

# Coral Sea

A Storm at Sea Quilt  
made with  
Westalee Design Adjustable Cutting Rulers  
**Helen Sullivan Designs**



40" square

Designed by Helen Sullivan  
Accredited Westalee Design Teacher

## Hints and Tips for making this Storm at Sea Block/Quilt

Check that your seams are consistently a scant  $\frac{1}{4}$ ". If using a machine  $\frac{1}{4}$ " foot you can check the finished measurement given by testing as follows:

Cut two,  $2\frac{1}{2}$ " squares and one,  $2\frac{1}{2}$ " x  $4\frac{1}{2}$ " pieces. Sew the two squares together. Press the seam to one side. Sew this pieced sample to the long edge of the rectangle. Press your seam. You should have a  $4\frac{1}{2}$ " block. If the pieces don't fit together accurately, adjust the width of the seam sewn.

Always check the bobbin tension on your machine. Go to **Sewsteady.com** and watch the video **Tension for Ruler Work** on how to check and set your tension. Always check your tension each day you sew as the humidity can affect your machine.

Always tighten your Westalee Designs Ruler Foot with a screwdriver. Finger tighten your foot when checking the height with your quilt sandwich and then use a screwdriver to ensure it doesn't come loose.

Your Ruler Foot should just skim the top of your quilt/sandwich.

When starting your stitching, always bring your bobbin thread up from the bottom of your sandwich. Hold the two threads as you start stitching. Bury your threads with a Self Threading needle. I tend to do this "as I go". It saves having to constantly move threads as you stitch.

Always use Stable Tape on your Rulers. You don't need a lot. Cut your pieces  $\frac{1}{2}$ " to 1" and apply to the back. Try not to place it over etched lines. Place where your fingers will be when quilting.

If your thread starts to shred or have "hick-ups", change the angle of your stitching by moving your quilt sandwich. Some machines don't like to stitch in certain directions.

### Suggested resources:

[www.Sewsteady.com](http://www.Sewsteady.com) University. Enrol for classes, either free or paid. Once purchased they can be watched as many times as you like. Many patterns also available.

Facebook: Sew Steady, Westalee By Me, Helen Sullivan Designs.

### Additional Notes:

### Acronyms Used

HST Half Square Triangle  
QST Quarter Square Triangle  
IT Isosceles Triangle  
HIT Half Isosceles Triangle  
WST Wrong Sides Together  
WOF Width of Fabric (usually 42")

# Cutting Instructions

## Fabric Requirements

1mt (1yd) white \*  
 50cm ( $\frac{2}{3}$  yd) pink \*  
 50cm ( $\frac{2}{3}$  yd) print \*                      \* 42" wide fabric  
 40cm ( $\frac{1}{2}$  yd) blue \*  
 40cm ( $\frac{1}{2}$  yd) aqua \*  
 1.2mt ( $1\frac{1}{3}$  yd) backing (1.2mt ( $1\frac{1}{3}$  yd) wide)

## Batting

110cm x 110cm (44" x 44")

## Cutting Requirements

Refer to the following pages for the sub cutting of all triangles.

White fabric:

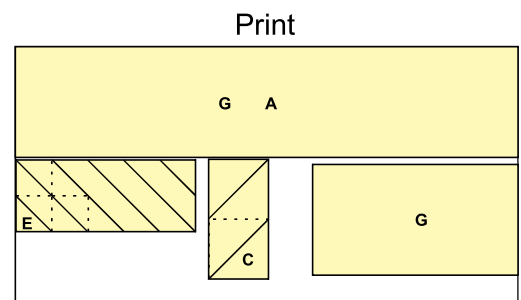
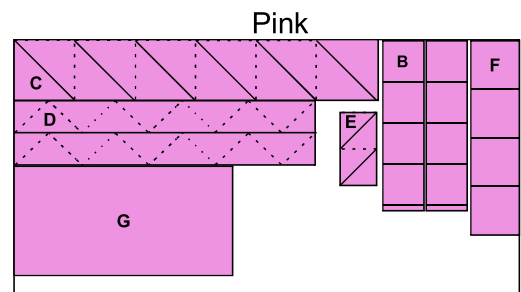
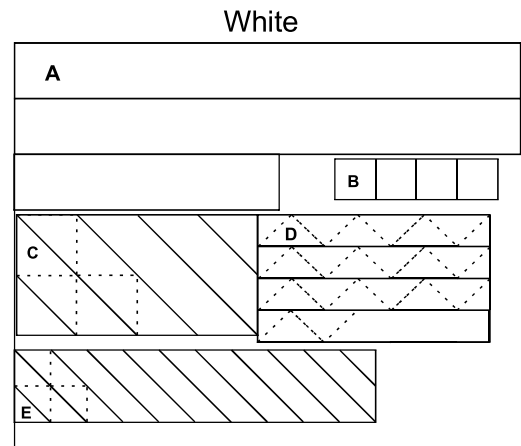
<b>A</b>	2	4 $\frac{5}{8}$ " x 42"	Sub cut: 24 pairs 4" HIT (48)
	1	4 $\frac{5}{8}$ " x 22"	8 pairs 4" HIT (16)
<b>B</b>	1	3 $\frac{3}{8}$ " x 14"	4, 3 $\frac{3}{8}$ " x 3 $\frac{3}{8}$ "
<b>C</b>	1	10" x 20"	16, 4" HST
<b>D</b>	1	11" x 21"	20, 4" QST
<b>E</b>	1	6" x 36"	36, 2" HST

Pink fabric:

<b>B</b>	1	7" x 14"	Sub cut: 8, 3 $\frac{3}{8}$ " x 3 $\frac{3}{8}$ "
<b>C</b>	1	5" x 30"	12, 4" HST
<b>D</b>	1	6" x 26"	16, 4" QST
<b>E</b>	1	3" x 6"	4, 2" HST
<b>F</b>	1	4 $\frac{1}{2}$ " x 18"	4, 4 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " Squares
<b>G</b>	1	9" x 19"	4, 3 $\frac{3}{4}$ " IT Diamonds

Print fabric:

<b>AG</b>	1	9 $\frac{1}{4}$ " x 42"	Sub cut: 8, 3 $\frac{3}{4}$ " IT Diamonds & 8 pairs 4" HIT (16)
<b>G</b>	1	9" x 19"	4, 3 $\frac{3}{4}$ " IT Diamonds
<b>C</b>	1	5" x 10"	4, 4" HST
<b>E</b>	1	6" x 15"	20, 2" HST



Blue fabric:

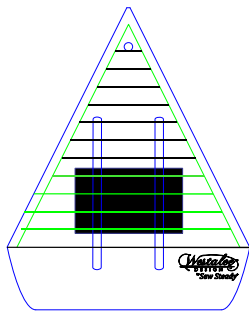
- AG** 1 9¼" x 42" Sub cut: 8, 3¾" IT Diamonds & 8 pairs, 4" HIT (16)
- B** 1 3⅝" x 14" 4, 3⅝" x 3⅝" Squares
- E** 1 3" x 6" 4, 2" HST
- F** 1 4½" x 4½"

Aqua fabric:

- C** 1 5" x 10" Sub cut: 4, 4" HST
- F** 1 4½" x 18" 4, 4½" x 4½" Squares
- H** 4 2½" x WOF Binding

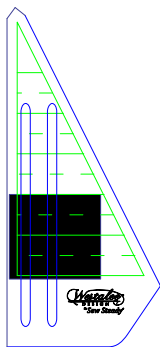
### Cutting Triangles

Before cutting any of the Isosceles and Half Isosceles Triangles, set the measurement for cutting on the two Rulers.

