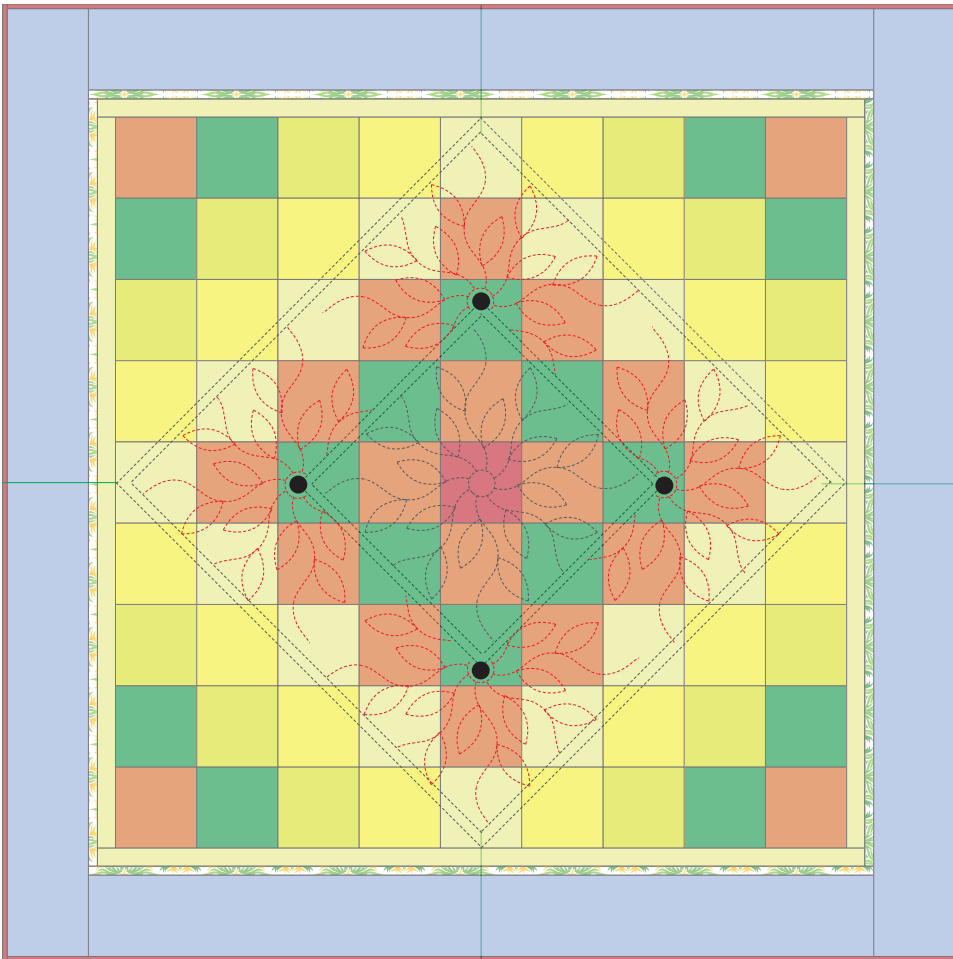




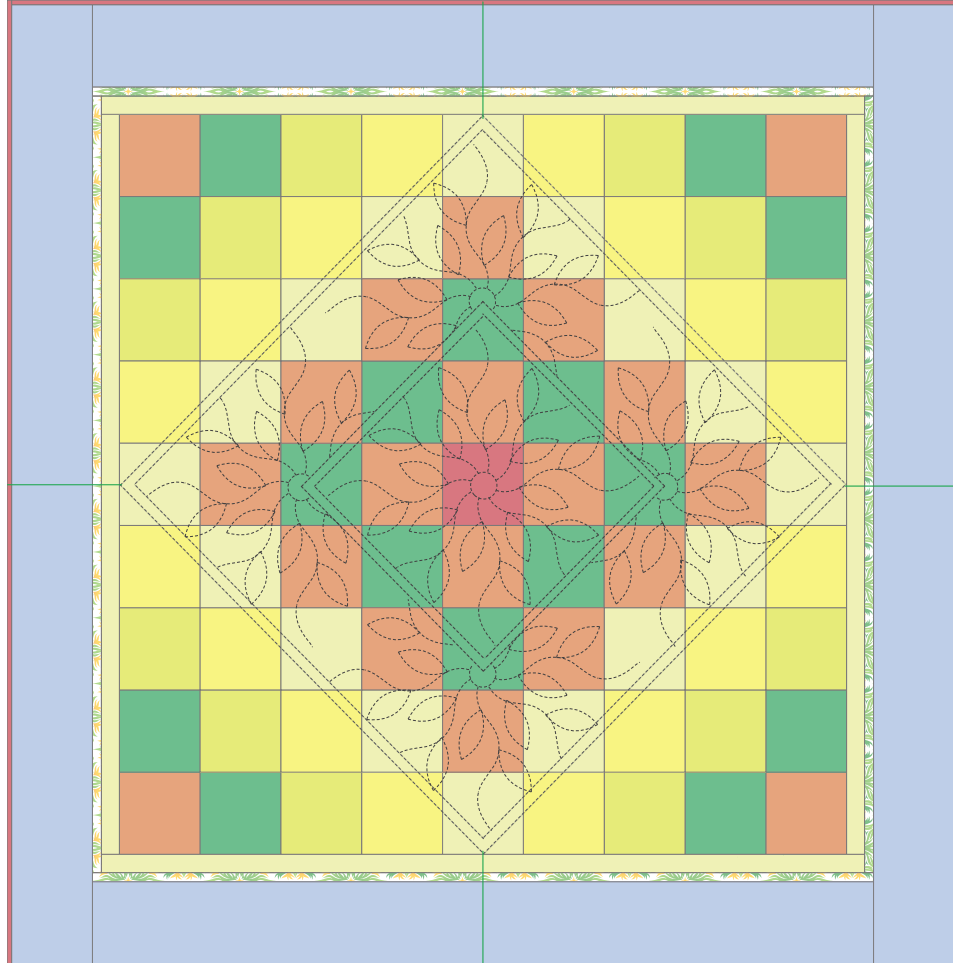
14. Complete the first Coral Fern motif from the centre of the quilt. Use the instructions from the previous pages.



