

Square in a Square Method

Credit: as seen on The Quilt Show, with hosts Alex Anderson and Ricky Tims, Show #2001, Jan. 1, 2017
(go to www.thequiltshow.com, under Watch Shows & DVDs, under Show List, find show #2001)

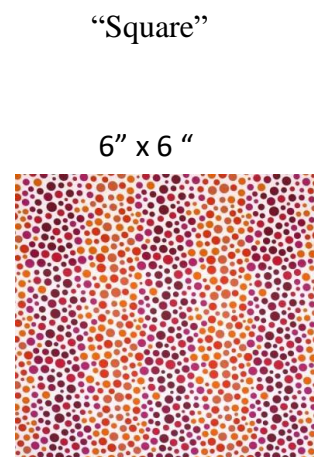
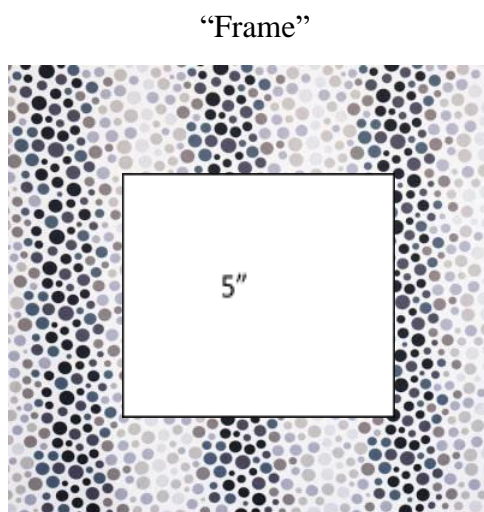
Demonstration: by Angie Fitzreiter

Tips:

- a. Read all instructions ahead.
- b. All of the “inside” pieces will be referred to as “squares” in this demo.
All of the “outside” pieces will be referred to as “frames” in this demo.
- c. The **Square** may be a pieced piece of patchwork. It is up to you. However, this technique is intended to assist create no seams in the **Frame**, so that piece should be a single piece of fabric.
- d. The **Square** may technically be a rectangle. The technique is using right angle corners, but the lengths of the sides does not matter.
- e. The **Square** may be inset into the **Frame** at any angle. However, if you cut on the bias, use caution to avoid misshaping the fabric, and consider the use of starch.

Step by Step:

1. Make your fabric selections, and cut out your **Square** and your **Frame** pieces.
The size of the **Square** is 1” larger than the size of the frame.
Alternatively, the **Frame** (inside hole) is 1” smaller than the size of the square.

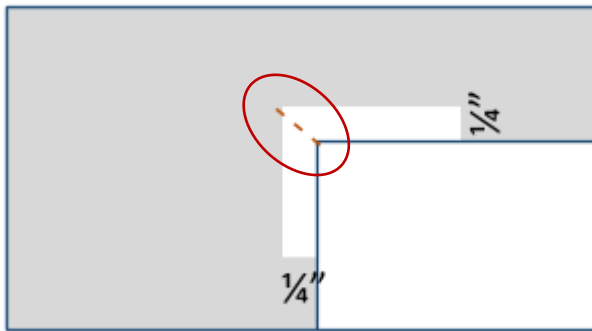


2. The challenge is to cut the **Frame** piece out precisely (inside hole), not extending any lines beyond the inside square. Obtaining precision here will help your final result.

Note: The density of the fabric weave will also matter during this step. Choose quality fabric. Or starch the corners. (or both)

Option A – Use a ruler and marking tool. Then cut out the **Frame** piece entirely with scissors.

Option B – Use a ruler and rotary cutter for up to 90-95% of the lines, stopping before each corner of the **Frame**. Then finish each corner with scissors.



3. Cut four corner clips into the **Frame** (see circle) using a corner template. This corner template is an index card cut into a special shape, which I will have extras to give away. It's not 100% necessary, but helpful for "timid" scissors.

4. Sew one edge at a time, using standard patchwork rules. Quarter inch seam, right sides together. For best results, the suggested alterations to the method are:
 - No backstitching, if you usually use this habit.
 - Slightly smaller stitch length. (suggest about 2.0 max) Keeps everything more precise.
 - When sewing the first edge – place right sides together, align raw edges, placing hole/**Frame** side on top, with **Square** underneath. Then, pin in place temporarily, if you wish. Pull back the 3 other sides of hole/**Frame**, unpin first edge, and re-align in order to center the engineered hole/**Frame** raw edge onto the **Square's** raw edge.

→ Now it's time to sew!

- Start sewing on only the **Square** fabric, coming into the corner at a slight angle. At the corner, needle down, pivot so that two raw edges are lined up with $\frac{1}{4}$ " seam, and sew straight seam. At the next corner, needle down, pivot so that you come off at a slight angle again, onto only the **Square** fabric again. Cut threads.

In my mind, I think of this step as sewing first on the single fabric, then joining up the pair of fabrics, then finishing on the single fabric again.

- Repeat, sewing either clockwise or counter clockwise, around the block.
5. Keep folded hole/**Frame** fabric piece away from sewing line. Fold back carefully throughout.
 6. Press block when all four edges are sewn. The seams will naturally be pressed towards the **Frame**.

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