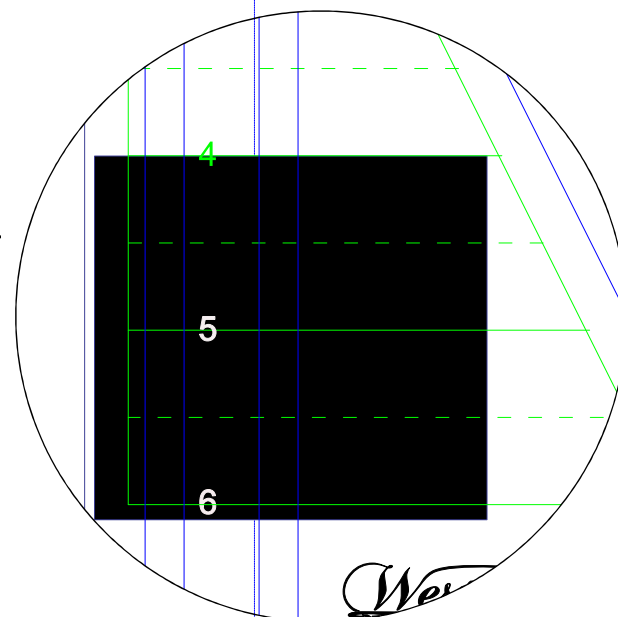
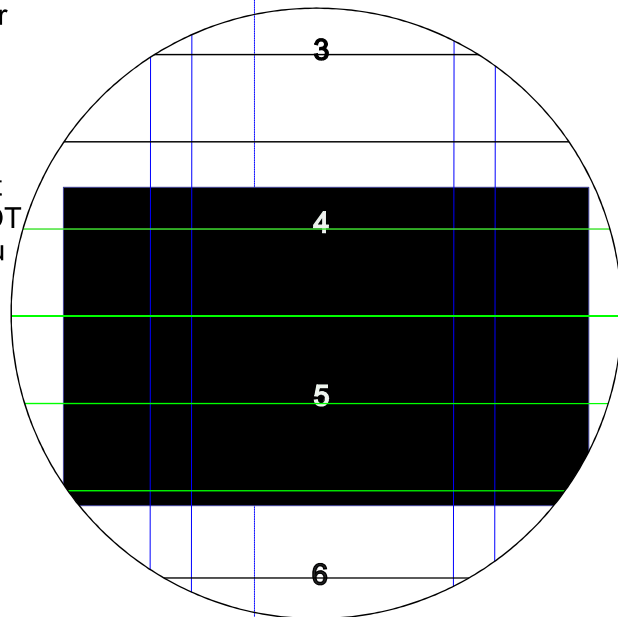
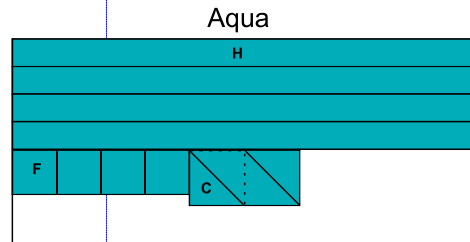
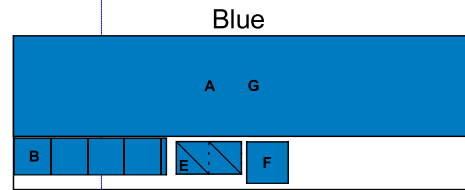


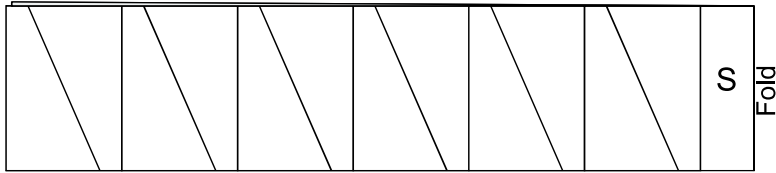
Use a screw driver to loosen the screws and align the backing plate at the 3¾" mark. This is NOT marked on the Ruler, you will have to guess the position. Tighten the screws.

\*\*\* The reason for the 3¾" for the IT Diamonds is that we are eliminating the seam allowance by cutting on the fold.\*\*\*

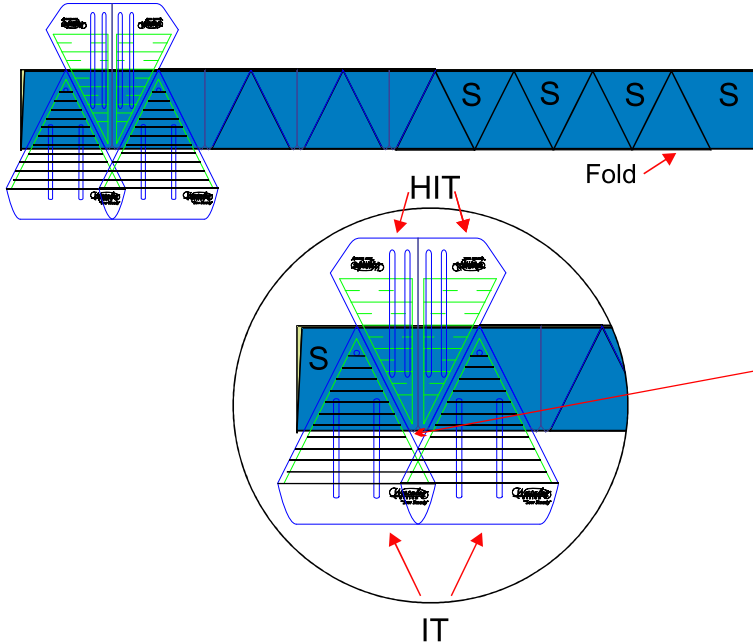


Use a screwdriver to loosen the screws and align the backing plate with the 4" line. Tighten the screws.





When cutting Piece A from the White fabric, fold each strip in half vertically, WST. Cut pairs of Half Isosceles Triangles along side each other, back to back. You will need to flip and rotate your fabric between each cut.

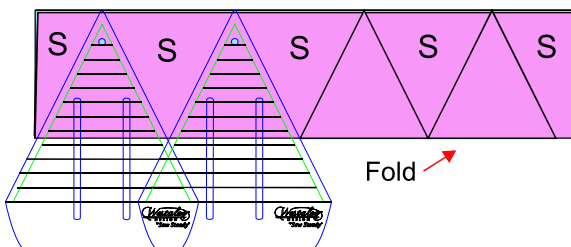
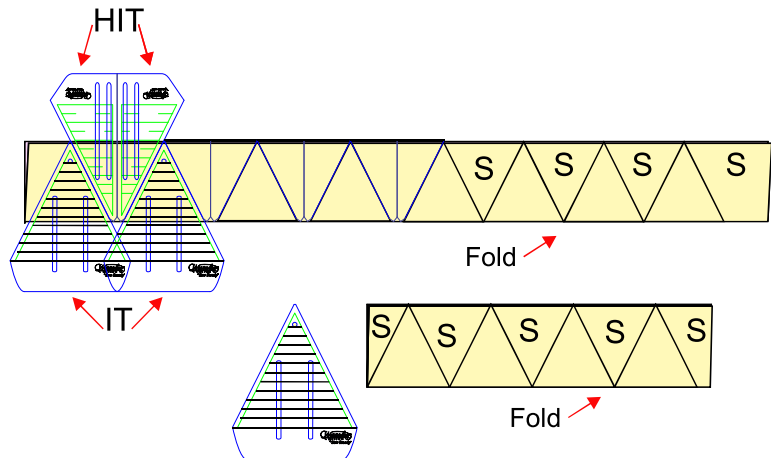


When cutting Pieces A and G from the Blue fabric, fold your fabric in half horizontally WST. Place the base of the Isosceles Triangle (IT) Ruler on the folded edge. Cut to give you a diamond shape. Leave a gap of approx  $\frac{3}{4}$ " and cut another IT Diamond. Continue along the strip, leaving a  $\frac{3}{4}$ " gap between each IT Diamond for 5 diamonds. Continue to the end of the strip without leaving a gap. Come back and cut from the scraps, pairs of HIT's to the required number.

