Welcome to an online version of *In the classroom with Jan™*. This eight month block of the month includes the companion lessons to make this Stitch Sampler quilt pictured on page 90 of the newly released book, *Applique & Embroidery Fundamentals*. The quilt was made to visually introduce the embroidery techniques found in the "More Stitches" chapter. It is a fun and unique way to learn and experiment with the simple stitches found within the book’s pages.

During the next eight months, lessons for two blocks will be posted each month to the website. The first lesson also includes Supplies and Cutting Instructions, along with a layout for the quilt blocks. The eighth lesson will include instructions for constructing the quilt, along with instructions for the optional Corded Loop Binding. The techniques in each lesson list the page references corresponding to the stitch instructions in *Applique & Embroidery Fundamentals*, where you will find step-by-step instructions and illustrations. It is also suggested you review the instructions on Hooping (page 26), Separating or Pouncing Embroidery Threads (page 27), and Threading & Knotting Silk Ribbon (p. 30) before beginning the lessons.

Challenge your creativity and make this sampler personally your own trying different threads, ribbons, and colors. Once you have experimented with the stitches used in this quilt, you may enjoy learning more stitches and techniques found in *The Art of Elegant Hand Embroidery, Embellishment and Applique*. Enjoy your stitching journey!

*Please Note:* These pattern instructions are copyrighted and may be copied for individual use only. Teachers, please have students print their individual patterns and each purchase an individual copy of the book in order to complete the lessons.
### Supplies & Cutting Instructions

*(includes materials for making quilt top, binding, and embellishments)*

<table>
<thead>
<tr>
<th><strong>Book</strong></th>
<th><em>Applique &amp; Embroidery Fundamentals</em>, by Janice Vaine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fabric</strong></td>
<td></td>
</tr>
<tr>
<td>Background:</td>
<td>1 yard</td>
</tr>
<tr>
<td>Backing:</td>
<td>1 yard</td>
</tr>
<tr>
<td>Binding:</td>
<td>¼ yard</td>
</tr>
<tr>
<td>Optional Corded</td>
<td></td>
</tr>
<tr>
<td>Loop Binding:</td>
<td>9 yards of 1/8” bias silk satin cording</td>
</tr>
<tr>
<td>Flowers:</td>
<td>Six different fat quarters</td>
</tr>
</tbody>
</table>

| **Cutting Instructions** | |
| From Background Fabric: | |
| Blocks: | 3 – 7” x width of fabric strips then cut 16 – 7” x 7” |
| Borders: | 3 – 3-1/2” x length of fabric strips then cut 2 – 3-1/2” x 16-1/2” 2 – 3-1/2” x 22-1/2” |

| From Backing Fabric: | 1 - 33” x 33” |
| 4 - 2-1/2” x 30” (facings for optional Corded Loop Binding) | |

| From Binding: | 3 - 1-1/8” x width of fabric (single fold binding) OR 9 yards of 1/8” bias silk satin cording then cut 160 - 2” lengths |

| **Notions** | |
| Seed beads for flower centers in C4-Fabric Small Gathered Flowers Button for flower center in D4-Petal Flower |

| **Ribbons*** | |
| 5/8” French Ombre wired ribbons: | 1 yard for A4-Jan’s Ruched Rose 1 yard for B1-Gathered Flowers 1/2 yard for D-4 Boat Leaves |
| 2mm silk ribbon: | 1 yard for B3 flower centers |
| 4mm silk ribbon: | 3 yards for A2-Colonial Knot Flowers 2 yards for leaves in B3-Ribbon Stitch Daisies |
| 7mm silk ribbon: | 2 yards for B3-Ribbon Stitch Daisies 2 yards for D2-Rose Buds 5 yards for C3-Spider Web Ribbon Rose |

| **Threads** | |
| Embroidery Floss, 1 skein each: | Medium and dark green for leaves, stems, and rose bud calyces Color of choice for center of A2-Colonial Knot Flowers Color of choice for flower centers A1-Bachelor Button Rose Color of choice for B4-Straight Stitch Starbursts Color of choice for C1-Pistil Stitch Starburst Color of choice for C2-Redwork A Color of choice for berries in D2-Rose Buds |

| **Tools** | |
| Sharps Needles: | Size 10 |
| Chenille Needles: | multi-pack for ribbonwork |
| Crewl Needles: | multi-pack for embroidery |
| Transfer paper: | (recommend Loew Cornell transfer paper available at www.blick.com) |
| Sewline Fabric Mechanical Pencil Trio: | (all-in-one black marking pencil, white marking pencil, and pen stylus) |
| 5” Embroidery hoops (recommend Morgan No-Slip Hoops) | Circle template or Perfect Circles by Karen Kay Buckley |

