

Dresden Plate Quilt Block – Step by Step Tutorial

Finished Size: 38 cm diameter

1. MATERIALS

- Cotton fabric (100% quilting cotton)
- Thread to match
- Sewing machine
- Iron and ironing board
- Pins, clips
- Fabric scissors or rotary cutter
- Cutting mat and ruler
- Template plastic (optional)
- Hand sewing needle (for applique)
- Batting (optional, if making a quilt)
- Backing fabric (optional)

FABRIC REQUIREMENTS

Fabric	Quantity	Size (cm)
Petal – Fabric A	8	5 x 11
Petal – Fabric B	8	5 x 11
Petal – Fabric C	8	5 x 11
Petal – Fabric D	8	5 x 11
Petal – Fabric E	8	5 x 11
Center Circle	1	Diameter 6
Background (base)	1	38 x 38

All seam allowances are 0.7 cm

2. CUTTING

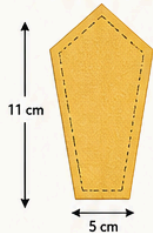
Cut 40 petals using the template or measurements below.

Each petal will finish at approx. 5 cm wide x 10 cm long.

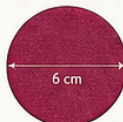
Cut 1 center circle of 6 cm diameter.

Cut 1 background square 38 cm x 38 cm.

PETAL TEMPLATE



CENTER CIRCLE



3. FABRIC PLACEMENT ORDER (EXAMPLE)



Repeat colors evenly for a balanced look.

4. STEP-BY-STEP INSTRUCTIONS

1. PREPARE PETALS



Fold each petal in half lengthwise with right sides together. Sew along the long side using 0.7 cm seam allowance.

2. TURN AND PRESS



Turn the petal right side out using a turning tool or chopstick. Press flat with the seam centered.

3. APPLIQUE PETALS



Arrange petals on the background fabric in a circle. Use pins or clips to hold them in place.

4. APPLIQUE IN PLACE



Applique the petals to the background using a small zigzag stitch or a blind stitch by hand.

5. ADD CENTER CIRCLE



Place the center circle in the middle and applique around the edge with a small zigzag stitch or invisible stitch.

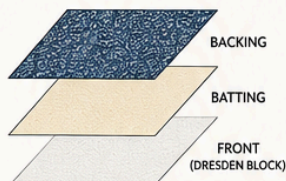
5. FINISHING OPTIONS

A. WALL HANGING OR TABLE MAT

Layer backing fabric, batting (optional), and the Dresden block.

Quilt as desired. Trim the edges.

Bind the edges with 6 cm wide binding strips.



B. PILLOW OPTION

Make a quilted panel as above.

Sew the panel to a backing fabric (same size) with right sides together.

Leave an opening, turn right side out, insert pillow form, and hand stitch the opening closed.



6. MAIN METHODS USED IN USA QUILTING



Applique
Attaching fabric shapes to a background.



Pressing
Press seams open or to one side for a flat finish.



Accurate Cutting
Precise cutting ensures pieces fit perfectly.



Stitch in the Ditch (optional)
Sewing along the seam line to secure layers.



Binding
Finishing the raw edges for a clean look.

7. TIPS FOR SUCCESS

- Use high quality quilting cotton.
- Press every step for a professional finish.
- Keep a consistent 0.7 cm seam allowance.
- Pin or clip carefully to avoid shifting.
- Take your time with applique for a beautiful result.

