

Westalee
DESIGN
by Sew Steady®

Quilting Made Easy

*E-BOOK
BONUS
PATTERNS
INSIDE

Janet's Ruler Quilt Design E-Book

By: Janet Collins Designs

Get started quilting with templates using this amazing package. It guides a quilter on how to create 45 block designs and a 40" x 60" sampler quilt using the tools below.

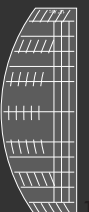
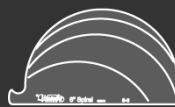
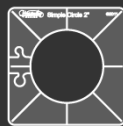
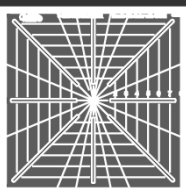
**BONUS 4 FREE patterns with your Digital Download ONLY. Designed by various quilters using other Templates in our line.*



7 01233 71411 4

Part# PATTERN-SQBOOKJC
MSRP US \$25.00
CAN \$32.50

Includes the following Westalee Design Templates and Tools!



Janet Collins Designs



Janet's Ruler Quilt Design Book

Using Westalee Design Templates

by Janet Collins

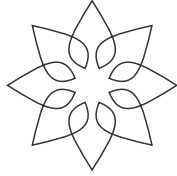
Accredited Westalee Design Teacher

All Quilts, Designs, Patterns, Books, Graphics and Text are protected by Copyright Laws 2016 and cannot be reproduced by any means without the written consent of Janet Collins. By purchasing any Janet Collins product you agree to abide by International Copyright Law.

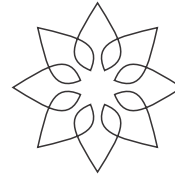
All rights reserved 2016.

Westalee Design graphics are used with the written consent of Westalee Design 2016 and are protected by International Copyright Law.

Janet Collins Designs



Thank You



My sincere thanks go to Leonie and Bill West for their wonderful input with this pattern. I am very blessed to call Leonie my best friend. We have been friends since the start of Westalee Designs many years ago. We laugh, chat, design and solve the worlds problems whilst living 3,535 km away from each other on opposite sides of a continent. 36 hours of driving non stop or 4 hours by plane. Leonie is in Melbourne, Eastern Australia and I am in Perth, Western Australia. However, thanks to the technology of phones and the internet we chat daily. Sometimes our communications can get a bit lost on the Nullabor Plain, which is the VAST expanse of land between us both, but eventually we get there. Some of our emails are still out there...somewhere... If you find them, please let us know.

Distance is no problem at all when you find a person who just 'gets you'. Lee, Bill and I have done shows in Australia, travelled together to the USA to Houston and we love spending time together, Well maybe not Bill, because he likes his computer too much...lol..

Thank you Lee for teaching me, mentoring me, being patient with me, but mostly for helping me to develop my own 'Voice' with quilting. You have been instrumental in the development of my own style of quilting, namely with Westalee Design Templates. You have given me the confidence to do my own thing with quilting and not to be a follower.

I would also like to thank Jerry and Mendy Tippets and Stacy Lewey from Sew Steady USA. They have welcomed me into their hearts and have also made me realise that we all have talents. Spending time with like minded people helps you to soar.

Finally, thanks to my family for putting up with me when all I wanted to do was QUILT. My hubby Brian, who thinks every quilt I make is the best and to my sister Jill who cooks ALL our meals. She is an Angel in disguise. When I forget to eat, she feeds me. Her Toblerone Chocolate Mousse is to die for. Just ask Bill West.

I sincerely hope that through this pattern, I can teach you a little of what I have learnt from Leonie.

Firstly... just sew...it doesn't matter what it looks like initially. That will come. It just takes some time and practice. PLAY !! Don't take it all so seriously.

Secondly... find someone who will help you to develop your OWN voice. That may be a teacher or a friend or a relative. Encourage each other, lift each other up. Gently help them when they are down.

Thirdly... be proud of what **YOU** quilt. It is perfect for you at this point in time. You did your best at this time. In the future, who knows where you will be.

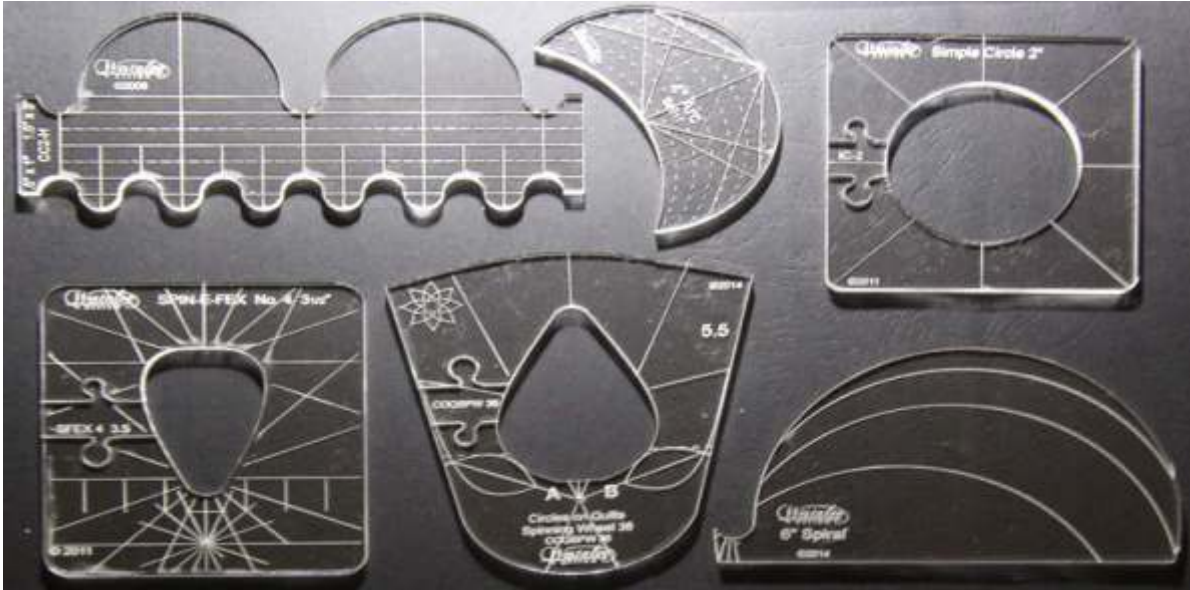
Just Quilt It !!

© 2016 Janet Collins for Janet Collins Designs

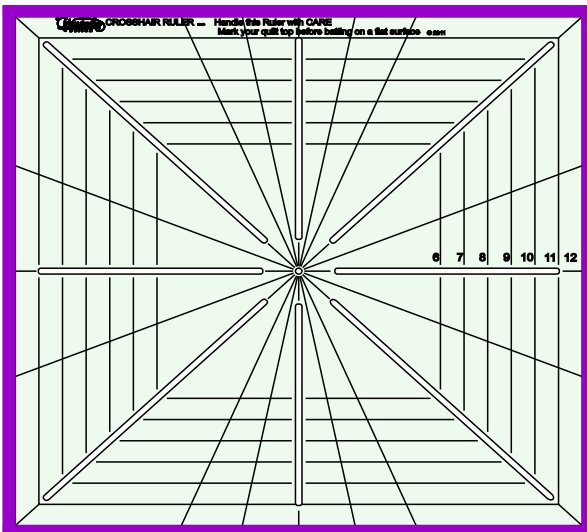
Janet Collins Designs

Templates used in this quilt

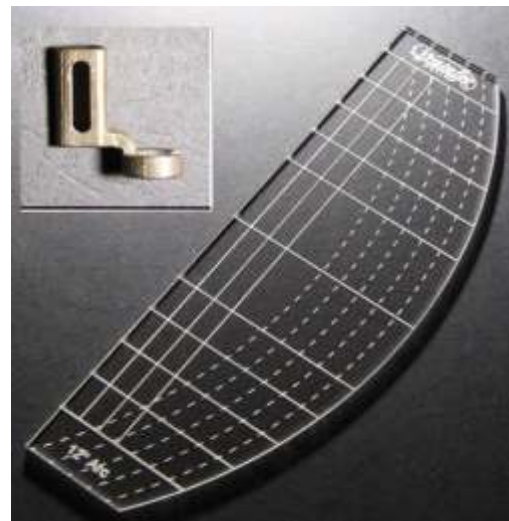
Westalee Design Sampler Template Set 1



Westalee Design Crosshair Ruler



Westalee Design 12" Arc Template and Ruler Foot



Janet Collins Designs

Janet's Ruler Quilt Design Book has been designed to help you get the most out of your **Westalee Design Sampler Template Set 1**.

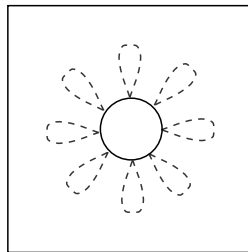
I have designed this quilt to guide you in the early stages of quilting with templates. However you don't have to follow it exactly. I know that many people in my classes need direction to get them started but by the time class finishes they are happily starting to make their own design decisions.

I absolutely love it when this happens.

Making this quilt will develop your skills and by the time that you finish your quilt, you will be so much more confident.

Please feel free to create your own version of this quilt. Individual expression is what Westalee Design promotes. We love it when you use the templates to create new designs. This pattern is designed to give you a framework to get inspiration from.

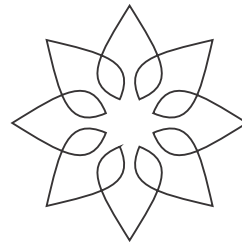
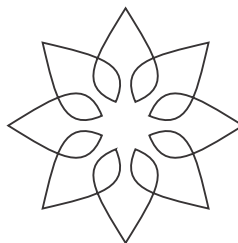
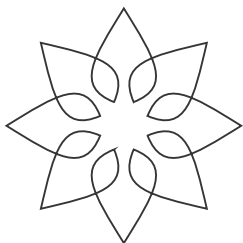
**Experiment, Innovate and Create
using Westalee Design Templates**



'From the First Stitch to the Last'

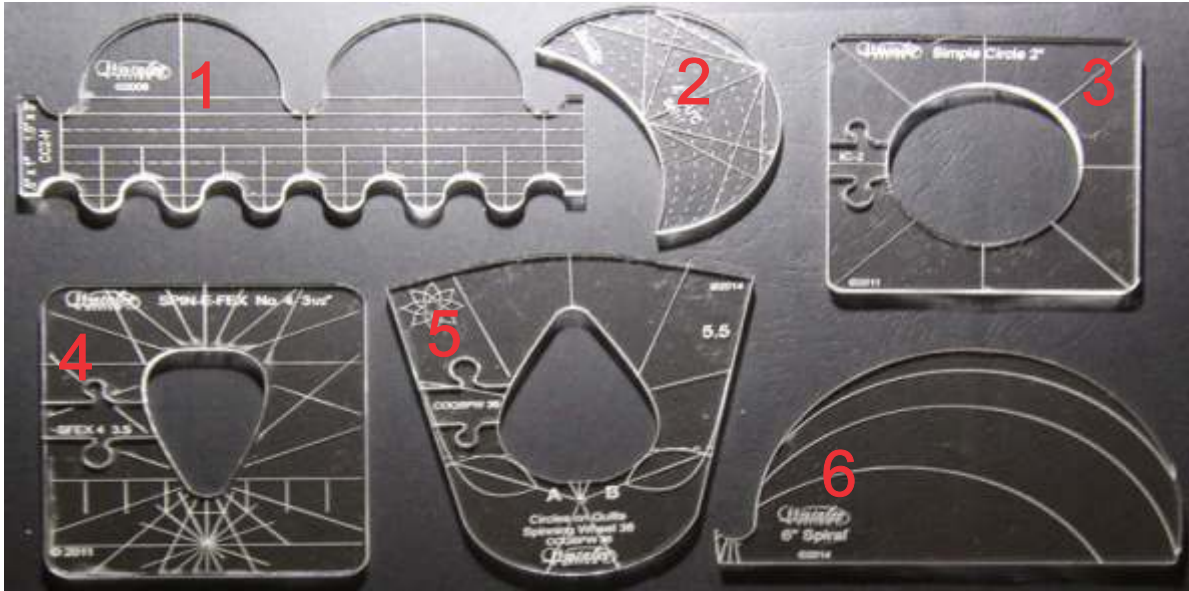
The "**From the First Stitch to the Last**" Patterns are a range of patterns that will take you literally from the '**First Stitch**' in your quilt right through to putting on the binding and hanging sleeve, '**The Last**'. These elements are usually not included in patterns so I decided to include them into my range.

There are videos at www.westalee.com.au to view that will help you use the templates in this quilt.

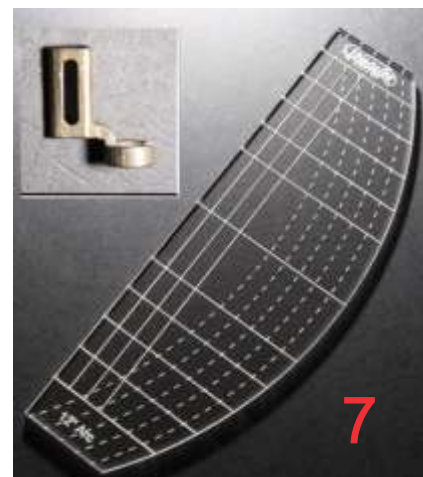


Janet Collins Designs

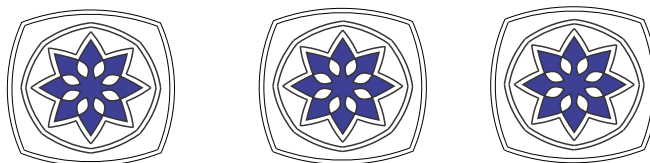
Blocks using each Template



1. Blocks using the Clamshell Template - 14. 15. 30. 31.26. 30. 31.
2. Blocks using the 4" Arc Template - 16. 17. 18. 19. 20. 21. 22. 23. 24. 29. 32.
3. Blocks using the 2" Circle Template - 5. 6. 11. 12. 41. 43.
4. Blocks using the Spin-e-Fex 4 Template - 26. 44.
5. Blocks using the Spinning Wheel 36 Template - 1. 2. 3. 4. 9. 10.
6. Blocks using the Spiral Template - 33. 34. 35. 36.
7. Blocks using the 12" Arc Ruler Template - 3. 4. 7. 8. 13. 25. 27. 28. 37. 38. 39. 40. 41. 42. 44. 43. 45. 46.



Janet Collins Designs



List of Blocks

Block Number	Block Name	Page Number
1 & 2	Spinning Wheel	Page 10
3	Spinning Wheel Star	Page 11
4	Spinning Wheel Curved Star	Page 12
5	4 Interlocking Circles	Page 13
6	8 Interlocking Circles	Page 14
7 & 8	Twisted Log Cabin	Page 15 & 16
9 & 10	1/2 square Triangle Blocks	Page 17
11 & 12	String of Circles with Veins	Page 18
13	Diamond Zig Zag	Page 19
14	Clamshells	Page 20
15	Clamshells with Veins	Page 21
16.17.18.19.20	Crossed Arcs	Page 22
21 22. 23. 24	Circles with Arcs	Page 23
25	Churn Dash	Page 24
26	Spin-E-Fex 4 with Mini Clamshells	Page 25
27 & 28	Cross Hatching	Page 26
29	Crossed Arcs	Page 27
30	Miniature Clamshells	Page 28
31	Miniature Clamshells	Page 29
32	Half Inch Spaced Arcs	Page 30
33	Spiral	Page 31
34	Spiral Flower	Page 32
35	Spiral Play	Page 33
36	Interlocking Spirals	Page 34
37	Triangles	Page 35
38	Diamond - Free Play Block	Page 36
39	Off Centre Flying Geese	Page 37
40	Curved Cross Hatch	Page 38
41	16 Patch Block	Page 39
42	Square in a Square	Page 40
43	Quarter Square Triangles	Page 41
44	Spin-e-Fex 4 with Curves	Page 42
45 & 46	Top Borders	Page 43
	Alternate layout ideas	Page 44
	Adding the Flange	Page 45
	Attaching a Hanging Sleeve	Page 46
	Putting on the Binding	Page 47
	Notes Page	

Janet Collins Designs

Preparation for Quilting

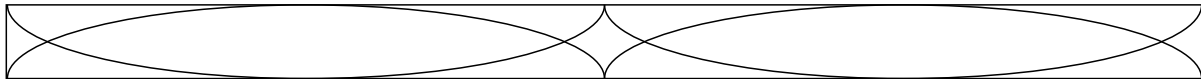
Press and starch all of your fabrics to remove any creases or wrinkles. It is really important to keep everything nice and flat so that your quilt will be beautiful on both the back and the front.

From the backing fabric, cut 2 strips 1" wide across the width of fabric first.
From the backing fabric, cut 2 strips 1" down the length of fabric.
These strips will become the flanges that peep out underneath the binding

If you are putting on a Hanging Sleeve, cut an extra strip of your backing the width of fabric 9" wide.

Please put these pieces in a safe place. We all misplace precious strips that we need later.

Ask me how I know this!



Basting Your quilt

Use your favourite method to baste your quilt together.

I spray basted this quilt. Remember that you are **basting** it together not glueing it. Spray lightly so that it is not hard as a board.

1. Lay out your batting on a flat surface. (I use my ironing board)
2. Lay the backing fabric over the top of the batting, making sure that it is straight on the batting.
3. Do the next step in sections.

Fold and roll the backing carefully, back to about the centre. Lightly spray the area that is flat only.

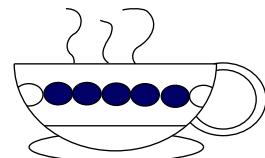
Carefully, fold the backing fabric back over this area and smooth it out with your hands. **Take your time** and make sure it is flat with NO wrinkles. Continue doing this until you are at the top edge.

Then do the same with the bottom area.

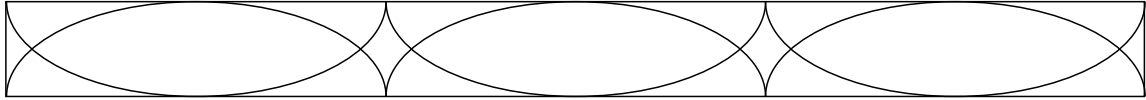
When you are finished, CAREFULLY turn the whole sandwich over so that the batting is facing you.

Repeat the process with the top layer.

You should have a lovely flat and wrinkle free quilt sandwich



Time to have a cuppa.



Marking the Design

Lay your quilt sandwich on a large flat area right side up. You won't damage any surfaces so any flat surface is fine.

Using your favourite marking tool and the Pattern Layout and Measurement Guide on page 9, draw all the lines on the top. A long metal ruler or even a piece of straight wood will help you. Remember that there are 1/4" spacings between the blocks. Be sure to mark these in. **DO NOT** use a disappearing pen at this stage. You may not get around to sewing your lines straight away and they will vanish on you.