*Supply Resources, p. 126; specifically Ribbon Resources: Quilter’s Fancy (wired ribbons); River Silks and YLI Corporation (4mm, 7mm, and 13 mm silk ribbons; and Superior Threads at www.superiorthreads.com)
<table>
<thead>
<tr>
<th>A1</th>
<th>Bachelor Button Rost</th>
<th>A2</th>
<th>Colonial Knot Flowers</th>
<th>A3</th>
<th>Bachelor Buttons</th>
<th>A4</th>
<th>Jan's Ruched Rose</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>Gathered Flowers</td>
<td>B2</td>
<td>Round Ruched Rose</td>
<td>B3</td>
<td>Ribbon Daisies</td>
<td>B4</td>
<td>Straight Stitch Starburst</td>
</tr>
<tr>
<td>C1</td>
<td>Pistil Stitch Starburst</td>
<td>C2</td>
<td>Redwork A</td>
<td>C3</td>
<td>Spider Web Rose</td>
<td>C4</td>
<td>Fabric Gathered Flowers</td>
</tr>
<tr>
<td>D1</td>
<td>Carnation</td>
<td>D2</td>
<td>Rose Buds</td>
<td>D3</td>
<td>Boat Leaves</td>
<td>D4</td>
<td>Petal Flower</td>
</tr>
</tbody>
</table>

25" x 25" Quilt
**A1 - Bachelor Button Rose**

**Goal:**
To make a rose with Bachelor Buttons.

**Techniques:**
- Bachelor Buttons .................................................. p. 92
- Colonial Knot ....................................................... p. 97
- Fishbone Stitch ..................................................... p. 98

**The Lesson:**
1. Center the A1 - Bachelor Button Roses block on one of the 7” x 7” background squares. LIGHTLY trace the two leaves on the right side of the background fabric.
2. Stitch the two leaves with the Fishbone Stitch following the instructions on page 98.
3. From one of the flower fabrics, cut one each 4”, 3-3/4”, 3-1/4”, 2-1/4”, 1-1/2” and 1” circles. Make a Bachelor Button with each circle (page 92). These are the petals of the rose.
4. Make the rose by stacking the petals large to small, offsetting each petal. Tack the petals together in the center of the rose.
5. Using three strands of embroidery floss, secure the rose to the background fabric with three Colonial Knots (page 97) in the center of the rose.
6. For each rose bud, cut one each 1-1/2” and 1” circles. Make a Bachelor Button with each circle. Stack the Bachelor Buttons small on large. Tack the two Bachelor Buttons together in the center. Make 2 rose buds.
7. Secure the rose buds to the block with three Colonial Knots.

**A2 - Colonial Knot Flowers**

**Goal:**
To embroider a flower with Colonial Knots made of silk ribbon and embroidery floss.

**Techniques:**
- Colonial Knots ....................................................... p. 97
- Ribbon Stitch ....................................................... p. 107
- Stem Stitch .......................................................... p. 112

**The Lesson:**
1. Center the A2 - Colonial Knot Flowers block on one of the 7” x 7” background squares.
2. LIGHTLY trace the stems, leaves, and circles on the right side of the background fabric.
3. Using two strands of embroidery floss, stitch the stems with the Stem Stitch (page 112).
4. Using 7mm silk ribbon, stitch the leaves with the Ribbon Stitch (page 107).
5. The flowers are made with Colonial Knots (page 97). Stitch the inside circles of both flowers with two strands of embroidery floss.
6. Fill the outside circles of both flowers with Colonial Knots made with 4mm silk ribbon. The larger flower has two rows of Colonial Knots. The smaller flower has one row of Colonial Knots.
Goal:
To make three Traveler’s Joy flowers.

Techniques:
- Colonial Knot ........................................ p. 97
- Fishbone Stitch ....................................... p. 98
- Stem Stitch ........................................... p. 112
- Traveler’s Joy ......................................... p. 114

The Lesson:
1. Center the A3 – Traveler’s Joy block on one of the 7” x 7” background squares.
2. LIGHTLY trace the stems and leaves on the right side of the background fabric.
3. Stitch the stems with the Stem Stitch (page 112) using two strands of embroidery floss.
4. Stitch the leaves with the Fishbone Stitch (page 98) using two strands of embroidery floss.
5. From one of the flower fabrics, cut one 2-1/4” circle and one 1-1/2” circles. Make a Traveler’s Joy flower (page 92). Repeat, making a total of three flowers.
6. Using six strands of embroidery floss, secure each Traveler’s Joy to the background fabric with a single Colonial Knot (page 97) in the center of the flower.

