

Purple Coneflower Mug Rug

♥ *Tuning My Heart Quilts* ♥



Finished Size 8" x 9"

I designed this quilt for National Quilters Circle as a tutorial for their members.
Complete step by step instructions can be found on their website.

Supply List

- Variety of fabric scraps for appliqué
- 4 Background fabrics
- Material for Binding and Backing
- Batting
- Fusible Web
- Stabilizer
- Thread
- Cutting Mat and Rotary Cutter plus ruler(s)
- Walking Foot (Optional)

Yardage

- Fat Eighth of three fabrics for pieced background. (White, Light Cream 1 and Light Cream 2)
- Fat Quarter for Light Purple Background Fabric plus Binding
- Scraps of 1-4 purple fabrics (1/8th yard is plenty for the flower petals if you need to purchase)
- 3" x 3" piece of yellow fabric for Flower Center
- 2" x 6" piece of green fabric for Stem
- 11" x 12" piece of fabric for Backing
- 8" x 9" piece of Stabilizer (I prefer Ricky Tims' Stable Stuff or Floriani Stitch N Wash Fusible)
- 11" x 12" piece of Cotton Batting (I like Warm and Natural)

Cutting

For Background:

From White:

A-(cut 1) 2½" x 3½"

From Cream 1:

B-(cut 2) 1½" x 2½"

C-(cut 2) 1½" x 5½"

From Cream 2:

D-(cut 2) 1½" x 4½"

E-(cut 2) 1½" x 7½"

From Light Purple:

F-(cut 2) 1½" x 6½"

G-(cut 2) 1½" x 9½"

For Binding: (cut 3) 2" x 18"

NOTE: If you purchased this as a kit you will cut one short strip and one long strip from each 1½" strip.

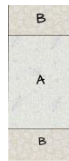
Cutting Diagram

Short Pieces	Pieces	E x t r a
Long Pieces	Pieces	
1 1/2"	1 1/2"	

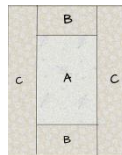
Piecing the Background

The pieced background for this Mug Rug is based on the Courthouse Steps Block. There is a lot of history in this block as it has been around at least since the days of the Civil War (1860's.) It is also one of the easiest blocks to piece which makes it a great one for beginning quilters.

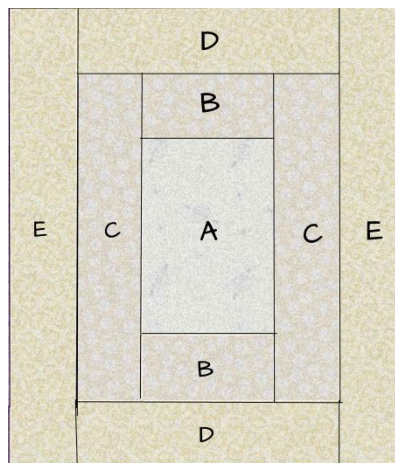
1) Sew the two B rectangles to the short sides of the 2½" x 3½" A rectangle. Press towards the B strips.



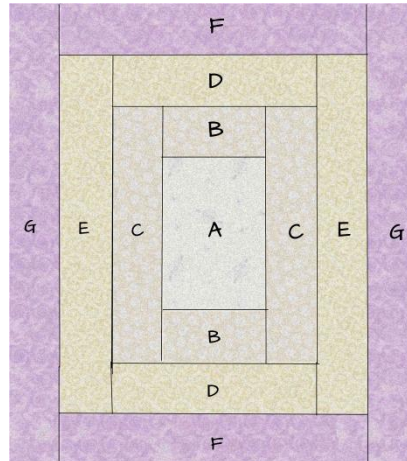
2) Sew the two C rectangles to the remaining sides of the A rectangle. Press towards the C strips.



3) Add the D and E rectangles in the same manner as the previous steps. Pressing towards the D and E strips.



4) Add the F and G rectangles in the same manner. Press towards the F and G strips.



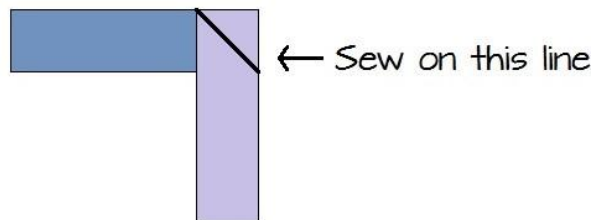
Appliquing the Flower

These instructions are written for fusible appliqué. If you are doing hand appliqué, reverse the patterns and add a seam allowance.

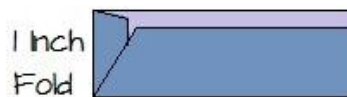
- 1) Trace the pattern pieces onto the paper side of the fusible web leaving 1/2 inch between the pieces. Cut out the pattern pieces leaving about 1/4 inch around each piece.
- 2) Fuse the pattern pieces to the wrong side of your chosen fabrics following the manufacturer's instructions. Cut out the pieces on the traced lines. Peel away the backing paper.
- 3) Position the pieces on the background block in the order in which they are numbered-beginning with the stem, then the petals, and then the flower center.
- 4) Attach a piece of stabilizer to the back of the block.
- 5) Use your favorite machine stitch to sew around the edges of the appliqué in the numbered order of the pieces. I used my machines double blanket stitch and set the stitch length to 1.9 and the width to 2.0.