Guess how I know that!

Before You Start Quilting

Before your start quilting anything, I strongly suggest that you go to www.westalee.com.au and have a look at Leonie West's video on tension. Believe me, it will save you lots of heartache later. She has made the video to answer many of the questions that she has been asked about tension on a domestic sewing machine.

Bobbin tension is vital. If you really do not want to adjust your bobbin case to get perfect tension, buy another bobbin case that you can play around with.

Tension makes a huge difference to your quilting stitch.

Get it right before you start on your quilt.

Videos

On the subject of videos, **Westalee Design** has very kindly given me permission to insert video references in some of the blocks to assist you. So if you see "**Video Link**" at the bottom of a pattern, pop on over to **Westalee Design** to view.

For example if you type in your search box "**Westalee Clamshells**" you will be sent to a link that you'll just need to click on. I will send you there quite often so that you can actually see what to do as well as follow what's written down.

Janet Collins Designs

Sewing the lines that define the Blocks

This quilt is quilted as a wholecloth quilt. The lines are quilted first to give you a grid to quilt the designs into. Quilt all the lines using the measurements on the layout page on page 9. Initially I used my 12" Arc Ruler to sew all the lines on my quilt, sewing against the ruler for all the straight lines.



After I had sewn about 5 quilts, I realised that there was a quicker (and we all like quicker) way to sew the lines.

I used Westalee Design's Ditchworks Template. This fabulous little template allows you to sew all the lines more easily.

Lay the template on the line you are sewing lining up the registration lines on the quilt top with the registration line on the template. With your Ruler Foot inside the channel of the template, sew down to the bottom. Realign the template downwards and sew again. With this template you can sew up, down or sideways. It really is quick and easy. This template is also brilliant for stitching in the ditch on your quilts.



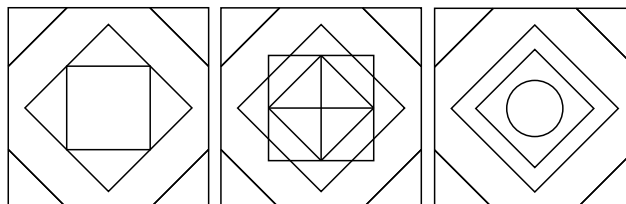
Tying in Threads

When you start quilting, **ALWAYS** bring up your threads from the bottom of your work. To achieve a neat stitch on both sides of your work, you need to tie in the tails of your threads. To do this, thread the thread tail you are tying into a self threading needle.

Self threading needles make the process quicker and easier than conventional needles. Please **DO NOT** use a side threading needle as they can get caught in the batting.

Once you have threaded the needle, tie a knot in the thread about 1/2" away from the top of your work. Put the tip of the needle directly into the place where the thread comes out of the fabric. Push it through and into the batting area, coming up about 1" or so away from the insertion point. Pull the thread though and you will hear a 'pop' as the knot embeds itself into the batting. Where the thread comes of the fabric, snip off the thread.

This process will ensure that you have a secure and neat finish to your quilting on both sides. Ideally you should not be able to see where you started and stopped quilting. Aim for this, but please don't be hard on yourself. Remember that quilting is supposed to be fun.



Janet Collins Designs

Stable Tape

Westalee Stable Tape is used to keep your Templates stable and not allow them to slip when you are sewing. Cut it to size, remove the paper backing and attach to the BACK side of your templates. About a 1" piece of Westalee Stable Tape is all that you need. You don't need to cover the whole template.

Please use Stable Tape on ALL of your templates

Finally, I really want you to have fun with this quilt.

Have you made a 'mistake', or as I like to call it a "Design Modification"? This is where your design is different from mine. Do you like it? Great! Keep it, love it...it is your own design. Is your quilting not perfect? Well, guess what, nobody's ever is. If the quilting pleases your eye, leave it alone. Can you live with it? Then leave it.

If you spend all your time reverse stitching (unpicking), you will never get a quilt done. *You will however become an expert in reverse stitching.*

A good friend of mine has a 20/20 rule. If it looks okay 20 feet away, travelling at 20 kph it is great. I think more of us should perhaps live by this rule.

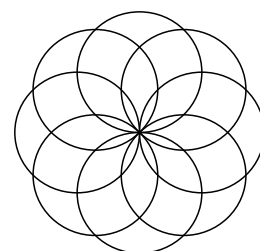
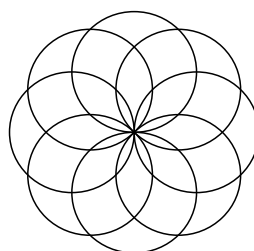
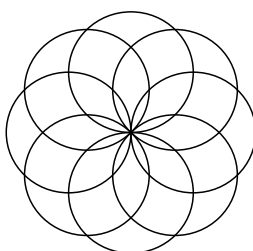
Quilting a quilt is a personal journey. Your children, grandchildren, family or friends don't care if the stitches are not perfectly straight or even.

They will love it because YOU made it for them.

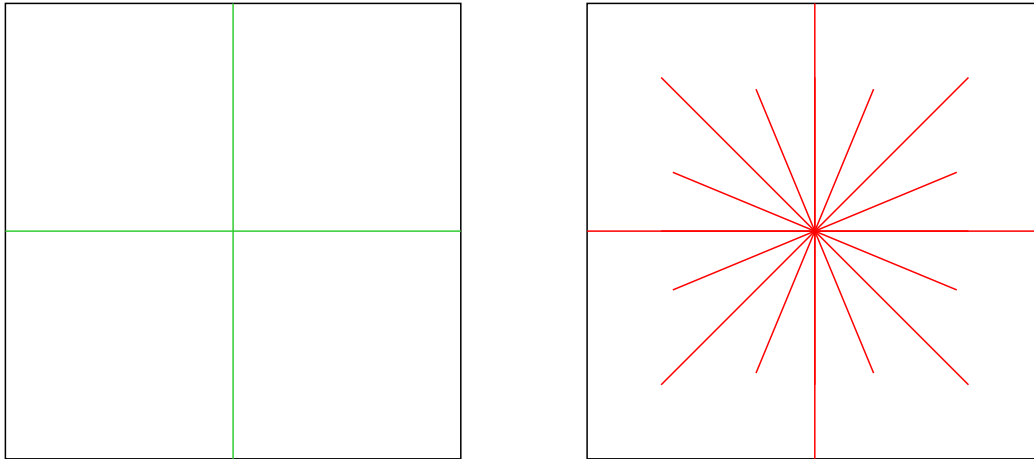
Be proud of your work. Practice makes progress (not perfect). We are all on this road together and our paths wind and turn, meet up, veer away and come back again. Share information, encourage each other, help where needed. Give credit where credit is due.

For me quilting is my passion and my lifeline. It is where I go to for my therapy. I delight in seeing people learn and then go on to teach others the skills.

That is what our Quilting Community is all about.



How to use the Westalee Design Crosshair Ruler



How to prepare your fabric for quilting a design

If it is larger than the Crosshair Ruler, fold the top fabric into quarters and finger press to give you accurate centring lines on the bigger blocks. **Green lines.**

Place your Westalee Design Crosshair Ruler in the middle of the block to be quilted over these folded lines. Make sure that all the reference lines line up. Take your time, be accurate. It will make a huge difference to lining up the finished design and the use of the Westalee Design Templates in the blocks of this quilt. **Red Lines**

Using your preferred marking pen, draw inside the slots on the Cross Hair Ruler. Also be sure to mark the dot in the middle hole. Do all this carefully and make sure that you don't move your Crosshair Ruler.

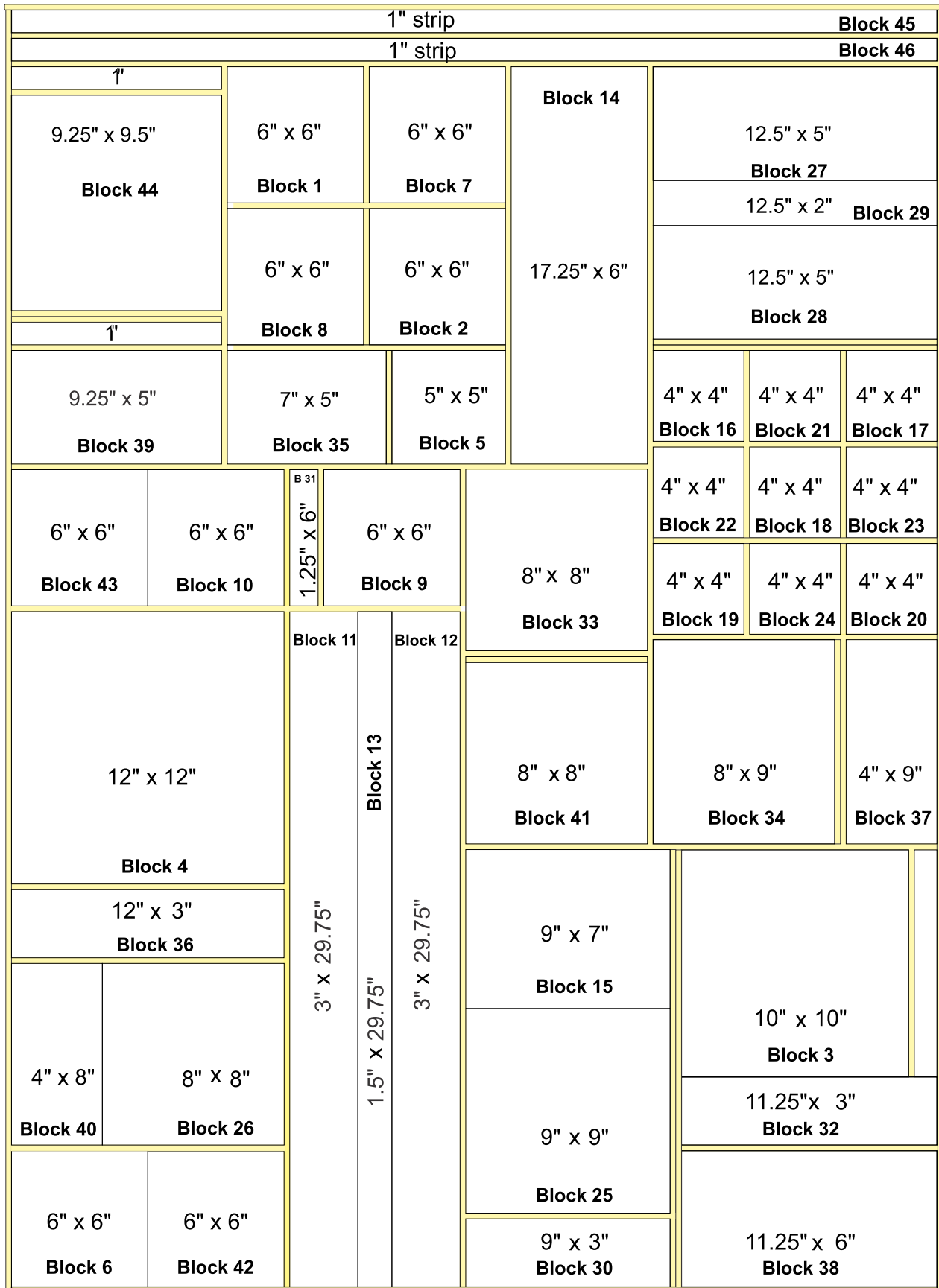
There are many types of marking tools that you can use to mark your reference lines. The best marking tools are the ones that you can remove from your fabric easily. Markers for white fabric will differ from markers for dark fabric.

The slots on the Crosshair Ruler were originally designed to take the Chaco Chalk Roller Markers. I used to use white on darker fabrics. However I now mix 1/4 of a grey refill with the white. This mixture allows me to mark all colours of fabric. Thanks Leonie for this great tip.

I also use many other types of markers as well. The marker I use depends on the use of the quilt. Great care should be taken to make sure that the marks come out. For darker fabrics I use white chalk, and for light fabrics, Leonie has taught me to use white chalk with cinnamon. It comes out easily, you can see it and smells divine.

Janet Collins Designs

Janet's Ruler Quilt Design Book Layout and Measurement Guide designed by Janet Collins



BLOCK 1 and 2

Spinning Wheel 36

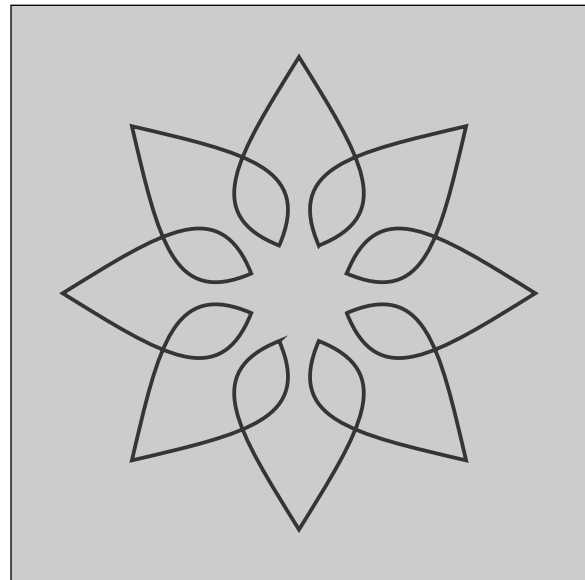
6" x 6"

Templates Needed

Westalee Design Crosshair Ruler
Spinning Wheel 36

Mark 16 Crosshair reference lines on the block.

Place the pin in the centre point of the block from underneath.



Place your template over the pin and align with the top reference line.
Bring your thread to the top of the fabric.

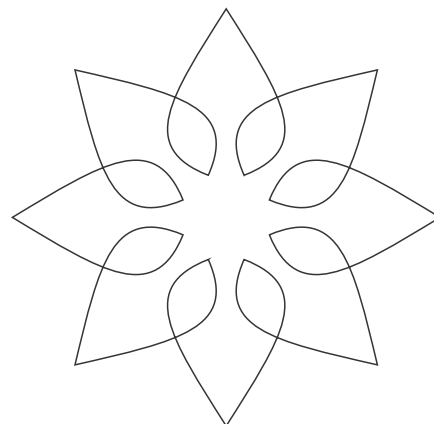
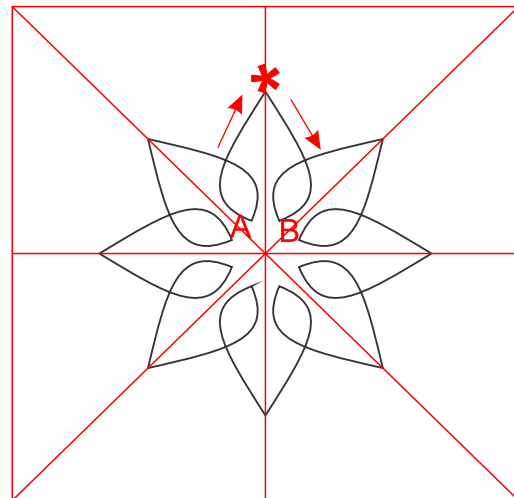
Starting at **A** sew up around the template to the top point. *

Stop, needle down, do one extra stitch at this point. This anchors the top stitch to give a nice point, then sew back down to the **B** marking. Stop. Needle down.

Rotate the template to the right and align with the next reference lines to the right. Then sew from **A** to **B** again.

Repeat until the design is completed.

Repeat for Block 2.



BLOCK 3

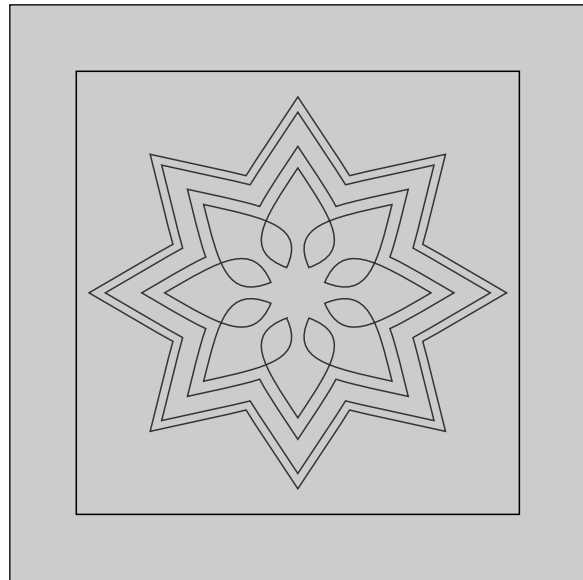
Spinning Wheel Star

10" x 10"

Templates Needed

Westalee Design Crosshair Ruler
 Spinning Wheel 36
 12" Arc Ruler

Mark 8 Crosshair reference lines



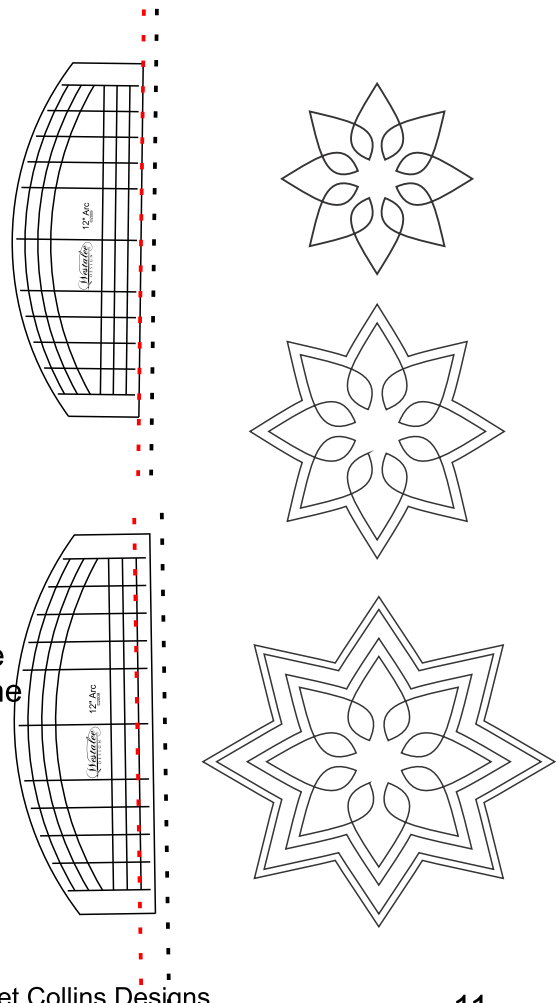
In this block you will learn how to create **Echos** around the shapes that you are quilting. These echos can be straight or curved depending on which side of the Ruler you use.

Sew in the Centre Star shape as in Block 1.

Using the straight side of the 12" Arc Ruler, place the edge of the ruler on top of the stitching line and **echo** around the shape. This gives a 1/4" **echo**.

Echo the next round using the 1/4" line on the ruler. Place the 1/4" mark on the ruler over the stitches. Then sew the next round. This will give you a 1/2" spacing.

Then echo with a 1/4" stitching line again.

