

BLUE ROSE FOUNDATION PAPER PIECING QUILT – TUTORIAL

FINISHED SIZE: 60 cm x 70 cm (including borders)

1. FINISHED QUILT



2. MATERIALS

- 100% Cotton fabric
- Thread to match
- Paper for foundation piecing (copy paper)
- Fabric glue stick or pins
- Rotary cutter, mat & ruler
- Iron & ironing board
- Sewing machine
- Scissors

3. FABRIC REQUIREMENTS

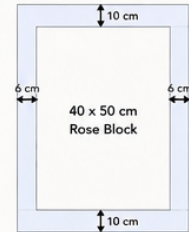
(All measurements include 1 cm seam allowance)

Whites / Background	30 x 40 cm
Light Blue Prints (various)	25 x 30 cm
Medium Blue Prints (various)	20 x 30 cm
Dark Blue Prints (various)	20 x 30 cm
Leaf Greens (2 shades)	20 x 30 cm
Stem Green (Dark)	10 x 25 cm
Inner Border (Blue)	6 x 72 cm
Outer Border (Floral)	10 x 80 cm
Binding (Blue)	6 x 250 cm
Backing Fabric	70 x 80 cm
Batting	70 x 80 cm

4. BLOCK SIZE

Rose Block (unfinished)
40 x 50 cm

With Borders
60 x 70 cm



5. FOUNDATION PAPER PIECING – STEP BY STEP

1. PRINT THE PATTERN

Print the foundation pattern at 100%. The block is divided into numbered sections.



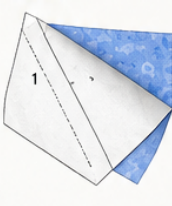
2. PREPARE fabric PIECES

Cut fabric pieces larger than each section (at least 1.5–2 cm all around).



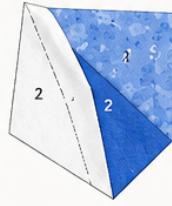
3. START PIECING

Place fabric RIGHT SIDE up on the back of the paper piece. Fold along the line and trim 0.5 cm seam allowance.



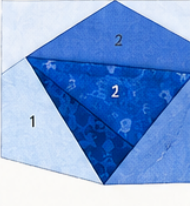
4. CONTINUE PIECING

Add the next fabric piece, covering the seam allowance. Fold, sew on the line, and trim.



5. COMPLETE SECTION

Continue until the section is covered. Press seams toward the darker fabric.



6. COMPLETE THE BLOCK

Piece all sections following the numbers. Remove the paper carefully.



6. CUTTING GUIDE (EXAMPLE)

Cut fabric pieces for foundation paper piecing using the measurements below as minimum sizes.

Whites / Background Various (see pattern)	Leaf Greens 5 x 7 cm
Light Blues 5 x 5 cm and larger	Stem Green 2.5 x 12 cm
Medium Blues 5 x 5 cm and larger	Borders See Section 3
Dark Blues 5 x 5 cm and larger	

Always cut larger than needed for accurate trimming.



7. ASSEMBLE THE QUILT

1. Trim the flower block to 40 x 50 cm.
2. Sew the inner blue border (6 cm strips) around the block.
3. Sew the outer floral border (10 cm strips) around the quilt.
4. Press all seams.
5. Layer backing (wrong side up), batting, and quilt top (right side up).
6. Quilt as desired (straight lines in the background are beautiful for this design).
7. Bind with blue binding strips.



8. QUILTING IDEAS

- Straight line quilting in the background
- Echo quilting around the rose
- Free-motion quilting (swirls, leaves, or gentle curves)
- Stitch in the ditch around the borders



9. SEWING METHODS USED

FOUNDATION PAPER PIECING: Precise piecing using paper as a guide.

SEAM ALLOWANCE: Standard 0.5 cm (included in pattern).

PRESSING: Press seams carefully toward darker fabrics.

TRIMMING: Trim seams after sewing for accuracy.

BORDERING: Add inner and outer borders to frame the block.

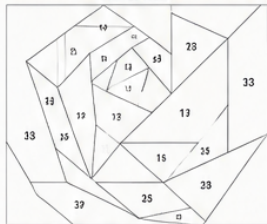
QUILTING: Secure the layers with stitching.

BINDING: Finish the edges with binding for a clean look.