COLOR BALANCE TIP

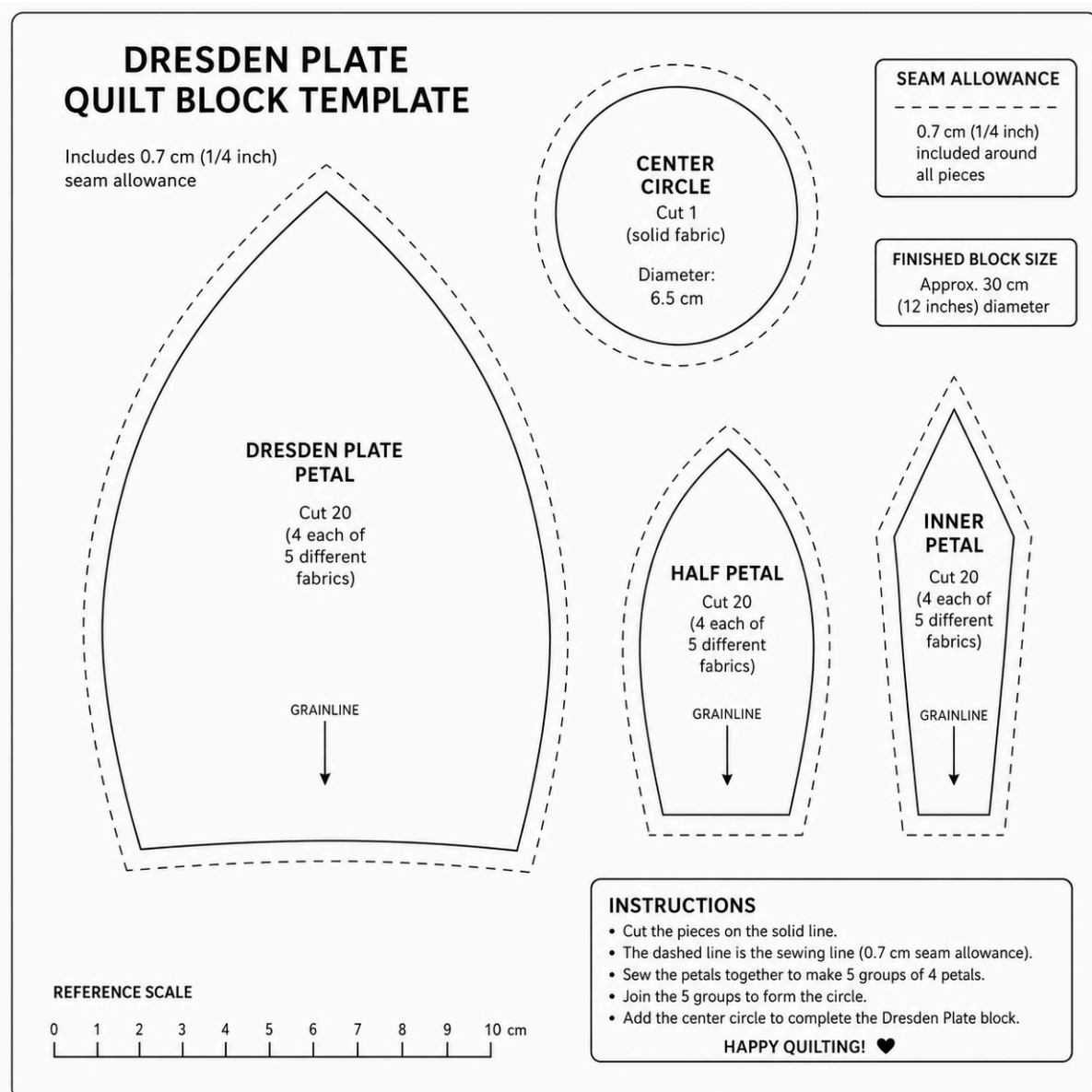
Use a mix of light, medium, and dark fabrics for the petals to create a vibrant and balanced Dresden Plate.

8. FINAL LOOK



Enjoy creating your beautiful
Dresden Plate Quilt Block! ♥





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Dresden Plate Quilt Block – Complete Step-by-Step Tutorial (38 cm / 15" Finished Block)

Create a stunning Dresden Plate Quilt Block using traditional American quilting techniques. This detailed tutorial is

designed for beginners and experienced quilters alike, following the same structure, measurements, and workflow shown in the reference guide. Every step is explained thoroughly so that anyone in the United States can confidently complete the project from start to finish. 🧵 ✨

The finished Dresden Plate measures 38 cm (15 inches) in diameter and can be used in quilts, pillows, wall hangings, table toppers, tote bags, and many other sewing projects.

