

By Louisa L. Smith & Lisa Harris

Supplies in kit:

- Eighteen 1 ½” wide strips of fabric to coordinate with the floral fabrics. These 18 strips should have a nice flow of color, last strip will match up in color to first strip! From dark to light and back to dark, light fabrics in the middle. They need to be approx. 21 inches long or a half strip!
- ***The Basic and Basic Set II templates.***
Approx. 20” by 20” piece of backing fabric.
Also 4 strips - 1 ¾” wide by 20” for binding of the same backing fabric.
Approx. 20” by 20” of a cotton batting.
- From lighter floral:
Two L-Shapes and one Large Quarter Circle. (Basic Set)
- From darker floral:
One L-Shape and two Large Arcs (from Basic Set II).

Other supplies:

- Machines: Memory Craft 11000 for machine embroidery
- Medium gray good quality thread, several bobbins filled.
- ¼” seam foot for piecing
- Basting/Darning foot for free-motion quilting and
- Acufeed Open Toe Foot for machine quilting in the middle of the strips.
- Acufeed ¼” seam Foot for sewing on the binding.
- Rotary cutting mat and small cutter. 28 mm
- An Iron.
- Medium gray good quality thread, several bobbins filled.
- Sulky threads for embroidery
- Stabilizer for the machine embroidery.
- Variegated threads for machine quilting.
- Rotary cutting mat and small cutter.
- An Iron.
- Textbook: Strips ‘n Curves by Louisa L. Smith

Step One: The Strata

Use the ¼” seam foot. Small stitch is preferred (about 1.5 to 1.7) because we are counter cutting these strips later and do not want them to come apart! Lay strips in correct color order on your work table. Sew strip #1 to strip #2, iron seam open and put back on table. Take strip #3 and sew to strip #4, iron seam open and put back on table. Continue to sew in pairs until all 18 strips are done. Go back and take first pair (#1 & #2) and sew to second pair (#3 & #4) iron seam open Put back on work table. Continue in this fashion, until all the strips are sewn together and all seams are ironed open! Use a little spray starch if you like. We now have our strata (set of 18 sewn strips) completed.

Step Two: The Shapes

To cut the first shape, use the small quarter circle, with the curve side on top and lining up the center

line of template with center line of strata piece. Cut the second piece from the strata but this time place the template with the curve towards the very bottom of strata piece. These two pieces are light in color. Next sew together the left over pieces to each other, so that the center line now is dark in color. Now use the L-Shape and large quarter circle and cut them out. Making sure the center line of the templates line up with the center of the new strata piece and they will be dark!!!! Make sure the curves of the two template pieces face one another.

Step Three: The Sewing

You are now ready to sew your composition into blocks. Add the large arcs to the small pieced quarter circles and add the light floral L-shapes to create the first two blocks. Take the large pieced dark quarter circle and sew it to the dark floral L-shape. This will be block #3. Next take the large light floral quarter circle and sew it to the dark pieced L-Shape for block #4.

You are now ready to piece them together. See sample.

Step Four: The Embellishing:

Add the machine embroidery to the pieced light colored small arcs. See sample. We have used Design # 14 ST: for Hoop ST. a lady bug. And if desired add a floral embroidery design to the right bottom block, we have used Design #3 ST: for Hoop ST.

Step Five: The Quilting

Sandwich the piece, batting and backing with safety pins and start quilting. Take your desired thread and the Acufeed Open Toe Foot using any of the decorative stitches to sew in the middle of the strips. See sample. This is an easy and very effective way to quilt and show off those wonderful stitches! Change to an Open Toe Stippling foot and outline or free-motion in the printed fabric areas and around the embellishing.

Step Six: The Finishing.

Directions for Artist binding:

4 strips 1 3/4" wide – two strips exact width of piece and two strips exact length of piece.

Miter the corners towards the inside; place on top of right side of piece, right sides touching and stitch all around using the Acufeed 1/4" foot. Now cut off the corners and turn towards back of piece, press and hand sew in place. Press again.