**NOTE: S stands for scrap.**

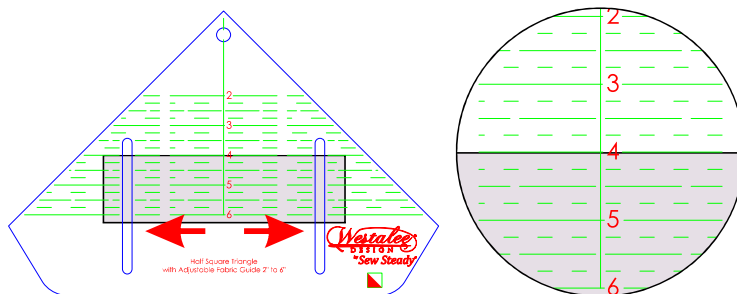
Cut the IT Diamonds and HIT's from the large Print fabric strip the same as the Blue fabric.

From the smaller Print fabric strip cut the remainder of the IT Diamonds without any gaps between the diamonds.

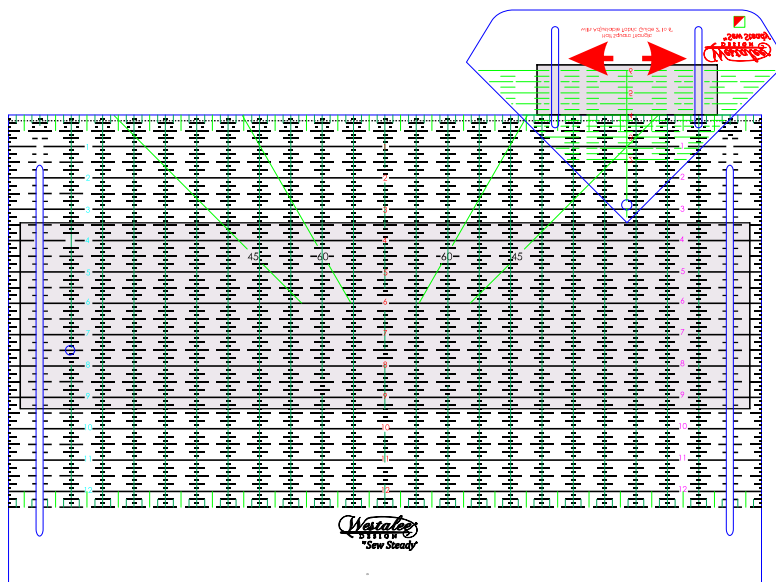


Cut the IT Diamonds from the Pink fabric strip with the fabric folded WST horizontally. Align the IT Ruler along the folded edge and cut the required number of diamonds

To cut the **C** and **E** HST pieces, adjust the Westalee Adjustable HST Ruler to the relevant FINISHED size. eg: Piece C will be 4" finished. Loosen the screws on the backing plate and position on the 4" line. Tighten the screws.



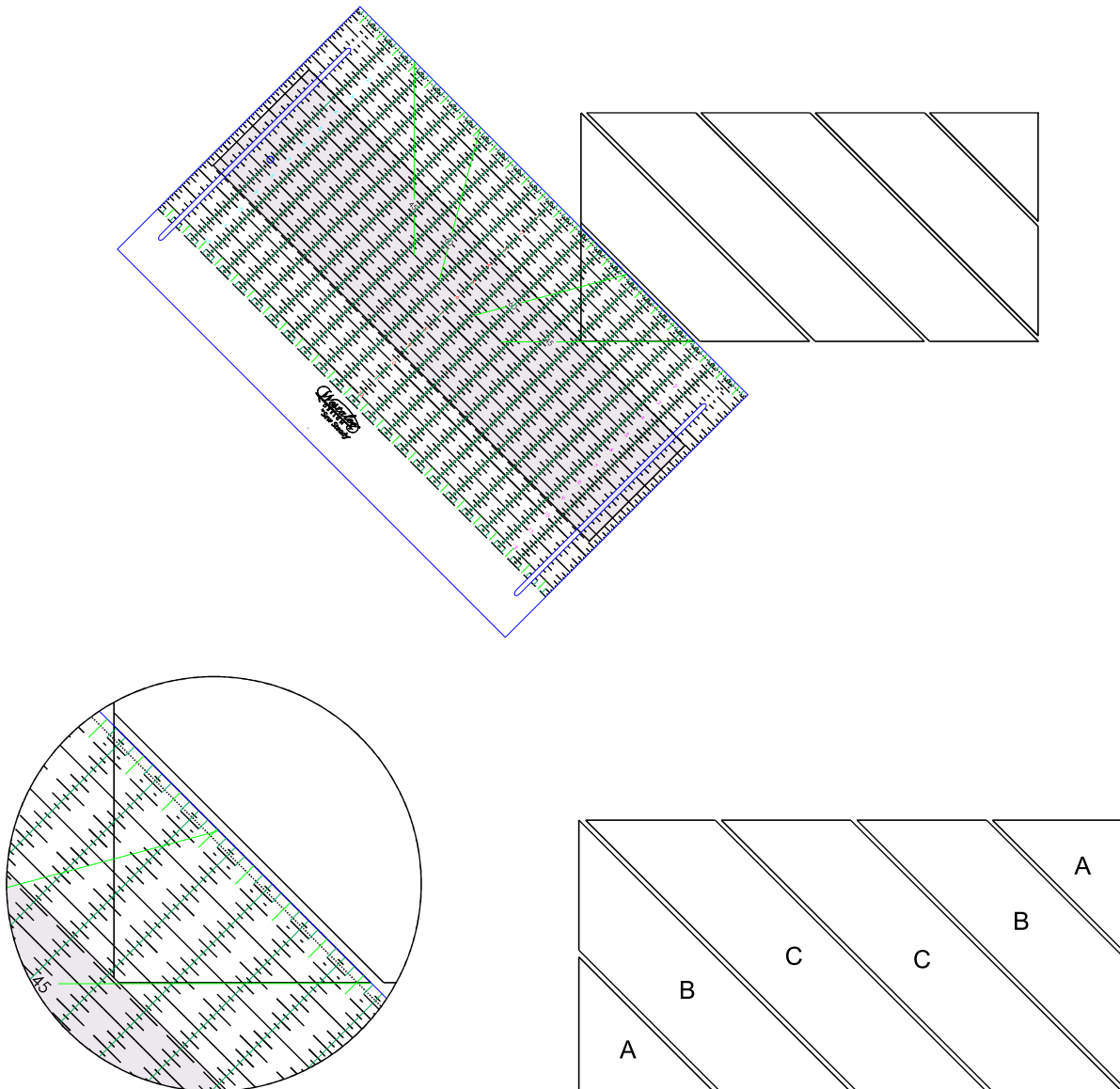
Loosen the screws or Thumb Screws if you have them, on your Adjustable Cutting Ruler. Turn the HST Ruler over and place under the Adjustable Cutting Ruler. Slide the backing plate on the Cutting Ruler up, until it touches the tip of the Adjustable HST Ruler. Check the position at both ends of your Cutting Ruler. This is now the measurement you will use to cut the strips for your Half Square Triangles.