Goal:
To make a ruched rose with French ombre wired ribbon.

Techniques:
- Fishbone Stitch ....................................... p. 98
- Jan’s Ruched Rose ................................... p. 100

The Lesson:
1. Center the A4 – Jan’s Ruched Rose block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves on the right side of the background fabric.
3. Stitch the leaves with the Fishbone Stitch (page 98) using two strands of embroidery floss.
4. Using 1 yard of 5/8” French Ombre wired ribbon, make Jan’s Ruched Rose (page 100).
5. Secure the rose to the block with small stitches hidden in the folds of the rose petals.
A3 - Traveler's Joy

A4 - Jan's Ruched Rose
**Goal:**
To make Gathered Flowers with ribbon.

**Techniques:**
- Fishbone Stitch .................. p. 98
- Gathered Flower ................. p. 99
- Stem Stitch ....................... p. 112

**The Lesson:**
1. Center the B1 - Gathered Flowers block on one of the 7” x 7” background squares.
2. LIGHTLY trace the stems and leaves on the right side of the background fabric.
3. Stitch the main stem with the Stem Stitch (page 112) using 4mm silk ribbon. Stitch the three side branches with the Stem Stitch and two strands of embroidery floss.
4. Stitch the leaves with the Fishbone Stitch (page 98) using two strands of embroidery floss.
6. Secure each flower to the block with small stitches hidden in the folds of the flower.

**Goal:**
To make a Round Ruched Rose.

**Techniques:**
- Colonial Knot .......................... p. 97
- Fishbone Stitch .................. p. 98
- Round Ruched Rose ............... p. 108

**The Lesson:**
1. Center the B2 - Round Ruched Rose block and one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves on the right side of the background fabric.
3. Stitch the leaves with the Fishbone Stitch (page 98) using two strands of embroidery floss.
4. Using a 5” square of one of the flower fabrics, make a large Round Ruched Rose (page 108).
5. Secure the rose to the block, hiding the tacking stitches in the folds of the rose petals.
6. Using six strands of embroidery floss, add Colonial Knots (page 97) to the center of the Round Ruched Rose.
Lesson 3

B1 - Gathered Flowers

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B2 - Round Ruched Rose

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Lesson 4

Block of the Month
Stitch Sampler

Goal:
To learn the Ribbon Stitch to make daisies.

Techniques:
- Colonial Knot p. 97
- Fishbone Stitch p. 98
- Ribbon Stitch p. 107

The Lesson:
1. Center the B3 - Ribbon Daisies block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves and circles on the right side of the background fabric.
3. Stitch the two leaves with the Fishbone Stitch (page 98) using 4mm silk ribbon.
4. Stitch the daisies from the smaller circle to slightly outside the larger circle with the Ribbon Stitch (page 107) and 7mm silk ribbon.
5. Stitch the centers of the daises with Colonial Knots (page 97) and 2mm silk ribbon.

Goal:
To learn to make Straight Stitch Starburst flowers.

Techniques:
- Colonial Knot p. 97
- Straight Stitch p. 113

The Lesson:
1. Center the B4 - Straight Stitch Starburst block on one of the 7” x 7” background squares.
2. LIGHTLY trace the circles on the wrong side of the background fabric. Baste stitch on the traced lines.
3. On the right side of the background fabric, stitch the starburst from the smaller basted circle to slightly outside the larger basted circle with the Straight Stitch (page 113) and three strands of embroidery floss. Alternate the Straight Stitches, making them long and short.
4. Stitch the flower center with Colonial Knots (page 97) inside the center basted circle using three strands of embroidery floss.
Goal:
To learn the versatility of the Pistil Stitch.

Techniques:
- Colonial Knot ................................................. p. 97
- Pistil Stitch ...................................................... p. 105

The Lesson:
1. Center the C1 - Pistil Stitch Starburst block on one of the 7” x 7” background squares.
2. LIGHTLY trace the circles on the wrong side of the background fabric. Baste stitch on the traced lines.
3. On the right side of the background fabric, stitch the starburst from the smaller basted circle to slightly outside the larger basted circle with the Pistil Stitch (page 105) and three strands of embroidery floss. Alternate making the Pistil Stitches long and short.
4. Stitch the flower center with Colonial Knots (page 97) inside the center basted circle using three strands of embroidery floss.
5. Remove the basting stitches.

