



ELBOWS UP CANADA! QUILT PATTERN

Important Introduction!

The Elbows Up Canada Quilt may just be a quilt pattern, the likes of which you have never experienced before! I am so excited to bring this new quilting process to you that I hope will make you think about designing quilts differently and unleash your creativity.

There are three simple steps to following this pattern.

1. Choose the pattern you would like to make (next page) You can easily see on that page the blocks you will use and how many of each to create.
2. Identify the blocks you will need to make and set those pages aside to use as you create your quilt.
3. Find and read the general directions for the quilt you have chosen



Except for the Maple Leaf Block - all the blocks are created from Half Square triangles. To make these triangles I highly recommend that you use the directions on the quick and easy techniques page. There are also techniques there to save you time for both squaring the blocks up and pressing them open.

I do my best to use a lot of diagrams and pictures to assist you in visualizing each step.

Once your blocks are all completed - use the grid in the general directions for your quilt to lay out your blocks. NOTE: Each finished block is sized 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns anywhere there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Using the pattern in this way is much like following a lego pattern or any other building pattern. Choose your design, review the blocks you need and then create them and finally lay them out in the order shown to create the quilt. This way of quilt making is very versatile because even if you change your mind mid way into creating the quilt you can easily switch gears, move your blocks around and use only the blocks you desire.

Additionally, at the end of the pattern I have printed one page of just the quilt blocks. They are to scale and you can print as many pages as you like, cut the blocks out and arrange them in any order you please!

Get creative! I really hope this pattern makes you think about designing your own quilt. In the meantime - let's get started! And if you have any questions be sure to contact me.

Mandie. The Quilter.



ELBOWS UP CANADA! QUILT PATTERN

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It may be helpful to pull out only the pages you need for the quilt you are making and set the other pages aside.

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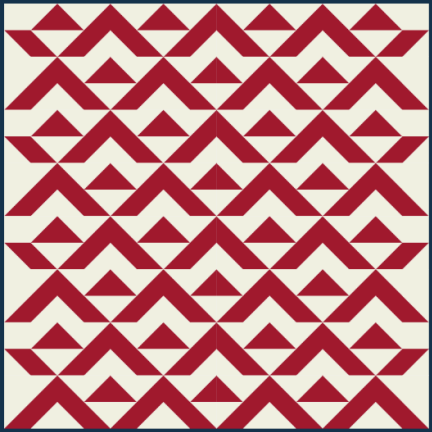
Please contact me if you would like to purchase more than one pattern for guild or other special purposes



ELBOWS UP CANADA! QUILT PATTERN

Quilt Layouts

In this pattern I have given you three different options and sizes for your quilt. You can create any one of these three - or vary the sizes and order of blocks to create your own quilt! Below you will see a picture of each quilt and below that picture the layout. Make a note of the blocks you will need and pull out the pages you require.

| Lap Size: 54" x 78" (with border) | Queen Size: 80" x 92" (with border) | Oversized Queen: 98" x 98" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| maple leaf left | Elbows Up Block 2 | maple leaf right | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| maple leaf left | Elbows Up Block 2 | maple leaf right | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Elbows Up Block 2 left edge | Elbows Up Block 2 | Elbows Up Block 2 | Elbows Up Block 2 right edge | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 | Elbows Up Block 1 right edge | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>3 Elbows Up Block 2 Left Edge 3 Elbows Up Block 2 Right Edge 3 Elbows Up Block 1 Left Edge 3 Elbows Up Block 1 Right Edge</p> | <p>4 Maple Leaf Left Blocks 4 Maple Leaf Right Blocks 4 Elbows Up Block 2 3 Elbows Up Block 1 3 Elbows Up Block 1 Left Edge 3 Elbows Up Block 1 Right Edge</p> | <p>4 Elbows Up Block 2 Left Edge 4 Elbows Up Block 2 Right Edge 4 Elbows Up Block 1 Left Edge 4 Elbows Up Block 1 Right Edge 8 Elbows Up Block 2 8 Elbows Up Block 1</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



ELBOWS UP CANADA!

LAP QUILT

General Directions - Lap Quilt - 54" x 78"

Level of difficulty - Beginner

If you have chosen to create the lap sized quilt - the following are general directions for this quilt.

Total Fabric Requirements:

2.2 meters of red fabric

1.5 meters of background fabric

.5 meters of binding fabric (black)

Cutting Directions

Red fabric:

Cut 10 inch strips width of fabric (WOF) You will have 6 strips

Sub cut these 6 strips into 10 inch squares. You will have 24 squares

Cut 7 strips of 3 ½ inch wide strips for the border

Background Fabric

Cut 10 inch strips width of fabric (WOF) You will have 6 strips

Binding Fabric

Cut into 2 ½ inch strips to be joined together to make the binding after quilting

Create your Quilt

Using the 4 Half square Triangle Technique on page 22, make 84 HSTs.

Using the block layout pages, create the following:

- 3 Elbows Up Block 2 Left Edge
- 3 Elbows Up Block 2 Right Edge
- 3 Elbows Up Block 1 Left Edge

Square these up using the "Squaring Technique"

Press these open using the "Pressing Method"



Once you have finished the blocks, lay them out and assemble them according to the grid shown to the right.

Your quilt top should now measure 48 inches by 72 inches

Border:

Join all 7 3 ½ inch strips together using a bias seam.

Cut 2 pieces 72 inches long. Mark the center of these lengths and pin them to the center of the quilt sides.

Sew them to the quilt sides, easing any block sides in as you go.

Cut the final 2 pieces 54 ½ inches long. Mark the center of these pieces and pin them to the center top and bottom of the quilt top.

Sew these to the top and bottom of the quilt - easing any extra fabric in as you go.

Your quilt top is complete!

Quilt as desired.

Backing

To back this quilt you will need one of the following

3 meters of 45" wide fabric. (Cut this into 2 1.5 meter pieces and join to make 60"x90" piece)

OR

1.5 meters of 60" wide fabric

OR

1.6 meters of 108" wide fabric

Batting

You will need 1.5 meters of batting ranging from 96"-108" wide

Binding

Join all the 2 ½ " strips together using a bias seam to create the length of binding you will need to bind this quilt.

| | |
|--------------------------------|---------------------------------|
| Elbows Up Block 2 left edge | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1right edge |
| Elbows Up Block 2 left edge | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1right edge |
| Elbows Up Block 2 left edge | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1right edge |



ELBOWS UP CANADA!

QUEEN WITH BORDER

General Directions - Queen with Border - 80" x 92" (approx)
Level of difficulty - Advanced

If you have chosen to create the Queen Size Quilt with Border - the following are general directions for this quilt.