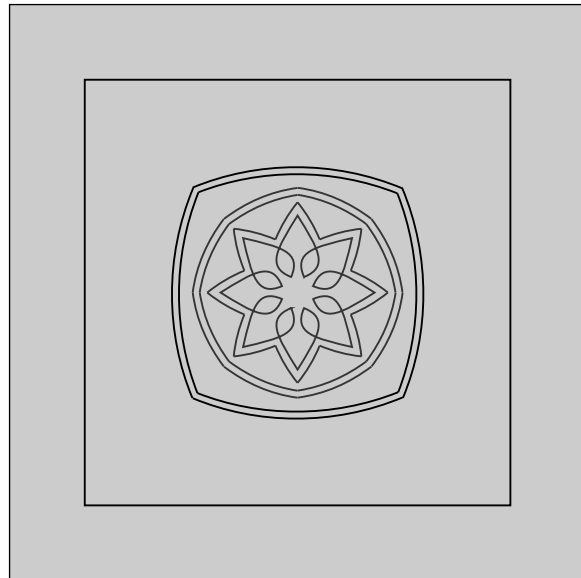


BLOCK 4
Spinning Wheel Curved Star
12" x 12"

Templates Needed

Westalee Design Crosshair Ruler
Spinning Wheel 36
12" Arc Ruler

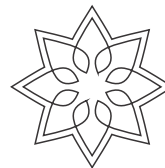
Mark 8 Crosshair reference lines



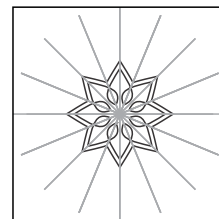
Sew in the Centre Star shape as in block 1.



Using the curved side of the 12" Arc Ruler, place the edge of the ruler on top of the stitching and echo around the shape. This gives a 1/4" echo.

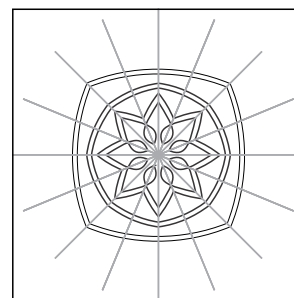


Using the picture as a guide, connect the points of the star with the 12" Arc Ruler. Echo this line. Use the straight or the curved edge.



Measure and mark 1" from the last stitch line horizontally and vertically, top, bottom, left, right.

Measure and mark 1/4" from the last stitch line at the four corners. Stitch from point to point and echo a 1/4" line.



You can see how a pattern is formed. Please feel free to alter or change the design if you feel like it. Remember to play with design.

BLOCK 5

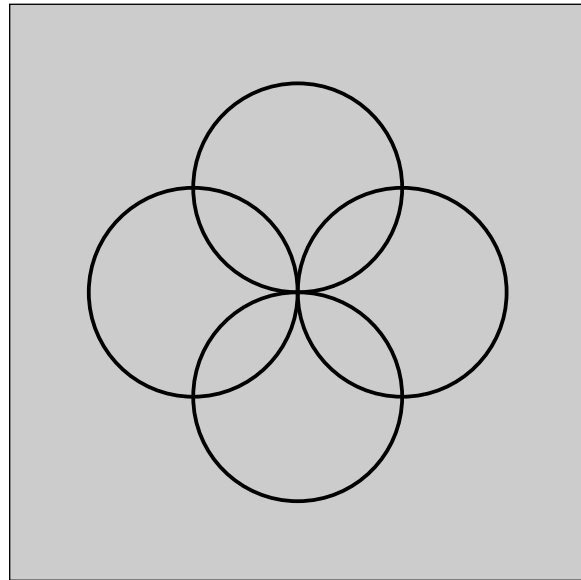
4 Interlocking Circles

5" x 5"

Templates Needed

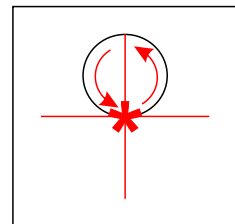
Westalee Design Crosshair Ruler
Simple Circles 2"

Draw in vertical and horizontal
Reference lines in the centre of
your block.

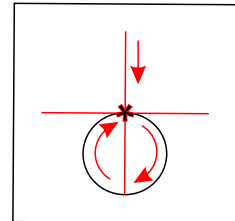


Lower your needle at the centre point. *

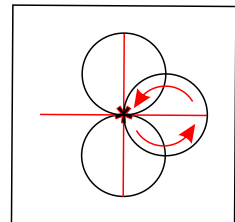
Place your template so that the Ruler Foot rests inside
against lower edge of the circle, align reference lines (top
and bottom) with the drawn Crosshair lines.
Stitch around the template coming back to the starting point.



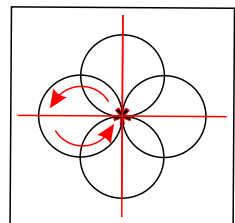
Move the template down, see red arrow, align the reference
lines (top and bottom).
Stitch around the template coming back to the starting point.



Move the template to the right, align the reference lines (left
and right) and sew another circle, coming back to the
starting point.



Move the template to the left side, align the reference lines
(left and right) and sew another circle, coming back to the
starting point.



Then sew a circle until you come back to the middle again.

Go to www.westalee.com.au for a video to show you how to sew this design

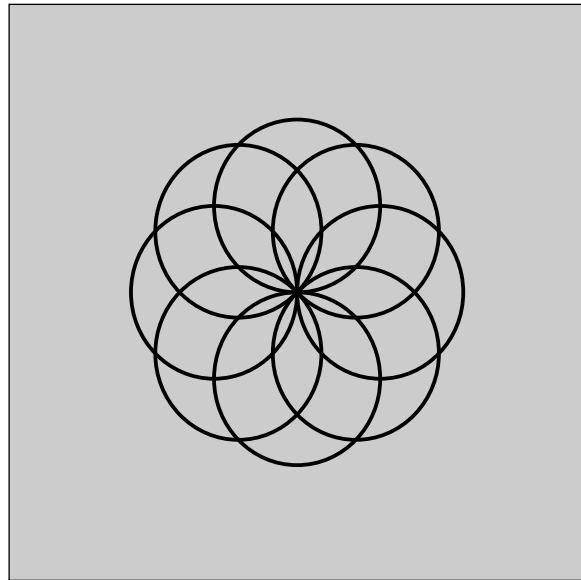
BLOCK 6
8 Interlocking Circles
6" x 6"

Templates Needed

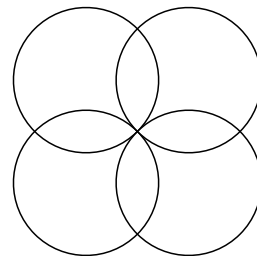
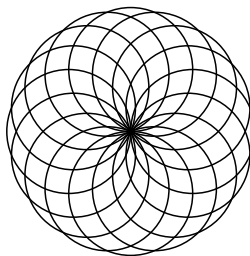
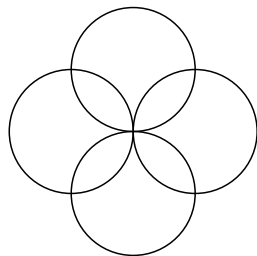
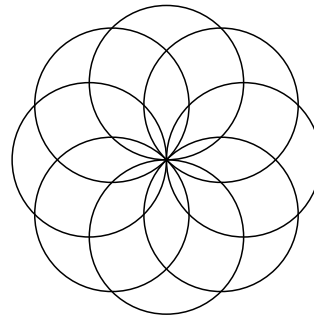
Simple Circle 2"

Block 6 begins the same as Block 5.

Mark 8 Crosshair reference lines.
Stitch as Block 5.



Now stitch another 4 circles
Using the diagonal reference
lines.

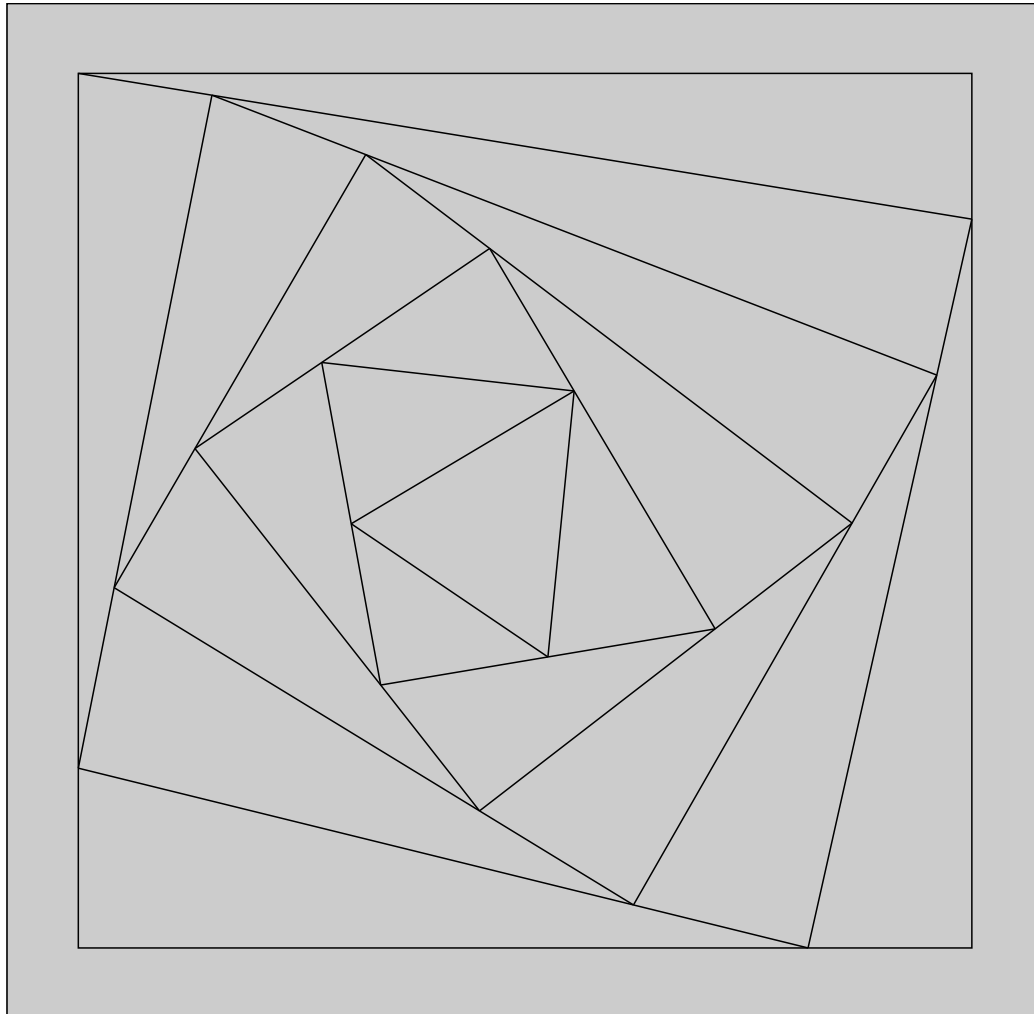


You can change the look of your interlocking circles by changing where you start.

Go to www.westalee.com.au for a video to show you how to sew this design

BLOCKS 7 and 8
Twisted Log Cabin
6" x 6"

Templates Needed
12" Arc Ruler



The ***Curved Log Cabin Block*** looks very complicated, but it is surprisingly easy to sew.

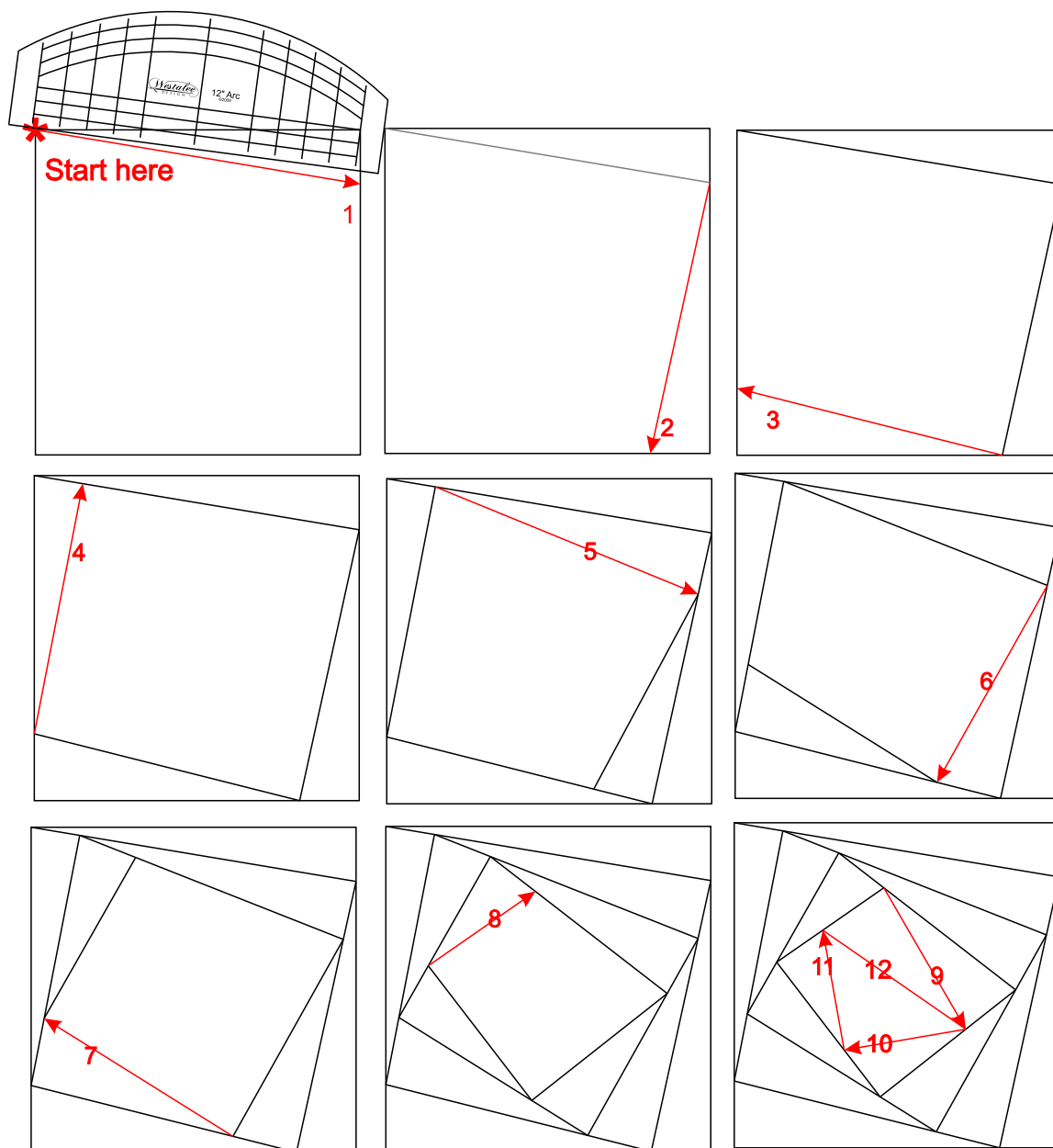
A variation of this block is to use the Curved side of the 12" Arc Ruler to give a different effect.

Start at the top left corner. *

We will be using the 3rd reference line marked on the template to measure.

Place the template as shown. Sew in the direction of the red arrow to the opposite side. Stop. Needle down.

Continue around the block moving the template and stitching



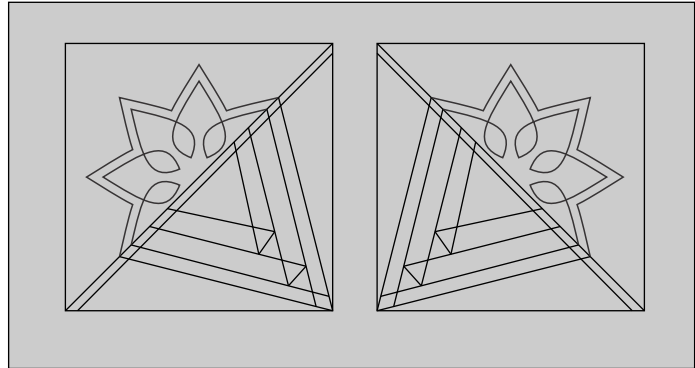
BLOCKS 9 and 10

1/2 Square Triangle Blocks

6" x 6"

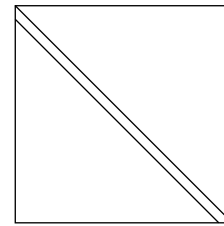
Templates Needed

Westalee Design Crosshair Ruler
Spinning Wheel 36

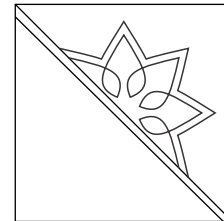


These blocks are Free Play blocks, and you can quilt anything at all in them. The space between them is quilted with the Mini Clamshells to fill in the space. The above design was quilted using the 12" Arc Ruler and Spinning Wheel 36. They remind me of Ice Cream cones. Here are the instructions for my blocks.

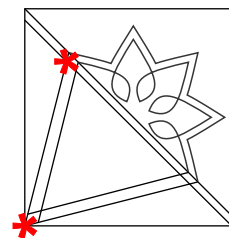
Stitch a line across the diagonal of the block.
Echo this line.



Using Spinning Wheel 36, stitch half of the design.
Echo this design.

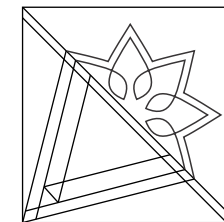


Using the 12" Arc Ruler sew from the point of the Spinning Wheel 36 * to the bottom corner * then back up to the spinning wheel again.
Echo these lines.

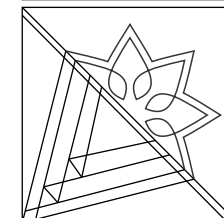


Following the diagrams stitch more lines to create the internal design of the block.

Repeat on Block 10.



Use your imagination and really make something original. Remember that we would love to see what you create with Westalee Design Templates.



BLOCKS 11 and 12

String of Circles with Veins

3" x 24"

Templates Needed

2" Simple Circle

In this block we will learn a technique called **'Veining'**. It is a simple, but very effective way to create interest and texture in a shape.