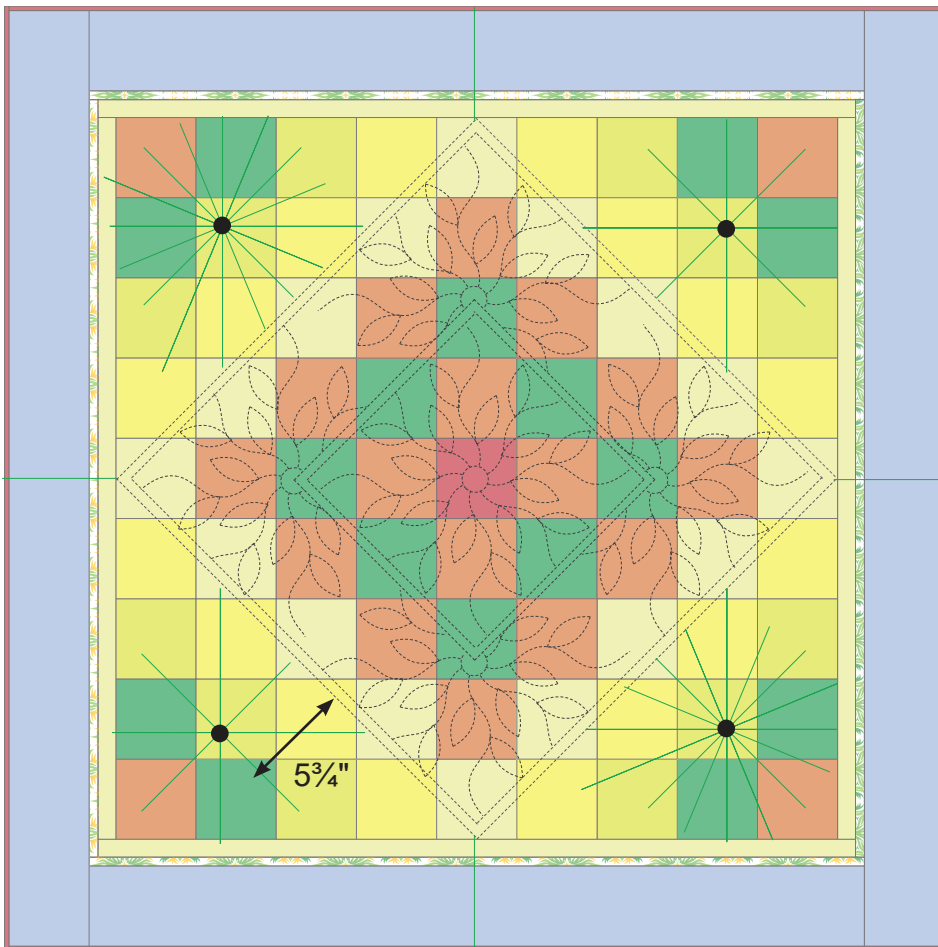
15. Use the crosshair ruler to mark the lines indicated in green from each of the outside corners of the centre square.