Total Fabric Requirements:

3.25 meters of red fabric **OR** 28 10" squares and 1.5 meters of red fabric for maple leaf squares and the borders
 2.55 meters of background fabric OR 28 10" squares and .8 meters background fabric for the maple leaf block
 .75 meters of binding fabric (black)

Cutting Directions

Red fabric:

Cut 7 - 10 inch strips width of fabric (WOF)
 Sub cut these 7 strips into 10 inch squares. (You will use 25 of these)
 Cut 9 - 3 ½ " strips for the border.
 Set aside the remainder to be used for the maple leaf blocks

Background Fabric

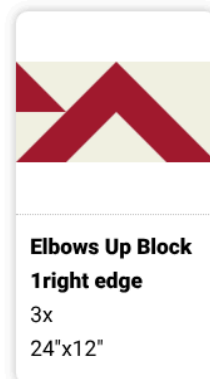
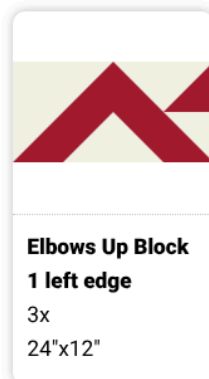
Cut 7 - 10 inch strips width of fabric (WOF)
 Sub cut these 7 strips into 10 inch squares. (You will use 25 of these)
 Set aside .8 meters background fabric for the maple leaf block

Binding Fabric

Cut into 2 ½ inch strips to be joined together to make the binding after quilting

Create your Quilt

Using the 4 Half square Triangle Technique on page 22 use 25 red and 25 white 10" squares to make 98 HSTs that will make the blocks to the right.



Using the block directions pages, create the following:

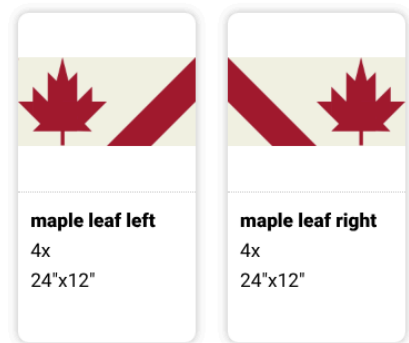
- 4 Elbows Up Block 2
- 3 Elbows Up Block 1
- 3 Elbows Up 1 Left Edge
- 3 Elbows Up 1 Right Edge

Square these up using the “Squaring Technique”

Press these open using the “Pressing Method”

Following the directions for the Maple Leaf blocks, create the following:

- 4 Maple Leaf Left Blocks
- 4 Maple Leaf Right Blocks



Once you have finished all the blocks, lay them out and assemble them using the grid shown below.

Your quilt top should now measure 72 inches by 84 inches

| | | |
|-----------------------------|-------------------|------------------------------|
| maple leaf left | Elbows Up Block 2 | maple leaf right |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| maple leaf left | Elbows Up Block 2 | maple leaf right |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| maple leaf left | Elbows Up Block 2 | maple leaf right |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| maple leaf left | Elbows Up Block 2 | maple leaf right |

Borders:

Using the 3 ½ inch strips, sew them together using bias seams.

Cut 2 strips 72 inches long.

Pin the center of these strips to the top and the bottom center of your quilt top.

Sew them together, easing the quilt top in as you go.

Press seams toward the outside of the quilt

Cut 2 more strips 78 ½ inches long. Pin the center of these strips to the left and right side center of your quilt top, respectively. Sew them together, easing the quilt top in as you go. Press seams toward the outside of the quilt.

Your quilt top is complete!

Quilt as desired.



Backing

To back this quilt you will need one of the following

8 meters of 45" wide fabric. (Cut this into 7.8 104 inch sections pieces and join to make 104"x126" piece)

OR

5.2 meters of 60" wide fabric (Cut this into 2 104 inch sections and join to make 104" x 240" piece. Trim 30 inches off the length to make it 110" long)

OR

2.6 meters of 108" wide fabric

Batting

You will need 2.6 meters of batting that is at least 108" wide

Binding

Join all the 2 ½ " strips together using a bias seam to create the length of binding you will need to bind this quilt.



ELBOWS UP CANADA!

QUEEN WITHOUT BORDER

General Directions - Queen without Border - 98" x 98"
Level of difficulty - Beginner

If you have chosen to create the Queen Size Quilt without Border - the following are general directions for this quilt.

Total Fabric Requirements:

3.75 meters of red fabric OR 60 10" squares
3.75 meters of background fabric OR 60 10" squares
.75 meters of binding fabric (black)
(any fabric requirements on block pages are only for reference. The above amount is the total fabric needed)

Cutting Directions

Red fabric:

Cut 10 inch strips width of fabric (WOF) You will have 15 strips
Sub cut these 15 strips into 10 inch squares. You will have 60 squares

Background Fabric

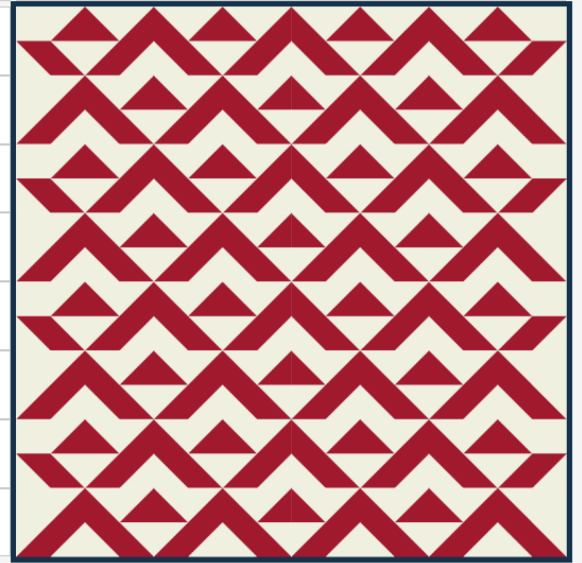
Cut 10 inch strips width of fabric (WOF) You will have 6 strips
Sub cut these 15 strips into 10 inch squares. You will have 60 squares

Binding Fabric


Cut into 2 ½ inch strips to be joined together to make the binding after quilting

Create your Quilt

Using the 4 Half square Triangle Technique on page 22 make 240 HSTs that will make the following blocks.




Elbows Up Block 1
8x
24"x12"




Elbows Up Block 1 left edge
4x
24"x12"



Elbows Up Block 1 right edge
4x
24"x12"



Elbows Up Block 2
8x
24"x12"



Elbows Up Block 2 left edge
4x
24"x12"



Elbows Up Block 2 right edge
4x
24"x12"

Using the block directions pages, layout and create the following:

- 8 Elbows Up Block 2
- 8 Elbows Up Block 1
- 4 Elbows Up Block 1 Left Edge
- 4 Elbows Up Block 1 Right Edge
- 4 Elbows Up Block 2 Left Edge
- 4 Elbows Up Block 2 Right Edge

Square these up using the “Squaring Technique”

Press these open using the “Pressing Method”

Once you have finished the blocks, lay them out and assemble them in the manner shown in the grid to the left

Your quilt top should now measure 96 inches by 96 inches

Your quilt top is complete! Make sure to sew a victory lap around the quilt ($\frac{1}{8}$ “ seam) to secure all the edges.

Quilt as desired.