BONUS – FOUNDATION PATTERN LAYOUT

(Print at 100%)



Block Size (unfinished): 40 x 50 cm

10. FINISHED QUILT



11. TIPS

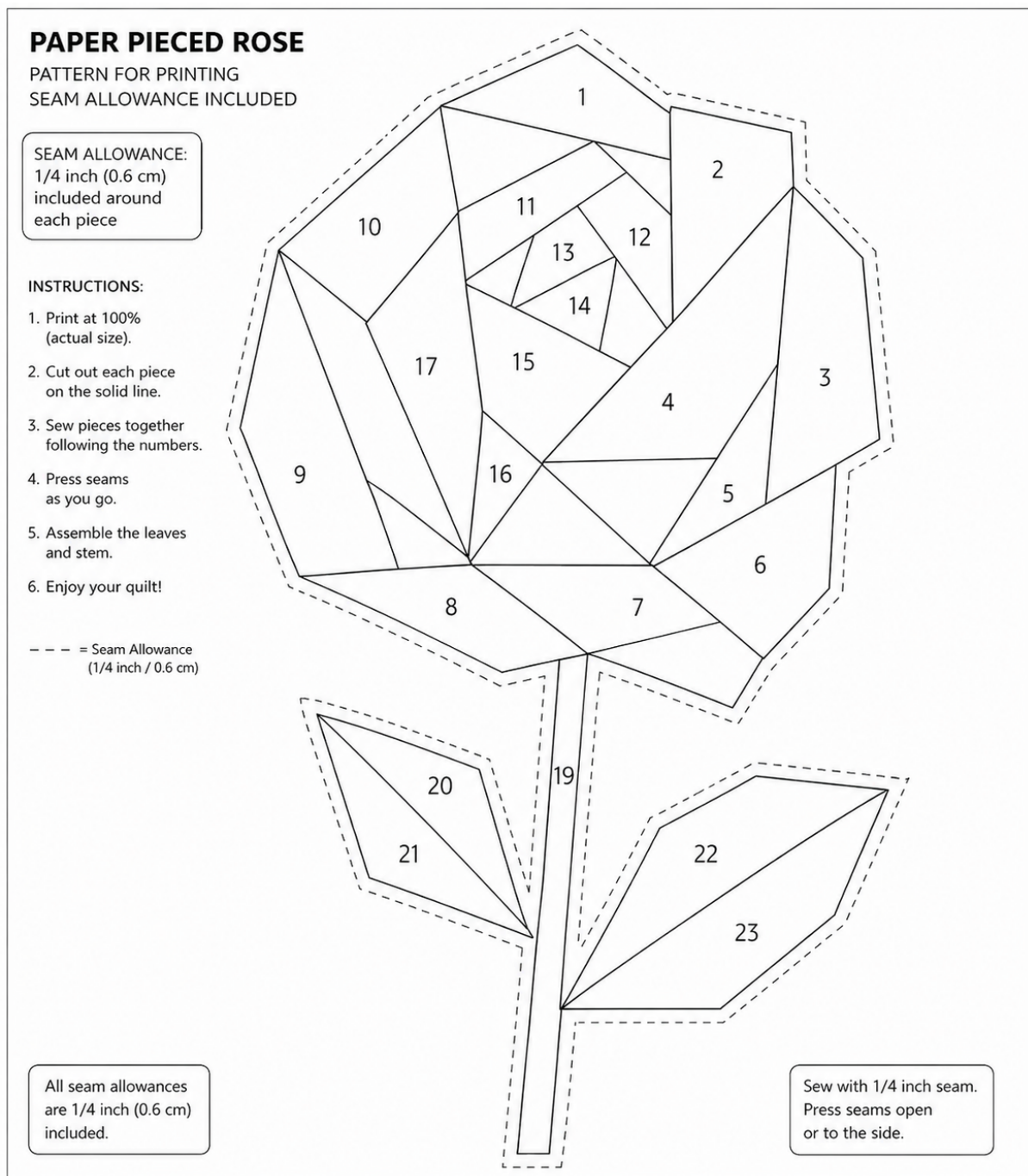
- Use a fabric glue stick to hold pieces in place before sewing.
- Always sew ON the line.
- Use a new needle for sharp, accurate stitches.
- Take your time with trimming for perfect points.
- Press as you go for flat, beautiful seams.