Left Side of the String

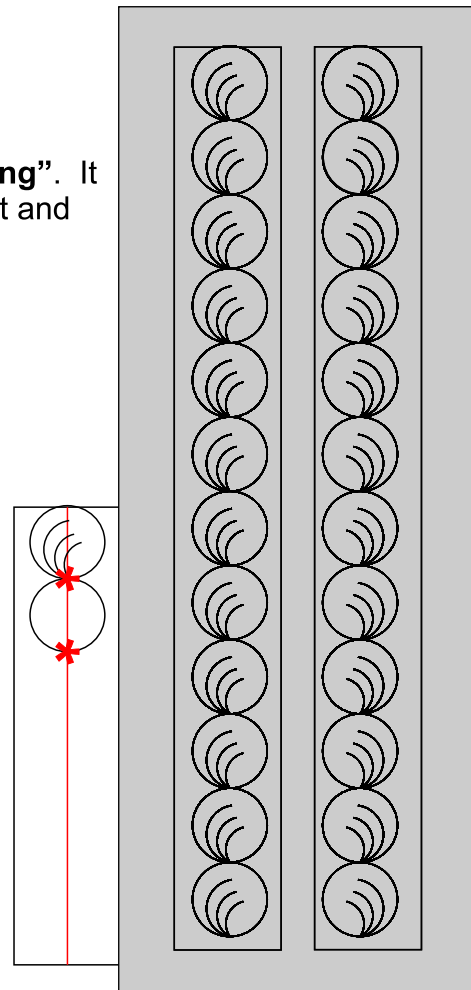
Draw a line down the centre of the block.
Line up your Simple Circle 2" template with this vertical line.

Start sewing at the bottom of the template at the **Red star**. Sew around the **inside** of the template until you reach the bottom again. Needle down at this point.

Slightly turn your template to the right. Sew up about 3/4's of the way against the template on the left edge. Keeping it in the same place, backtrack to the bottom again.

Turn the template to the right slightly, sew up about 1/2 way, then backtrack again. Turn the template again and sew up about 1/3rd of the way, then backtrack again. Needle down.

This is your first Veined Circle.



Move the template down to the next position. Sew around again, this time sewing an extra 1/2 circle to bring you back to the bottom. Then sew your veins again. Work all the way down the row to the bottom.

Right Side of the String

Exactly the same as the left side, but the veins face the other way.

Video Link

Go to www.westalee.com.au for a video to show you how to sew this design

BLOCK 13

Zig Zag Diamonds

1½" x 24"

Templates Needed

12" Arc Ruler

Place marks every 2" down the sides of the block as in the diagram. *

Following the markings on both sides, start at the top with your needle down.

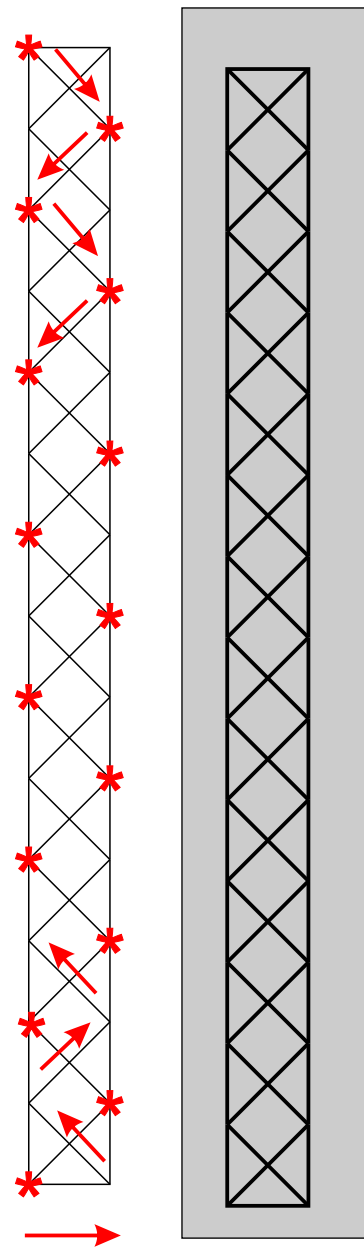
Use your 12" Arc Ruler on the straight side sew diagonally across to the next point down.

Be sure to remember to align your ruler so that you are ¼" away from the point. Using the *Westalee Design Spacing Gauge* make this easy.

To help you with this, zig zag all the way to the bottom.

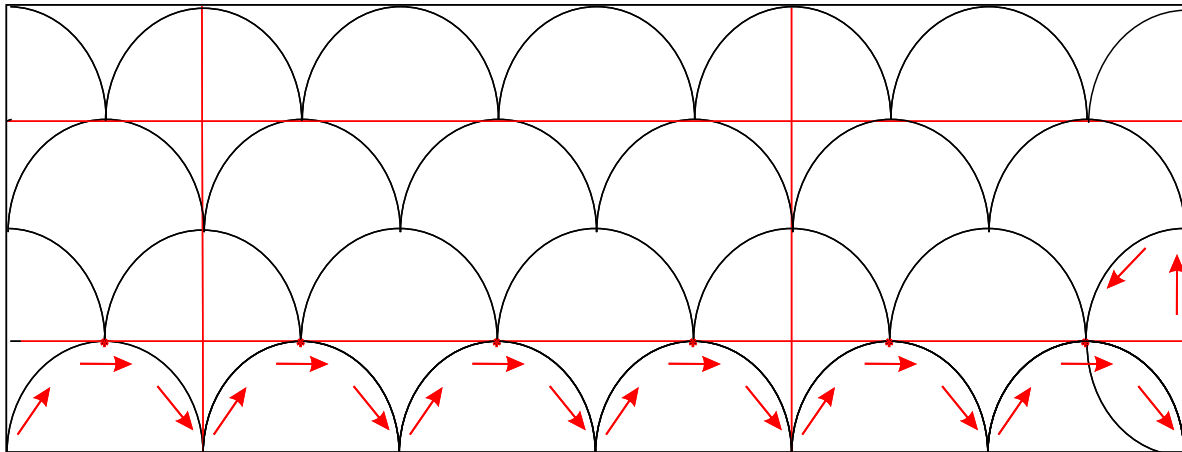
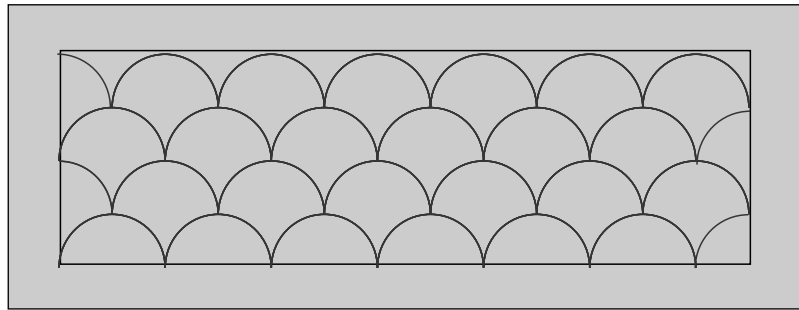
At this point you can either cut your threads and sew in the ends OR you can sew across the bottom edge and cross the diamonds going backwards up to the top. It's not scary. It is good practice.

Remember you are learning new skills with this quilt.



BLOCK 14
Clamshells
6" x 17½"

Templates Needed
Clamshell



Clamshells can be a little tricky. By following a couple of simple steps they can be sewn beautifully.

Mark **Honesty Lines**, these are straight lines that keep you from straying.

There are 2 different ways to quilt clamshells, horizontally or vertically. Choose whichever way is more comfortable for you.

Using the diagram above follow the red arrows to sew your clamshells. Sew to the end of the row.

Travel up the side of the edge of the block and reposition the template so that the centre line in the middle of the arc lines up with the edge of the block. Then sew back across the other way. Keep sewing like this until you have filled the space.

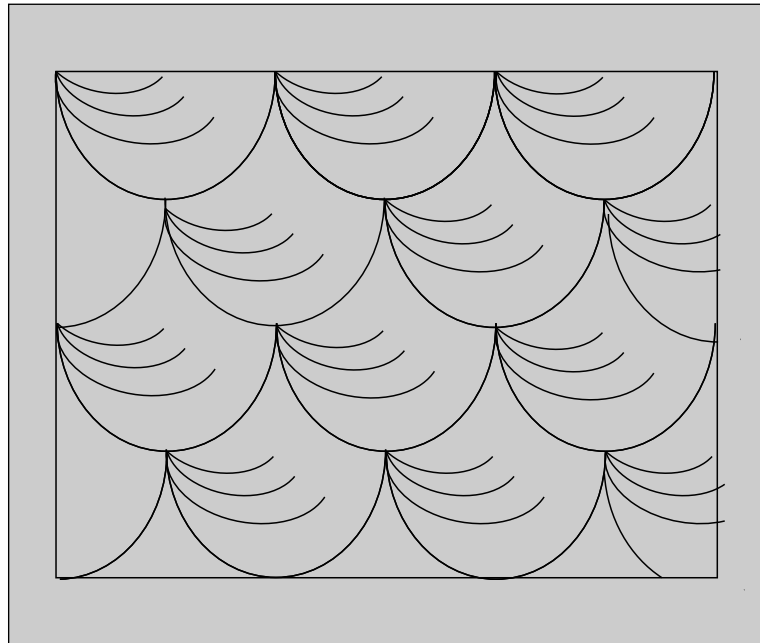
Notes: Sew slowly and carefully.

Video Link

Watch the video at Westalee.com.au about Clamshells for detailed instructions.

BLOCK 15
Clamshells with Veins
9" x 7"

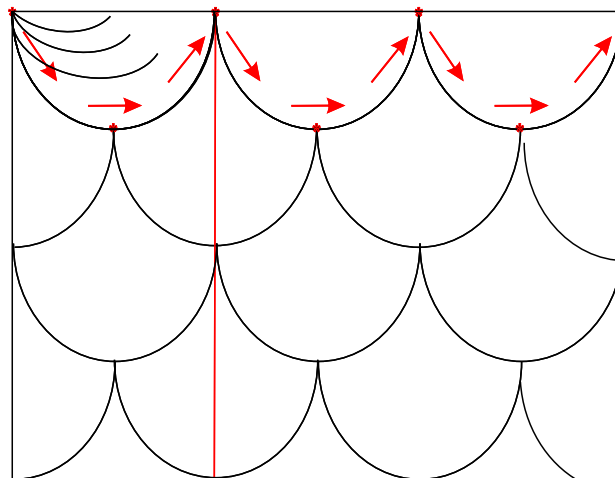
Templates Needed
3" x 1½" Clamshell



Clamshells with veins is very similar to Circles with Veins.

Sew each clamshell and then use the edge of the template to create the veins. Sew the veins as you sew each clamshell. Don't leave them until the end. You can sew one vein, two veins or 5 veins depending on the space.

See Block 11 for veining instructions.



Video Link

Watch the video at Westalee.com.au about Clamshells for detailed instructions.

BLOCKS 16, 17, 18, 19, 20

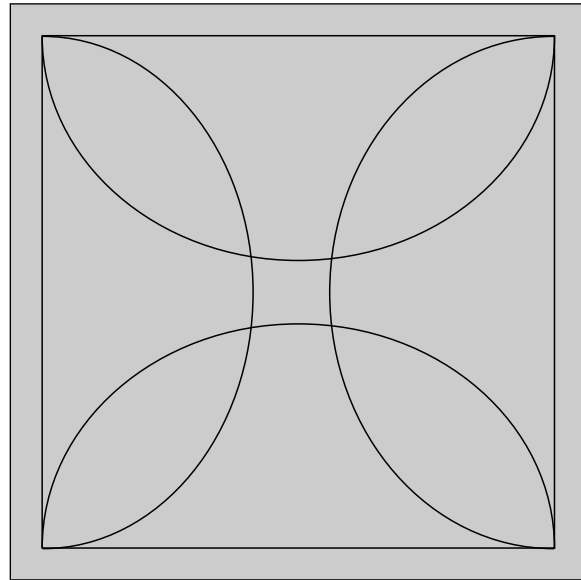
Crossed Arcs

4" X 4"

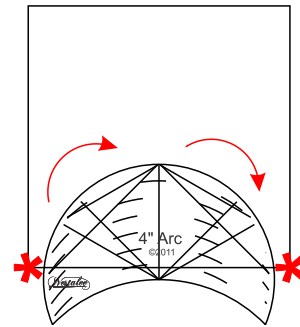
Templates Needed

4" Arc

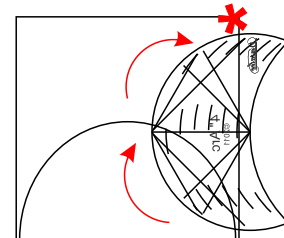
Blocks 16 to 21 are sewn in the 4" grid.
It is a 3 x 3 grid of 4" squares.



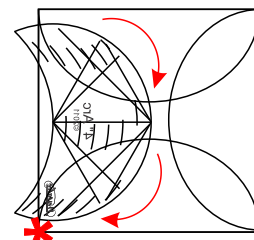
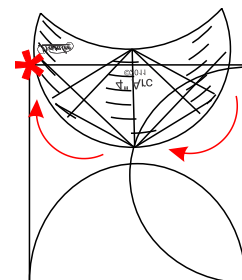
Place the Template so that the outside edge of the arc is 1/4" away from the edges of the block. *
Sew around the outside edge of the arc template stopping right in the corner of the block.



Move the template to the right hand side of the block and repeat the process.



Repeat around the block.



BLOCKS 21, 22, 23, 24

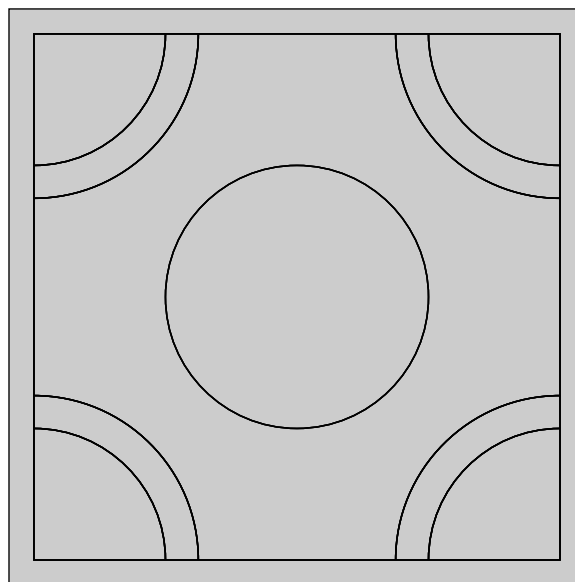
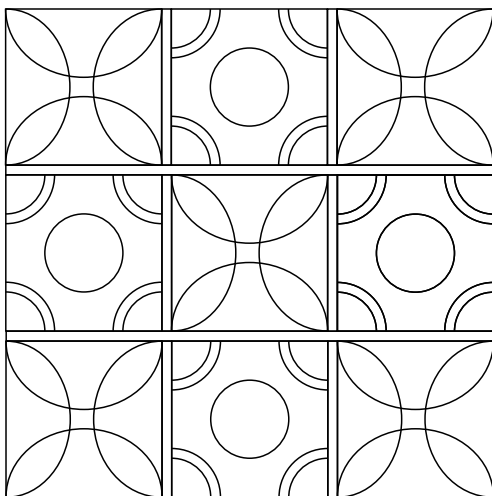
Circles with Arcs

4" x 4"

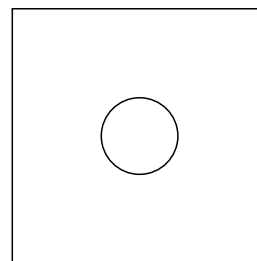
Templates Needed

4" Arc

2" Simple Circle

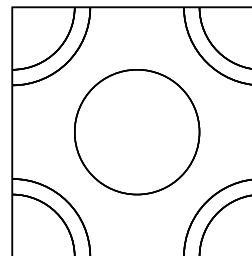


Sew a 2" circle in the middle of the block.



Using the Arc template sew two $\frac{1}{4}$ " spaced curves in each corner of the block.

Repeat in all of the other blocks.

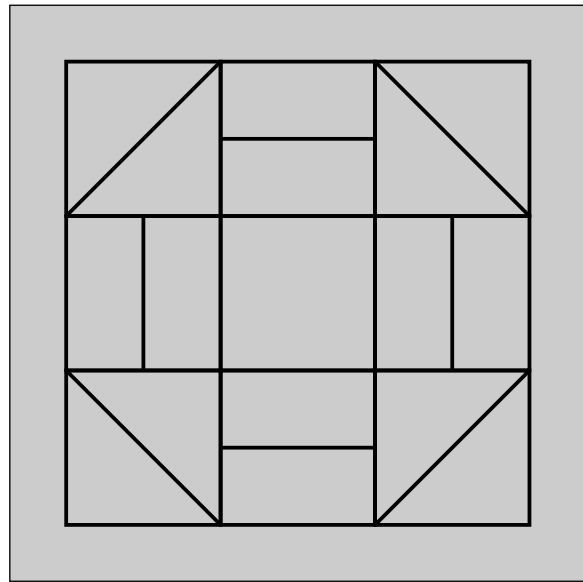
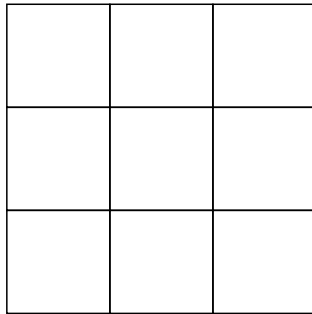


BLOCK 25

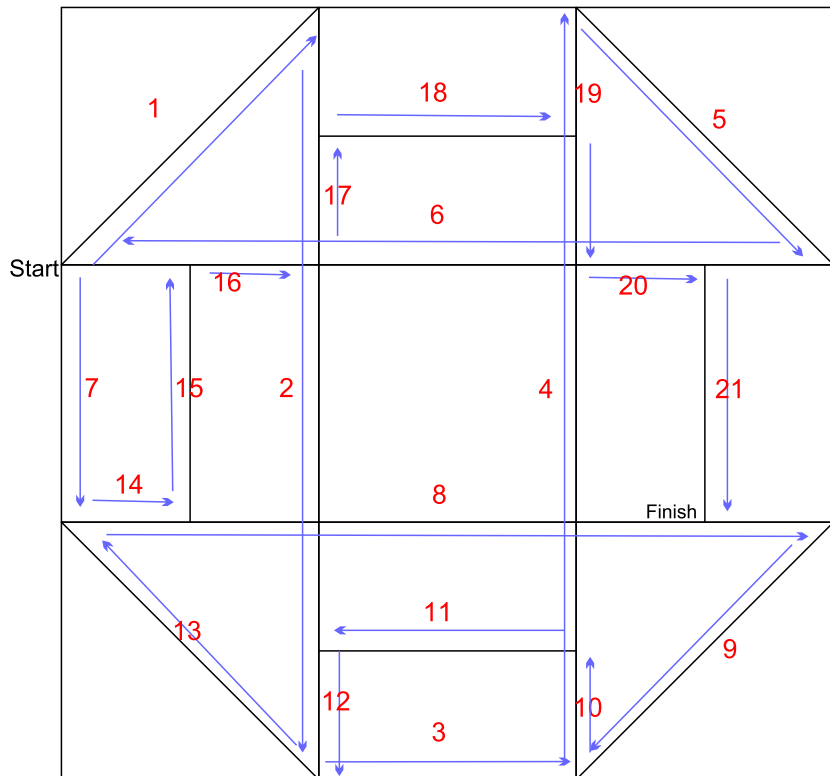
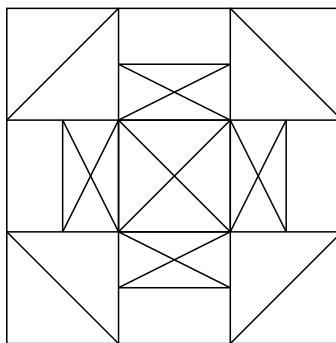
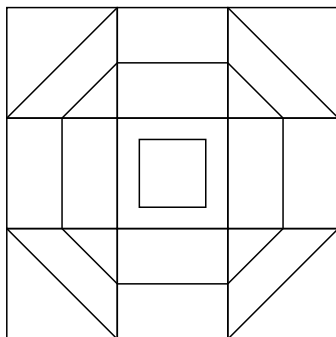
Churn Dash

9" X 9"

Templates Needed
12" Arc Ruler



Draw a 3" grid on the block.
Quilt the lines of the Churn Dash following the stitching pathway diagram.
If you wish you can fill in the spaces with lines or curves.