This tutorial uses centimeters for consistency with the original guide while also providing approximate inch equivalents commonly used by U.S. quilters.

Materials You'll Need 🧺

Before beginning, gather all of your supplies.

Fabrics

Use 100% quilting cotton for the best results.

You will need:

- Fabric A – 8 petals
- Fabric B – 8 petals
- Fabric C – 8 petals
- Fabric D – 8 petals
- Fabric E – 8 petals

Total:

- 40 petals

Additional fabric:

- Center circle:
 - 1 piece

- **6 cm (2³/₈") diameter**

Background fabric:

- **38 × 38 cm**
- **(15" × 15")**

Optional:

- **Batting**
- **Backing fabric**

Sewing Supplies

Prepare the following tools:

- **Sewing machine**
- **Coordinating thread**
- **Rotary cutter**
- **Cutting mat**
- **Quilting ruler**
- **Fabric scissors**
- **Iron**
- **Ironing board**
- **Pins or quilting clips**
- **Fabric marking pencil**
- **Turning tool or chopstick**
- **Hand sewing needle**
- **Applique needle (optional)**

Finished Size

Finished Dresden Plate:

38 cm (15") diameter

Seam allowance throughout the project:

0.7 cm ($\frac{1}{4}$ ")

Always maintain this seam allowance for every petal.

Fabric Cutting Instructions

Cut carefully for accurate results.

Petals

Cut:

40 petals

Each measuring:

- **Width: 5 cm (2")**
- **Height: 11 cm ($4\frac{3}{8}$ ")**

The finished visible petal will measure approximately:

- **5 cm wide**
- **10 cm long**

Center Circle

Cut:

- **One circle**
- **Diameter: 6 cm ($2\frac{3}{8}$ ")**

Background Square

Cut:

- One square
- 38 × 38 cm
- (15" × 15")

Petal Template

Each petal is a long pentagon.

Measurements:

- **Height:**
 - 11 cm
- **Bottom width:**
 - 5 cm

The top of the petal comes to a soft point.

Trace one template onto template plastic, cardstock, or acrylic and use it to cut all forty petals accurately.

Prepare the Petals

Place one petal right sides together.

Fold it lengthwise.

Align all raw edges carefully.

Pin if necessary.

Sew across the pointed top using a 0.7 cm (¼") seam allowance.

Do not sew the long side.

Trim the corner slightly to reduce bulk.

Repeat with all 40 petals.

Turn and Press the Petals

Using a turning tool, chopstick, or blunt point turner:

Turn each petal right side out.

Carefully push out the point.

Do not use anything sharp enough to damage the fabric.

Press each petal flat.

Position the seam exactly in the center of the point.

The back seam should remain centered for every petal.

Well-pressed petals create a beautiful finished Dresden Plate.

Arrange the Color Layout

Before sewing anything to the background, arrange all petals.

The sample layout repeats five fabrics evenly around the circle.

Example order:

- **Navy print**
- **Yellow floral**
- **Burgundy print**
- **White plaid**
- **Gold lattice**
- **Blue floral**

Repeat this sequence until all forty petals are placed.

Stand back occasionally to check the overall color balance.

Distribute light, medium, and dark fabrics evenly around the block.

Build the Dresden Plate

Lay the background square flat.

Find the exact center.

Lightly mark the center using removable fabric marker lines.

Arrange all petals around the center.

Keep consistent spacing.

The bases of the petals should slightly overlap near the center.

Pin or clip each petal securely.

Check that the circle remains symmetrical.

Adjust as needed before stitching.

Applique the Petals

There are two popular methods.

Machine Applique

Use:

- **Narrow zigzag stitch**

or

- **Blind hem stitch**

Sew slowly around each petal.

Keep stitching close to the edge.

Remove pins as you sew.

Hand Applique

Many traditional American quilters prefer hand applique.

Use:

- **Small invisible stitches**
- **Matching thread**

Work carefully around every petal edge.