CARE INSTRUCTIONS

Machine wash cold, gentle	Do not bleach	Tumble dry low	Warm iron if needed
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Blue Rose Foundation Paper Piecing Quilt Tutorial

Create a striking Blue Rose Foundation Paper Piecing Quilt featuring a geometric rose, green leaves, a slim blue inner border, and a floral outer border. The finished wall quilt measures approximately 60 cm × 70 cm, including the borders, which is about 23 5/8 × 27 1/2 inches.

The unfinished rose block should measure 40 cm × 50 cm before the borders are added. The design is constructed with the foundation paper piecing method, which makes it easier to achieve sharp angles, clean lines, and accurate points.

This tutorial follows the measurements, fabric colors, construction order, quilting ideas, finishing methods, and care instructions shown in the original project chart.

Finished Quilt Size

The completed quilt should measure:

60 cm wide × 70 cm high

Approximate US measurement:

23 5/8 inches wide × 27 1/2 inches high

The unfinished central rose block should measure:

40 cm wide × 50 cm high

Approximate US measurement:

15 3/4 inches wide × 19 5/8 inches high

The finished quilt includes:

- One foundation paper-pieced blue rose block
- Green pieced leaves and stem
- A 6 cm blue inner border
- A 10 cm floral outer border
- Batting
- Backing fabric
- Blue binding

The border measurements may require minor trimming after quilting. Always measure your completed center block before cutting the final border strips.

Materials and Tools

Gather all materials before printing and cutting the pattern.

You will need:

- 100% cotton quilting fabric
- Coordinating sewing thread
- Foundation paper piecing paper or standard lightweight copy paper
- Fabric glue stick or fine quilting pins
- Rotary cutter
- Self-healing cutting mat
- Acrylic quilting ruler
- Sewing machine
- Iron
- Ironing board or pressing mat
- Fabric scissors
- Paper scissors
- Seam ripper
- New sewing machine needle
- Quilting safety pins, spray baste, or basting thread
- Walking foot or free-motion quilting foot, depending on your quilting method

Use paper scissors for cutting the printed pattern and reserve your fabric scissors for fabric only.

A standard sewing machine with a straight stitch is sufficient for this project. A shorter stitch length is recommended because the closely spaced stitches perforate the paper and make it easier to remove after sewing.

Fabric Requirements

The chart includes a 1 cm seam allowance in the listed measurements.

Prepare the following fabrics:

White or Background Fabric

Cut or prepare approximately:

30 cm × 40 cm

Approximate US measurement:

11 3/4 × 15 3/4 inches

Choose a white, cream, or very pale tone-on-tone print. The background should contrast clearly with the blue rose.

Light Blue Prints

Prepare several coordinating light blue fabrics totaling approximately:

25 cm × 30 cm

Approximate US measurement:

9 7/8 × 11 3/4 inches

Use more than one light blue print to create depth and movement in the petals.

Medium Blue Prints

Prepare several coordinating medium blue fabrics totaling approximately:

20 cm × 30 cm

Approximate US measurement:

7 7/8 × 11 3/4 inches

These fabrics form many of the middle sections of the rose.

Dark Blue Prints

Prepare several coordinating dark blue fabrics totaling approximately:

20 cm × 30 cm

Approximate US measurement:

7 7/8 × 11 3/4 inches

Dark blues are especially important near the center of the rose and in selected outer petals. They create contrast and give the flower a dimensional appearance.

Leaf Green Fabrics

Prepare two or more shades of green totaling approximately:

20 cm × 30 cm

Approximate US measurement:

7 7/8 × 11 3/4 inches

Use a mixture of light, medium, and dark leaf-green prints for the leaves.

Dark Stem Green

Prepare approximately:

10 cm × 25 cm

Approximate US measurement:

4 × 9 7/8 inches

Choose a dark green fabric that will stand out against the white background.

Blue Inner Border

Prepare fabric strips totaling approximately:

6 cm × 72 cm

Approximate US measurement:

2 3/8 × 28 3/8 inches

This blue border is placed directly around the central rose block.

Because four border strips are required, piece additional strips together when necessary. The chart measurement represents a guide, so verify the length needed after trimming the block.