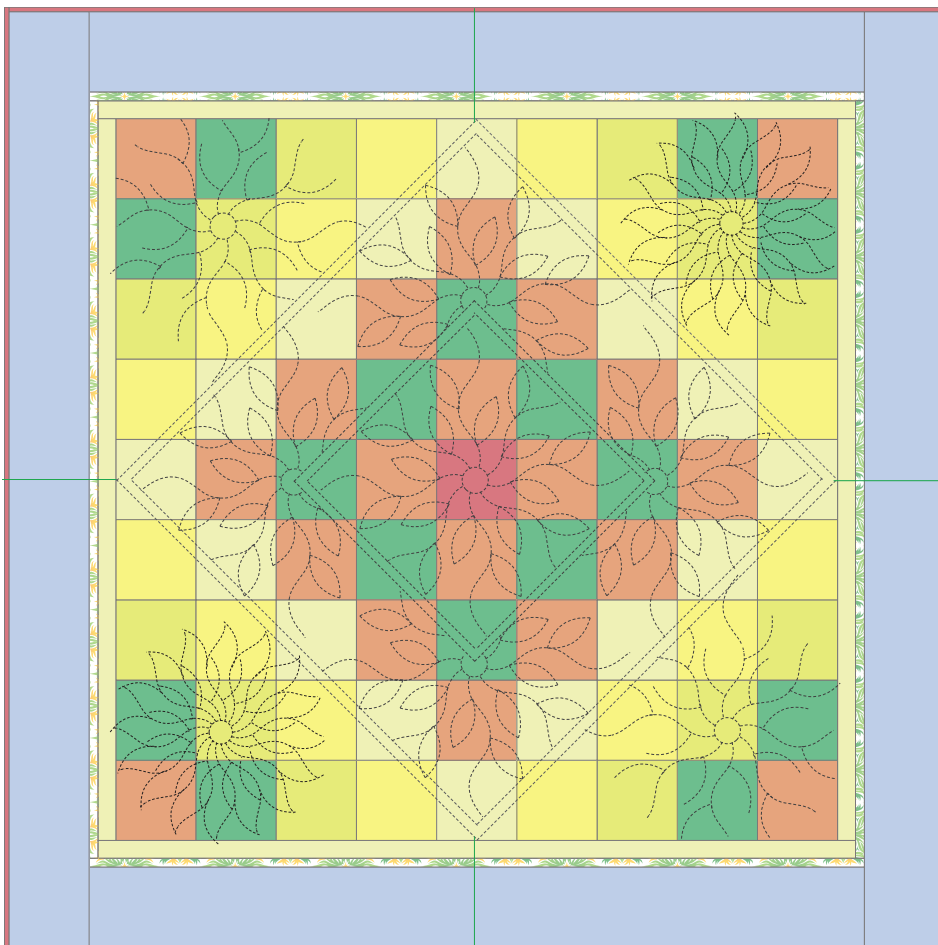
16. Complete the Coral Fern motifs from these start points. Quilt up to the edge of the square.

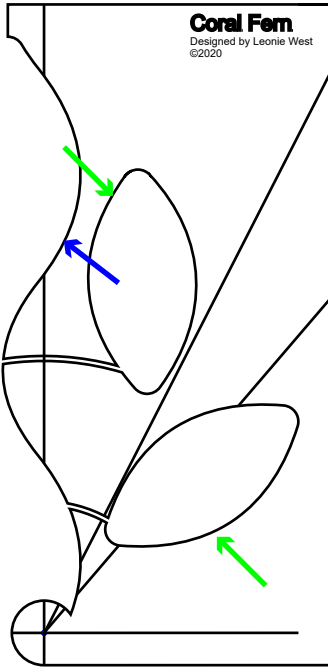


17. The centre quilting is now complete. Time to work on the corners and border.

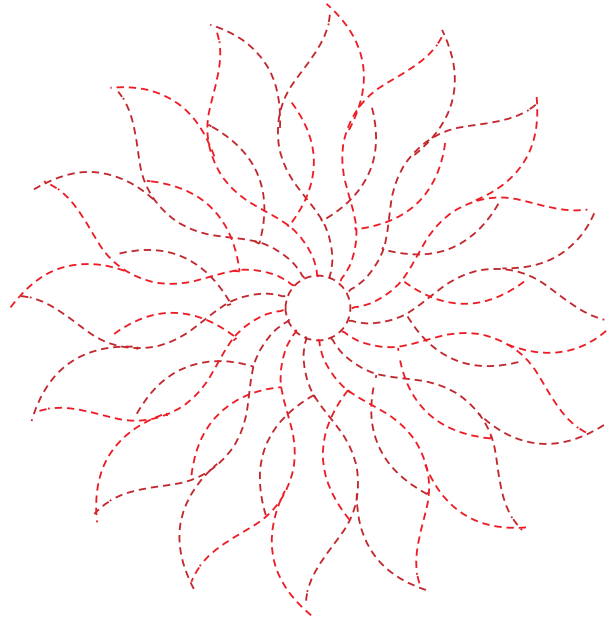
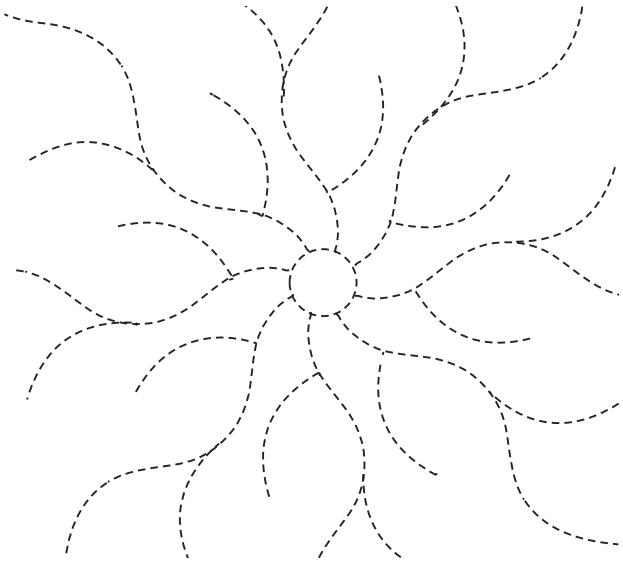