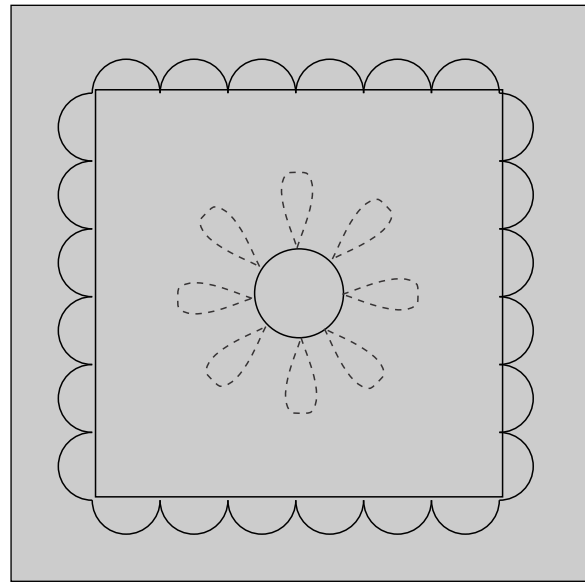


BLOCK 26
Spin-e-Fex 4 with Mini Clamshells
8" x 8"

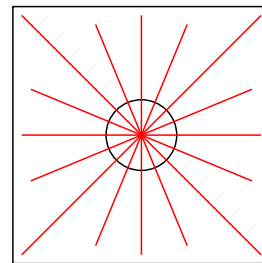
Templates Needed

Crosshair Ruler
Spin-e-Fex 4
Mini Clamshells
12" Arc Ruler

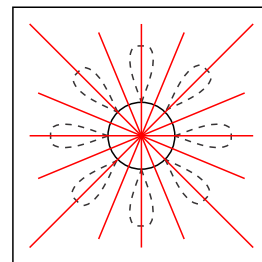
Use your crosshair ruler and
mark in 8 reference lines.
Sew a 2" circle in the centre.



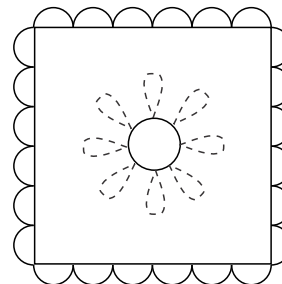
Sew a 2" circle in the centre of the block.



Use Spin-e-Fex 4 Template and sew in 8 petals.
Sew in a 6" square around these petals.



Using the mini clamshell template sew a row
on all 4 outer edges.



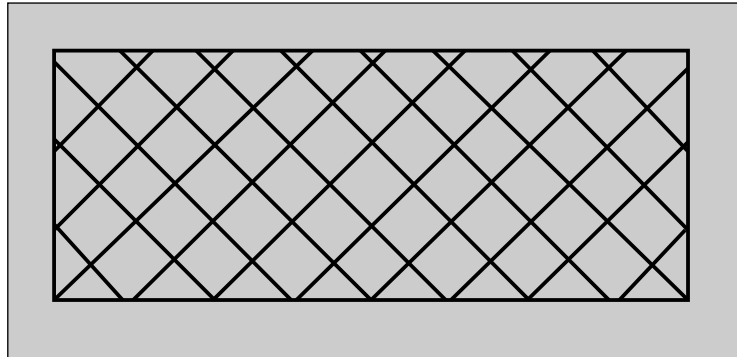
BLOCKS 27 and 28

Cross Hatching

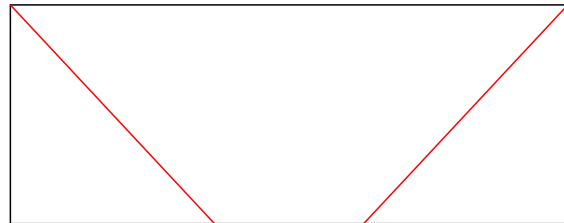
5" x 12½"

Templates Needed

12" Arc Ruler -
Straight side



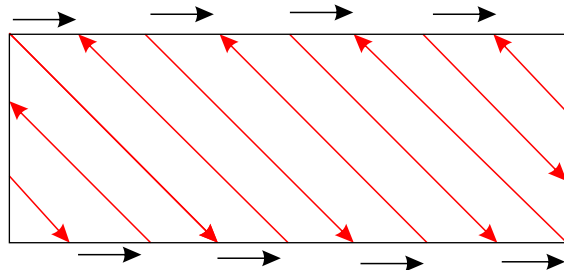
Mark a line at 45 degrees on your block from the corner to the bottom line. Do the same from the other corner.



Use the straight ruler and sew from the top left corner point to the bottom line.

Red lines

Travel across the bottom until the 3rd line on the ruler lines up with the stitching. Sew back up against the ruler.



Travel across the top until the 3rd line on the ruler lines up against the stitching. This will give you a 1" cross hatch.

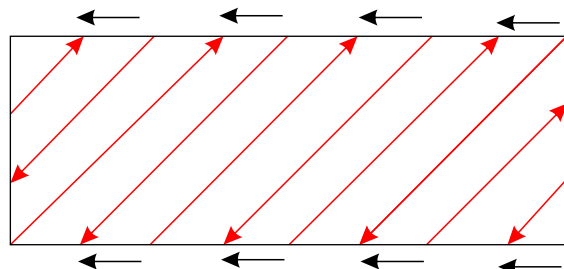
Continue like this until you have sewn all the cross lines.

Then do the same with the other diagonal side.

Be careful not to move the ruler.

Remember it is not a race.

Take your time.

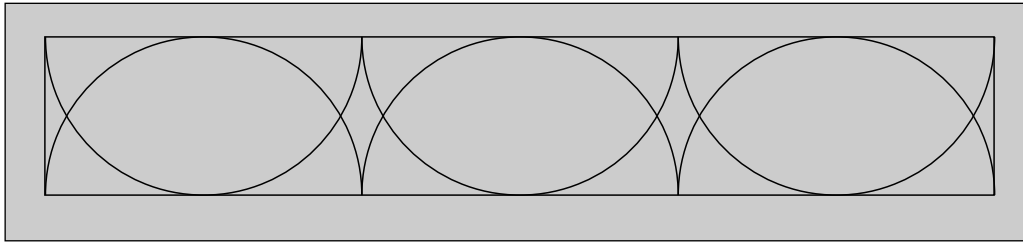


Note: Use the lines on your ruler to keep you straight. By travelling on the outside lines you can finish all the space without breaking your thread.

BLOCK 29
Crossed Arcs
12½" x 2"

Templates Needed

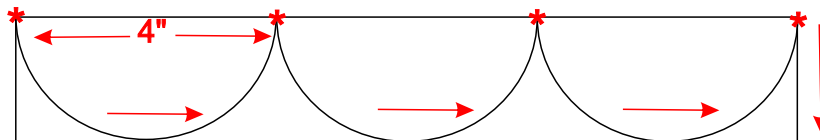
4" Arc



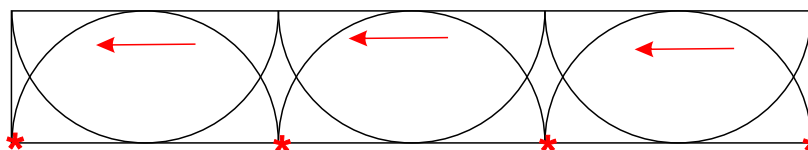
The 4" Arc ruler is a wonderful template for sewing half circles, arcs and fills. There are many different ways to use this template as shown in this quilt.

Play and experiment and see what you can create with it.

Mark the block at 4" increments, lay on the 4" Arc and sew from point to point around the curves.



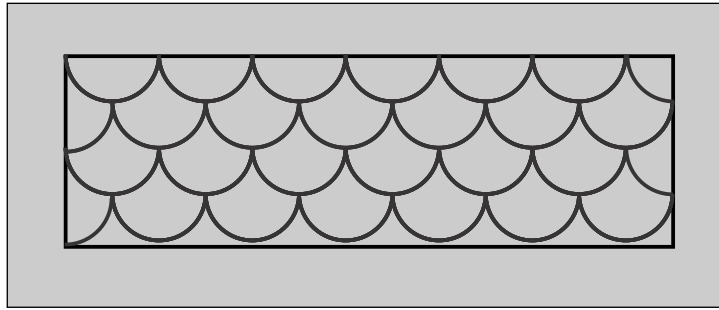
Reverse the template over and sew the opposite side.



Arcs are wonderful shapes to play with. The designs that you can make with them are endless. Play around with the Arcs and see what you can create.

BLOCK 30
Miniature Clamshells
9" x 3"

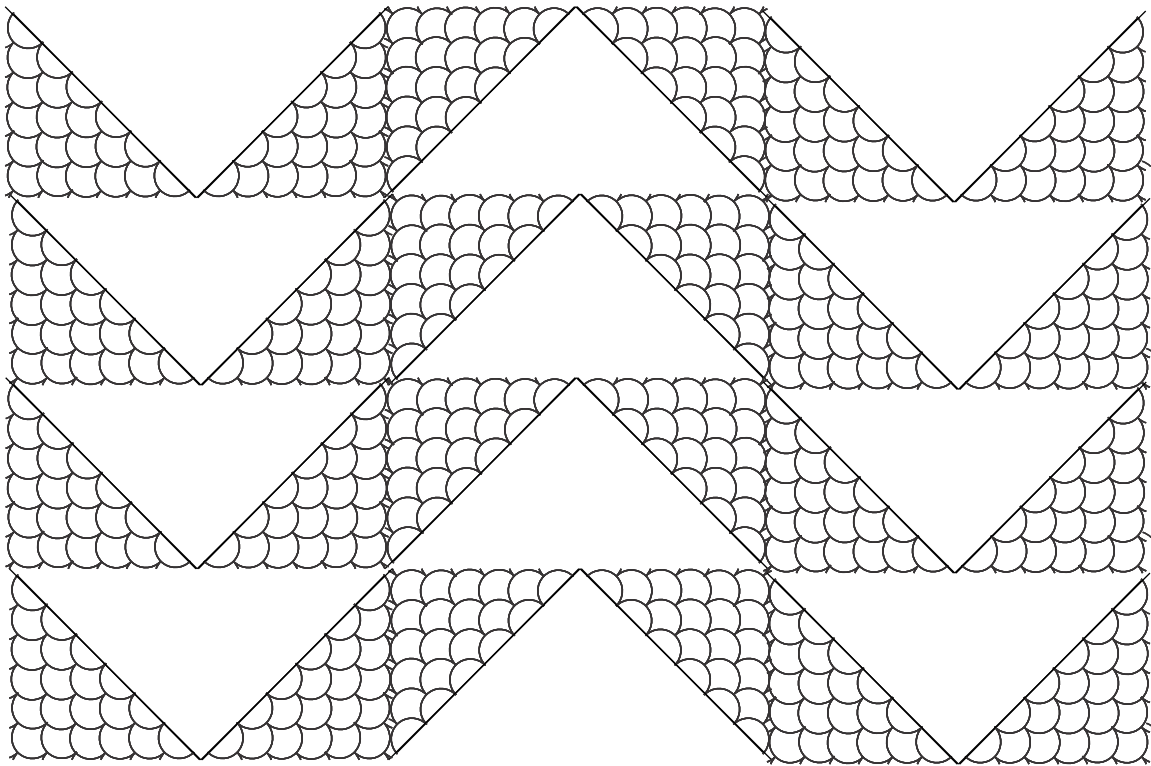
Templates Needed
Miniature Clamshell



The Miniature Clamshell template is so cute to play with. Use it to fill in triangles, squares, rectangles or circles. Put it around the outside of a line to give a curved edge. The possibilities are endless.

Refer back to Block 14 for Instructions

Play with this Clamshell to create all sorts of fills.

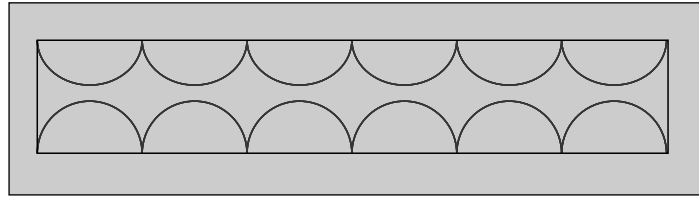


Video Link

Watch the video at Westalee.com.au about Clamshells for detailed instructions.

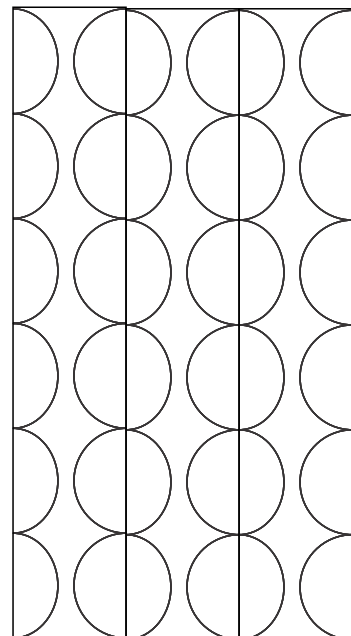
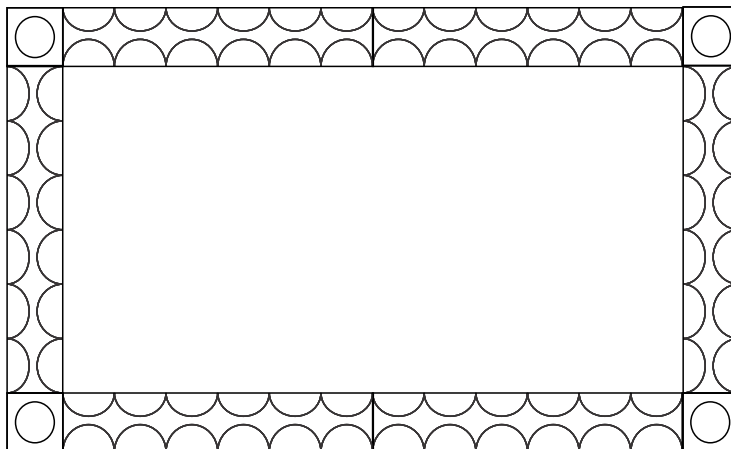
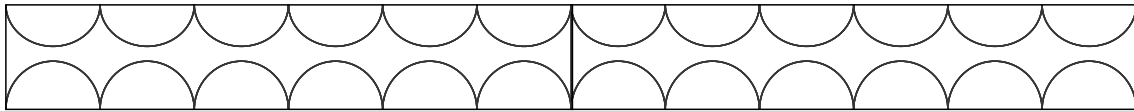
BLOCK 31
Miniature Clamshell
1½" x 6"

Templates Needed
Miniature Clamshell



The Miniature Clamshell Template can also be used to create borders around shapes and spaces.

Refer back to Block 14 for Instructions

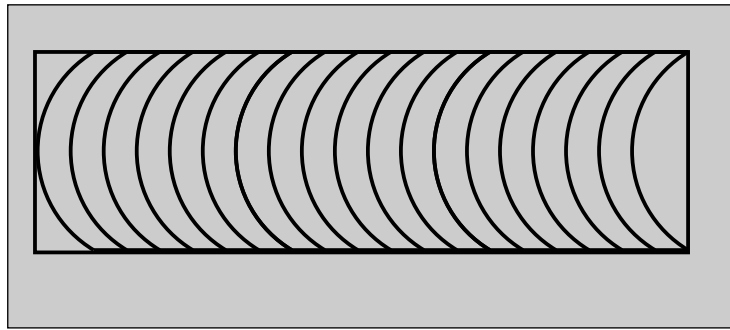


Video Link

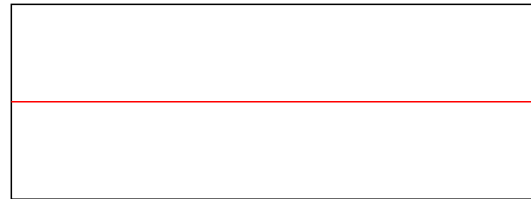
Watch the video at Westalee.com.au about Clamshells for detailed instructions.

BLOCK 32
1/2" Spaced Arcs
3" x 11 1/4"

Templates Needed
 4" Arc

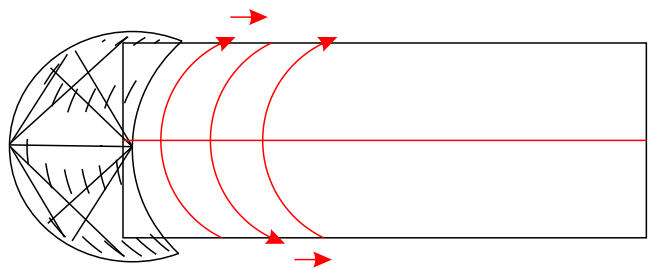


The 4" Arc Template allows you to quilt lots of different designs and fills.



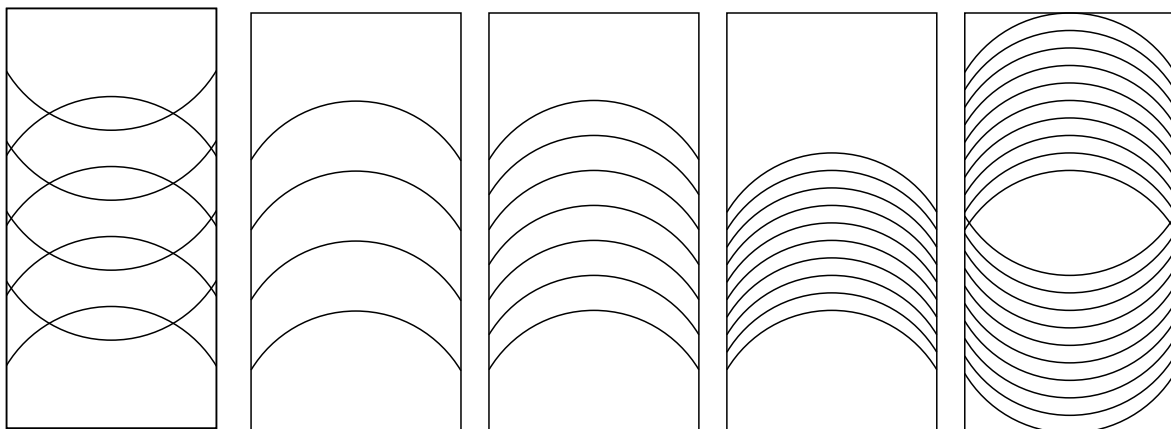
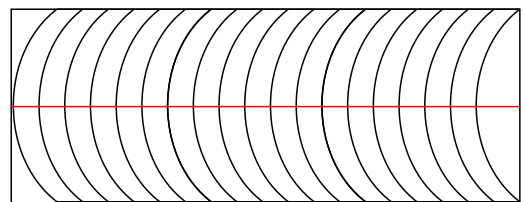
The 1/2" spaced Arcs block can be sewn in a variety of widths.