Floral Outer Border

Prepare floral fabric totaling approximately:

10 cm × 80 cm

Approximate US measurement:

4 × 31 1/2 inches

Use a white or pale floral print containing blue accents to coordinate with the rose.

Blue Binding

Prepare strips totaling approximately:

6 cm × 250 cm

Approximate US measurement:

2 3/8 inches × 98 1/2 inches

Join the strips with diagonal seams to create one continuous binding strip.

Backing Fabric

Cut:

70 cm × 80 cm

Approximate US measurement:

27 1/2 × 31 1/2 inches

The backing is larger than the finished quilt to allow room for basting and quilting.

Batting

Cut:

70 cm × 80 cm

Approximate US measurement:

27 1/2 × 31 1/2 inches

Low-loft cotton or cotton-blend batting works well for a small wall quilt.

Print and Prepare the Foundation Pattern

Print the foundation paper piecing pattern at 100% scale.

Do not select “Fit to Page,” “Shrink to Fit,” or any printer setting that changes the pattern size.

After printing, check the pattern with a ruler. If the pattern includes a test square, measure it before continuing. The completed rose block should finish at approximately 40 cm × 50 cm before borders.

The pattern is divided into numbered sections. Each section contains smaller numbered fabric areas.

The numbers show the sewing order:

- 1. Sew piece 1 first.**
- 2. Add piece 2.**
- 3. Continue with piece 3.**
- 4. Follow the printed numbers until the entire section is covered.**

Cut the individual paper sections apart, leaving extra paper around the outer edges. Do not trim directly on the final outer seam line yet.

Keep the sections organized and label them when needed. If the pattern uses letters, keep all sections facing the same direction and arrange them on a table before sewing.

Remember that foundation paper piecing produces a mirrored image of the printed pattern. The fabric is placed on the blank side of the paper, while the printed lines remain visible from the opposite side.

Prepare the Fabric Pieces

Foundation paper piecing is more successful when the fabric pieces are cut slightly larger than the numbered areas.

For each pattern section, identify the approximate shape and size of every numbered area.

Cut each fabric piece at least:

1.5 to 2.5 cm larger on every side

Approximate US allowance:

5/8 to 1 inch larger on every side

The chart's cutting guide gives the following minimum examples:

- **White background pieces: cut as required by the pattern**
- **Light blue pieces: at least 5 cm × 5 cm**
- **Medium blue pieces: at least 5 cm × 5 cm**
- **Dark blue pieces: at least 5 cm × 5 cm**
- **Leaf green pieces: approximately 5 cm × 7 cm**
- **Dark green stem pieces: approximately 2.5 cm × 12 cm**

These are minimum starting sizes. Some numbered areas will require larger pieces.

It is better to cut a piece slightly too large than too small. Oversized fabric can be trimmed after sewing, while an undersized piece may not cover the complete numbered area.

Sort the fabric by color value:

- Very light blue
- Light blue
- Medium blue
- Medium-dark blue
- Dark navy blue
- Light green
- Medium green
- Dark green
- White background

The rose will look more dimensional when adjacent sections use different values and prints.

Set Up the Sewing Machine

Install a new universal or quilting needle.

Thread the machine with a neutral or coordinating thread. Medium blue, light gray, or white thread can work well for this project.

Set the stitch length to approximately:

1.5 to 1.8 mm

A short stitch helps secure the seams and makes the paper easier to remove.

Use a straight stitch and a standard presser foot.

Place a small pair of scissors, a rotary cutter, a ruler, a pressing tool, and a waste container near the sewing machine. Foundation paper piecing involves frequent sewing, trimming, and pressing.

Avoid using steam while working directly on the paper because moisture can distort the printed foundation.

Sew the First Fabric Piece

Begin with the pattern section labeled with the first number.

Turn the paper so the blank side faces up.

Place fabric piece 1 on the blank side of the paper with the right side of the fabric facing up.

Hold the paper and fabric up to a light source or fold the paper along the line between areas 1 and 2. Confirm that the fabric completely covers area 1 and extends beyond all surrounding seam lines.

Temporarily secure the fabric with a small amount of fabric glue or a fine pin placed away from the sewing line.

The glue should be light and removable. Too much glue may make the paper difficult to remove later.

Position the Second Fabric Piece

Fold the paper backward along the printed line between areas 1 and 2.

Place the ruler against the folded paper edge.