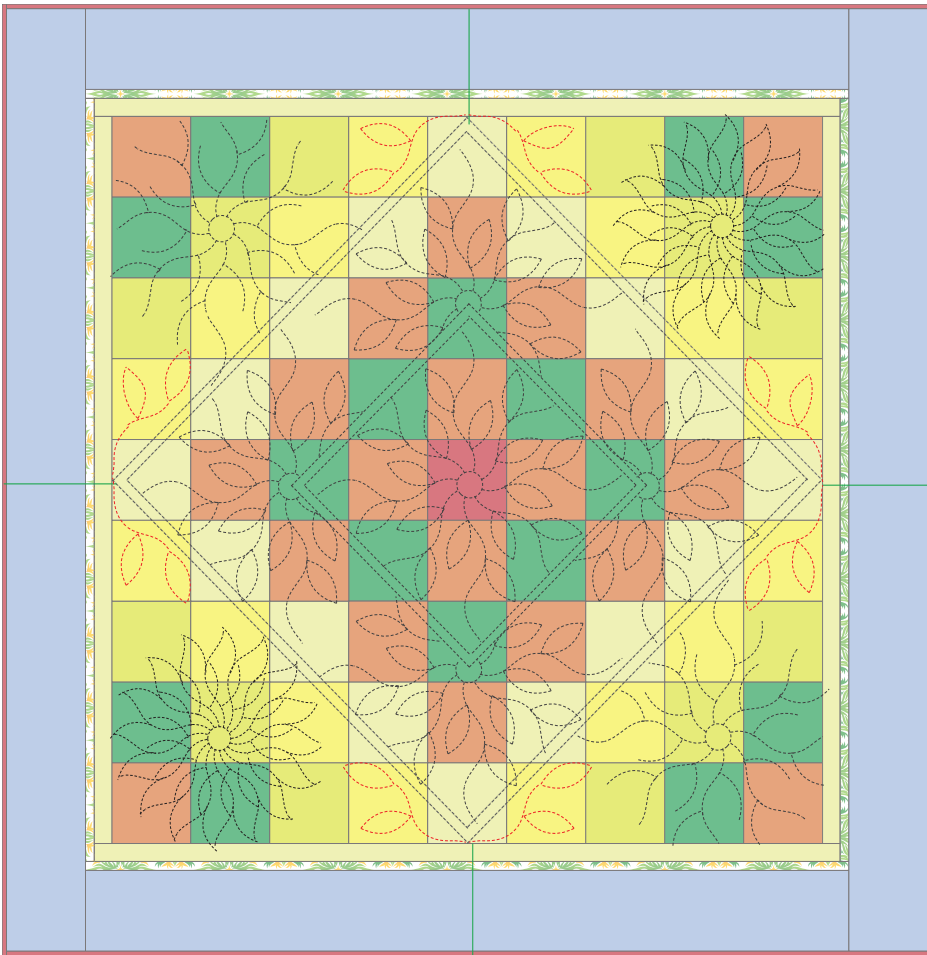
18. Mark a line from each corner to the middle of each side of the quilted square. See image for placement. Do this on each corner.
19. Mark a point on each line $5\frac{3}{4}$ " in from the last straight line of stitching. This is your centre point for each corner motif.
20. Using these points as a centre, draw 8 cross hairs on opposite corner and 16 crosshairs on the remaining two corners.
21. Of course if you prefer one design over the other you can do just one design, or maybe start thinking about your own design too.
22. Complete the two corners with the 8 crosshairs using the Coral Fern Template as before, in the centre, but only stitch up and back along the side of the leaf indicated by the green arrows. There is back stitching with this design.
23. See the images on the following page to mark up your ruler.
24. Stop stitching when you get to the first border.
25. Complete the two corners with the 16 crosshairs using the Coral Fern Template in a similar way. Follow the instructions on the next page.



