

# Finished Size Quilting™ Kit

[www.GL4Q.com/FinishedSizeQuilting.html](http://www.GL4Q.com/FinishedSizeQuilting.html)

In Finished-Size Quilting, you can use  
**Just 1 Simple Finished Size Measurement\***  
 To Make an Entire Block  
 Without Patterns, Templates or Confusing Math.

Most Beautiful Traditional Quilt Blocks are Combinations of  
**Just 3 Simple Quilt Pieces**



Squares



Half Square  
Triangles (HSTs)



Quarter Square  
Triangles (QSTs)

Used to Make Just 4 Simple Square Patches.

1-Part Squares



2-Part Squares



3-Part Squares

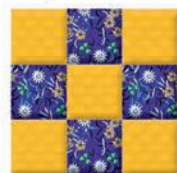


4-Part Squares



**Make These 4 Blocks, Using Just 1 Measurement,**  
 And You'll Be Able To Make Hundreds More Just As Easy.

Simple 9 Patch



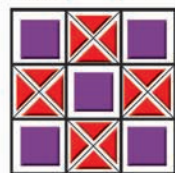
Shoo-Fly



Double Friendship Star



Ohio Star



\*Using a quilt ruler alone requires confusing Seam Allowance Math and a different measurement line on the ruler for each piece.

## The First Step is to Cut Accurate Pieces.

### Quilt Ruler Additions™

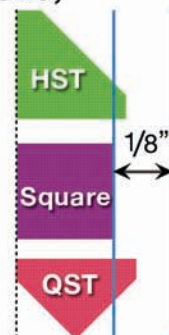
Add the Exact Seam Allowance Amount, So Your Squares & Triangles Match Perfectly.

H Addition    Q Addition



### Using a Ruler Alone,

Triangles always come out a fraction larger than Squares because seam allowance measurements have to be rounded up to the nearest  $\frac{1}{8}$ ".



Simply Attach:

the S to cut Squares

the H for HSTs

the Q for QSTs

to the edge of your  
FSQ Ruler.

Precise  $\frac{1}{4}$ " Seam Allowances  
will be added around each piece.



So, your 1, 2, 3 & 4-Part Squares  
will end up Exactly the Same Size.



## How to Attach the Additions to the FSQ Ruler.

Slide the **Ruler Extensions** over the top of the FSQ Ruler until the **Black Alignment Tabs** contact the edge of the Ruler. Then, press down on the **Suction Cups**.

**Make sure that there is no gap between the Ruler and Addition.**

**Left-handers:** Attach as shown, but rotate the Ruler  $180^\circ$ , so the Addition is on the left hand side when cutting.

## Let's Practice Cutting Squares, HSTs and QSTs.

Make their edges match, and your 1, 2, 3, & 4-Part Squares will match.

Line paper or fabric up to the 3" line on the ruler every time.

Attach the **S Addition**.  
Cut a strip. Rotate it

90° and  
cut a  
**Square**.



**Half Square Triangles**

Cut a Square with the  
**H Addition** and  
cut it once  
diagonally.



**Quarter Square Triangles**

Cut a Square with the

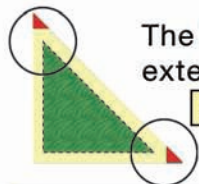
**Q Addition**  
and cut it  
twice  
diagonally  
into quarters.



*Exact 1/4" Seam Allowances are included around all 4 edges of a Square, 6 edges of two HSTs and 12 edges of four QSTs.*

**Note:** You can practice, using paper but if you choose to use fabric, refer to Page 5 to square it up first. Also, press your fabric with spray starch to keep the bias edges of the triangles from stretching.

### Next, Trim the Triangle Points with the Prep-Tool:



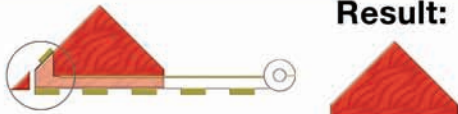
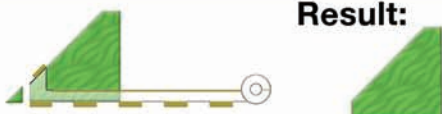
The **POINTS** on triangles  
extend beyond the  
**1/4" Seam Allowance**.