Backing

To back this quilt you will need one of the following

8 meters of 45” wide fabric. (Cut this into 7.8 104 inch sections pieces and join to make 104”x126” piece)

OR

5.2 meters of 60” wide fabric (Cut this into 2 104 inch sections and join to make 104” x 240” piece. Trim 30 inches off the length to make it 110” long)

OR

2.6 meters of 108” wide fabric

Batting

You will need 2.6 meters of batting that is at least 108” wide

Binding

Join all the 2 ½ “ strips together using a bias seam to create the length of binding you will need to bind this quilt.

| | | | |
|-----------------------------|-------------------|-------------------|------------------------------|
| Elbows Up Block 2 left edge | Elbows Up Block 2 | Elbows Up Block 2 | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| Elbows Up Block 2 left edge | Elbows Up Block 2 | Elbows Up Block 2 | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| Elbows Up Block 2 left edge | Elbows Up Block 2 | Elbows Up Block 2 | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 | Elbows Up Block 1 right edge |
| Elbows Up Block 2 left edge | Elbows Up Block 2 | Elbows Up Block 2 | Elbows Up Block 2 right edge |
| Elbows Up Block 1 left edge | Elbows Up Block 1 | Elbows Up Block 1 | Elbows Up Block 1 right edge |

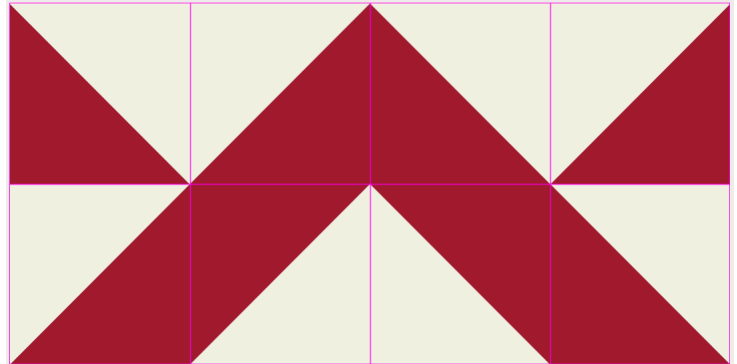


ELBOWS UP CANADA! BLOCKS

Elbows Up Canada Block 1

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns anywhere there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!



This block consists of 8 HSTs.

These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½". Layout and assemble the 8 HSTs in the manner above, nesting each seam so that the corners meet. (See nesting techniques on page 24)

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block will need 2 - 10" squares of each red and background.

Below is a chart of fabric and block requirements for each quilt:

| | Lap Quilt | Queen with border | Large Queen |
|-----------------|--------------|-----------------------------------|---------------------------------|
| # of blocks | NOT required | 4 Elbows Up Block 2 | 8 Elbows Up Block 2 |
| # 10" squares | NONE | 8 red, 8 background | 16 red, 16 background |
| Fabric required | NONE | .5 meter red, .5 meter background | 1 meter red, 1 meter background |

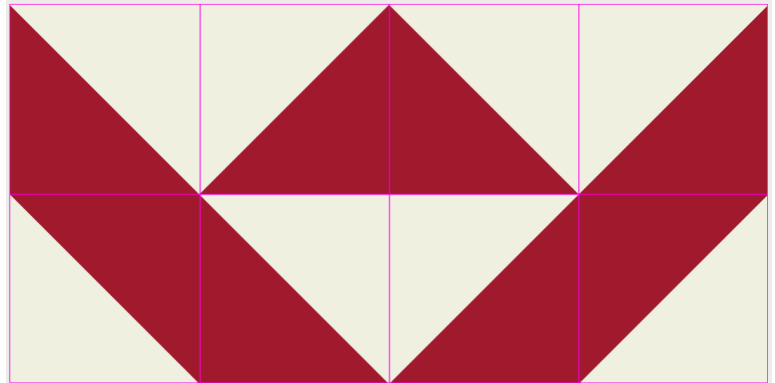


ELBOWS UP CANADA! BLOCKS

Elbows Up Canada Block 2

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns anywhere there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!



This block consists of 8 HSTs.

These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½". Layout and assemble the 8 HSTs in the manner above, nesting each seam so that the corners meet. (See nesting techniques on page 24)

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block will need 2 - 10" squares of each red and background.

Below is a chart of fabric and block requirements for each quilt:

| | Lap Quilt | Queen with border | Large Queen |
|-----------------|--------------|-----------------------------------|---------------------------------|
| # of blocks | NOT required | 4 Elbows Up Block 2 | 8 Elbows Up Block 2 |
| # 10" squares | NONE | 8 red, 8 background | 16 red, 16 background |
| Fabric required | NONE | .5 meter red, .5 meter background | 1 meter red, 1 meter background |



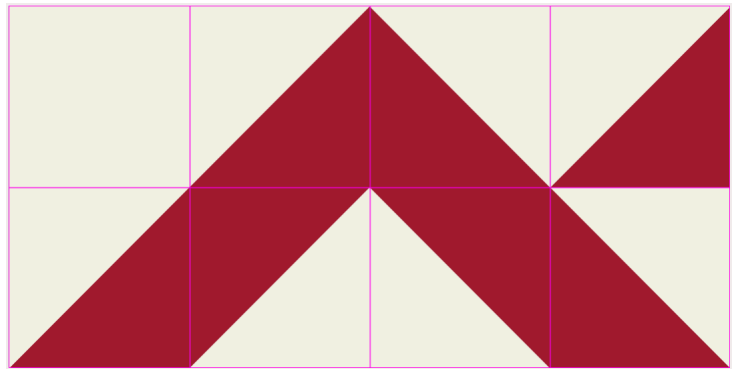
ELBOWS UP CANADA! BLOCKS

Elbows Up Canada Block 1 Left and Right side

Left Side

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns on the left side where there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!



This block consists of 7 HSTs and 1 - 6 ½ " square background piece

These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½". Layout and assemble the 7 HSTs and 6 ½" background block in the manner above, nesting each seam so that the corners meet. (See nesting techniques on page 24)

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block left and right, will need 2 - 10" squares of each red and background and one 6 ½ " background square cut from a 6 ½ " strip WOF (you will have 1 HST left over to be used elsewhere)

Below is a chart of fabric and block requirements for each quilt:

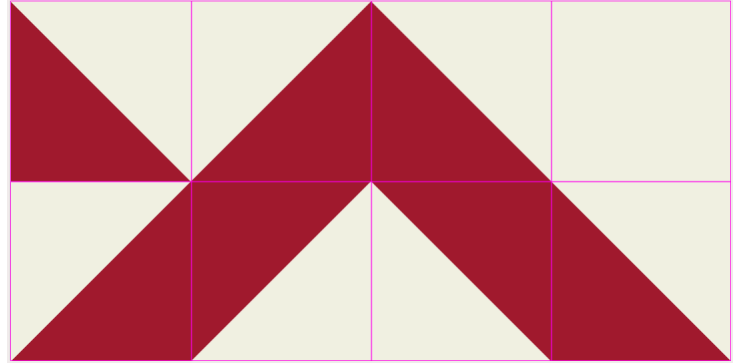
| | Lap Quilt | Queen with border | Large Queen |
|-----------------|-----------------------------------|-----------------------------------|-----------------------------------|
| # of blocks | 3 Elbows Up Block 1 Left Edge | 3 Elbows Up Block 1 Left Edge | 4 Elbows Up Block 1 Left Edge |
| # 10" squares | 6 red, 6 background | 6 red, 6 background | 7 red, 7 background |
| Fabric required | .5 meter red, .5 meter background | .5 meter red, .5 meter background | .5 meter red, .5 meter background |

Right side

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns on the left side where there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!