Trim the fabric from piece 1 so that approximately 0.5 cm extends beyond the folded line.

Approximate US seam allowance:

A generous 1/4 inch

Unfold the paper.

Place fabric piece 2 on top of piece 1 with right sides together.

Align the raw edge of fabric piece 2 with the trimmed edge of fabric piece 1.

Before sewing, test the placement:

1. Hold the fabrics in position.
2. Fold fabric piece 2 across the seam line.
3. Confirm that it covers the entire numbered area 2.
4. Check that it also extends beyond all surrounding seam lines.
5. Return the fabric to the right-sides-together position.

This test prevents fabric pieces from becoming too short after sewing.

Sew on the Printed Line

Turn the unit so the printed side of the paper faces up.

Sew directly on the line between areas 1 and 2.

Begin a few stitches before the printed line and continue a few stitches beyond it. These extra stitches help secure the seam.

Do not sew far into neighboring areas unless the pattern requires it.

After sewing, check the seam from the fabric side.

If the fabric shifted or does not cover the numbered area, remove the stitches carefully with a seam ripper and reposition the fabric.

Trim and Press the Seam

Fold the paper away from the seam.

Trim the seam allowance to approximately 0.5 cm, or a generous 1/4 inch.

Return the paper to its original position.

Fold fabric piece 2 open so the right side faces up.

Press the seam toward fabric piece 2.

Use a dry iron or a small pressing tool. Press rather than sliding the iron back and forth. Excessive movement may stretch the fabric or distort the paper.

A flat seam is essential. Even small folds can affect the final size and accuracy of the block.

Continue Adding the Rose Pieces

Repeat the same process for each numbered area:

- 1. Find the next number.**
- 2. Fold the paper along the next sewing line.**
- 3. Trim the previous fabric to a 0.5 cm seam allowance.**
- 4. Position the new fabric right sides together.**
- 5. Test that the fabric will cover the complete numbered area.**
- 6. Sew directly on the printed line.**
- 7. Trim the seam allowance.**
- 8. Open the fabric.**
- 9. Press the seam flat.**

Continue until the entire paper section is covered.

Work from the inner rose pieces toward the larger outer petals according to the printed numbering.

Use dark blue fabrics near the spiral center to create visual depth. Add medium and light blues as the petals move outward.

The exact color placement does not need to match every print in the chart, but maintain the same overall value arrangement:

- Darkest shades in selected central and recessed areas**
- Medium blues through the middle petals**
- Light blues on outward-facing petals**
- White fabric in the surrounding background sections**

Change prints frequently so neighboring rose pieces remain visually distinct.

Complete All Rose Sections

Sew every numbered foundation section before assembling the entire flower.

As each section is completed, place it on a flat surface in its correct position.

Do not remove the paper yet.

The paper stabilizes the fabric and helps maintain the exact shape while the sections are joined.

Check that every fabric piece covers:

- **Its complete numbered area**
- **The outer seam allowance**
- **All corners and points**

If an area is not completely covered, repair it before joining the sections. Small uncovered corners may cause holes or raw edges when the block is assembled.

Trim the Foundation Sections

After a paper section is completely covered, trim it on the outer cutting line.

The pattern includes a seam allowance. In this project, the standard seam allowance is approximately 0.5 cm, or a generous 1/4 inch.

Place the printed side of the paper facing up.

Align the ruler carefully with the outer trimming line.

Trim each side using a rotary cutter.

Do not cut on the interior sewing lines.

After trimming, place the section back into the layout immediately. This prevents sections from becoming mixed up or rotated.

Join the Rose Sections

Arrange all completed sections to form the full rose.

Begin by joining smaller neighboring sections.

Place two sections right sides together.

Insert a pin through a matching point on the first section. Pass the same pin through the corresponding point on the second section.

Keep the pin standing upright while adding another pin on each side. This helps align sharp points accurately.

Sew on the printed joining line using the short stitch length.

Open the sections and check the alignment before trimming or pressing.

If the points do not match, remove a small portion of the seam and resew it.

Press the joining seam to one side or press it open when the seam becomes bulky. Follow the direction that allows the unit to lie flat.

Continue joining sections until the complete rose is assembled.

Construct the Leaves

The leaves are also made from foundation-pieced sections.

Use at least two shades of green in each leaf.