Raised lip edges on  
the Prep-Tool catch  
the fabric's edge for  
easy alignment.

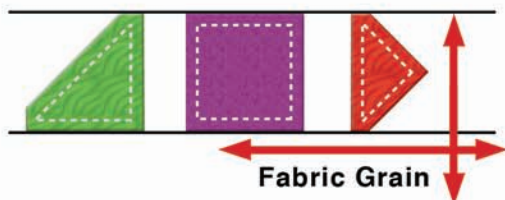
**HST:** Line the Prep-Tool up to  
its short sides and trim.

**QST:** Line the Prep-Tool up to  
its long side and trim.



The trimmed edges of the HST and QST should now match the edges of the Square.

**Tip:** If the edges don't match, you may need to practice accurately cutting squares from point to point to divide them evenly into triangles.



Dotted lines indicate seam lines.

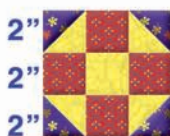
# Let's Start Finished-Size Quilting!

## Decide the Finished Size of Your Block.

A 9 Patch has 3 patches in a row, so the finished size of the block will be 3 times the finished size you make each patch.

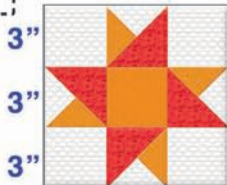
Simply line your fabric up to the

2" Line



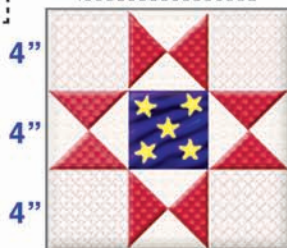
To Make a: 6" Block

3" Line



9" Block

4" Line



12" Block

An extra 1/4" Seam Allowance will be included around each block.

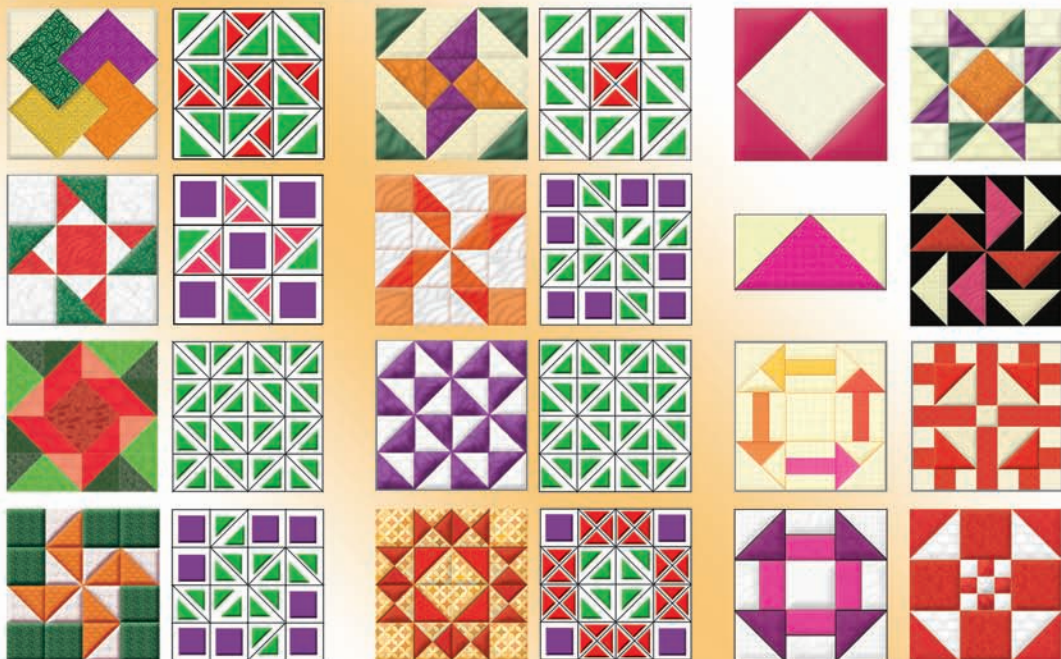


A 16 Patch has four patches in a row, so the finished size of the block is four times the finished size of each patch.