This block consists of 7 HSTs and 1 - 6 ½ " square background piece



These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½". Layout and assemble the 7 HSTs and 6 ½" background block in the manner above, nesting each seam so that the corners meet. (See nesting techniques on page 24)

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block Right Edge will need 2 - 10" squares of each red and background and one 6 ½ " background square cut from a 6 ½ " strip WOF. (you will have 1 HST left over to be used elsewhere)

Below is a chart of fabric and block requirements for each quilt:

| | Lap Quilt | Queen with border | Large Queen |
|-----------------|-----------------------------------|-----------------------------------|-----------------------------------|
| # of blocks | 3 Elbows Up Block 1 Right Edge | 3 Elbows Up Block 1 Right Edge | 4 Elbows Up Block 1 Right Edge |
| # 10" squares | 6 red, 6 background | 6 red, 6 background | 7 red, 7 background |
| Fabric required | .5 meter red, .5 meter background | .5 meter red, .5 meter background | .5 meter red, .5 meter background |



ELBOWS UP CANADA! BLOCKS

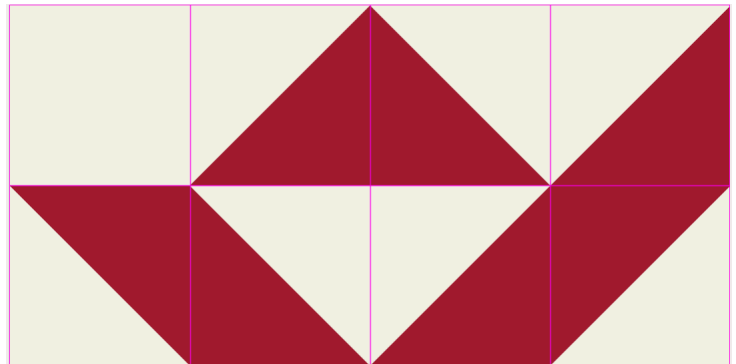
Elbows Up Canada Block 2 Left side and right sides

Left Side

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns on the left side where there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!

This block consists of 7 HSTs and 1 - 6 ½ " square background piece



These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½". Layout and assemble the 7 HSTs and 6 ½" background block in the manner above, nesting each seam so that the corners meet. (See nesting techniques on page 24)

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block will need 2 - 10" squares of each red and background and one 6 ½ " background square cut from a 6 ½ " strip WOF (you will have 1 HST left over to be used elsewhere)

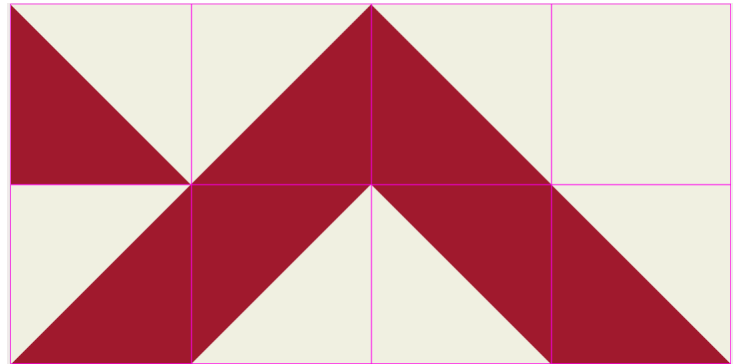
Below is a chart of fabric and block requirements for each quilt:

| | Lap Quilt | Queen with border | Large Queen |
|-----------------|-----------------------------------|-------------------|-----------------------------------|
| # of blocks | 3 Elbows Up Block 2 Left Edge | NONE | 4 Elbows Up Block 2 Left Edge |
| # 10" squares | 6 red, 6 background | NONE | 7 red, 7 background |
| Fabric required | .5 meter red, .5 meter background | NONE | .5 meter red, .5 meter background |

Right side

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns on the left side where there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!



This block consists of 7 HSTs and 1 - 6 ½ “ square background piece

These HSTs can be made using the 4 HST quick method and should be squared up to 6 ½”. Layout and assemble the 7 HSTs and 6 ½” background block in the manner above, nesting each seam so that the corners meet.

Press to 12 ½ inch by 24 ½ inches. See on the chart below how many of these blocks you will require.

Fabric Requirements (this is only for reference. Fabric for each quilt is noted on general directions)

Each Elbows Up Canada Block Right Edge will need 2 - 10” squares of each red and background and one 6 ½ “ background square cut from a 6 ½ “ strip WOF. (you will have 1 HST left over to be used elsewhere)

Below is a chart of fabric and block requirements for each quilt:

| | Lap Quilt | Queen with border | Large Queen |
|-----------------|-----------------------------------|-------------------|-----------------------------------|
| # of blocks | 3 Elbows Up Block 2 Right Edge | NONE | 4 Elbows Up Block 2 Right Edge |
| # 10” squares | 6 red, 6 background | NONE | 7 red, 7 background |
| Fabric required | .5 meter red, .5 meter background | NONE | .5 meter red, .5 meter background |



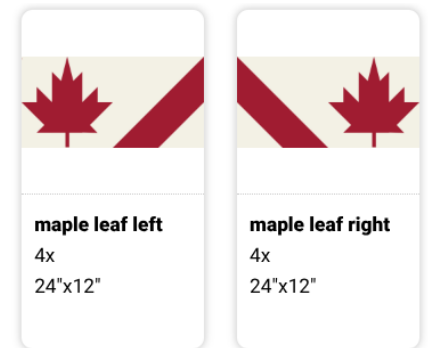
ELBOWS UP CANADA! MAPLE LEAF BLOCK

Maple Leaf Block - Left and Right

This finished block is 12 ½ inches by 24 ½ inches and can be added to any of the Canada Elbows Up! quilt patterns anywhere there is a placeholder for a 12 ½ inch by 24 ½ inch block. (Finished blocks in the quilt are 12"x24")

Please follow the directions for this block carefully in order to make certain all the points meet perfectly!