Take your time for an heirloom-quality finish.

Add the Center Circle

Prepare the circle by turning under the seam allowance.

Several methods work well:

- **Needle-turn applique**
- **Gathered edge**
- **Fusible applique**

Center the circle over the middle of the Dresden Plate.

Cover all raw petal ends.

Attach using:

- **Small zigzag stitch**

or

- Invisible hand stitches

The center should appear perfectly round.

Press the Entire Block

Press from the back first.

Then lightly press from the front.

Avoid stretching the bias edges of the petals.

A final pressing helps every petal lie flat.

Optional Quilting Layer

If making a wall hanging or quilt block:

Layer:

1. Backing fabric
2. Batting
3. Dresden Plate top

Smooth all layers.

Pin or baste thoroughly.

Quilt as desired.

Popular quilting options include:

- Echo quilting
- Straight-line quilting
- Free-motion quilting
- Background stippling

Finish as a Wall Hanging

Trim all edges square.

Bind using:

6 cm (2½") binding strips.

Fold the binding in half.

Attach around the entire edge.

Miter each corner neatly.

Add a hanging sleeve if desired.

Finish as a Pillow Cover

Create a quilt sandwich.

Quilt the block.

Sew the quilted front to a backing fabric with right sides together.

Leave an opening.

Turn right side out.

Insert pillow form.

Hand stitch the opening closed.

Main U.S. Quilting Methods Used 

Applique

Attaching one fabric shape onto another fabric background.

This is the primary technique used for the Dresden Plate.

Accurate Rotary Cutting

Precise cutting ensures every petal is identical.

Consistent pieces create perfect circles.

Pressing

Professional quilters press after nearly every seam.

Pressing—not ironing—helps maintain accurate shapes.

Stitch in the Ditch (Optional)

Used after layering the quilt sandwich.

This method secures layers by sewing directly in seam lines.

Binding

Binding encloses all raw quilt edges.

It provides durability and a professional finish.

Tips for Professional Results 🌟

Always prewash fabric if shrinkage is a concern.

Use high-quality quilting cotton.

Replace rotary blades often.

Press after every sewing step.

Maintain a consistent ¼-inch (0.7 cm) seam allowance.

Use matching thread for invisible stitching.

Check color placement before sewing.

Work on a flat surface.

Measure twice before cutting.

Take your time—accuracy is more important than speed.

Common Beginner Mistakes

Avoid these common problems:

- **Uneven seam allowances**
- **Petals cut at different sizes**
- **Skipping pressing**
- **Stretching bias edges**
- **Uneven spacing around the circle**
- **Misaligned center circle**
- **Rushing the applique process**

Correcting these early will greatly improve your finished block.

Color Balance Suggestions 🎨

A balanced Dresden Plate usually combines:

- **Light fabrics**

- Medium-value fabrics
- Dark fabrics

Alternate colors around the circle.

Avoid placing identical fabrics next to one another.

Repeating colors evenly creates movement and symmetry.

Care Instructions

Wash using cold water.

Use mild detergent.

Avoid bleach.

Dry flat or tumble dry on low heat.

Press lightly after washing if needed.

Store flat to preserve the block's shape.

Finished Project Ideas

Your completed Dresden Plate can become:

- Quilt block
- Decorative pillow
- Wall hanging
- Table topper
- Table runner
- Tote bag
- Christmas decoration
- Baby quilt centerpiece
- Bed quilt feature block

- Sewing room decoration

Final Thoughts ❤️

The Dresden Plate Quilt Block remains one of the most beloved traditional quilt designs in American quilting. By carefully cutting, pressing, arranging, and appliquéing each petal, you can create a beautiful 38 cm (15-inch) block with crisp points, balanced colors, and a professional finish. Whether you choose machine or hand appliqué, patience and precision will reward you with a timeless piece that can be incorporated into quilts, pillows, wall hangings, and many other handmade projects. Enjoy the process, take your time with each step, and most importantly, have fun creating your own beautiful Dresden Plate! 🧵🌻