

Stop and Smell the Roses

Pincushion Pattern

Finished: 6" x 6"

This simple pincushion pattern is perfect to try the Rubber Band Circle technique for preparing and appliquéing circles. The rose is made up of multiple circles. It was inspired by a flower found in *Dimensional Applique* by Elly Sienkiewicz.

Supplies:

- 1 - 7" x 7" background square
- 1 - 7" x 7" square for backing
- 2 - 7" x 7" pieces of batting
- 18" x 21" fat quarter for rose petals
- 10" x 10" square for stem and leaves
- Stuffing of choice for pincushion
- 19 ¾" mylar circles
- small rubber bands
- Optional: a butterfly from a fabric print



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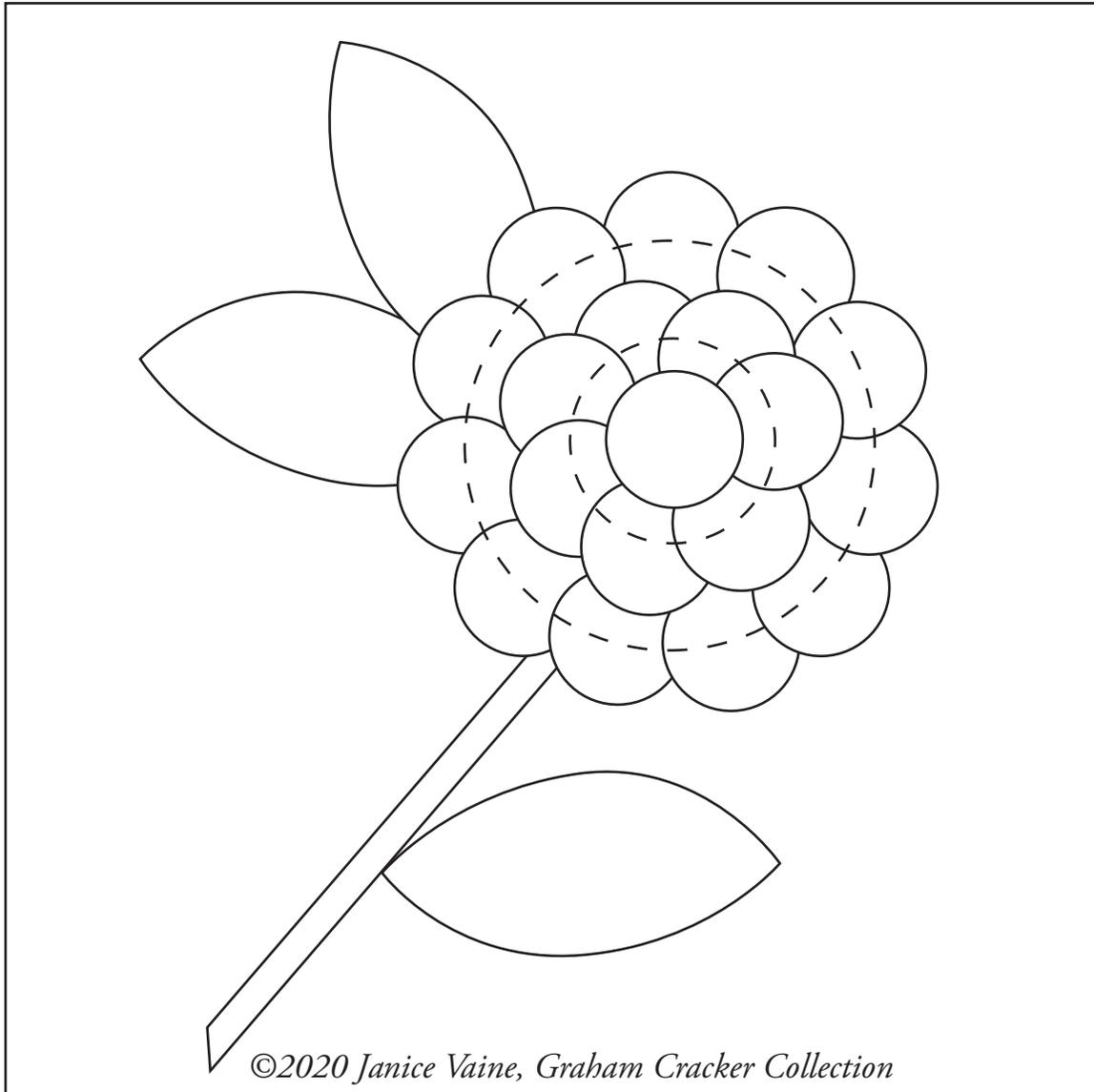