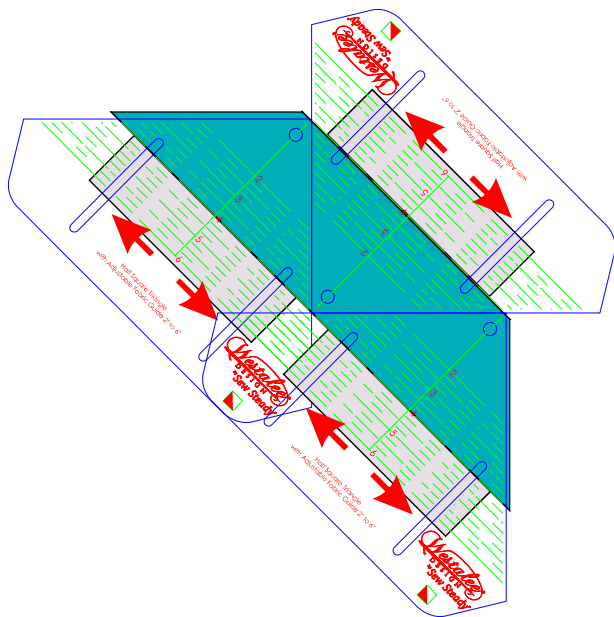
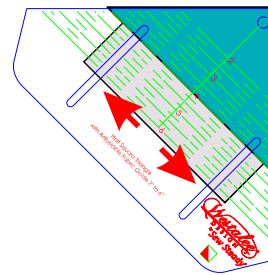
When cutting HST's, the BIAS needs to run along the two sides of the triangle, not the base. Note on the HST Ruler the word BIAS is written along the bottom of the measurements. This is to remind you that this edge should be placed on the bias edge of fabric when you cut your HST's.

Now that you have set the required cutting measurement needed for your HST's, use the 45 degree angle marked on your Adjustable Cutting Ruler and align it with the bottom straight edge of your fabric making sure the Backing Plate on the Cutting Ruler at least touches the corner of the fabric. Preferably, overlap the corner slightly.

Cut the first strip. This will give you one HST which we will trim to size later. Move this strip aside and align the Cutting Ruler with the cut edge. Cut the next strip. Repeat until you have cut the remainder of the fabric.



Once you have cut the strips, position your HST Ruler on the strips and trim to size. Cut A will yield 1 triangle each. Cut B will yield 3 triangles each. Cut C will yield 4 triangles each.

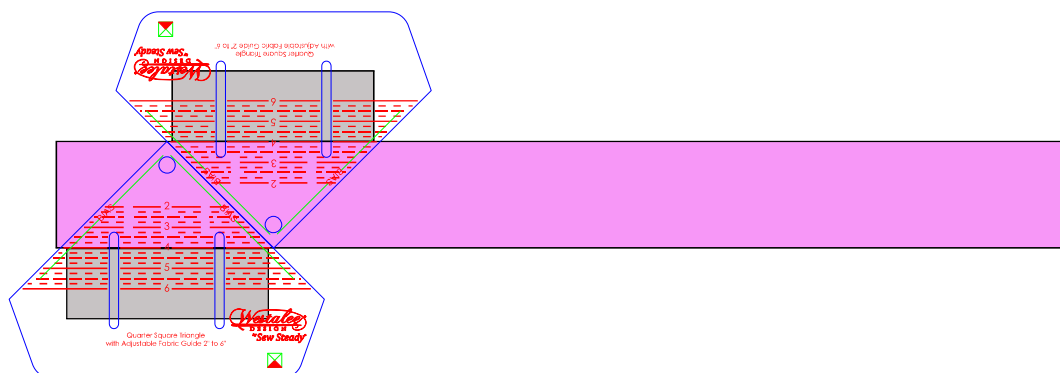


Cut all HST's needed in the same manner.

The Quarter Square Triangles are cut the same except the strips are cut on the straight edge as the BIAS needs to be on the sides, not the base of the triangle. The Adjustable QST Ruler has the word BIAS printed along each side to remind you of how they should be cut.

Lock the backing plate into position at the relevant FINISHED size required. Use the QST Ruler flipped over under the edge of the Adjustable Cutting Ruler to determine the width of your strip, the same as with the HST Ruler instructions.

Cut the QST's as before. There will be a little wastage at the end of each row.

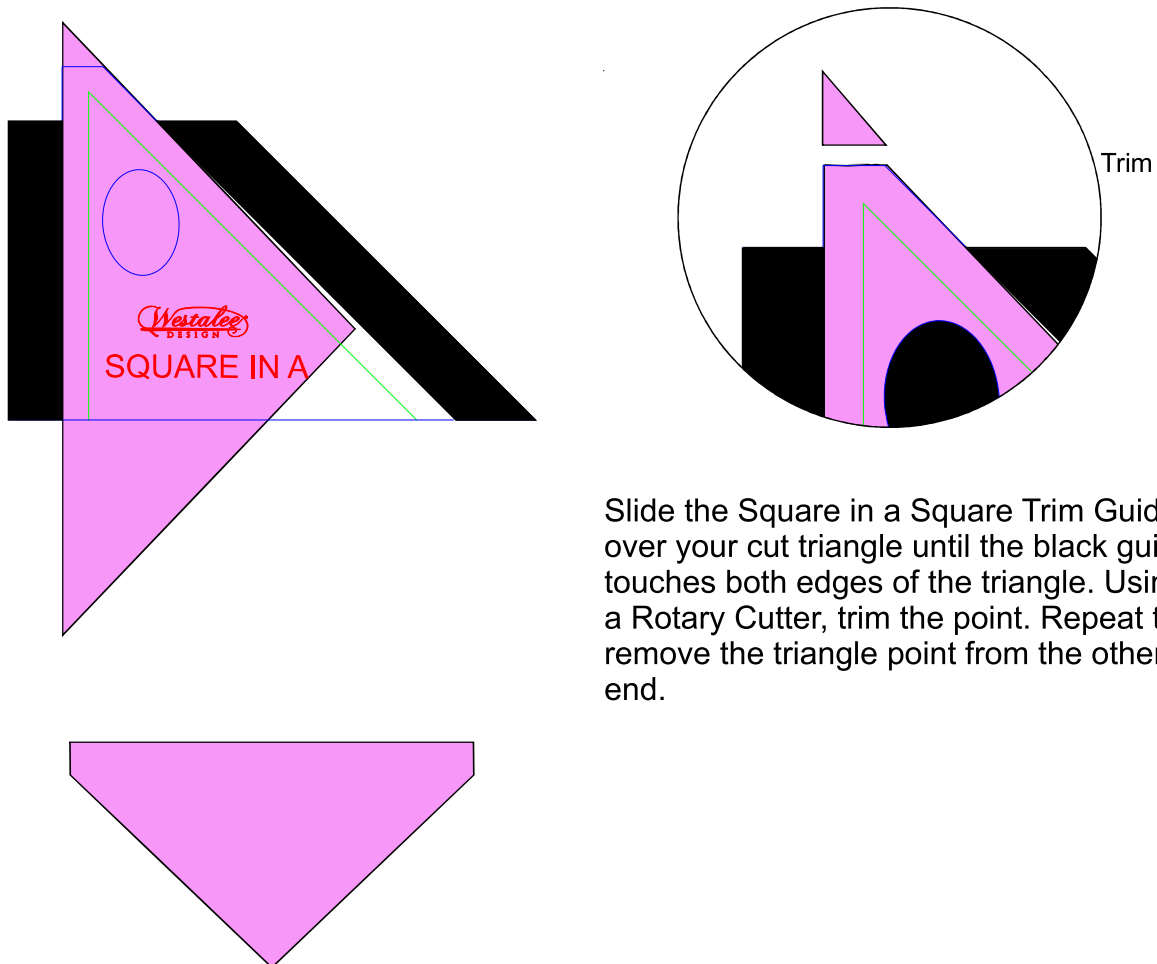




## Trim Guide

Prepare all of the QST pieces for joining to squares by using the Square in a Square Trim Guide. The use of this guide eliminates the miss-alignment of the triangles when sewing them to the centre squares for the Economy Patch blocks.

Do the same for the HST pieces for the Square in a Square blocks and the Economy Patch blocks.



Slide the Square in a Square Trim Guide over your cut triangle until the black guide touches both edges of the triangle. Using a Rotary Cutter, trim the point. Repeat to remove the triangle point from the other end.