Goal:
Learn to use the Stem Stitch to make the redwork "A".

Techniques:
- Bullion Knot .................................................... p. 96
- Colonial Knot ................................................. p. 97
- Fishbone Stitch .............................................. p. 98
- Stem Stitch ..................................................... p. 112
- Straight Stitch ............................................... p. 113

The Lesson:
1. Center the C2 - Redwork block on one of the 7” x 7” background squares.
2. LIGHTLY trace the "A" and the rosebud on the right side of the background fabric.
3. Stitch the "A" with the Stem Stitch (page 112) and two strands of embroidery floss.
4. Stitch the rosebud with three Straight Stitches (page 113) and 4mm silk ribbon.
5. Stitch the calyxe with a Bullion Stitch (page 96) on each side of the rosebud using three strands of embroidery floss.
6. Stitch the stem of the rosebud with the Stem Stitch (page 112) and two strands of embroidery floss.
7. Stitch the leaf with the Fishbone Stitch (page 98) and two strands of embroidery floss.
8. Stitch the baby breath on the left side of the rosebud with a Straight Stitch for the stems (page 113) and Colonial Knots (page 97) at the tip of the stems.
C1 - Pistil Stitch Starburst

C2 - Redwork A

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Lesson 6

**C3 - Spider Web Rose**

**Goal:**
To learn to make a Spider Web Rose.

**Techniques:**
- Fishbone Stitch .................................................. p. 98
- Spider Web Rose .................................................. p. 110

**The Lesson:**
1. Center the C3 - Spider Web Rose block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves and circle on the right side of the background fabric.
3. Stitch the two leaves with the Fishbone Stitch (page 98) using three strands of embroidery floss.
4. Make a Spider Web Rose (page 110) with 4mm silk ribbon using the traced circle as your guide.

**C4 - Fabric Gathered Flowers**

**Goal:**
To learn how to make Gathered Flowers.

**Techniques:**
- Beads ................................................................. p. 93
- Fishbone Stitch .................................................. p. 98
- Gathered Flowers ................................................. p. 99
- Stem Stitch ......................................................... p. 112

**The Lesson:**
1. Center the C4 - Fabric Gathered Flowers block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves and stems on the right side of the background fabric.
3. Stitch the stems with the Stem Stitch (page 112) and six strands of embroidery floss.
4. Stitch the three leaves with the Fishbone Stitch (page 98) using 4mm silk ribbon.
5. Make three Gathered Flowers (page 99) with a 1-1/4” x 6” strip of fabric for each flower. Stitch to the background fabric hiding the stitches in the gathers of the flower.
6. Fill the center of each flower with beads (page 93).
Lesson 7

D1 - Carnation

Goal:
Learn to make a Carnation using the Gathered Flower.

Techniques:
- Carnation: p. 99
- Fishbone Stitch: p. 98
- Stem Stitch: p. 112

The Lesson:
1. Center the D1 - Carnation block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves and stems on the right side of the background fabric.
3. Stitch two rows of Stem Stitch (page 112) with three strands of embroidery floss.
4. Stitch the two leaves with the Fishbone Stitch (page 98) using 4mm silk ribbon.
5. Draw the Carnation circle on a 3” square of crinolin. Make a Gathered Flower (page 99) with a strip of fabric 1-1/4” x 11-1/4”. Trim the crinolin from behind the flower. Attach to the block using small tack stitches hidden in the gathers of the flower.

D2 - Rose Buds

Goal:
Learn to make rose buds with the Bullion and Ribbon Stitches.

Techniques:
- Bullion Stitch: p. 96
- Colonial Knot: p. 97
- Ribbon Stitch: p. 107
- Stem Stitch: p. 112

The Lesson:
1. Center the D2 - Rose Buds block on one of the 7” x 7” background squares.
2. LIGHTLY trace the stems on the right side of the background fabric.
3. Stitch the stems with the Stem Stitch (page 112) using three strands of 6-strand floss for the main stems and two strands of 6-strand floss for the side branches.
4. On the tips of the side branches, make a Colonial Knot with three strands of 6-stranded floss.
5. Each rose buds is made with 4mm silk ribbon and three Ribbon Stitches. The calyx is made with three strands of 6-stranded embroidery floss and two bullion stitches, 10 wraps, one on the left side and one on the right side. On two of the rose buds, add a third Bullion Stitch in the center of the bud.
Goal:
Learn to use fabric and wired ribbon to make Boat Leaves.