A good value arrangement is:

- **Light green on one side**
- **Medium or dark green on the opposite side**
- **Dark green in narrow accent sections**

Follow the printed numbering exactly as you did for the rose.

Place the first fabric right side up on the blank side of the paper.

Add each new piece right sides together.

Sew on the printed line, trim the seam allowance, open the fabric, and press.

Complete both leaves before joining them to the background.

The finished design includes one leaf extending to the left and one extending to the right.

Construct the Stem

Use the dark stem-green fabric for the narrow vertical stem.

Cut a strip approximately:

2.5 cm × 12 cm, or larger if required by the pattern

The stem should remain straight and narrow.

When paper piecing the stem section, check that the fabric strip covers the complete stem area before sewing.

Because the stem is narrow, even a small shift may expose the foundation paper or leave an incomplete seam allowance.

Press the stem carefully without stretching it.

Assemble the Flower Block

Arrange the rose, leaves, stem, and white background sections according to the pattern.

The rose should sit above the leaves, with the dark green stem extending downward through the center.

Join the sections in manageable groups.

For example:

1. Join the rose sections.
2. Join each leaf to its surrounding white background section.
3. Join the leaves to the stem section.
4. Join the lower leaf-and-stem unit.
5. Attach the completed rose unit to the lower section.
6. Add any remaining white background sections.

Match all seam intersections carefully.

Pin at important points, especially:

- The center of the rose
- Petal intersections
- Leaf points
- The top of the stem
- The base of the flower
- Outer block corners

Press after each major seam.

Avoid twisting or pulling the assembled block while the paper remains attached.

Remove the Foundation Paper

Remove the paper only after the complete flower block has been assembled and checked.

Begin with the smallest paper pieces.

Fold the paper sharply along the stitched line and tear it away gently.

The short stitches should allow the paper to separate easily.

Support the seam with one hand while removing the paper with the other. Do not pull forcefully because this may stretch the fabric or loosen the stitches.

Use tweezers to remove small pieces trapped in corners or seam allowances.

Work from the center sections toward the outer sections.

After removing all visible paper, inspect the back of the block carefully.

Remove any remaining paper around:

- Seam intersections
- Narrow points

- The rose center
- Leaf points
- The stem

Give the block a final press from the back and then from the front.

Trim the Rose Block

Trim the completed central block to:

40 cm × 50 cm

Approximate US measurement:

15 3/4 × 19 5/8 inches

Place the block on a large cutting mat.

Measure from the central design rather than trimming only from one edge.

Keep the rose centered with an even amount of white background around it.

Check that:

- The top of the rose does not sit too close to the edge
- The leaves remain balanced
- The stem is straight
- The side background areas appear even
- The corners are square

Trim a small amount from each side as needed.

Add the Blue Inner Border

The inner blue border is approximately 6 cm wide.

Measure the actual height and width of the trimmed flower block before cutting the border strips.

Cut two side border strips to match the height of the block.

Pin one strip to each side with right sides together.

Sew using the project's standard 0.5 cm seam allowance.

Press the seams toward the blue border.

Measure the width of the block again, including the two side borders.

Cut the top and bottom blue border strips to match this new measurement.

Sew the strips to the top and bottom.

Press the seams toward the border.

Check that the border lies flat and that the block remains square.

Do not stretch the border strips while sewing.

Add the Floral Outer Border

The floral outer border is approximately 10 cm wide.

Measure the quilt center after the blue inner border has been attached.

Cut the two side floral border strips first.

Sew one strip to each side using a 0.5 cm seam allowance.

Press the seams toward the floral border.

Measure the new width of the quilt.

Cut the top and bottom floral border strips to match that measurement.

Sew them in place and press the seams toward the floral border.

The completed quilt top should now measure approximately:

60 cm × 70 cm

Square the quilt top if necessary, but do not remove too much of the outer border.

Prepare the Quilt Backing

Press the backing fabric until it is completely smooth.

The backing should measure approximately:

70 cm × 80 cm

Place the backing fabric on a clean, flat surface with the wrong side facing up.

Smooth the fabric and secure the outer edges with tape or clamps. The backing should be flat but not stretched.

If the backing is pieced, press the joining seam open to reduce bulk.

Prepare the Batting

Cut the batting to approximately:

70 cm × 80 cm

Place the batting over the backing.