White A 64 4" Half Isosceles Triangles  
 B 4  $3\frac{3}{8}" \times 3\frac{3}{8}"$   
 C 16 4" HST  
 D 20 4" QST  
 E 36 2" HST

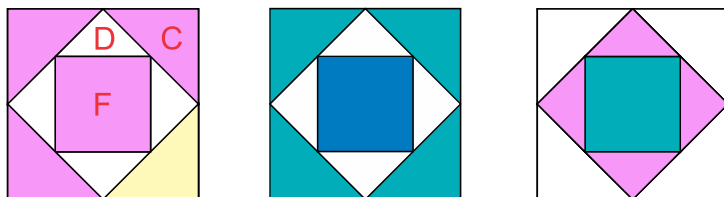
Blue B 8  $3\frac{3}{8}" \times 3\frac{3}{8}"$   
 C 12 4" HST  
 D 16 4" QST  
 E 4 2" HST  
 F 4  $4\frac{1}{2}" \times 4\frac{1}{2}"$   
 G 4 4" Isosceles Triangle Diamonds

Green A 16 4" Half Isosceles Triangles  
 B 4  $3\frac{3}{8}" \times 3\frac{3}{8}"$   
 E 4 2" HST  
 F 1  $4\frac{1}{2}" \times 4\frac{1}{2}"$   
 G 8 4" Isosceles Triangle Diamonds

Pink A 16 4" Half Isosceles Triangles  
 C 4 4" x HST  
 E 20 2" HST  
 G 12 4" Isosceles Triangle Diamonds

Spot C 4 4" HST  
 F 4  $4\frac{1}{2}" \times 4\frac{1}{2}"$

Economy Blocks

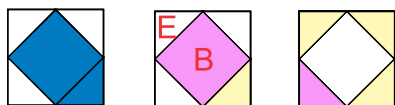


Each block is made from:  
 1,  $4\frac{1}{2}" \times 4\frac{1}{2}"$  square F  
 4, 4" QST D  
 4, 4" HST C

Total Blocks: 9  
 Total Pieces: 81

Quantity required: 4 1 4

Square in a Square Blocks

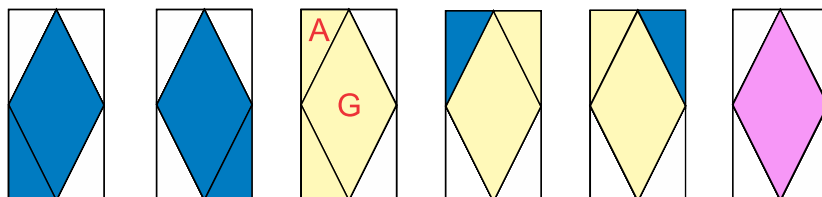


Each block is made from:  
 1,  $3\frac{3}{8}" \times 3\frac{3}{8}"$  B  
 4, 2" HST E

Total Blocks: 16  
 Total Pieces: 80

Quantity required: 4 8 4

Diamond Blocks

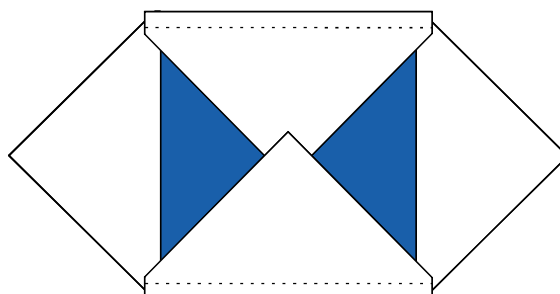
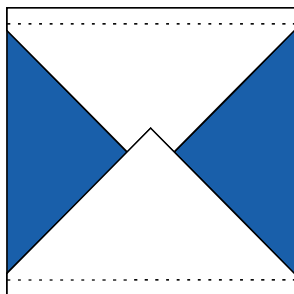
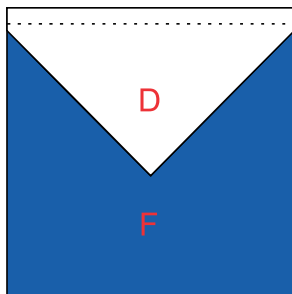


Each block is made from:  
 1, 4" IT Diamond G  
 4, 4" HIT A (2 pair)

Total Blocks: 24  
 Total Pieces: 120

Quantity required: 4 4 4 4 4 4

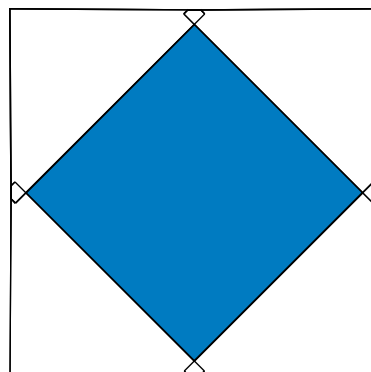
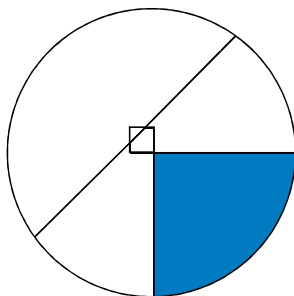
## Economy Block



Stitch a piece D to a piece F, WST, with a scant  $\frac{1}{4}$ " seam. Stitch another piece D to the opposite side. Press both out, with the seam towards piece D.

Piece a further two D's to the other two edges. Press the seams out.

Trim the dog ears from each side.

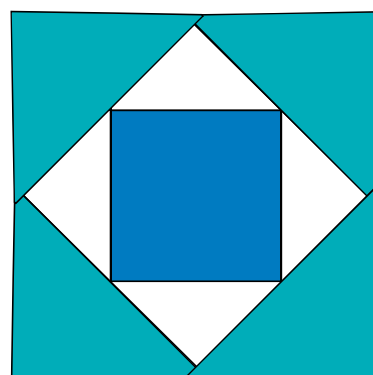
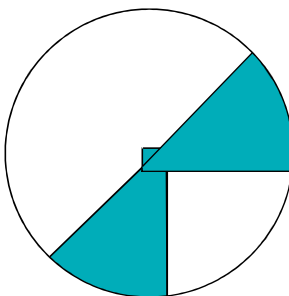
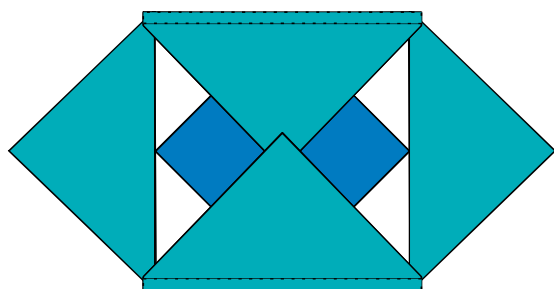
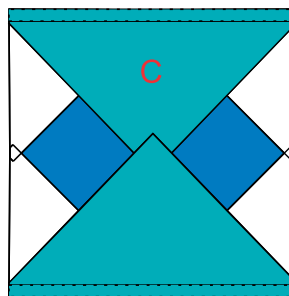


Stitch a piece C to the side of the block, WST, using a scant  $\frac{1}{4}$ " seam. Stitch another piece C to the opposite side. Press both triangles out with the seam towards piece C.

Sew the last two C's to the other two edges. Press the seams out.

Trim the dog ears from the four sides.

Complete all of the Economy blocks in their various colour combinations.