In the directions that follow you will create 8 Maple Leaf Blocks. (Four left and four right)



Maple Leaf Blocks

Although these are the most complicated blocks - if you follow these instructions step by step - all your corners will meet perfectly! Please read this section thoroughly before beginning. **All seams are scant ¼ inch.**

You will need:

45 degree triangle

3 completed 6 ½ " HSTs for each block

1 - 6 ½ " square background fabric for each block

.7 meter red fabric (included in the original fabric requirements listed under general directions)

.8 meter background fabric (included in the original fabric requirements listed under general directions)

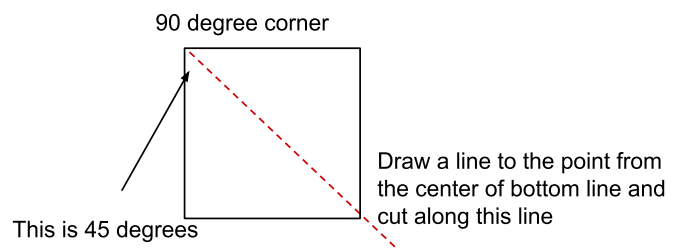
Step #1 - Top Center Leaf

A) Using the red - cut a 5 inch strip WOF

Sub cut 8 - 5inch long 45 degree triangles widthwise. These are your center points of the maple leaf. Set 7 aside.

(SPECIAL NOTE 45 degree triangle)

To make a template if you do not have a 45 degree ruler - use a 90 degree corner of any ruler 6 inches square or more - and draw the 90 degree corner on a piece of cardboard. Draw a line across to match each equal length line. Find the center of the line and draw a line from this point to the top point. Use this line to cut the 45 degree triangle.)

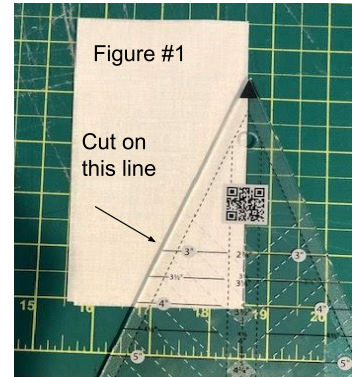


B) Using the background - cut a 3 inch strip WOF. Sub cut pieces into 5 ½ " pieces.

Place 2 pieces, right sides together.

Using the 45 degree triangle ruler, place the ruler center mark at one edge at the four inch mark as shown in the photo.

Cut along the side of the ruler. Cut 2 pieces. **See Fig #1**



C) Place the red 45 degree triangle on top of the white piece as shown in **fig. #2** Sew ¼ " seam as shown.

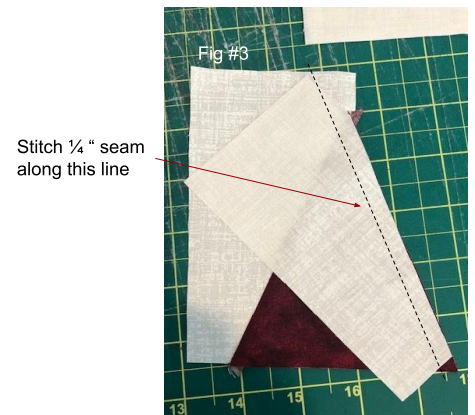
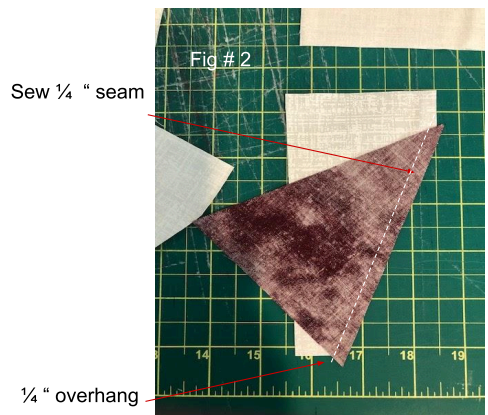
Press open to the red fabric.

D) Repeat this process to the other side as in **Fig #3**

Press seam to the red side.

Square this piece to 4 ½ " x 4 ½ " ensuring a ¼" white space at the top of the section.

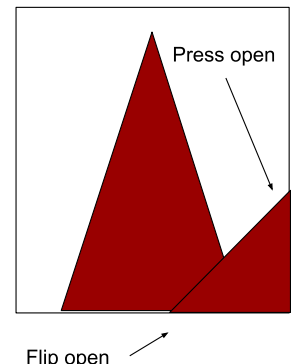
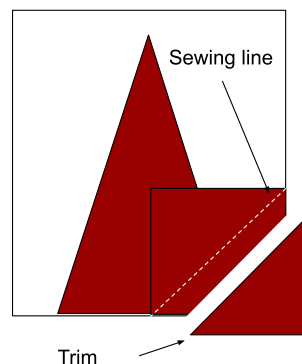
This is the first point of your top center leaf.



E) Cut 1 strip WOF of red 2 ½" wide. Sub cut 16 - 2 ½ " squares of red. Set aside 14 of these for the other 7 blocks

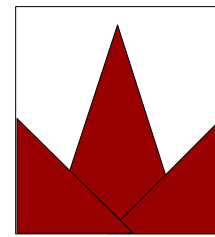
Take 2 of the 2 ½ " squares and using the sew and flip method - place one square on the bottom right of your point section. Sew across diagonally as shown below and trim and flip to form the second point in this section.

Repeat this process on the left side. You will now have the center top leaf section completed.



Square this section of the block to $4\frac{1}{2} \times 4\frac{1}{2}$ inches.

Repeat this step - 7 more times to make 8 center point sections.



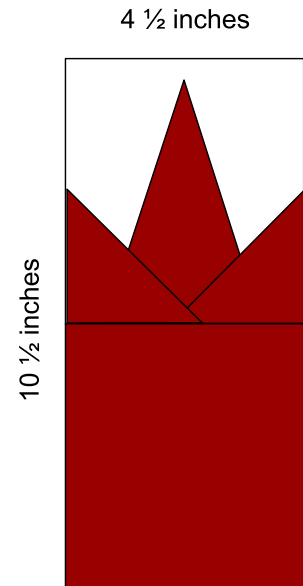
Top Center Leaf section

Step #2 Main Body

Cut a strip of red WOF $6\frac{1}{2}$ " wide. Sub cut 8 sections $4\frac{1}{2}$ " x $6\frac{1}{2}$ ".
Set 7 of these aside.

Sew one $4\frac{1}{2}$ " x $6\frac{1}{2}$ " to the bottom of the top center leaf section.
Your section should now look like the picture to the right and measure $4\frac{1}{2}$ inches wide by $10\frac{1}{2}$ inches long.

Repeat this last step 7 more times to create all 8 main body center leaf pieces.



Step #3 Left and right bottom leaf

From background fabric, cut 3 strips $4\frac{1}{2}$ " wide WOF. Subcut into 27 $4\frac{1}{2}$ " squares.

From red fabric cut 2 strips $4\frac{1}{2}$ " wide WOF. Sub cut 12 $4\frac{1}{2}$ " squares.

Using 12 red $4\frac{1}{2}$ " squares and 12 background $4\frac{1}{2}$ " squares, make 48 HSTs.
(Use the same HST method as used making the $6\frac{1}{2}$ " squares - see techniques)

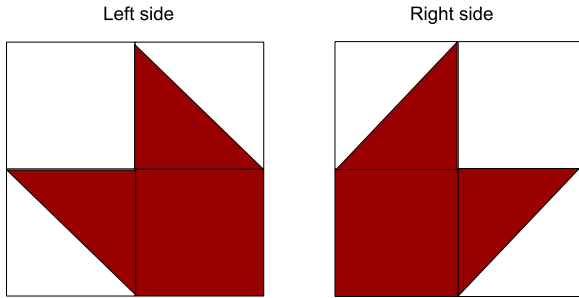
Press these to the red side and square up to $2\frac{1}{2}$ " squared.