Finishing the Mug Rug

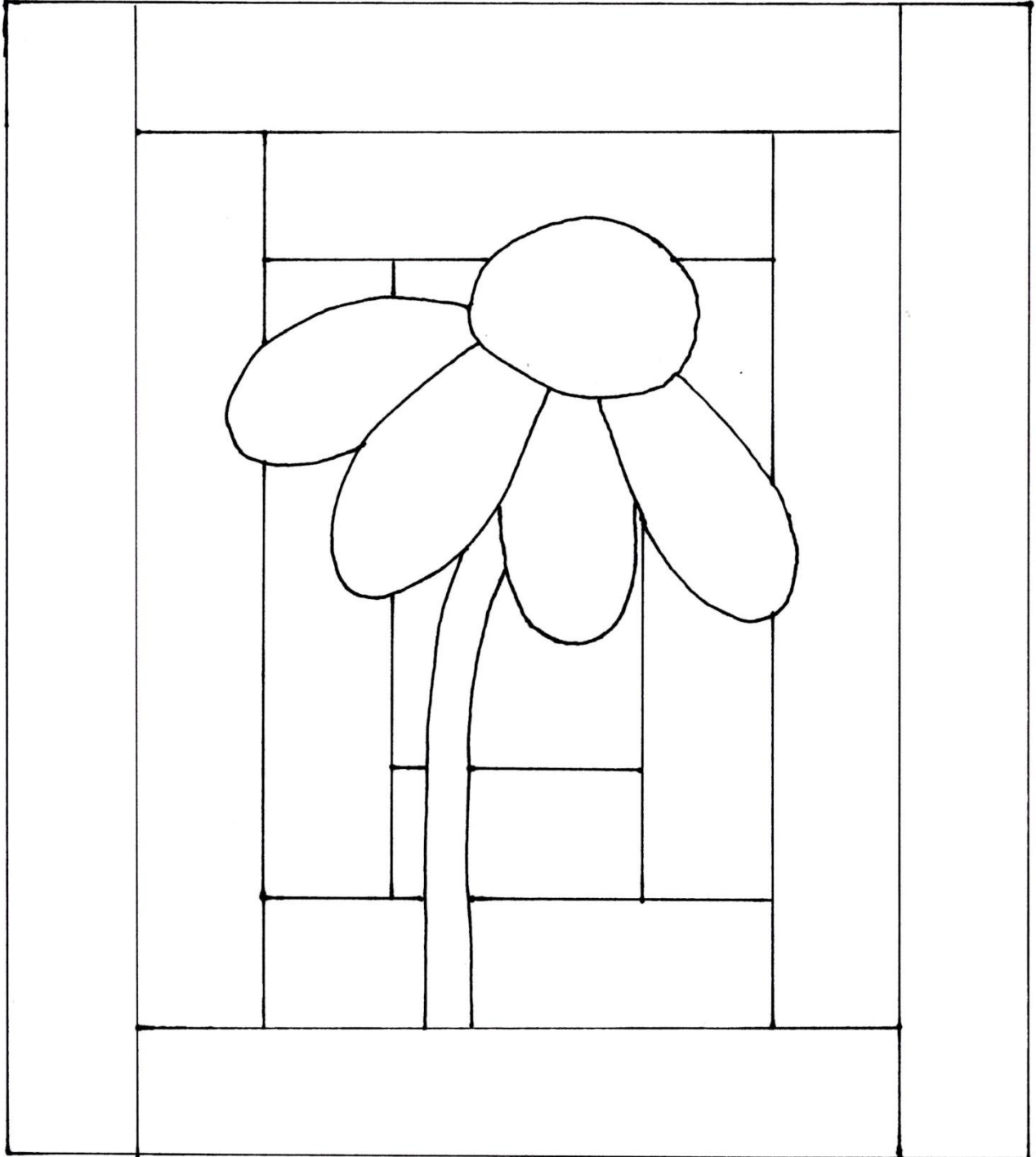
- 1) Hand or machine quilt as desired. I used my machine to quilt in the ditch around the inside of the light purple border. I then outlined the flower as well with machine quilting.
- 2) Join your binding strips together on the diagonal. Trim the excess and press the seams open.



- 3) Fold over 1" on one end to the wrong side and press. Fold the binding strip in half lengthwise with wrong sides together and press.



- 4) Starting about 3 inches from the folded short end, lining up the raw edges of the binding strip with the raw edges of the mug rug, begin stitching using a 1/4 inch seam allowance, mitering the corners as you work your way around the quilt.
- 5) Stitch to about 3 inches from your starting point. Trim the binding end long enough to tuck inside of the starting end and finish stitching.
- 6) Fold binding to the quilt back to cover the machine stitches. Hand stitch in place using a blind stitch.



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Pieces have been reversed for fusible applique