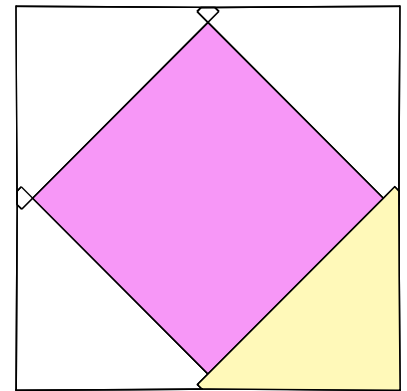
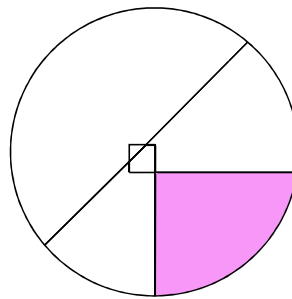
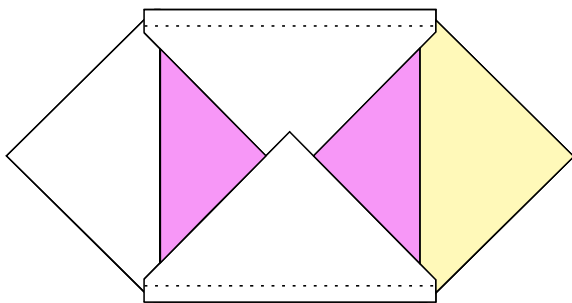
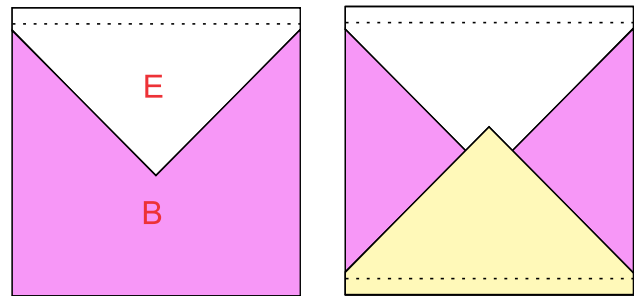
## Square in a Square Blocks

Stitch a piece E to a piece B, WST, with a scant  $\frac{1}{4}$ " seam. Stitch another piece E to the opposite side. Press both out with the seam towards piece E.

Piece a further two E's to the other two edges. Press the seams out.

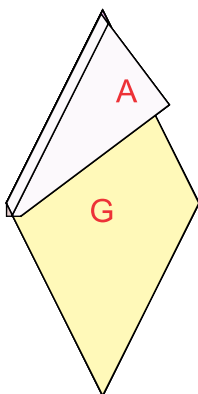
Trim the dog ears from each side.

Complete all of the Square in a Square blocks in their various colour combinations.



## Diamond Blocks

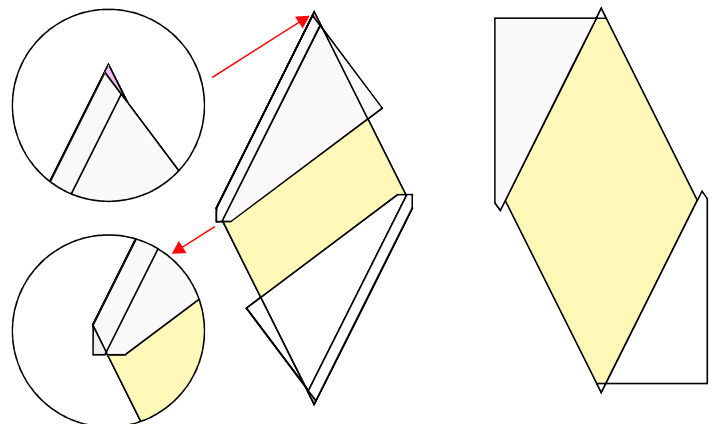
Stitch a piece A to a piece G, WST, with a scant  $\frac{1}{4}$ " seam. Stitch another piece A to the opposite side.

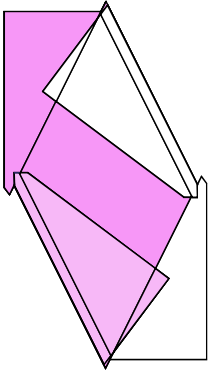


Align the HIT's with the IT Diamonds, matching the points as shown.

Press the seams to the HIT's.

Do not trim away the dog ears yet.



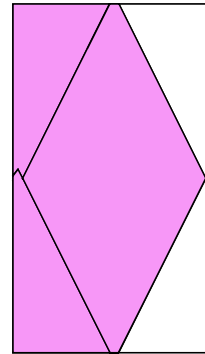
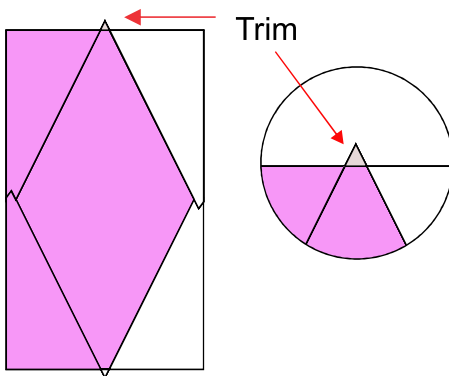


Position another two HIT's on the remaining two edges of the IT, aligning the points as before. Stitch the seams with a scant  $\frac{1}{4}$ " seam.

Press the seams towards the HIT's.

Trim the dog ears.

Complete the remaining Diamond Units.



## Assembly

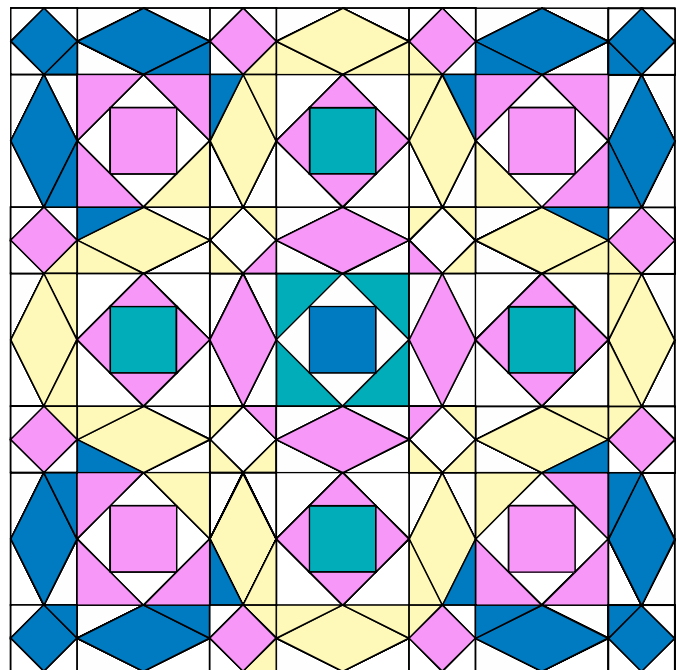
Once you have pieced all of the Economy Blocks, Square in a Square Blocks and Diamond Blocks, it's time to layout your quilt for final assembly.

Refer to the diagram for the layout.

Use pins to help you align all the points.

Stitch the blocks together in rows with a scant  $\frac{1}{4}$ " seam. Press the seams in alternate directions on alternate rows to help nest the seams.

Sew the rows together.



## Quilting

Layer your pieced quilt top, batting and backing by spray basting the layers.

I have chosen this quilting to avoid any bulky seam intersections which can cause issues with your Ruler Foot height.

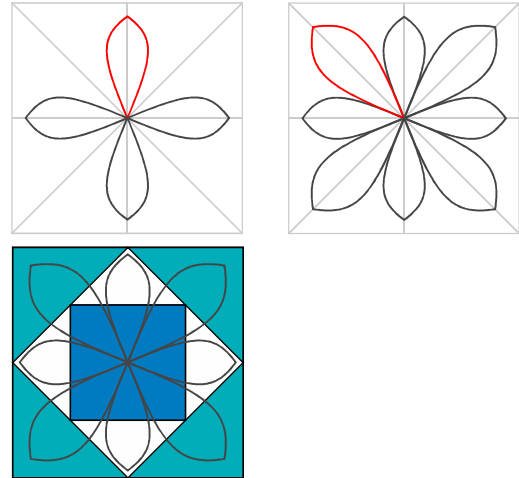
### Economy Blocks

Draw 8 Crosshair markings centred in each block.

Using the 7.5" SEF 12 template, quilt four rotations on the vertical and horizontal Crosshairs with the narrow point towards the middle.