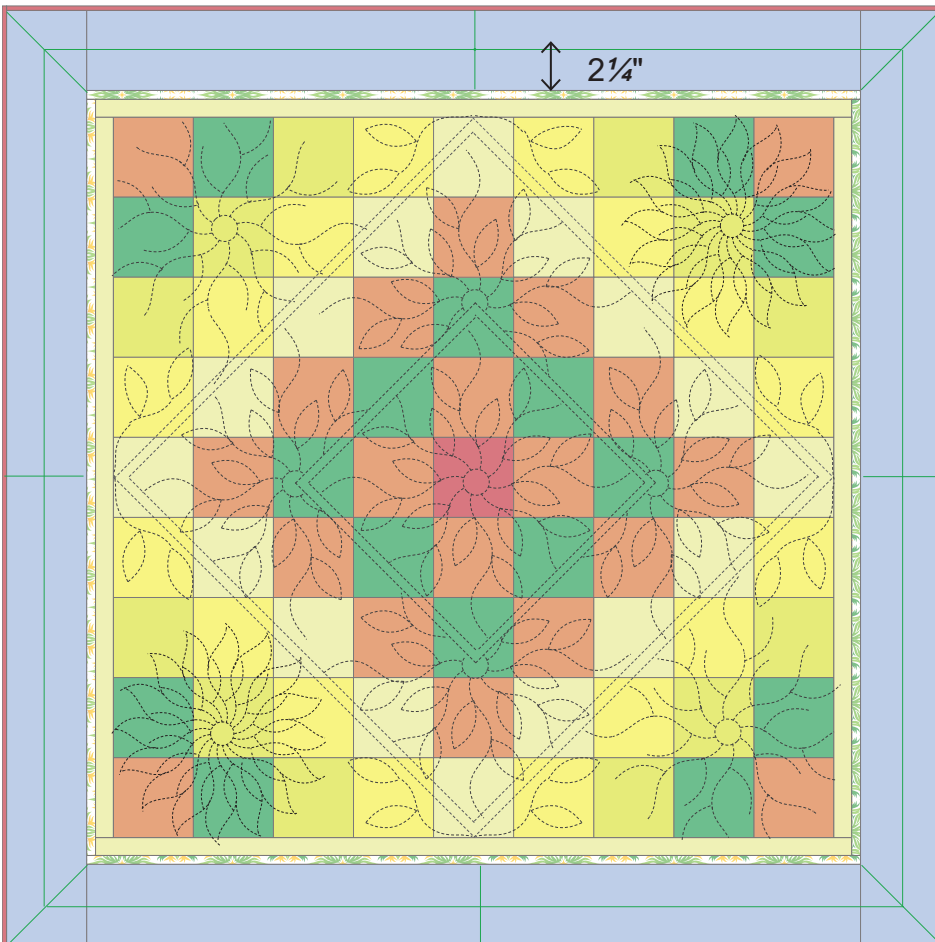


26. This design only uses one side of each leaf, indicated with the green arrow. Stop stitching at the top of the leaf and return back along the line you have just stitched.
27. The design is a bit of a squeeze to get in, so make any adjustments if necessary. Just be sure to stop stitching at the borders and the stitched $\frac{1}{2}$ " lines.
28. The blue arrow indicates where to stop stitching. You can adjust this if necessary so that your stitching finishes at the edge of the border.
29. Each line will be double stitched as you go back to the centre.
30. This creates a lovely thicker thread look.
31. The diagrams below show the stitching done on 8 points and 16 points.
32. There is a lot of variety to be created with these templates, do have a go and creating designs for yourself.