Techniques:
- Boat Leaves ........................................ p. 94
- Stem Stitch .......................................... p. 112

The Lesson:
1. Center the D3 - Boat Leaves block on one of the 7” x 7” background squares.
2. LIGHTLY trace the stem on the right side of the background fabric.
3. Stitch three rows of Stem Stitch (page 112) using three strands of 6-stranded embroidery floss. Stitch a fourth row of Stem Stitch on the bottom one-third of the stem.
4. Make five Boat Leaves (page 94) with three pieces of 5/8” x 3-3/4” wired ribbon and two pieces of 1” x 3-3/4” fabric.
5. Arrange the finished leaves on the stem and applique to the block.

Goal:
Learn to make Petal Flowers.

Techniques:
- Fishbone Stitch .................................... p. 98
- Gathered Flower ................................... p. 99
- Petal Flower ........................................ p. 104

The Lesson:
1. Center the D4 - Petal Flower block on one of the 7” x 7” background squares.
2. LIGHTLY trace the leaves on the right side of the background fabric.
3. Stitch the three leaves with the Fishbone Stitch (page 98) using two strands of 6-stranded embroidery floss.
4. Make eight petals for the flower (Petal Flower page 104) using four 2-1/4” circles.
5. Trace a 2” circle on a 4” x 4” piece of crinolin. Following Step 4 on page 104, stitch the petals to the crinolin. Trim the crinolin from behind the flower. Stitch the flower to the block.
6. Make a Gathered Flower (page 99) with a piece of 2-1/2” x 5” fabric. Stitch to center of the Petal Flower.
D3 - Boat Leaves

D4 - Petal Flower

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Putting it All Together:

1. Trim the finished blocks to 4-1/2" x 4-1/2", which includes the seam allowances.
   TIP: Use the June Tayler Get Squared Ruler (8-1/2" outer, 4-1/2" inner) to trim the blocks to size.


3. Sew the four rows together. Press seams open. The quilt top measures 16-1/2" x 16-1/2" with seam allowances.

4. Add the two side borders. Press seams to border.

5. Add the top and bottom borders. Press seams to border. The quilt top measures 22-1/2" x 22-1/2" with seam allowances.

6. Sandwich top, batting, and backing. Quilt as desired.

7. Bind and label your quilt.
   (NOTE: The Optional Cored Loop Binding would be applied before trimming the quilted quilt top).
Optional Corded Loop Binding (Intermediate to Advanced)  
(This option uses the 160 2" loops cut from the 1/8" bias silk satin cording)

1. After quilting the quilt top and **before** trimming, on the right side of the quilt mark the outside finished edge on all four sides of the quilt. Be sure the corners are square.

2. Mark a ¼” seam allowance from the marked outside finished edge on all four sides.

3. Along each side of the quilt, mark 1” increments in the seam allowance, beginning and ending ¼” from each corner. You should have 23 marks on each side of quilt. If necessary, slightly adjust the center markings on each side to fit the measurements of your quilt.

4. On one side of the quilt, starting at the mark 1/4” from the corner, pin the ends of 22 loops in between each of the 1” segments. Place the cut edge of each loop even with the marked outside finished edge. The loops will be laying side by side. Baste the loops in place with a SCANT ¼” seam allowance. Repeat on all four sides. (Note: these pictures are showing the finished bindin.)

5. Position one loop in each corner, laying one end of the loop next to the last loop on one side of the quilt and the other end of the loop next to the first loop on the next side of the quilt. Baste in place. Repeat on all four corners. First round of loops completed.

6. To begin the second round of loops, starting on one side of the quilt, position the ends of the 2” loops centered in middle of the first round of loops; pin in place. Baste in place with SCANT ¼” seam allowance. Repeat on all four sides. Second round of loops completed.

7. Trim the edge of the quilt leaving a 1/4" wide seam allowance. Make sure your corners are square.

8. Fold each of the binding facings (four 2-1/2” x 30” strips) in half lengthwise, wrong sides together. Press.

9. Center a binding facing on one side of the quilt covering the loops. Pin in place. With the back of quilt facing up, stitch along the edge with ¼” seam allowance, beginning and ending exactly 5/16” from the corner. The stitching line should be just inside the basting stitches. Repeat on all four sides.

10. Press the facings to the back of quilt.

11. Miter the corners.

12. Hand stitch the facing to the backing.