Without cutting your thread, replace the template with the 9.5" SEF 12 template and stitch four rotations on the diagonal Crosshairs.

Cut your thread and sew in the tails.  
Repeat for all nine Economy blocks.



### Square in a Square Blocks

There are three different quilting variations for these blocks.

The four inner blocks surrounding the centre Economy block are quilted with eight rotations of the 3.5" SEF 12 template.

The eight edge blocks are quilted with four rotations with the 3.5" SEF 12 template.

The four corner blocks are quilted with seven rotations with the 3.5" and 5.5" SEF 12 templates.

### Corner Block

Draw seven Crosshairs centred. Leave out the Crosshair on the diagonal towards the centre of the quilt.

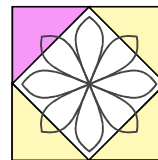
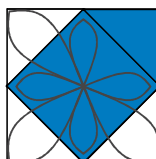
Stitch four rotations with the 3.5" SEF 12 template on the four vertical and horizontal Crosshairs.

Do not cut your threads. Swap your template for the 5.5" SEF 12 template.

Stitch three rotations on the diagonal crosshairs.

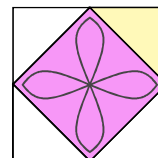
Repeat for all four corners.

Sew in your threads.



**Inner Block**  
Draw 8 Crosshairs centred.

Stitch eight rotations.  
Sew in your threads.  
Repeat for all four blocks.



**Edge Block**  
Draw four Crosshairs, vertical and horizontal.

Stitch four rotations with the 3.5" SEF 12 template.

Sew in your threads.  
Repeat for all eight blocks.

## The Circles

Each Economy block has a 12" diameter circle surrounding it. These circles will just skim past each other when all the circles are quilted.

These circles can be quilted in two ways. The first is with the Circles on Quilts 2" to 12" template from Set 1 or Set 3. The second way is with the 12" Arc.

Using the Thumbtack provided with the Circles on Quilts 2" to 12" template, position it in the centre of the quilted SEF 12 design. You can place it from the back through all layers or from the top with a piece of strong tape like Gorilla tape (from a Hardware store).

Start quilting from one of the sides where the circles will meet on one of your previously marked Crosshairs. (This way you can quilt two circles without cutting your thread.)

Stitch the circle then relocate your thumbtack and stitch the next circle.

Sew in your threads.

Continue with the remaining circles.

If using your 12" Arc, mark 6" on each of your Crosshairs from the previous stitching.

Draw your threads up on the 6" mark where a circle will meet another. Use your Spacing Gauge to determine your Arc position on the next Crosshair and stitch along the Arc. Continue repositioning the Arc and stitch the circle.

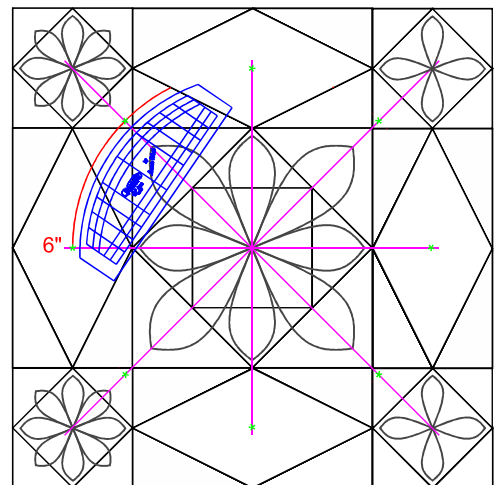
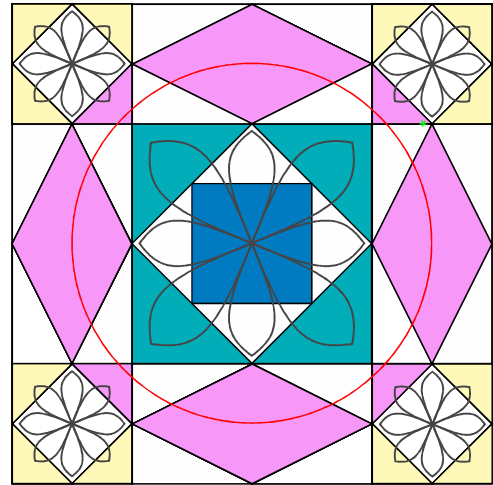
Without cutting your threads, stitch the next circle in the same way.

Sew in your thread tails.

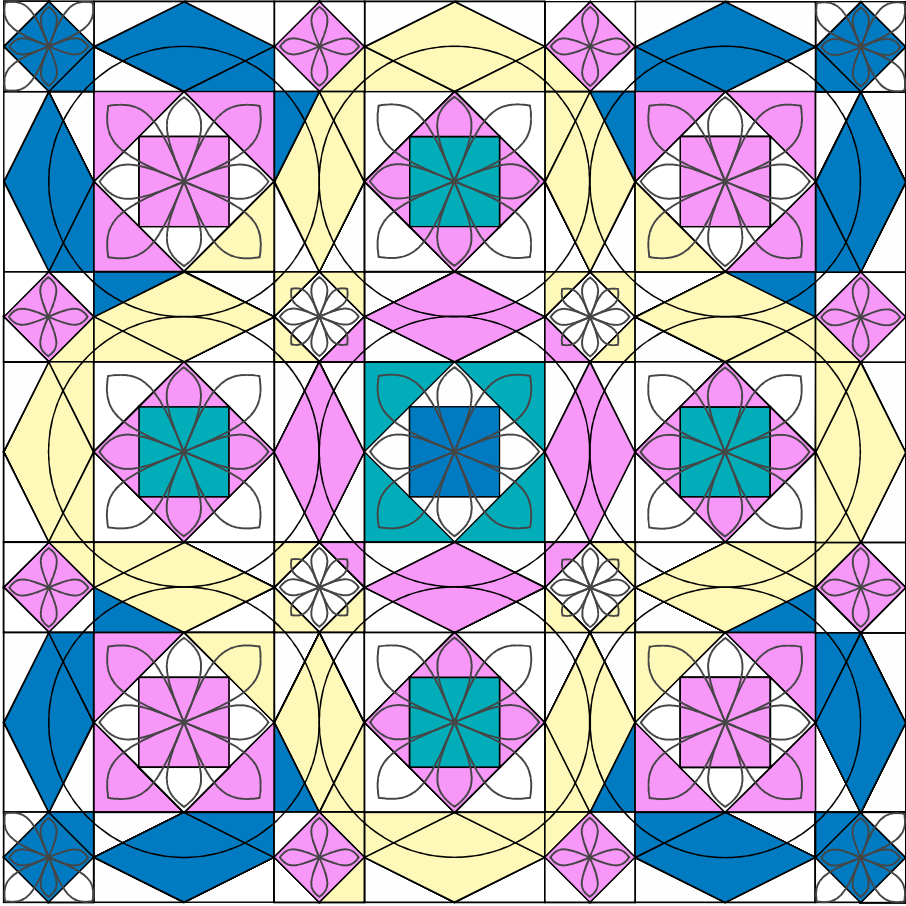
Stitch the remaining circles.