I quilted mine at 1/2", but you could change yours to any width.



Mark in a centre line on the block and align the centre line on the template with this line.

Follow the **RED** arrows to see how to sew this block.



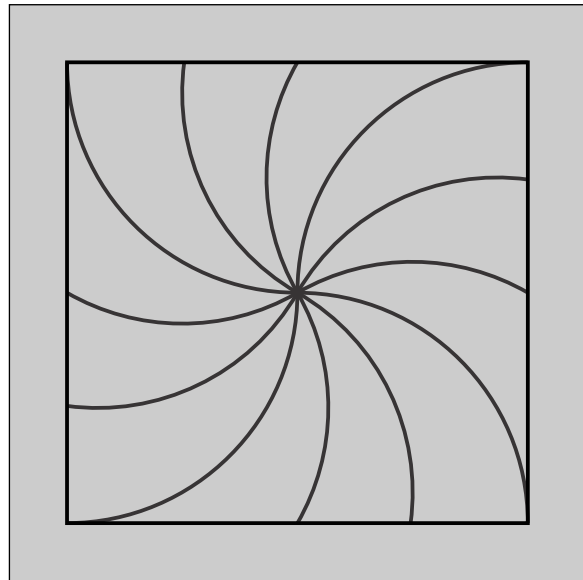
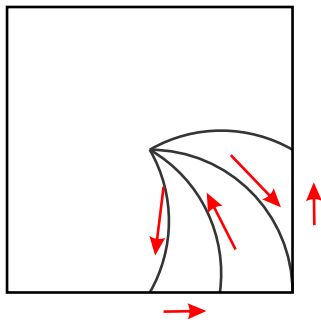
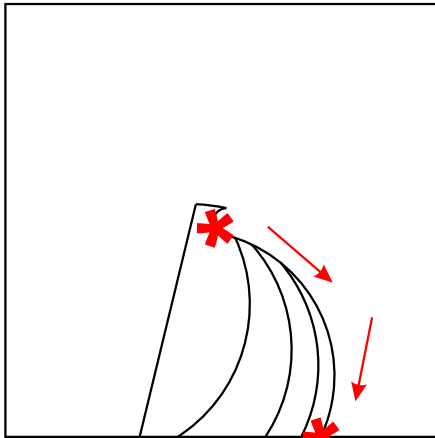
BLOCK 33

Spiral

8" X 8"

Templates Needed

6" Spiral



Mark a point in the centre of the block. *

Put the curved tip over this point. To keep this point stable, add a small piece of Stable Tape to the tip. This helps to keep this point in place.

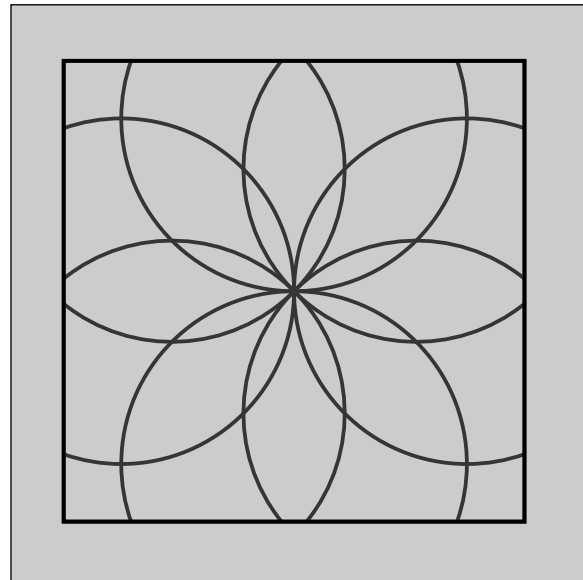
Sew from the centre point to the outside line following the curve of the Template to the stitching line. Sew across the bottom of this line until the second line on the Template lines up with the stitching line.

Sew back up to the centre dot again. Be sure to stop exactly on this dot. Even if you a wobble a little elsewhere, no one will notice if you stop and start on the centre dot. Rotate the template to the right again and sew to the stitching line again. Repeat this process until you travel around the whole area.

Spirals don't have to start in the centre. They can start off centre, from a corner, inside a circle or a rectangle. Think outside the box and see what you can come up with.

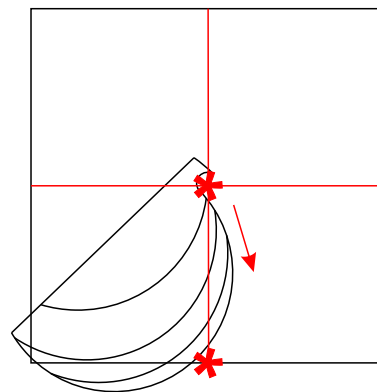
BLOCK 34
Spiral Flower
8" x 8"

Templates Needed
6" Spiral



Mark horizontal and vertical registration lines and the centre point.

Place your Spiral Template on the block as the shown.

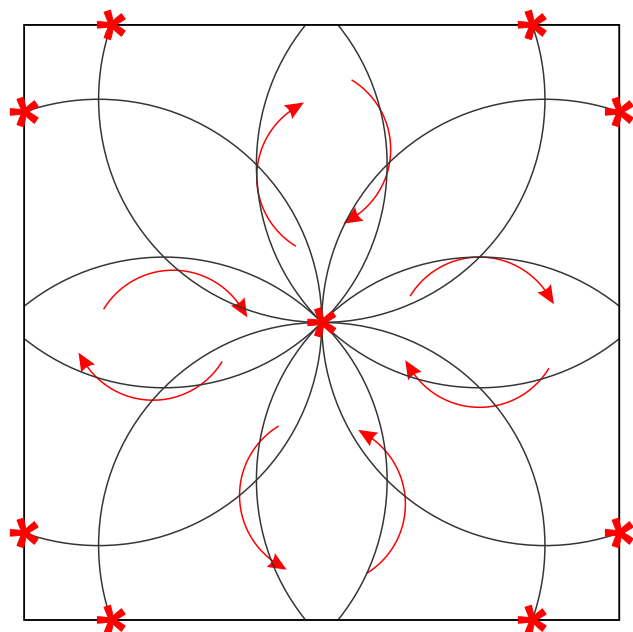


Sew from the centre * to the outside of the block, turn over the template and sew back to the centre.

Do the same on all 4 points. *

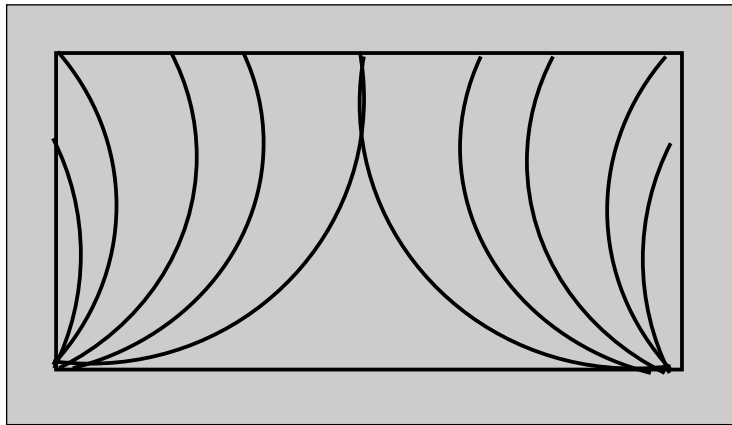
Mark 1" from all four corners.

Repeat the same pattern using the **redstars** near the corners to make the secondary pattern. Do the same on all 4 corners.

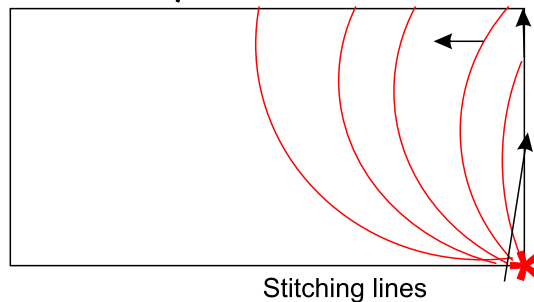


BLOCK 35
Spiral Play
5" x 7"

Templates Needed
6" Spiral

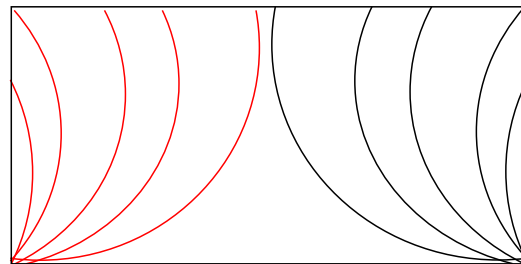


Starting in the corner, sew up to the stitching line, travel upwards, rotate template, sew back down to the corner position.

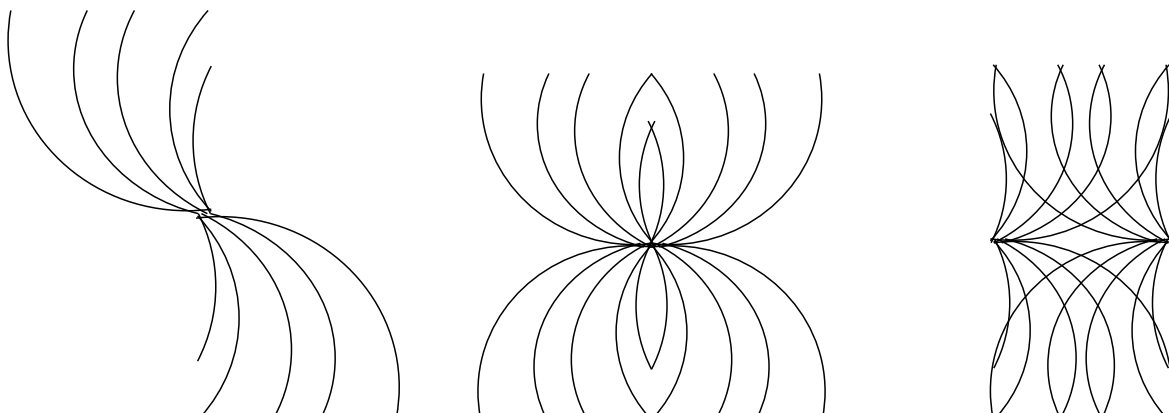


Then back up again. Do this 5 times.

Repeat on the other side.
Remember to reverse the template over for the other side.

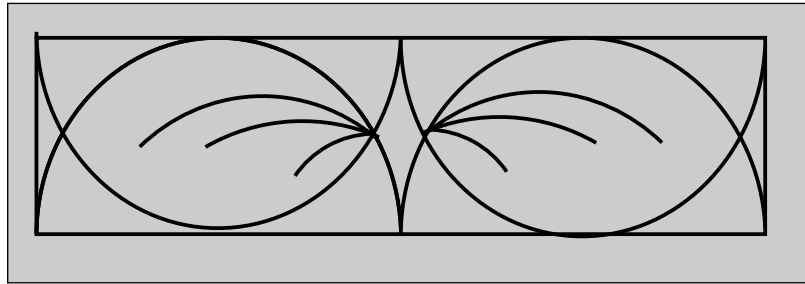


Spirals make all sorts of different designs. Just play...



BLOCK 36
Interlocking Spiral
12" x 3"

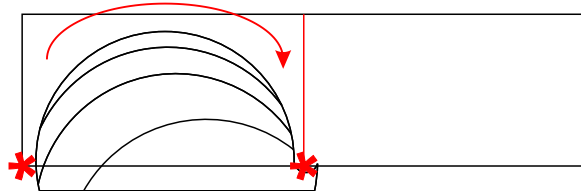
Templates Needed
6" Spiral



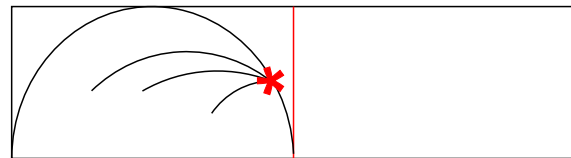
This block is a little bit trickier, but look at the diagram and the main picture and you will be fine.

Mark a line down the centre of the block for reference with a removable marking pen.

Place your Spiral template on the block as shown. Sew from the outside edge of the Spiral to the centre point.

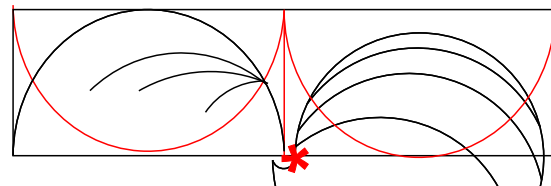


Needle down. Travel back up the spiral to the star. * (This position can vary). Turn the spiral template slightly to the left and sew in another line.



Keep the template steady as you are going to backtrack to * the star. Sew 3 veins where you wish, then sew back to the centre point.

Turn your template over and repeat on the other side.



If you wish, you can sew two more arcs at the top to give an interlocking curved arc appearance.

Once again, sew what appeals to you. It is your quilt and your discovery.

BLOCK 37

Triangles

8" x 4"

Templates Needed

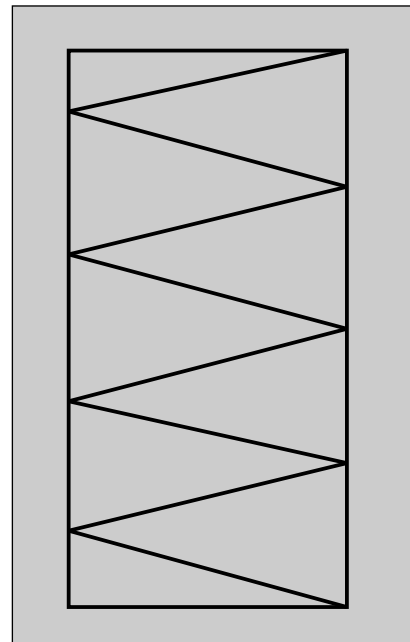
12" Arc Ruler

Start at the top right corner.

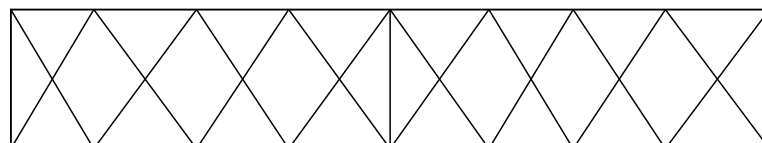
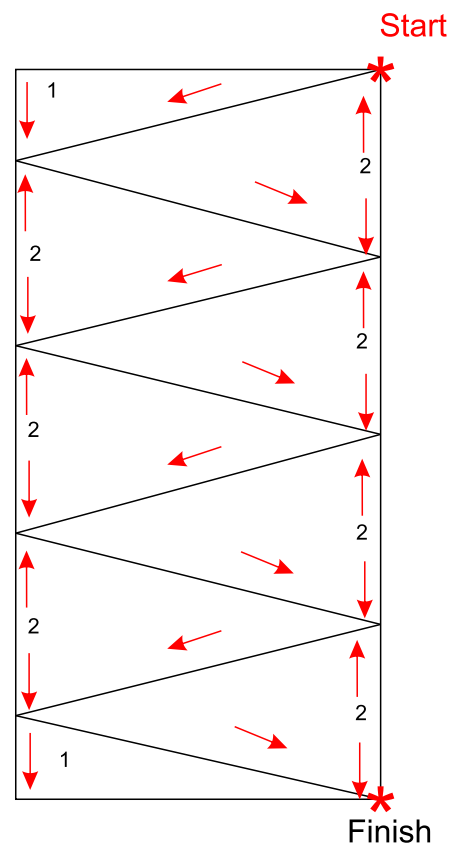
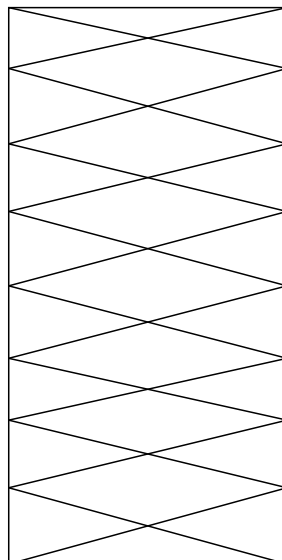
Mark down at 2" increments.

On the left side mark down 1" first, then in 2" increments, then a final 1" mark. See diagram.

Using the diagram sew in the direction of the arrows.



There are many different ways to quilt in this block. Try different ways of filling in the spaces.