Smooth it gently from the center outward.

Remove wrinkles, lumps, and folds.

The batting and backing should extend beyond all four edges of the quilt top.

Make the Quilt Sandwich

Place the quilt top over the batting with the right side facing up.

The three layers should be arranged in this order:

- 1. Backing fabric, wrong side up**
- 2. Batting**

3. Quilt top, right side up

Center the quilt top over the batting and backing.

Smooth all three layers from the center toward the edges.

Baste the quilt using one of the following methods:

- **Curved quilting safety pins**
- **Temporary fabric spray adhesive**
- **Long hand-basting stitches**

Place pins every 8 to 10 cm, or approximately 3 to 4 inches, across the quilt.

Add extra pins around the rose, leaves, and borders because those areas contain many seams.

Quilt the Background with Straight Lines

Straight-line quilting works especially well in the white background.

Attach a walking foot to the sewing machine.

Begin near the center of the quilt and work outward.

Quilt parallel lines, diagonal lines, or lines that follow the geometric foundation-pieced seams.

Keep the spacing even.

Possible spacing options include:

- **1 cm apart**
- **2 cm apart**
- **Wider lines for a softer finish**

Avoid quilting directly over very bulky seam intersections unless necessary.

The chart shows straight-line quilting in the background, creating a clean geometric appearance.

Echo Quilt Around the Rose

Echo quilting follows the shape of the rose.

Begin a short distance away from the outer edge of the flower.

Stitch around the rose while maintaining an even distance from the flower edge.

Continue adding additional echo lines outward.

Echo quilting emphasizes the silhouette of the rose and visually separates it from the background.

Use the edge of the presser foot as a spacing guide.

Turn the quilt slowly at sharp angles and stop with the needle in the down position before rotating.

Add Free-Motion Quilting

For a decorative finish, use free-motion quilting in selected background areas.

Suitable motifs include:

- **Swirls**
- **Leaves**
- **Gentle curves**
- **Small loops**
- **Flowing vines**

Practice the motif on a fabric-and-batting sample before quilting the finished project.

Lower or cover the feed dogs according to the instructions for your sewing machine.

Attach a free-motion quilting foot.

Move the quilt smoothly with both hands.

Keep the quilting density balanced throughout the background. Avoid placing very dense quilting in one area and very open quilting in another unless the contrast is intentional.

The blue rose itself may be quilted minimally so the geometric patchwork remains prominent.

Stitch in the Ditch

Stitch in the ditch around the inner and outer borders.

Stitching in the ditch means sewing directly beside or within the seam line between two fabrics.

Use a walking foot and sew slowly.

Quilt around:

- The outer edge of the rose block
- The blue inner border
- The floral outer border
- Major rose sections
- Leaf outlines
- The stem, when desired

This method secures the layers while keeping the quilting less visible.

Square the Quilted Project

After quilting, place the quilt on a large cutting mat.

Smooth the edges without stretching them.

Use a long ruler to square each side.

Trim away excess batting and backing so they are even with the quilt top.

Check the corners with a square ruler.

The finished edges should be straight and the corners should form 90-degree angles.

Prepare the Binding

Cut blue binding strips approximately:

6 cm wide

Approximate US width:

2 3/8 inches

Join the strips end to end using diagonal seams.

To join two strips:

1. Place the ends right sides together at a 90-degree angle.
2. Sew diagonally from one corner to the opposite corner.
3. Trim the seam allowance.
4. Press the seam open.

Continue joining strips until the total length is approximately:

250 cm

Approximate US length:

98 1/2 inches

Fold the long binding strip in half lengthwise with wrong sides together.

Press the entire strip.

Sew the Binding to the Quilt

Leave an unsewn binding tail of approximately 15 to 20 cm, or 6 to 8 inches.

Align the raw edges of the folded binding with the raw edge of the quilt.

Begin sewing along one side, not at a corner.

Use a seam allowance suitable for the binding width, generally close to 0.5 cm.

Stop before reaching the first corner.

The stopping distance should equal the binding seam allowance.

Backstitch and remove the quilt from the machine.

Fold the binding upward at a 45-degree angle.

Fold it back down so the folded edge aligns with the previous quilt edge and the raw edges align with the next side.

Resume sewing from the top edge.

Repeat at all four corners.