Make these 9 and 16 Patch Blocks, using just one finished size measurement:

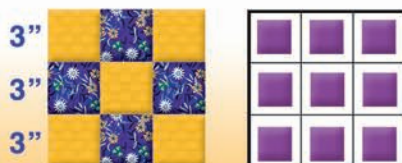
Visit [FSQKit.com](http://FSQKit.com) to learn how to make:



## Let's Start with a Simple 9 Patch with 1-Part Squares.

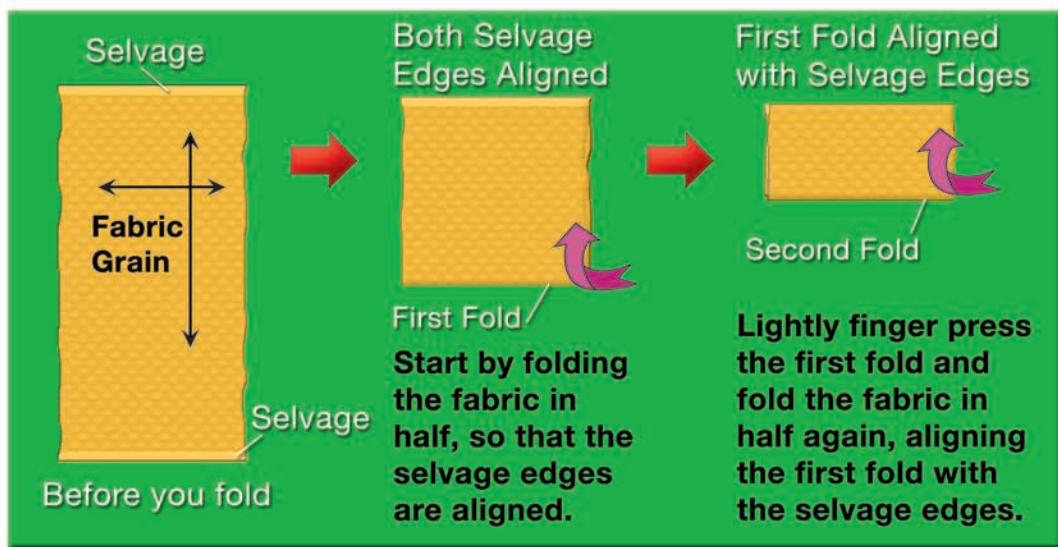
We'll show lining the fabric up to the 3" line to make a 9" block, but you can use any measurement line you like.

The simplest color choice is to have five squares of one color and four of a contrasting color.

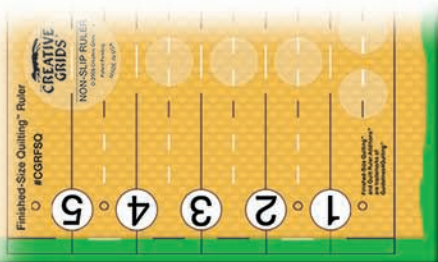


### Square Up Your Fabric and Cut the Squares:

- 1) **Square up the edge of your fabric.** The pieces you cut should be as closely aligned with the grain line of the fabric as possible.



- 2) Finger press the second fold and align the dashed horizontal lines on the bottom of the FSQ Ruler with it.



- 3) Hold the Ruler firmly in place and cut off an inch or so through all four layers of fabric from bottom to top. **Left-handers:** Rotate the FSQ Ruler 180° and square up the left edge.