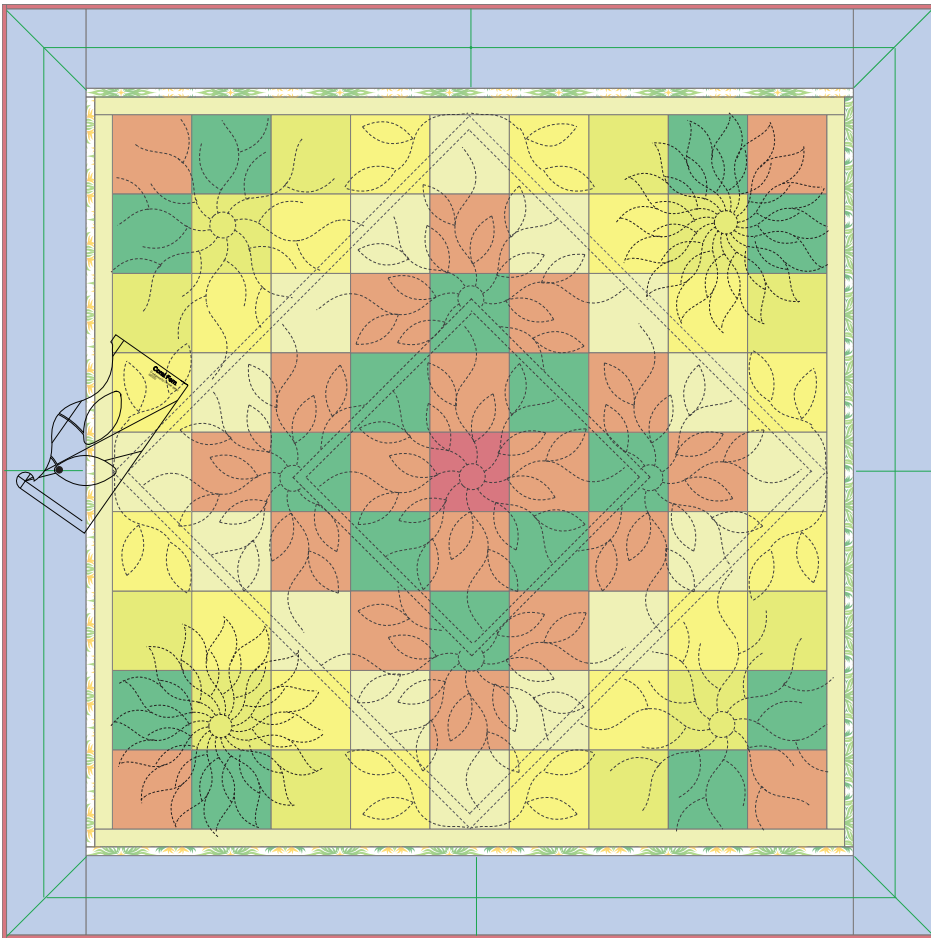




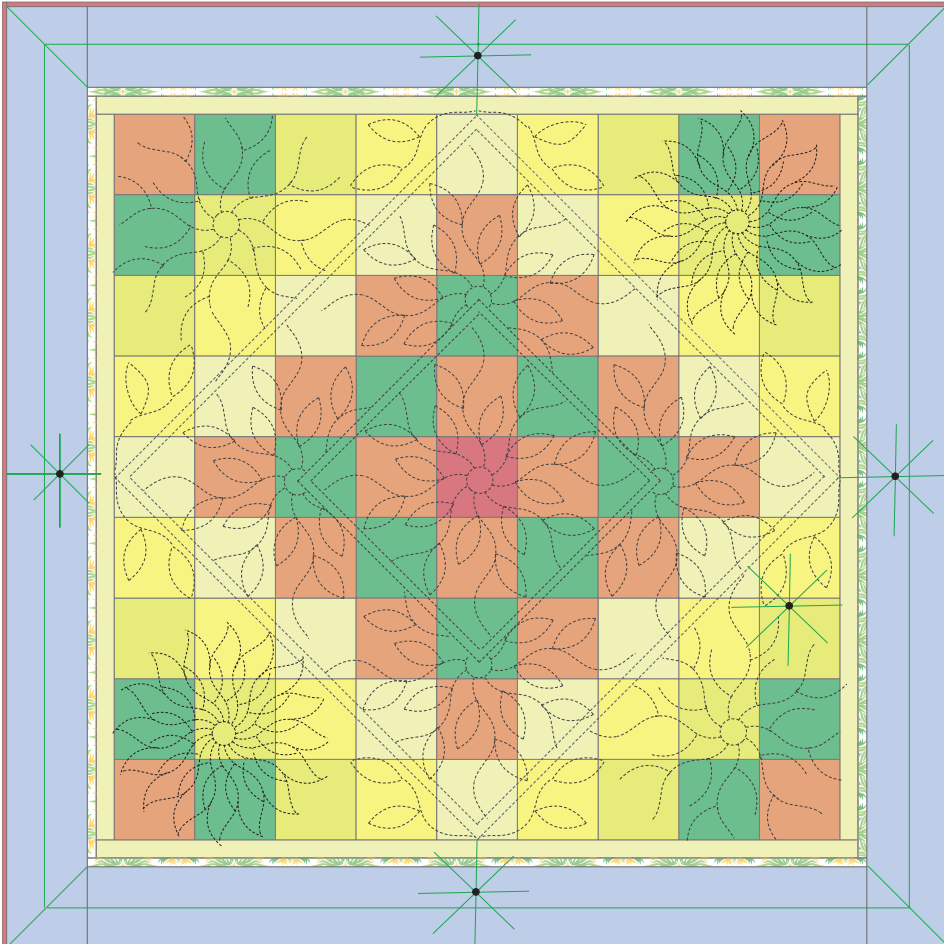
33. Use the Coral Fern Template to fill in the spaces on the points of the square design. This template is very versatile at filling in gaps. Play around with the placement until you are happy with how it fits and repeat for all four points.
34. It really is good for the development of your quilting skills to be able to use this pattern as a guide and then play around yourself. By now you will have got used to how the template works.