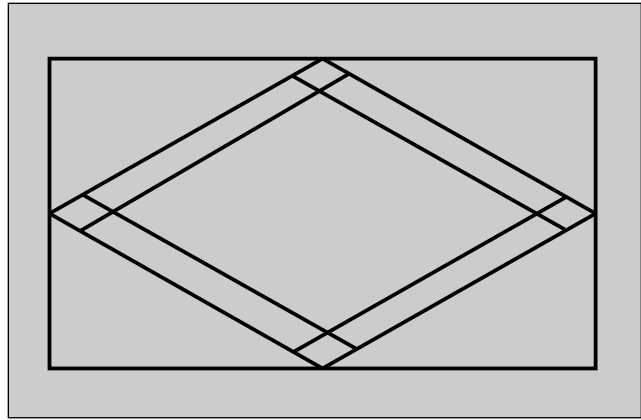
BLOCK 38

Diamond

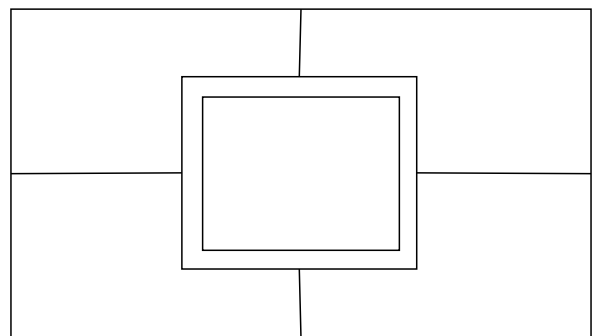
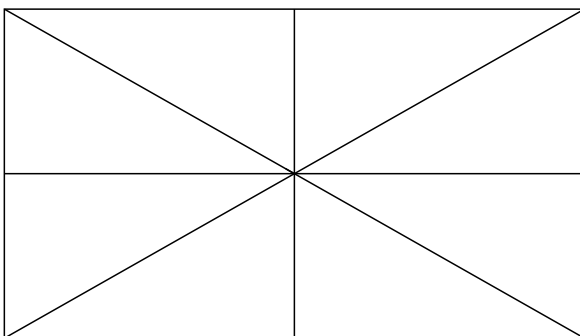
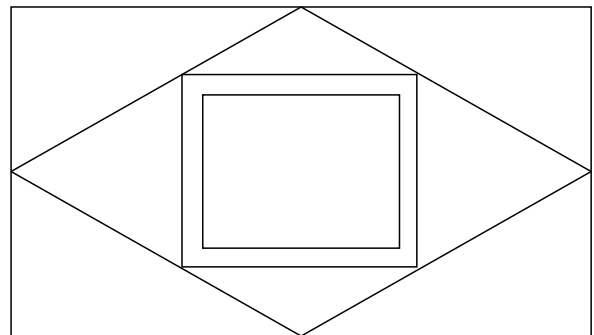
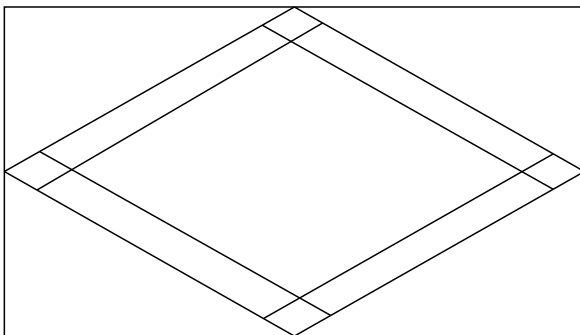
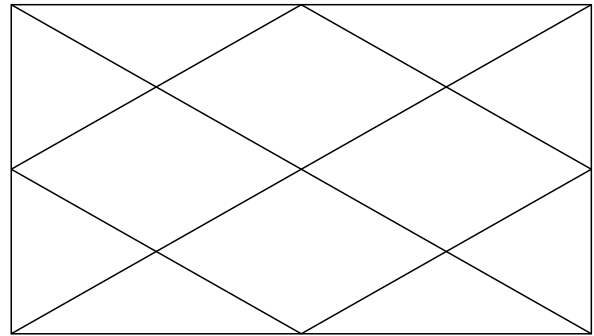
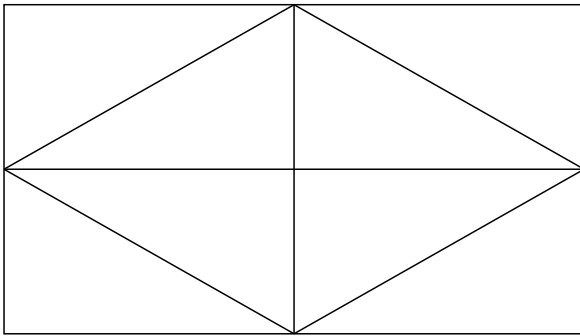
11¼" x 6"

Templates Needed

12" Arc Ruler and whatever other templates you might



This block is for you to play with. Below are a few ideas to get you started. Fill the spaces with lines or clamshells echo areas or draw lines. Just play and have fun.

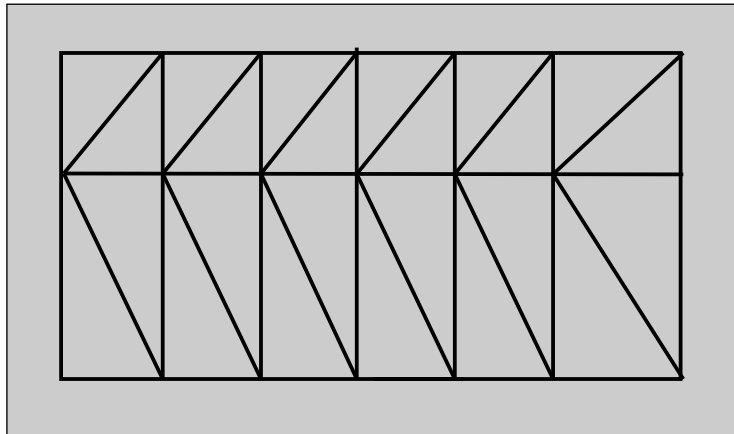


BLOCK 39

Off Centre Flying Geese

9¼" x 5"

Templates Needed
12" Arc Ruler



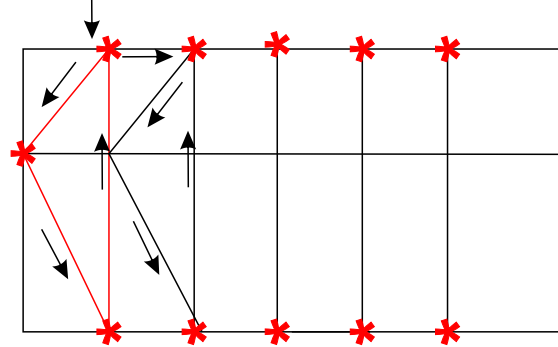
Mark along the top and bottom at 1½" increments.

Following the diagram arrows sew from the **RedStar** * across to the outer edge.

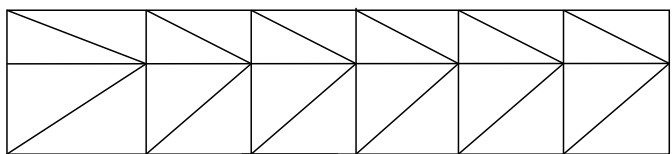
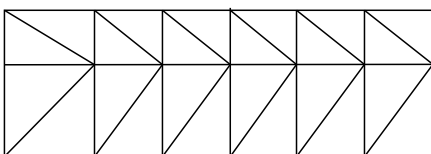
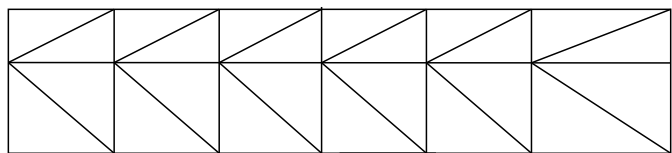
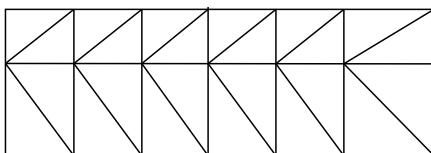
Then sew across and down to the bottom.

Sew up to the top again (starting point). Repeat this pattern until you get to the end.

START HERE



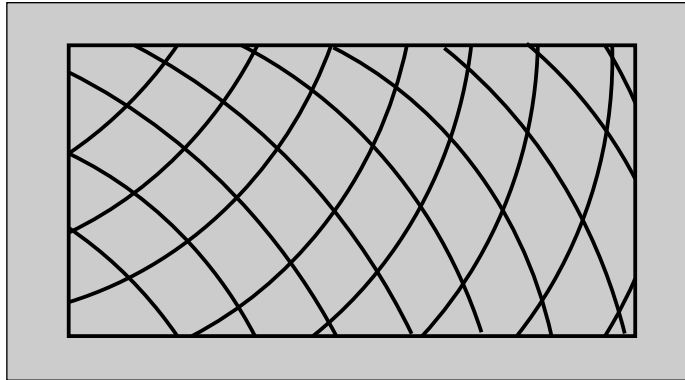
Again this block can be changed. In fact this off centre block came about because I just wanted something a little different than conventional Flying Geese. This way it will fit into any size block.



BLOCK 40
Curved Cross Hatching
8" x 4"

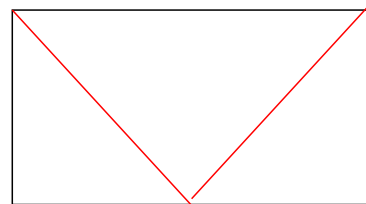
Templates Needed

12" Arc Ruler - Curved Side



Curved Cross Hatching is sewn the same as straight cross hatching except you use the curved side of the 12" Arc Ruler.

Draw 45 degree lines as shown in diagram corner.
Do the same from the other corner.
See Block 27.



Use the **curved** side of the ruler and sew from the corner point to the bottom line you did with the straight cross hatching.

Travel across the bottom until the 3rd line on the ruler lines up with the stitching. Sew back up against the ruler. Travel across the top until the 3rd line on the ruler lines up against the stitching. This will give you a 1" cross hatch. Continue like this until you have sewn all the curved cross hatch lines. Then do the same with the other diagonal side.

- * *Be careful not to move the ruler.*
- * *It is not a race.*
- * *Take your time.*

Note: Use the lines on your ruler to keep you straight. By traveling on the outside lines of the block you can quilt all of the space without breaking your thread.

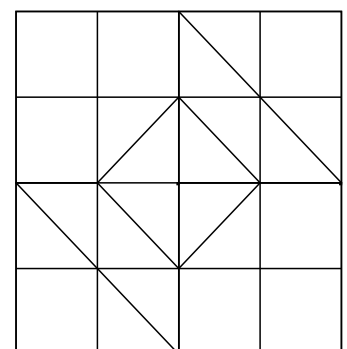
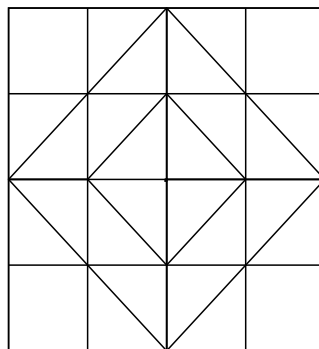
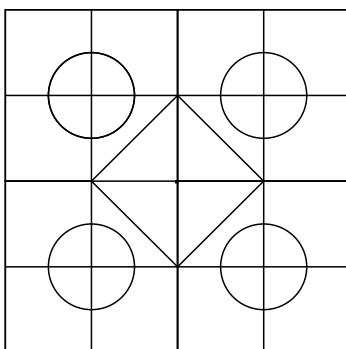
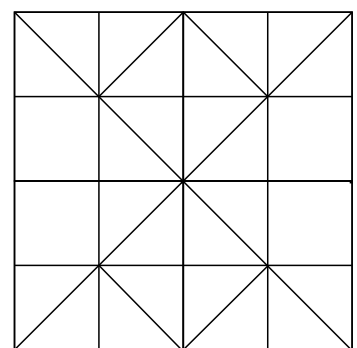
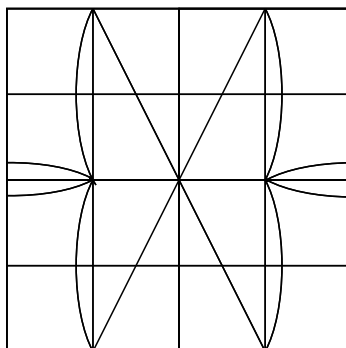
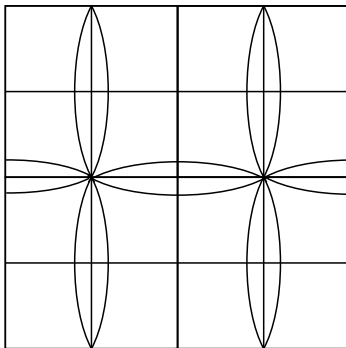
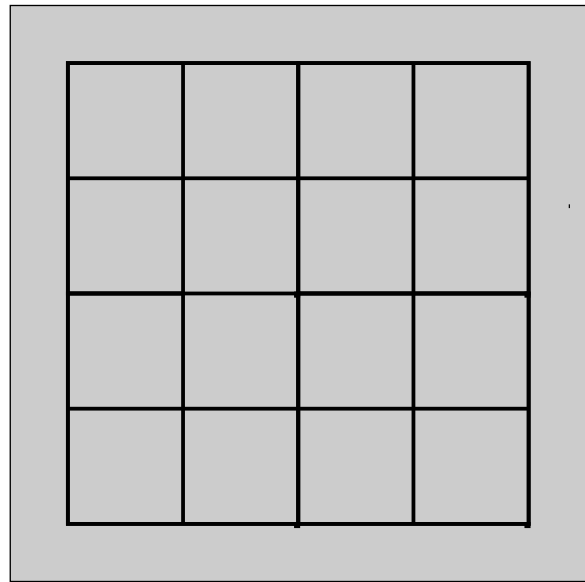
BLOCK 41
16 Patch Block
8" x 8"

Templates Needed

12" Arc Ruler
2" Simple Circle

To create the squares in this block sew 2" lines vertically and horizontally. Blocks can be left as they are or you can fill them in as you wish.

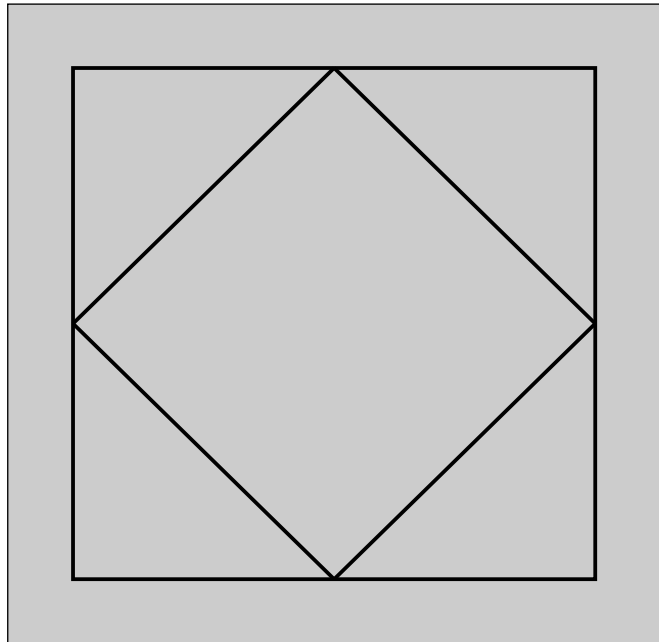
Below are a few examples to give you some ideas.



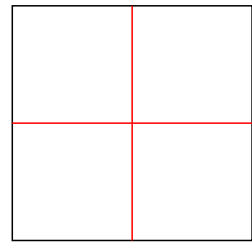
BLOCK 42
Square in a Square
6" x 6"

Templates Needed
12" Arc Ruler

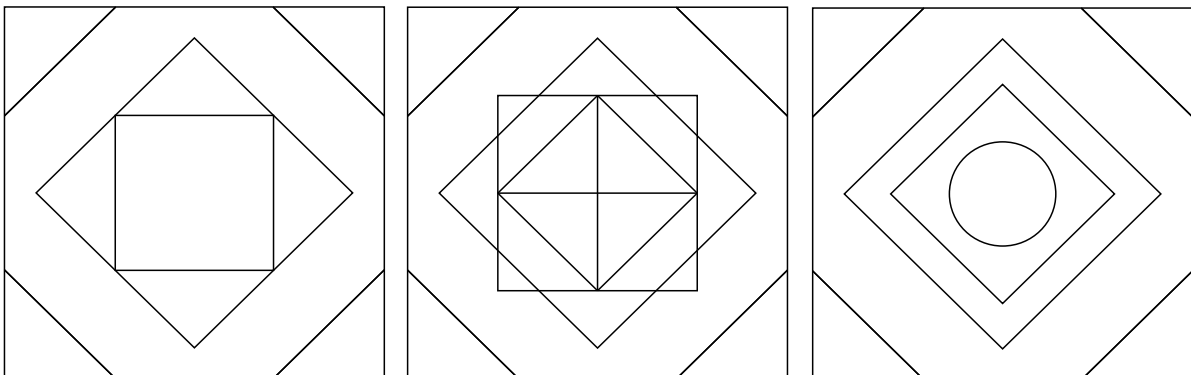
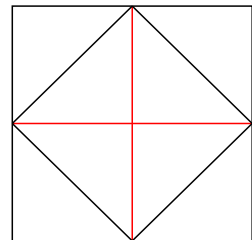
Square in a Square is a block that you can do lots of quilting in. Play with this block and see what you can come up with.



Draw a line down the middle of the block and then across horizontally.

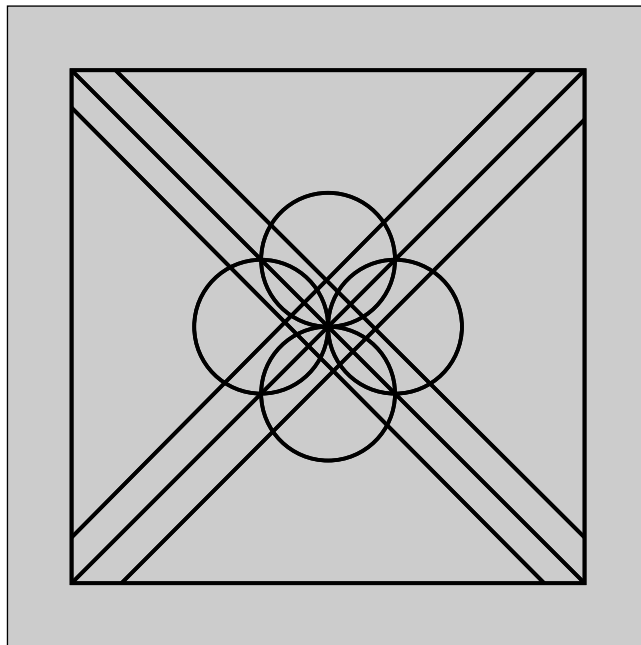


Using the 12" Arc Ruler sew a square inside the block. Fill in this block if you wish.



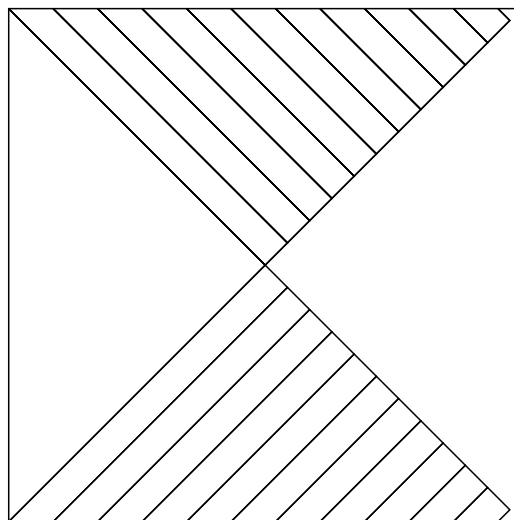
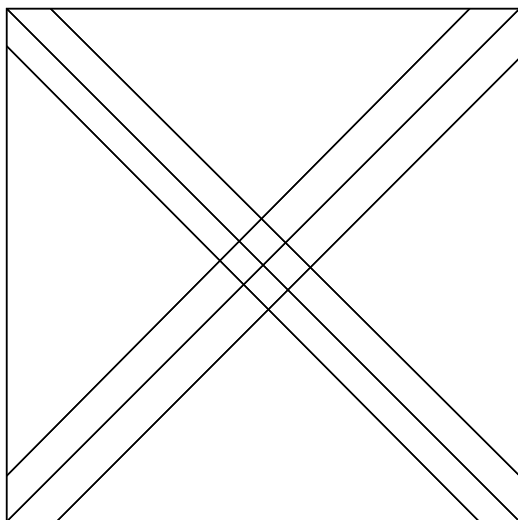
BLOCK 43
Quarter Square Triangles
6" x 6"

Templates Needed
Simple Circle 2"
12" Arc Ruler



The quarter square triangle block is a free play block. By this stage, you are probably full of ideas of how to fill in these spaces. I have given you the guidelines to follow.

