

► The Purpose of Foundation Paper

The technique of foundation paper piecing involves sewing fabrics to a foundation of paper that has preprinted lines and sewing instructions. This allows for perfect points and seam allowances when piecing an intricate quilting design. Oversized pieces of fabric are sewn together and then cut to the proper size after the sewing is completed to speed up piecing and allow for imperfections to be corrected along the way.

It is very important when paper piecing that the fabric pieces are cut big enough to successfully cover the section being sewn, plus the seam allowance. Quiltworx.com papers are designed with dashed lines that show the seam allowances and our patterns also include well-planned template layout sheets and templates. The template layout sheets and templates help cut pieces large enough to quickly place them and the dashed lines help guide you in positioning the fabric beneath the paper so you are covering the proper area. The cutting templates are designed strategically so that fabric waste is minimized and the piecing process is simplified.

► Foundation Papers, Templates, and Bags

Foundation Papers: The foundation papers are cut out by trimming the excess paper away, approximately $1/8''$ beyond the outside cutting line. Trimming off the excess paper will make it easier to position and sew the fabric pieces under the paper. If a unit is damaged during the cutting process, simply repair it with scotch tape along the unintentional cut and move on. In this pattern, foundation papers are found on newsprint pages NP-273 and NP-274.

Marking the Dashed Lines: There are three ways to mark the dashed lines for successful placement of fabric pieces during sewing.

1. Trace the dashed lines on the backside of the foundation paper. This can be done by using a light-table or by placing the paper up to a window. Tracing works best when working on large foundation units. *****This option is recommended for beginners to paper piecing!*****
2. Fold and crease the papers on the dashed line before adding the next piece of fabric. After creasing the dashed lines, flip the paper over to find each section on the backside of the paper.
3. Some people hold the paper up to a light-source to see if the fabric has been properly placed under the section they are sewing.

If you are a beginner, Option 1 is recommended, and it is best to do them all at once, as you are cutting out the foundation papers.

Sorting the Foundation Papers: Each of the foundation papers in this pattern come with the prefix SSTR, which stands for Stormy Seas Table Runner. Cut out and sort the foundation papers for this pattern as follows:

Bag #1: (16) SSTR Unit A

Bag #2: (16) SSTR Unit C

Bag #3: (10) SSTR Unit BAR and (10) SSTR Unit BAL

Bag #4: (4) SSTR Unit BCA

Templates: Templates are used in this pattern to cut properly sized pieces for the light background of this table runner and the spikes for Unit C. Templates should be cut out from the foundation sheet on the outer solid line for each template. The templates in this pattern can be found on newsprint TP-129 and TP-130. You should only need **(1)** of each template included, however, an extra set has been provided in case a template is damaged during the cutting process. Cut out the templates and organize them as follows:

Cut and Place in Bag #1:

- (2) Center Background SSTR Template B-1

Cut and Place in Bag #2:

- (2) SSTR Unit C Spike Templates

Cut and Place in Bag #3:

- (2) Left Border Background SSTR Template BL-3
- (2) Right Border Background SSTR Template BR-3

Cut and Place in Bag #4:

- (2) Border Melon Background SSTR Template B-2

Template Layout Sheets: A Template Layout Sheet is a grouping of several paper piecing templates printed together as one template. The layout sheet is designed to speed up the cutting process associated with the individual fabric pieces necessary for each section on any given foundation unit in your pattern. Using Template Layout Sheets results in cut pieces of fabric utilizing the grain line of the fabric, minimizes fabric waste, and keeps your project organized.

The template layout sheets are positioned onto a stack of fabric pre-cut to a size roughly $1/4''$ wider on each edge than the pre-cut template layout sheet. Then, your rotary cutter is used to slice through the paper and fabric, allowing several layers of fabric to be cut at one time. You will find the template layout sheets printed on the news print sheets labeled TP-129 and TP-130.

Cut each rectangle out of the foundation sheet on the solid line. Do not cut on the interior cut lines until directed to do so in the next section of the pattern. Note that there is an extra Unit BCA Spike Template Layout Sheet provided in the pattern. You may not use this, but if you decide you want more variety in your BCA spikes as you complete the pattern, use it to cut extra pieces. Place the template layout sheets into the following bags with the corresponding foundation papers:

Cut and Place in Bag #1:

- (2) SSTR Unit A Background Template Layout Sheets, and
- (2) SSTR Unit A Spike Template Layout Sheets

Cut and Place in Bag #2:

- (1) SSTR Unit C Background Template Layout Sheets A, and
- (1) SSTR Unit C Background Template Layout Sheet B

Cut and Place in Bag #3:

- (1) SSTR Unit BAR Spike Template Layout Sheet
- (1) SSTR Unit BAR Background Template Layout Sheet
- (1) SSTR Unit BAL Spike Template Layout Sheet
- (1) SSTR Unit BAL Background Template Layout Sheet

Cut and Place in Bag #4:

- (2) SSTR Unit BCA Spike Template Layout Sheets
- (1) SSTR Unit BCA Background Template Layout Sheet

A graphical representation of what is included in each bag is shown on Page 3.

CUTTING INSTRUCTIONS

The cutting instructions included below are presented in two options. Option 1 is presented as **Yardage (WOF = 42")**. Option 2 is presented as **Fat Quarters**. You need at least **(32) Fat Quarters**, so any 40 piece fat quarter bundle can work, provided it has enough contrast between lights, mediums, and darks to accomplish the layout). Regardless of which fabric option you choose, the final number of pieces to be cut is the same.

The following instructions are therefore laid out so you sort your fabrics according to which fabric option you have chosen. **ONLY** reference the correct paragraph of instructions and ignore the other. Cutting Instructions are explained by Fabric #. The text explains how many pieces you need to cut for each template or template layout sheet, and which bag you need to put them in. The graphics show how the template layout sheets and templates should be placed on the fabric cuts to get the proper number of pieces. Follow **EITHER** the Yardage (WOF = 42") graphics **OR** the Fat Quarters Graphics, depending on which Option you chose.

► Sorting the Fabrics

OPTION 1, Yardage (WOF = 42"): If you have used the yardage chart on the back of the pattern to select colors based on a 42" WOF, label each fabric now, according to color number on the back and place them into the following Bags. You will move some fabrics from Bag to Bag as you begin cutting, but for now, place them as noted.

Fabrics #1 to #8:

- Place in Bag #2
- Some will move to other bags as they are cut

Fabrics #9 to #16:

- Place in Bag #1

Fabrics #17 to #32:

- Place with Bags #3 and #4.

OPTION 2, Fat Quarters: If you are working with fat quarters, pre-sort them according to color and place them in the bags as noted below. You will move some fabrics from Bag to Bag as you begin cutting, but for now, place them as noted. It is recommended that you label the fabric with a number to stay organized.

Fabrics #1 to #4:

- (4) Darkest Fat Quarters ~ Bag #2

Fabrics #5 to #8:

- (4) Lightest Fat Quarters ~ Bag #2

Fabrics #9 to #12:

- (4) Next Darkest Fat Quarters ~ Bag #1

Fabrics #13 to #16:

- (4) Next Lightest Fat Quarters ~ Bag #1 (and others, after cut)

Fabrics #17 to #22:

- (6) Medium Dark Fat Quarters ~ Bags #3 and #4

Fabrics #23 to #32:

- (10) Medium Light Fat Quarters ~ Bags #3 and #4