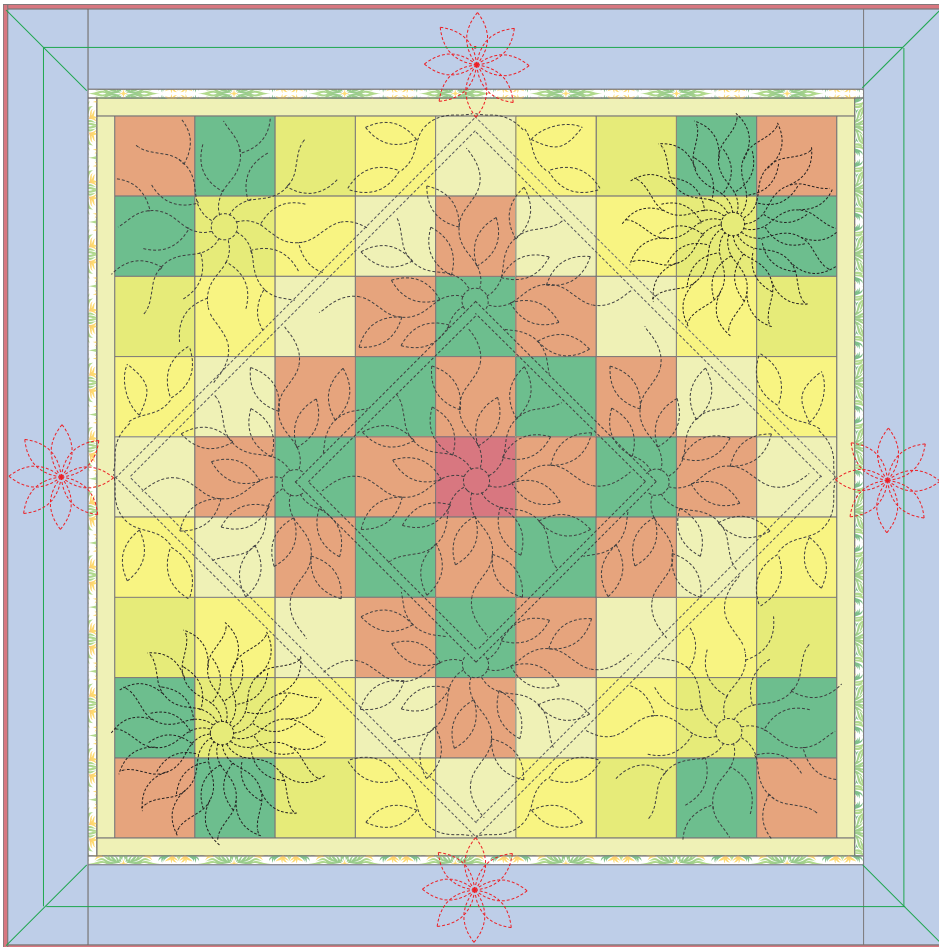


35. Now for the border.
36. Check the markings are still there or add them if they have rubbed off.
37. The miter line as well as the half way lines will be used.
38. Also draw in a line 2 1/4" from the inside edge of the border. This allows for the space required by the binding.

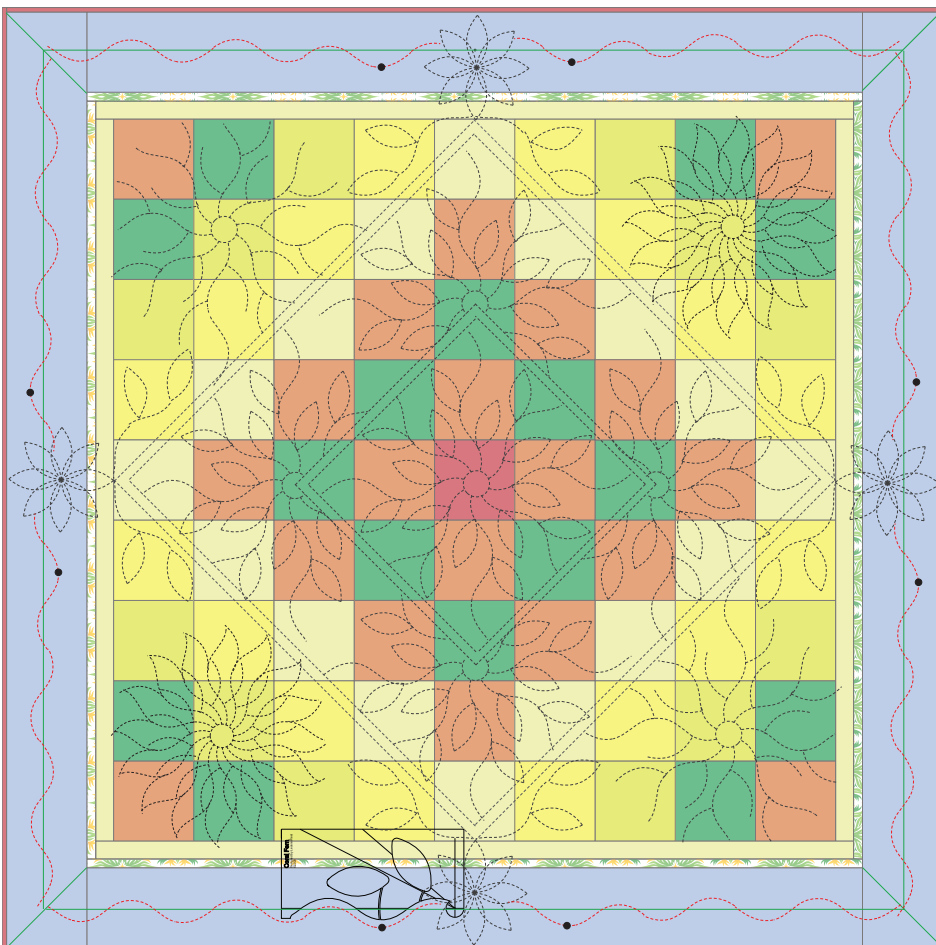


39. To find the centre of the flower motif, lay down the template so that the final quilted leaf will meet up with the point of the largest quilted square.
40. Remember this will be a $\frac{1}{4}$ " in from the end of the template
41. Mark the centre point, $\frac{1}{4}$ " in from the opposite point of the leaf shape.
42. Use this mark as the centre and draw 8 cross hair points from it.