Cut 1 strip background fabric $2\frac{1}{2}$ inches WOF. Sub cut these into 16 $2\frac{1}{2}$ inch squares.

Cut 2 red $2\frac{1}{2}$ " strips WOF. Sub cut these strips into $2\frac{1}{2}$ " squares.

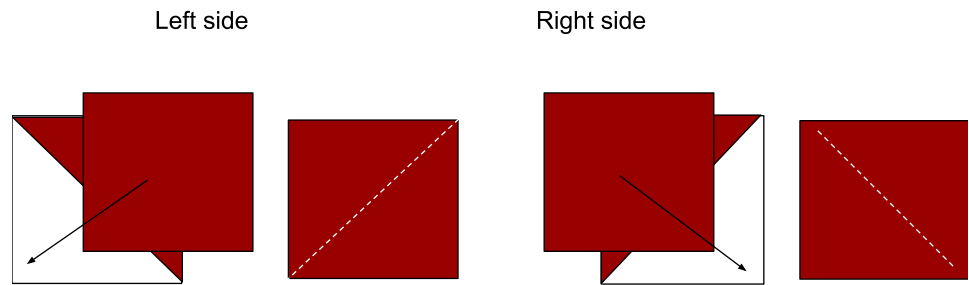


Using 4 - 2 1/2 " HSTs, 2 white 2 1/2 " squares and 2 red 2 1/2 " squares - create 1 each of the following top portion of the lower leaf pieces. See picture below



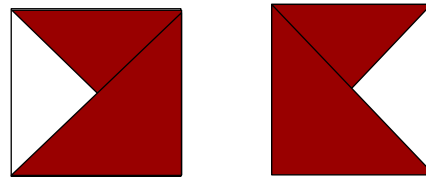
Do this 7 more times and set them aside.

Using 2 more HSTs and 2 red 2 1/2 " squares, create a 3/4 hourglass using the stitch and flip method.



As shown in the diagram to the right place one red square over one HST and sewing diagonally across the square as pictured to the right to make the left side.

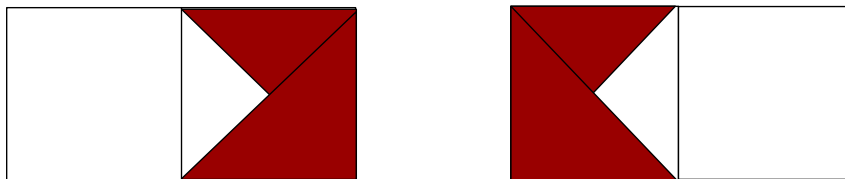
Trim and flip to create these two sections below



Complete this same step in the opposite fashion to create the right side.

Trim the excess fabric and flip and press to the dark side.

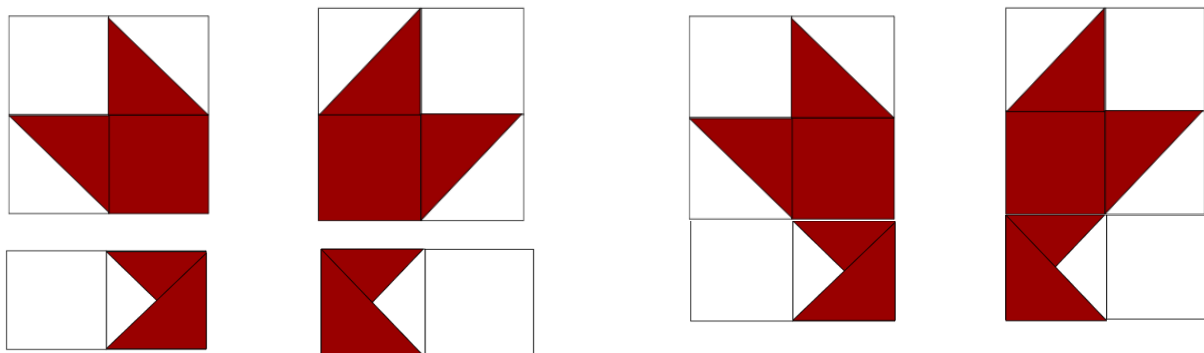
Attach a white 2 1/2 " square to each outer edge of the 3/4 hourglass as pictured below



This is the bottom part of your bottom leaf section

Complete these steps 7 more times to have 8 each of the left and right lower leaf

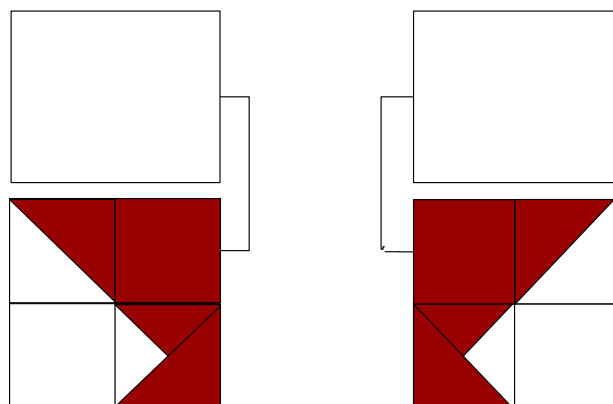
Layout and then join the top part of the lower leaf and the bottom part of your lower leaf section (both left and right) to create a section that looks like this:



Using the 2 sections you have created in step #3, add a 4 1/2 " square to the top of both left and right lower leaf pieces.

This will create the section as pictured to the right.

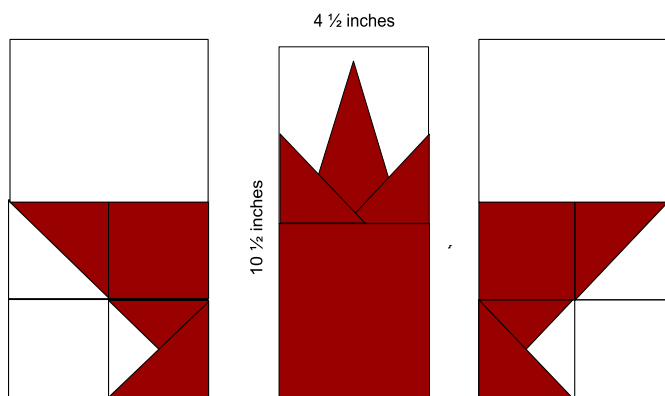
Do this 7 more times to create all the lower leaf sections of your block.



Step #4 Adding the sections together

Using the 3 sections you created above, join them together to create the following upper portion of the leaf block.

