

## Stay Calm and Press On! Art Quilt by Sue Bleiweiss

**Please read through all the directions before cutting any fabric!**

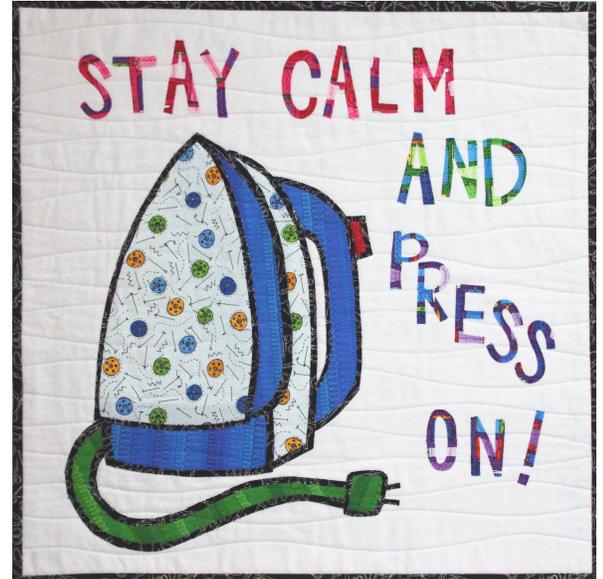
### Materials and supplies

Wool felt or quilt batting 19" x 19"  
Muslin 19" x 19" (optional, see note below)  
Mistifyfuse Fusible Web ([www.mistifyfuse.com](http://www.mistifyfuse.com)) One 2 1/2 yard package should be plenty.

White background fabric 19" x 19"  
Assorted fabric for the iron and letters

Note: If you have never worked with Mistifyfuse before you will find a helpful getting started video on my website here:

<https://suebleiweiss.blog/2017/08/05/choose-to-fuse/>



**Finished size: 18" x 18"**

### Create the base sandwich

*Note: Putting a layer of muslin on the back side of the wool felt (or batting if you are using it) is optional but I never skip this step because for quilts that will be hung on the wall it adds a bit of body and helps the quilt hang flat and straight.*

1. Fuse the muslin to one side of the wool felt.
2. Fuse the white fabric to the other side of the wool felt.
3. Quilt the white background using wavy vertical lines randomly spaced across the surface.

### Create the iron

*Note: apply a layer of Mistifyfuse to the wrong side of your fabrics before cutting your pattern pieces!*

#### Step 1: Print and Trace the iron pattern pieces

You might find it easier to make a tracing of the original printed pattern onto tracing paper. Tracing paper is easy to see through so it will allow you to see where on your fabric your cutting lines will be. It also allows you to retain the original pattern for use again.

#### Step 2: Cut the iron pieces from your fabrics

*Note: always place your pattern pieces right side up onto the right side of the fabric when cutting the pieces from fabric.*

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## **Stay Calm and Press On! Art Quilt by Sue Bleiweiss**

Use the traced iron pattern to cut the pieces out of your fabrics fabric by placing the pattern pieces onto the right sides of your fabrics. Place the pieces on the background using the original pattern piece as a guide and press with a hot iron to fuse them in place.

### **Step 3: Add the words**

Option 1: Use the same method for cutting the letters out that you did in the previous step for the iron pieces. Trace the letters and then use the traced letters to cut them out of the fabric.

Option 2: Use the no reverse appliqué method to create the letters. You will find an illustrated step by step guide on this technique on my blog here:

<https://suebleiweiss.blog/2017/03/19/no-reverse-work-forward-applique/>

Trace the letters onto a piece of parchment paper (NOT freezer paper) using a pencil. Any pencil will do (although a softer lead works better than a hard one) and if you're going to be using a light colored fabric just use a yellow or light colored pencil instead of a dark one.

Fuse a layer of Mistyfuse to the wrong side of the fabric that you want to cut your letters out of. Put your parchment paper tracing on your ironing surface right side up and place the fabric wrong side down against the drawn letters. The Mistyfuse side goes against the drawn letters.

Press the fabric with a hot iron, no steam- press it well and it doesn't hurt to lean into it a bit.

Peel the fabric back and you'll see that the drawn line has transferred to the wrong side of the fabric. Cut the letters out on the pencil line, place them on the quilt top and fuse them in place with a hot iron.

### **Step 4: Outline the iron**

Cut strips measuring 1/8" to 1/4" wide from a contrasting fabric and use them outline the iron shapes by fusing then place along the edge of each iron piece shape.

### **Step 5: Quilt the iron and the letters**

Quilt the iron and the letters as desired. I just stitched down the center of the contrasting fabric strips and the letters using a complimentary colored thread.

### **Step 5: Trim and bind**

Trim the quilt to measure 18" x 18". Bind it using your favorite binding method. You'll find a video of how I bind my quilts on my blog here:

<https://suebleiweiss.blog/2017/08/05/choose-to-fuse/>

**STAY**

**CALM**

**AND**

**PRESS**

**ON!**