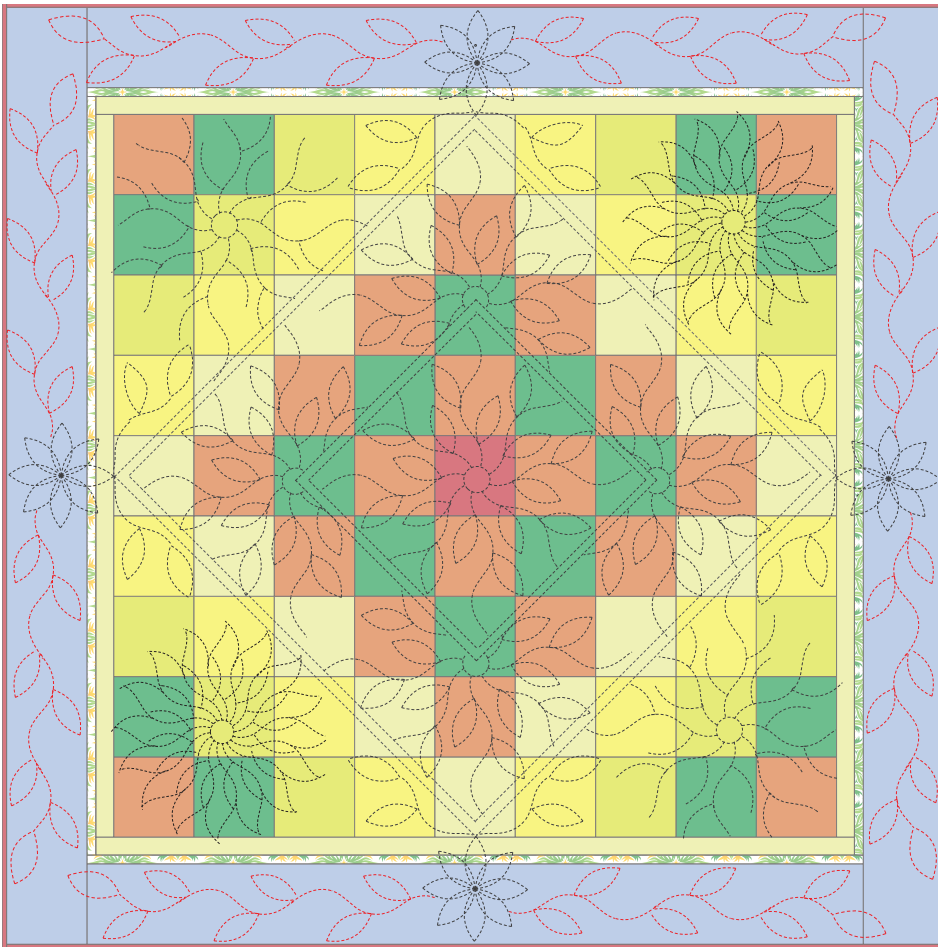




43. Use one of the leaf shapes on the Coral Fern Template to complete the flower motif.
44. Centre the leaf on the cross point and complete 8 rotations, lining up the tip of the leaf shape with the crosshair line.
45. Complete all four motifs.
46. Place the template on the horizontal line through the border. Line up with the reference line marked on the template.
47. Use the stitching line to ensure the $\frac{1}{4}$ " distance for the foot is allowed for. Draw the meander line with a removable pen onto the quilt. Mark the point where the leaf will be as you go along. **Only one is marked on the picture but you need to mark all of them.**



48. Drawing this step allows you to see where the border will finish before you stitch it.
49. Move the ruler along, lining up with horizontal line until you reach the miter line.
50. Do not worry if the ends do not meet, you will be adding in leaves and can adjust the line a little as you go.



51. Then stitch along the line, stopping at each mark to move the template to make the leaf shape. As you come closer to the corner adjust the spacing of the leaves if necessary.
52. Another option for the border is to do a flower in each corner and then complete a shorter row of leaves in between.

So there you are, with the quilting finished. Bind your quilt with the strips allowed for in the cutting diagram.

This pattern has shown you many ways to use this very versatile template.

I do hope you enjoy using it in many of your quilts in the future.

Check out Hillside Quilting's other pattern and projects on the website.

You can also purchase all your quilting supplies and Westalee Design and Sew Steady products there too.



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