Now it is time for you to Fly. Quilt what you want in the Free Play Block. Relax and have fun.

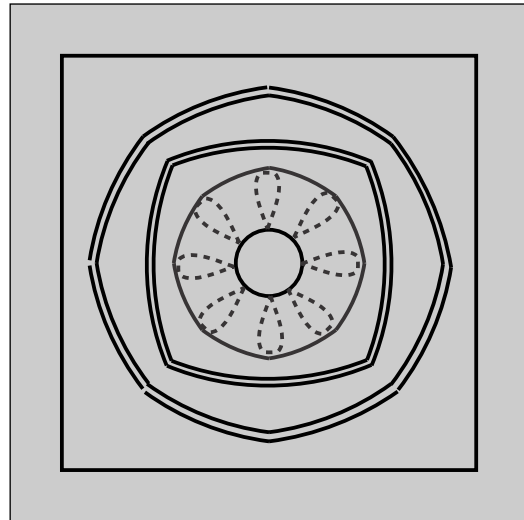


BLOCK 44
Spin-e-Fex 4 in Curves
9¼" x 9½"

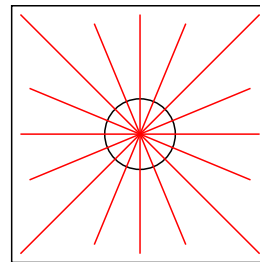
Templates Needed

Spin-e-Fex 4
 12" Arc Ruler

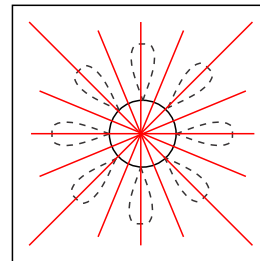
Mark 16 Crosshair reference lines.



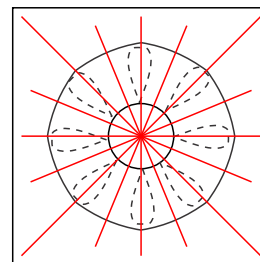
Sew a 2" circle in the centre of the block.



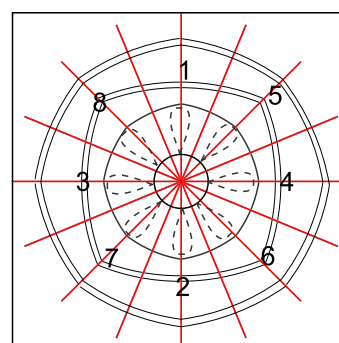
Use the Spin-e-Fex 4 Template and sew in 8 petals travelling around the circle.



Sew a circle around these petals using the 12" Arc Ruler connecting the tops of each petal.



Measure 1½" out from the Spin-e-Fex 4 stitch line on the diagonal registration lines (5, 6, 7, 8). Using the 12" Arc Ruler (curved edge) stitch point to point. Stitch a ¼" echo.



Measure 1 1/2" from the echo stitch line on the horizontal and vertical registration lines (1, 2, 3, 4). Measure 1" from the echo stitch line on the diagonal registration lines (5, 6, 7, 8).stitch point to point. Stitch a ¼" echo.

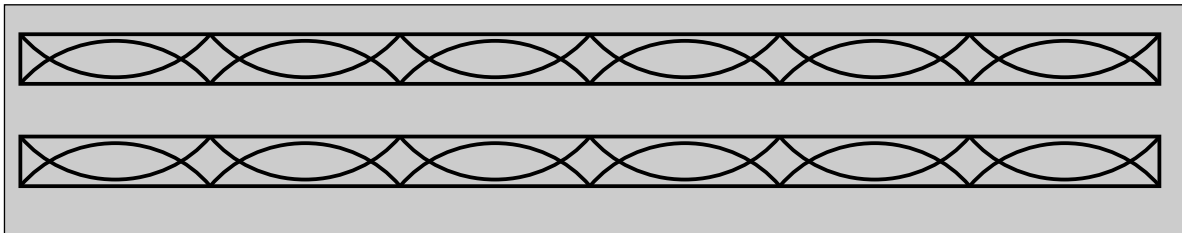
You see how a pattern can be formed. Please feel free to alter a design if you feel like it. Remember to play with design.

BLOCKS 45 and 46

Top Borders

1" x 40³/₄"

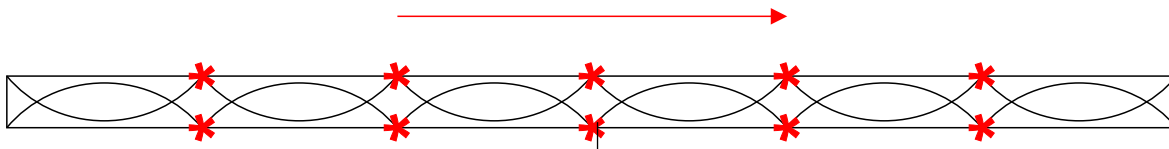
Templates Needed
12" Arc Ruler



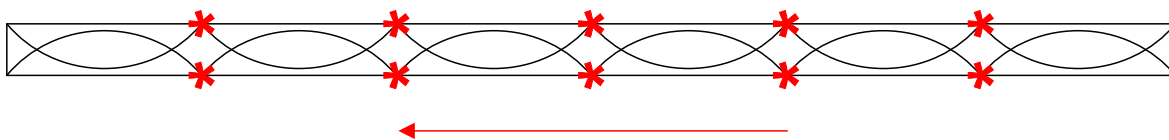
Mark along both sides of the two top rectangle blocks at 6" increments.



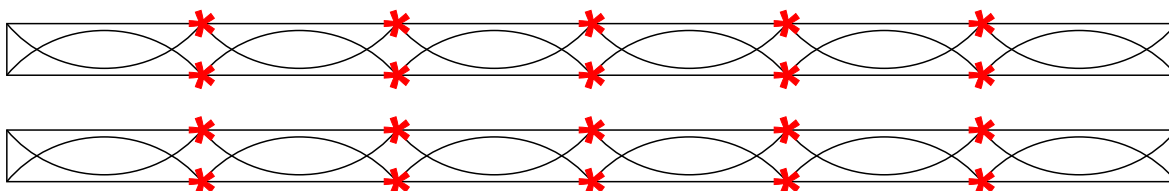
Using the 12" Arc Ruler sew from point to point. Use the Spacing Gauge to help you with this. Move the ruler to the next point and sew again. Repeat to the end.



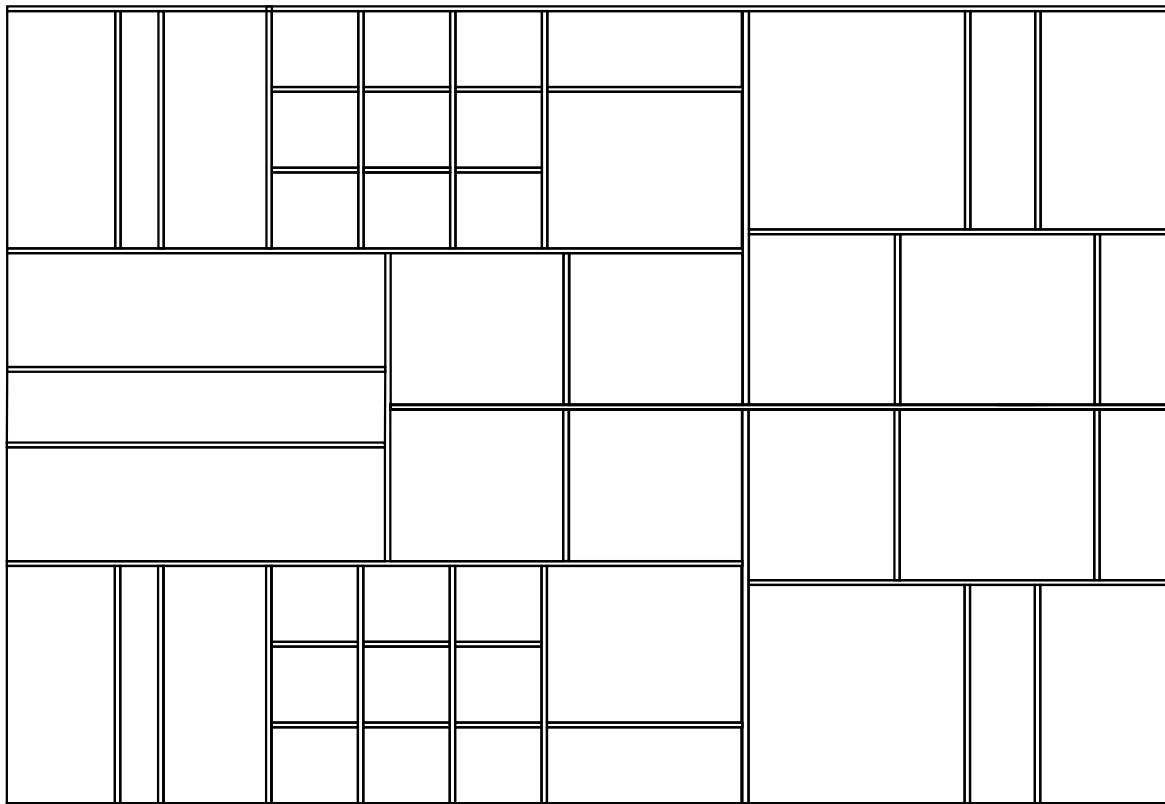
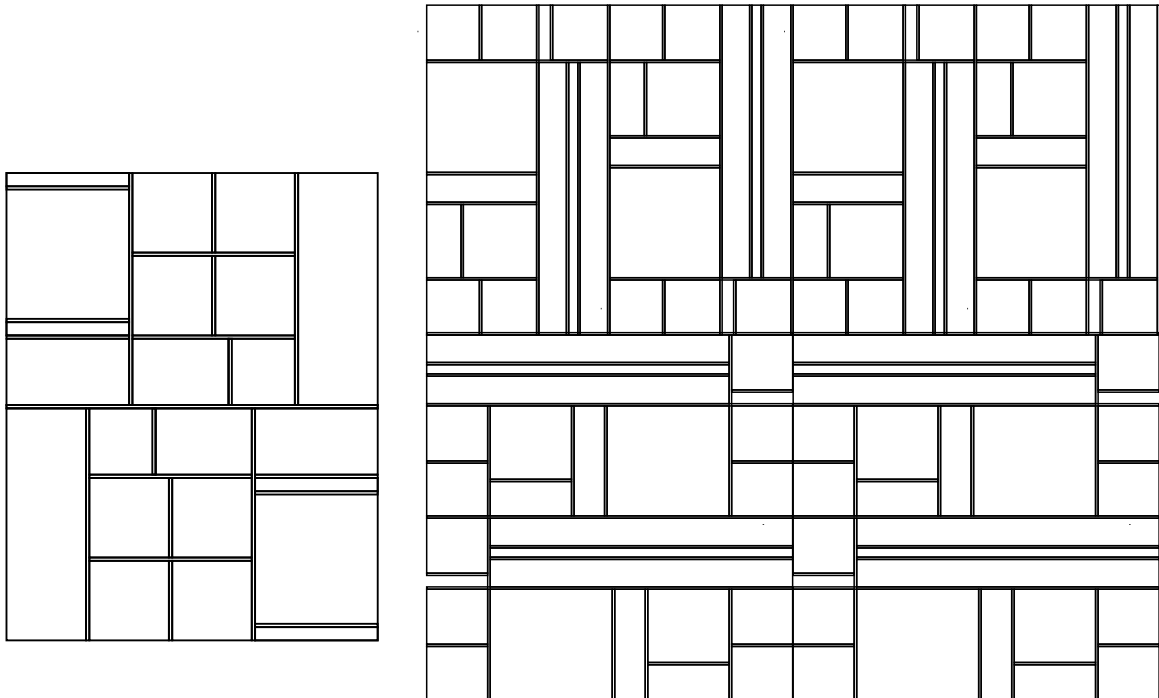
Turn over the ruler and sew the opposite way to the end.



Repeat on the other rectangle.



Some alternate Layouts you may like to try.



How to add a Flange to your Quilt

A flange is a small peeper of fabric that sits between the quilt top and your binding. It is used to add small details to a quilt.

To add a flange, you will need to cut two strips the length of your fabric and two the width of your fabric. All these strips are cut at 1" wide using my **Westalee Design Adjustable Ruler** because I can get accurate strips every time.

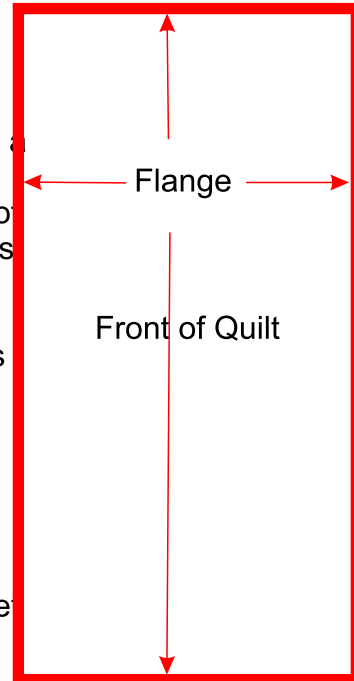
Fold these strips in half lengthwise with the WRONG sides together and press them well.

Using a good fabric glue, I use Roxannes Glue, lay the flange with the RAW EDGE to the outside on the quilt.

Take your time doing this. I use glue rather than pins as I have found that the Flange stays put and doesn't move when I put the binding on later.

Do both of the long sides first, then the top and bottom. Let the glue dry and it will stay in place.

Once you have done this, put on your binding as per the instructions on page 46.



Attaching a Hanging Sleeve.

I put my hanging sleeves on my quilts after I sew the binding onto my quilts, but BEFORE I stitch the binding down.

To make a hanging sleeve for your quilt, cut a strip of fabric the width of your quilt by 9" wide. This is because you will need a 4" hanging sleeve if you ever want to exhibit your quilt in the future. Try to use the same fabric as the backing fabric. It just looks nicer.

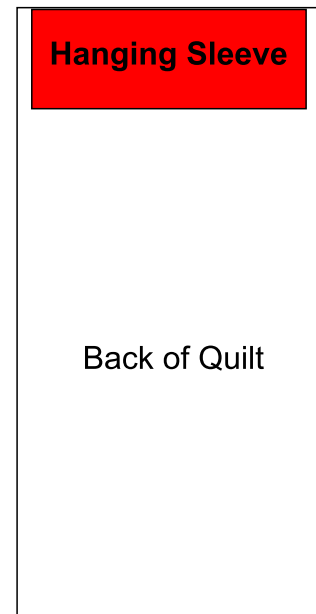
Fold your fabric in half longways WRONG sides together, so that you have a long tube. Lay it on the back of your quilt and fold in both of the raw ends so that the sleeve measures about 1" from each end.

See the diagram.

The raw edges go to the top of the quilt. That way all the raw edges are safely enclosed by your binding.

Stitch our sleeve in place on the sewing machine INSIDE the stitching line of your binding. This way you cannot see the stitches and it helps your quilt to hang straight.

When you stitch your binding in place it will cover over all the raw edges beautifully.



BOUND TO FIT



This method of binding is using mitred strips of binding. Westalee Design's Bound To Fit makes this method really easy. By kind permission of Leonie and Bill West from Westalee Design, I have been able to include this method of binding into all my patterns. I have given written instructions for you including pictures, however, there is also a Step by Step video that can be viewed at www.westalee.com.au

1. Cut the required number of binding strips



A Using Bound To Fit cut the ends of the strips



B Trim the points for easy alignment



C. Match the seams



D Pin the seams together



E Sew with a Scant Quarter Inch Seam Allowance and press



F With wrong sides together fold in half and press



G. Sew binding to quilt - leave approximately 10" tails



H. Leave about 12" unsewn between ends.



II. Fold the tails back to the middle and finger press a crease.



J. Fold back tails



K. Align Bound To Fit guide to edge of fabric and the **To Fold** mark at the crease.



L. Cut



M. Repeat on the other tail



N. Sew with a Scant Quarter Inch Seam Allowance and press



O. Sew the final seam - Fold binding to the back and sew by hand.

Westalee Design graphics are used with the written consent of Westalee Design 2016 and are protected by copyright International Copyright Law.

Janet Collins Designs

Notes

**This page has been added so that you can write your own personal notes here.
Write tension, needle, thread combinations that work for you.
Where you change my designs you can draw the diagrams here.**

Janet's Ruler Quilt Design Book

Janet's Ruler Quilt Design Book has been designed to help you get the most out of your **Westalee Design Sampler Set 1**.

I have designed this quilt to give you a framework. I recommend that you don't follow it exactly if you don't want to. I know that many people in my classes need direction at first to get them started. However, by the time class finishes most are happily starting to make their own design decisions.

I absolutely love it when this happens.

Making this quilt will develop your skills using Westalee Design Rulers and templates if you follow the sewing order suggested, but again this is up to you. There are no rules about this. By the time you finish your quilt you will be much more confident with your quilting, not only with ruler work, but with other free motion quilting.

Fabric requirements

1.5 metres Backing Fabric

25cm extra for a quilt hanging sleeve if you wish to add one.

1.5 metres Top Fabric

1.5 x 42" batting

30cm fabric for binding

Self Threading needles - Top threading

Roxanne's Glue

Small scissors,

Marking pens of your choice.

Thread for quilting. I suggest that you don't use a heavyweight thread to start with. A 50 or 60 weight thread will give you a much nicer look. Select 1 or 2 shades darker than your top fabric.

Westalee Design Tools needed

Westalee Design Ruler Foot for your machine

Westalee Design Sampler Ruler Set 1

Westalee Design Cross Hair Ruler

Westalee Design Bound to Fit - Optional

Westalee Design Spacing Gauge - Optional

For further information or assistance with this or any of our patterns or products please contact us at

janetcollinsdesigns@inet.net.au
or go to our website at janetcollinsdesigns.com.au

All Quilts, Designs, Patterns, Books, Graphics and Text are protected by Copyright Laws 2016 and cannot be reproduced by any means without the written consent of Janet Collins. By purchasing any Janet Collins product you agree to abide by International Copyright Law.

All rights reserved 2016.

Westalee Design graphics are used with the written consent of Westalee Design 2016 and are protected by International Copyright Law.