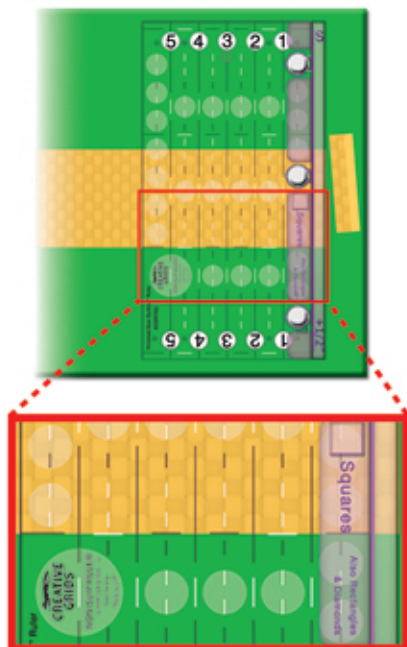
- 4) Carefully rotate the fabric 180°, keeping the squared up edges aligned. Attach the **S Addition** to add the seam allowance for Squares.



Line the fabric up to the 3" line. Run the Rotary Cutter along the edge of the Addition to cut a strip.

**Left-handers:** With the Ruler rotated 180°, the numbers run from left to right, so you can line the fabric up from the left.

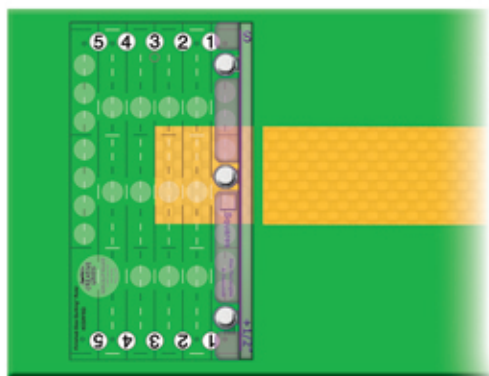
- 5) Unfold the cut out strip and square up one of the short edges.



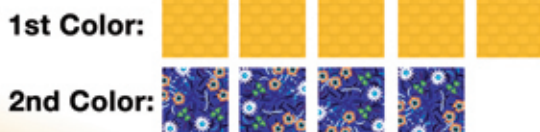
Align a long edge of the strip with one of the horizontal lines on the Ruler and cut off enough fabric to remove the selvage.

- 6) Rotate the strip 180° and line the squared up short edge to the 3" line. Then, cut your first square.

Remove the square from under the Ruler and line the new edge of the strip up to the 3" line. Cut at least five squares out of the 1st color fabric (in this case yellow). Repeat the squaring up process and cut at least four out of the 2nd contrasting color fabric (in this case blue).



**Note:** You may want to cut extra pieces, so you have some to practice with.



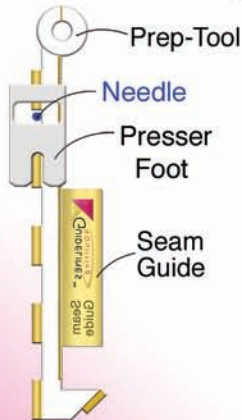
## Sew the Pieces Together:

The Prep-Tool and 2"x 1/2" Seam Guide with reusable adhesive are included in the kit.

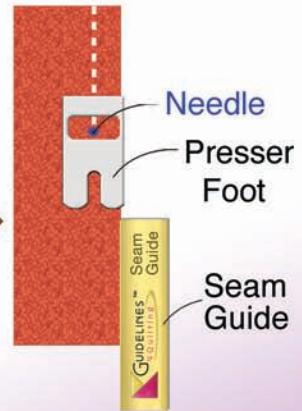
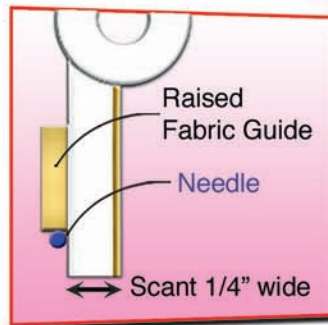
### First, align the Seam Guide to sew an Accurate Scant Quarter Inch on your Sewing Machine.

See why you need to sew a Scant 1/4" at: [www.FSQKit.com](http://www.FSQKit.com).