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THE GRAHAM CRACKER COLLECTION

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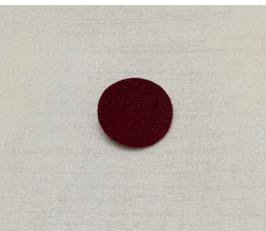
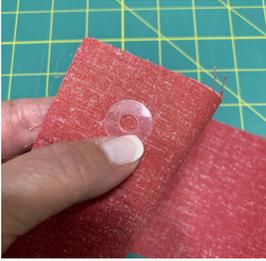
Pincushion Pattern



Construction

1. Place a piece of batting on wrong side of background and backing fabrics. Quilt both pieces as desired.
2. Make nineteen (19) $\frac{3}{4}$ " circles using the Rubber Band Circles method.
3. On the 7" x 7" background square, appliqué the stem and leaves.
4. Appliqué 11 circles around a $2\frac{1}{4}$ " circle for the outer petals of the rose.
5. Appliqué 7 circles around a $1\frac{1}{8}$ " circle for the inside petals of the rose.
6. Appliqué 1 circle in the middle for the rose center.
7. Optional: Applique a butterfly from a fabric print onto the block.
8. Trim background and backing squares to $6\frac{1}{2}$ " x $6\frac{1}{2}$ ".
9. Using a $\frac{1}{4}$ " seam allowance, sew the background square and backing square right sides together leaving an opening on one side for turning.
10. Turn right side out and stuff. Sew opening closed.

Rubber Band Circles



This technique is so simple and fast, and allows you to prep lots of circles for appliqué all at one time. AND this works for ovals too!

Supplies:

- Mylar circle templates in the desired size of your finished appliqué circles. *Note: for large quantities of mylar circles all in the same size, I've ordered on Etsy from OzQuilts.*
- Small rubber bands available at dollar stores
- Fabric

1. Place a mylar circle template on the wrong side of the fabric.
2. Wrap a rubber band tightly around the mylar circle template and fabric. Ten wraps is usually a good number to insure the edges are smooth all around the circle. You can also pull the fabric to smooth the edges. The rubber band wraps should be centered on the circle so Step 4 is insured of having a good seam allowance.

When you have lots of circles to make for a project, continue to wrap the required number of mylar circles and fabric all at one time. The fabric looks like a cluster of berries. This is great TV work!

3. Soak the fabric in water.* Allow to dry completely. I usually prep my circles when I am prepping my block or project for appliqué. This way they are ready to go when I'm ready to appliqué the circles.
4. When ready to appliqué, carefully cut the rubber band straight across, insuring you have an adequate seam allowance all away around.
5. Remove the mylar circle template. Your circle is ready for appliqué!

NOTE: This technique has been around for years. I learned it from Barbara Carper at The Academy of Appliqué in 2019. She in turn learned it while attending Baltimore on the Prairie.

**I also discovered a YouTube video by Joellen Brill from 2016 that shows the technique. She learned it from her friend Marti. The video uses spray starch to soak the circles. However, living in Florida, I try to avoid starch or glue or anything the bugs find as a yummy snack. I've discovered using plain water to soak the circles and allowing them to completely dry works for me.*