Do this 7 more times to create the main portion of The maple leaf blocks



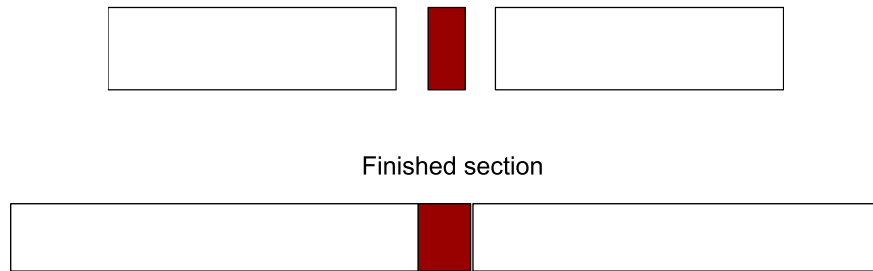
Step # 5 Stem Section

The last section of the maple block is the stem section.

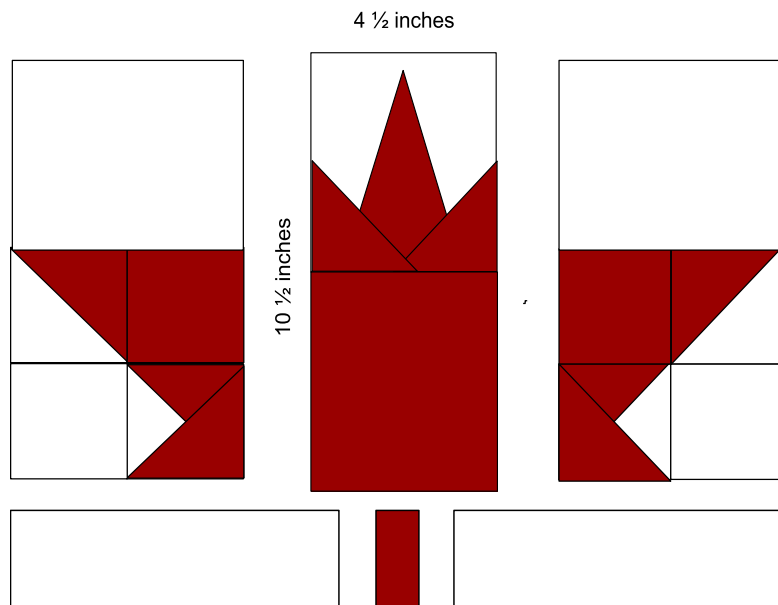
From scraps of red - cut 8 - 1 inch x 2 ½" strips (stem strip)

From background - cut 2 strips 2 ½" WOF. Sub cut these into 12 - 6 ½" x 2 ½" pieces. Use leftover background to to cut 2 more of these same sized pieces.

Create a section by using 1 longer strip to one stem strip to another longer strip as pictured below. Press seams toward the red strip.



Layout all sections together as pictured here and stitch together.

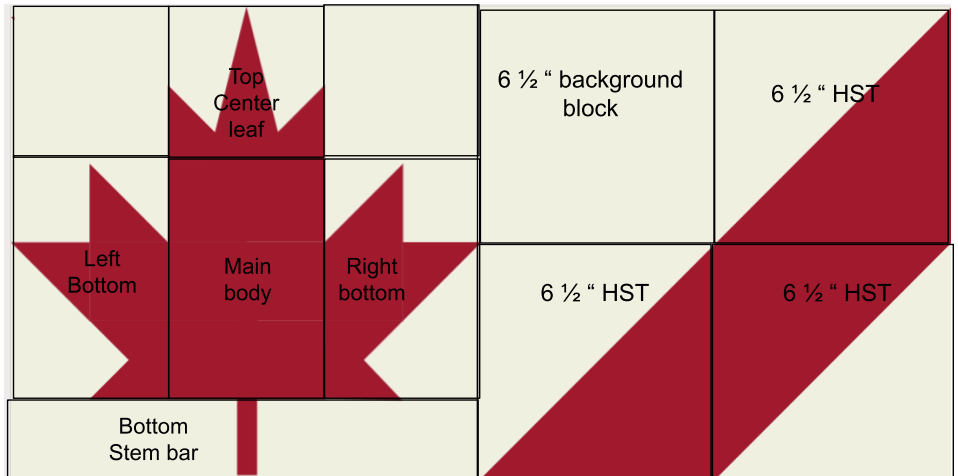


Step #6 Creating 6 ½” HSTs and Finishing the Leaf Block

(You will need 4 left leaf blocks and 4 right leaf blocks.)

Using 3 HSTs and - 6 ½” background square and the finished maple leaf - assemble the left Maple Leaf block finished block as pictured to the right.

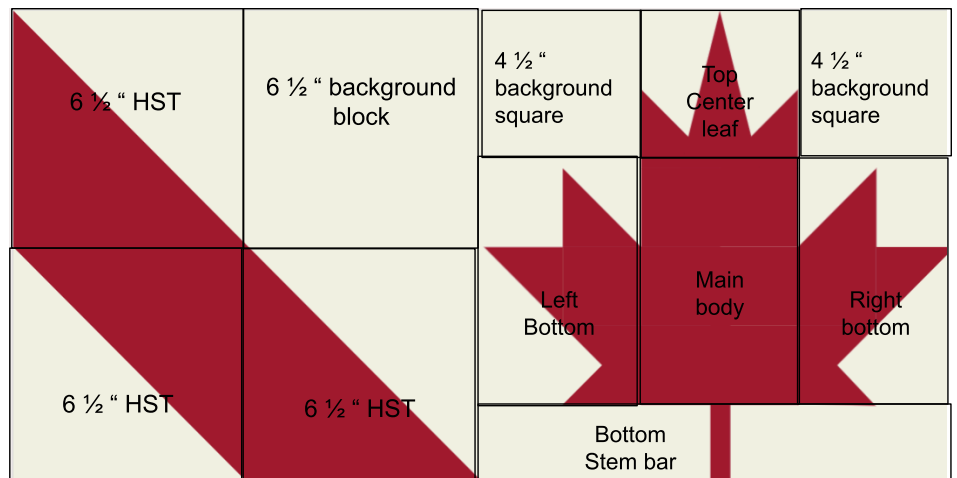
Do this three more times for four finished Left Maple Leaf Block.



Using 3 HSTs and - 6 ½” background square and the finished maple leaf - assemble the left Maple Leaf block finished block as pictured to the right.

Do this three more times for four finished Right Maple Leaf Block.

Congratulations!
You have now completed 8 maple leaf blocks that should measure 12 ½” x 24 ½”





ELBOWS UP CANADA! TECHNIQUES

No Waste Quick Finish Techniques

I have used several simple techniques for block creation. A full block measures 12 ½ inches by 24 ½ inches. Blocks are then composed of several sections.

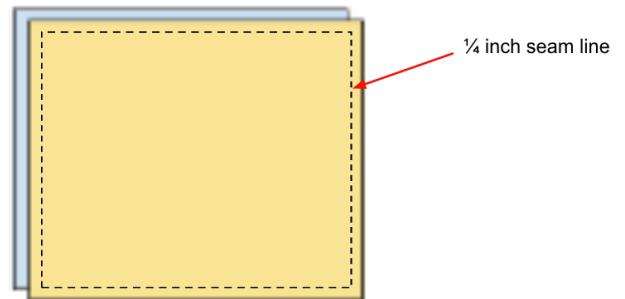
Most pieces are cut after cutting a strip of fabric - WOF (width of fabric) and then sub cutting the pieces. Most of the time, there is little or no waste using this method as I have designed the piece cutting to use the full WOF.