To finish

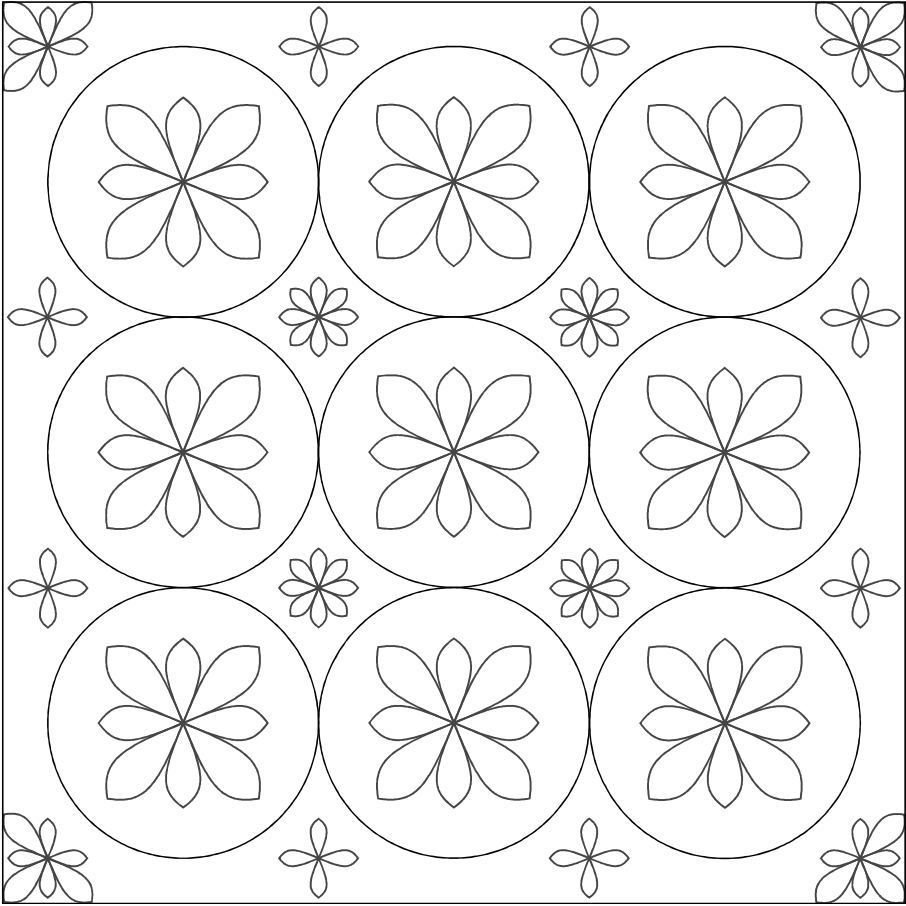
Add your Binding and enjoy!



Finished  
Quilting



And the Back

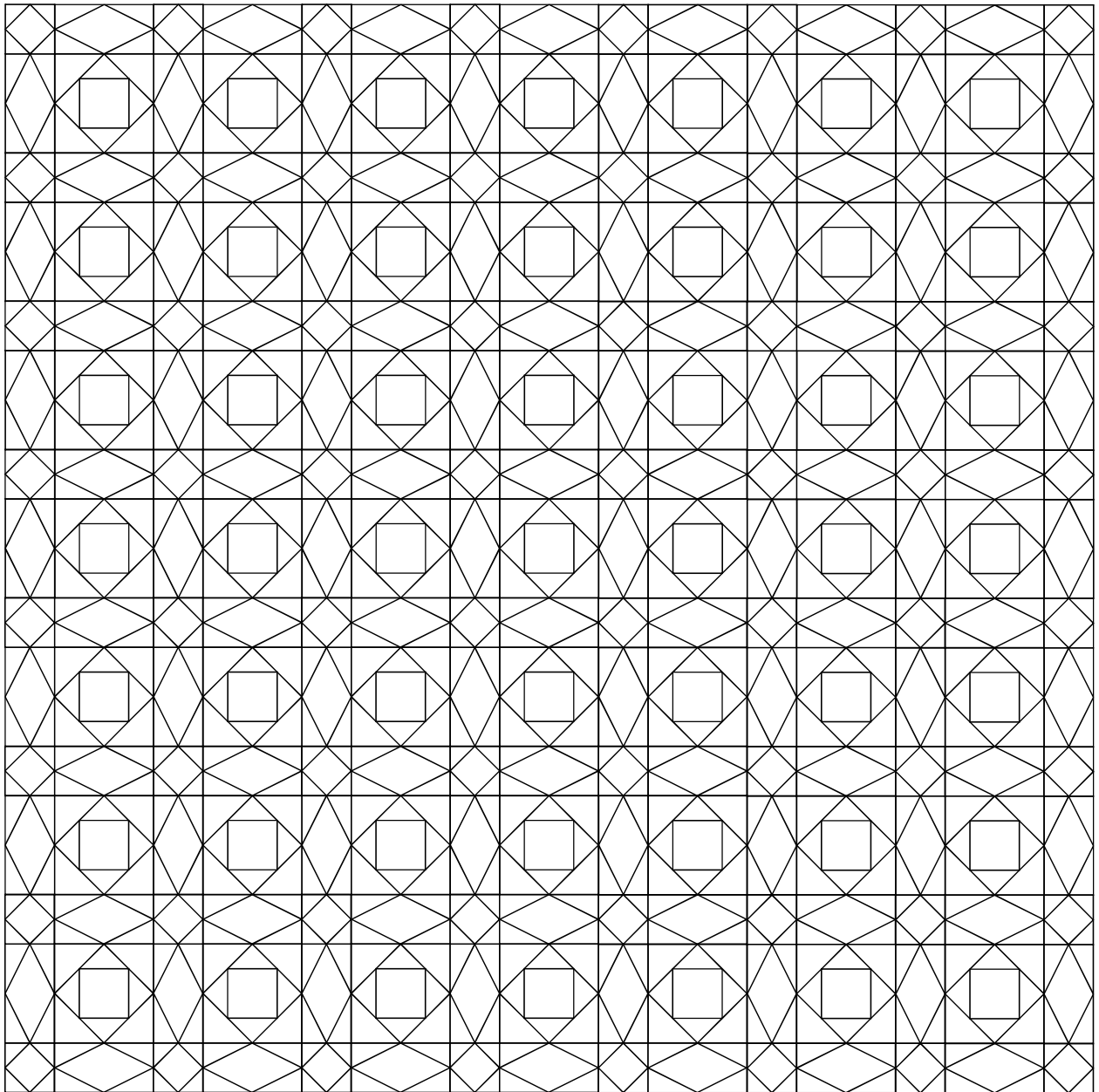




Use this template to colour in your own layout. A Storm at Sea quilt can have as many blocks as you like.

The Westalee Design Adjustable Rulers used can give you a variety of block sizes with a range of 1" to 6" in the adjustments available.

There is lots of inspiration on the internet!



# Coral Sea

This Storm at Sea Block/Quilt is made with the Westalee Design Adjustable Cutting Ruler range. Featuring three main blocks which can form a number of different looks depending on the fabric choices made.

**Fabric requirements:** (Based on 42" width fabric)

1mt (1yd) white

50cm ( $\frac{2}{3}$ yd) pink

50cm ( $\frac{2}{3}$ yd) print

40cm ( $\frac{1}{2}$ yd) blue

40cm ( $\frac{1}{2}$ yd) aqua

Backing: 1.2mt ( $1\frac{1}{3}$  yd) (Based on 108" fabric)

**Batting**

110cm x 110cm (44" x 44")

Sewing Machine with Extension Table

Silicone Mat

Marking Pen or Pencil (Sewline Duo or Clover Chaco Liner Pen Style)

Thread, Quilting (Glide) and Piecing

Needles, Self Threading - Top Threading (Clover) and regular

Size 70/10, 90/14 Top Stitch Needle (Superior Titanium)

*Note: Items in brackets are suggested brands only*

**Westalee Design Tools needed:**

Westalee Design Adjustable Cutting Ruler 18" or 24"

Westalee Design Adjustable HST and QST Rulers

Westalee Design Adjustable Isosceles Triangle

Westalee Design Adjustable Half Isosceles Triangle

Westalee Design Square in a Square Trim Guide

Westalee Design Spin-e-fex 12 3.5", 5.5", 7.5", 9.5"

Westalee Design Circles on Quilts Set 1 or

Westalee Design 12" Arc

Westalee Design Spacing Gauge

Westalee Design 8 point Crosshair

For further information or help with this pattern, contact Helen Sullivan  
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