When you return to the starting point, join the binding ends neatly and finish sewing the remaining section.

Finish the Binding

Fold the binding over the raw quilt edge toward the back.

The folded edge should cover the machine stitching line.

Form neat mitered corners.

Secure the binding to the back by hand with a blind stitch or slip stitch.

For a faster finish, the binding may be machine stitched from the front, but hand sewing usually gives a cleaner appearance.

Press the finished binding lightly.

Do not flatten the quilt excessively.

Final Pressing and Inspection

Inspect the front and back of the quilt.

Check for:

- **Loose threads**
- **Missed quilting areas**
- **Open seams**
- **Remaining foundation paper**
- **Tucks in the backing**
- **Uneven binding**
- **Unsecured corners**
- **Fabric folds near the rose points**

Clip all loose threads.

Press the quilt lightly with a warm iron.

Use a pressing cloth when necessary.

Allow the quilt to cool completely on a flat surface.

Sewing Methods Used

Foundation Paper Piecing

Foundation paper piecing is a precision sewing technique in which fabric is stitched directly to a numbered paper pattern.

The paper guides the sewing lines and helps create sharp geometric shapes.

Seam Allowance

The standard seam allowance for this project is approximately:

0.5 cm

This is close to a generous 1/4-inch seam allowance.

The printed foundation pattern should already include the required outer seam allowance.

Pressing

Press every seam carefully.

Do not move the iron aggressively across the fabric.

Press seams toward the darker fabric whenever practical, unless pressing open creates a flatter intersection.

Trimming

Trim each foundation seam after sewing.

A consistent seam allowance reduces bulk and improves accuracy.

Bordering

Add the blue inner border first.

Add the floral outer border second.

Measure the quilt before cutting each border rather than relying only on the original listed dimensions.

Quilting

Secure the quilt layers with straight-line quilting, echo quilting, free-motion quilting, stitching in the ditch, or a combination of these methods.

Binding

Finish the outside edges with blue double-fold binding for a neat and durable result.

Tips for Accurate Foundation Paper Piecing

Use a small amount of fabric glue to hold the first piece in position.

Always sew directly on the printed line.

Use a short stitch length so the paper tears away easily.

Test every fabric piece before sewing by folding it over the seam line.

Cut fabric pieces larger than the numbered spaces.

Trim seam allowances after each seam rather than waiting until the entire section is finished.

Press after every fabric addition.

Use a dry iron to prevent the paper from shrinking or distorting.

Use a new sewing machine needle for sharp, accurate stitches.

Take extra time at the center of the rose because several seams meet in a small area.

Keep the paper attached until all foundation sections have been joined.

Remove paper gently to avoid pulling or stretching the seams.

Color Placement Suggestions

The blue rose should contain a balanced range of values.

Use the darkest blues in the center spiral and in selected inner folds.

Place medium blues beside the darkest sections to create gradual transitions.

Use light blues on the outer petals and in sections that appear to catch the light.

Avoid placing too many identical prints directly beside each other.

For the leaves, combine at least two different greens in each leaf.

Use the darkest green for the stem and selected shadow areas.

Keep the background white or very pale so the rose remains the focal point.

Choose a floral outer border that includes small amounts of blue without competing with the pieced flower.

Care Instructions

Wash the finished quilt by machine in cold water on a gentle cycle.

Use mild detergent.

Do not use bleach.

Tumble dry on a low setting or lay the quilt flat to dry.

Use a warm iron only when needed.

Avoid high heat because it may shrink the cotton fabric or batting.

A color-catching laundry sheet may be added during the first wash, especially when using dark navy fabric beside white fabric.

For a wall quilt, regular washing may not be necessary. Remove dust gently with a lint roller or a low-suction vacuum attachment.

Final Result

Your completed Blue Rose Foundation Paper Piecing Quilt should feature a sharply pieced geometric rose surrounded by a calm white background, green leaves, a dark green stem, a slim blue border, and a decorative floral outer border.

The finished size should be approximately 60 cm × 70 cm, or 23 5/8 × 27 1/2 inches.

The key to a successful result is working slowly, using oversized fabric pieces, sewing directly on every printed line, trimming consistently, and pressing after every seam. With careful construction, even a quilter who is new to foundation paper piecing can complete this project from the first printed section through the final binding.

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