4 Half Square Triangle Technique

Use this technique in all the Half Square Triangle blocks - using differing sizes of starting pieces. Pay close attention to the size of the squares you will need to cut to make each Half Square Triangle!

Using the quick finish method shown here to create the HSTs - place one background square face down on one red square - right sides together.

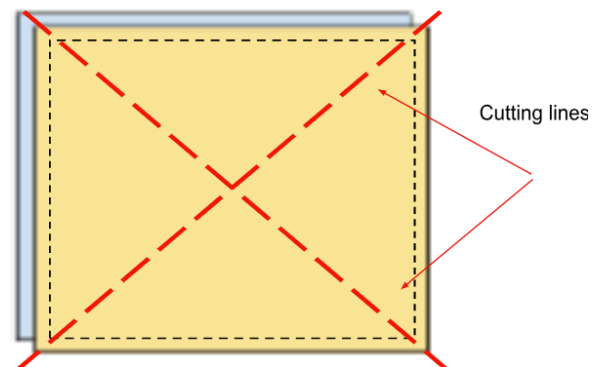
Sew ¼ inch seam around the entire block.
Give the square a quick press with a hot iron (no steam)



Using a rotary cutter, cut the square into 4 triangles by cutting diagonally across the square in both directions.
This will give you 4 HSTs.

Square each HST to the size required for each section. (see below for methods)

Press each HST to the dark side.
In this pattern HSTs are either 2 ½ " square or 6 ½ " square.



Squaring Techniques

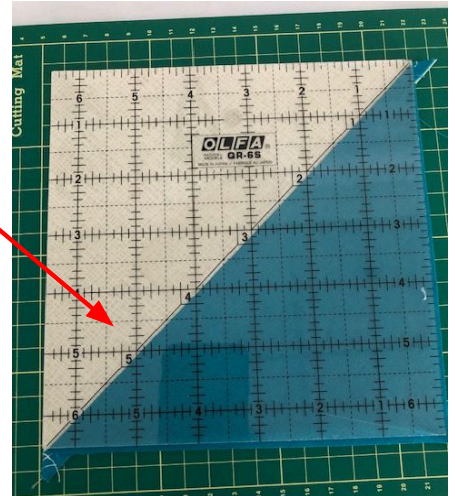
There are 2 methods for squaring your HSTs. In order to make sure the quilt remains proportional and square, I recommend you square each HST before adding it to a block.

I have shown 2 ways to square up your HSTs. I like to use the quick way to square a block as it only requires one cut and saves a lot of time!

1. Use a square rule with a 45 degree line and rotary cutter.
Place the diagonal line on the sewn line between the 2 fabrics.

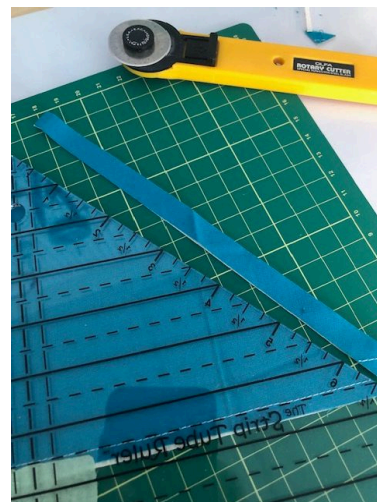
Trim all sides that are larger than the square ruler. You may have to trim 3 or 4 sides. A rotary mat is helpful with this.

For this quilt you will need a 2 ½ " square ruler and a 6 ½" square ruler when using this method.



2. FAST WAY! I call this the **“one cut squaring method”**. After creating your HST - do not press open - yet. Using a triangle ruler with HST markings - place the 6 ½ inch line on the sewn line - at the bottom of your HST. (this is for the 6 ½" square) Line up your the left edge of the ruler on the left edge of the HST. Trim any excess on the right edge. See images below.

Note 6 ½ inch line on triangle ruler is on seam line



For the 2 ½ " inch HST, I use a 2 ½ " square ruler as the un-opened HST is difficult to manage using the quick method.

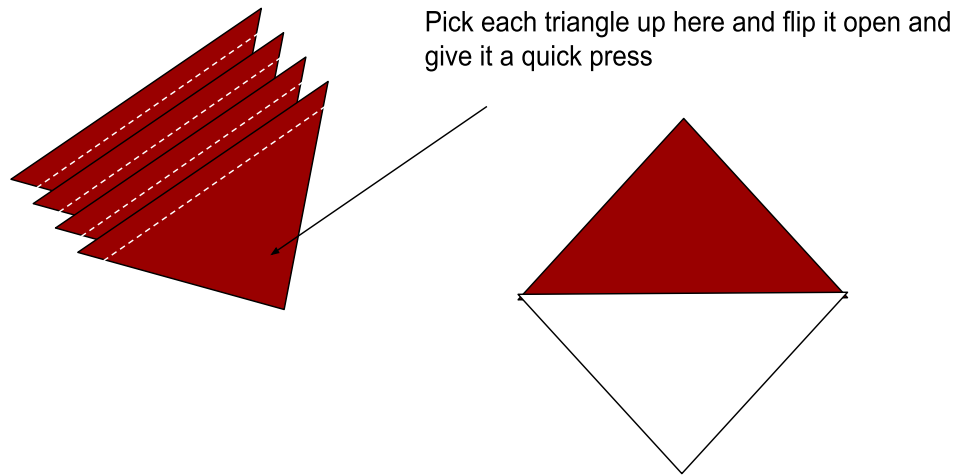
Here is the image for the 2 ½ " HST.



Pressing Methods

When pressing large numbers of HSTs open, it is much faster to stack the HSTs dark side up with the point facing you.

Whenever possible, always press seams to the darker side.



Nesting HST seams

Nesting seams keeps triangle points meeting perfectly. Because your HSTs have a bias edge it is easier to keep the corners matching.

Nesting requires that the seams meeting must each be pressed in the opposite direction. You can ease or gently stretch each HST so that the edges meet perfectly. Squaring the joins up occurs after nesting in the pressing process.

I have purposely NOT advised which way to press each seam as there are many many seams that meet and it can look very confusing. Simply do your best to ensure each seam meeting is pressed a different direction on top and bottom.

HINT: I do not press seams until I have added all 8 HSTs to the block. In this way I can nest seams as I go along and I press out and square the final block at the end of the block making process.

When you press the joined blocks - press them square. DO NOT stretch when pressing.

If you would like to watch a video tutorial they will all soon be available on my web site at:

<https://www.janestreetquilts.com/hst-tutorial.html>

ELBOWS UP CANADA! QUILT PATTERN BLOCKS

Blocks for Printing

Go ahead - print this page as many times as you like and cut out the blocks. Re-organize in any fashion you wish. Each block measures 12" x 24" finished.