With the needle down, raise the presser foot and slide the Prep-Tool underneath.



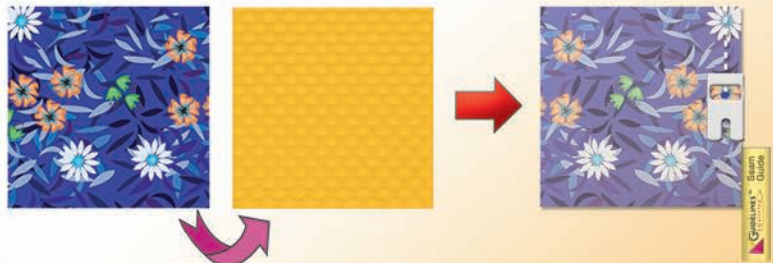
Hook the needle as shown.



Remove the Prep-Tool and start sewing **accurate Scant 1/4" Seam Allowances**.

Keep the Prep-Tool straight. Remove the paper backing from the Seam Guide and align it against the Prep-Tool's edge.

Sew one of the 1st and 2nd color squares right sides together, keeping their edges aligned against the Seam Guide.



**Check the accuracy** by aligning the Prep-Tool to the fabric's edge.

If the pieces stayed aligned and the stitching is accurate, you're ready to move on.



Accurate scant 1/4" seam will be right along the **Inner Edge** of the Prep-Tool.

## Press the Pieces:

### Press - Don't Iron

Once you've cut and sewn the pieces together accurately, make sure you don't stretch them out of shape when pressing. Use just the pressure from the weight of the iron and never rub it across the fabric. If you need to move it, lift it off the fabric before putting it back down in a new position.

### Set the Seam:

First, reduce the bulk of the seam line by **"Setting-the-Seam"**.



With the pieces still unopened, lower the iron onto the seam line to press the threads into the fabric.

With the 2nd color square (blue) on top, open the two pieces of fabric gently. Use the weight of the iron to press a fold in the 2nd color square right at the seam line.

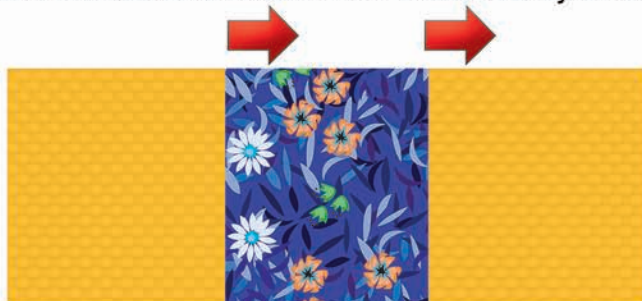
Seam Allowance underneath →



### Add the Third Piece to the Row and Press:

Seam Allowances underneath indicated by arrows

Sew another 1st color square (yellow), right sides together, to the end of the 2nd color square (blue).



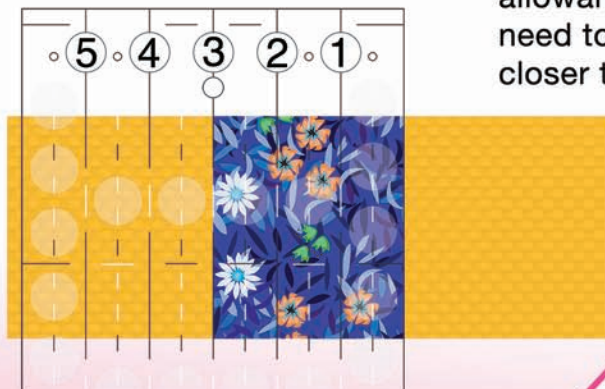
Set the seam. Then, press it open with the third square (yellow) on top. This way, both of the seam allowances will be pressed in the same direction, which will help when you sew the rows together.



## Check the Accuracy of Your Seam Allowance:

The middle square should now measure the Finished Size -- 3" -- between the seam lines.

If it's less than 3", your seam allowance is too wide and you need to adjust the Seam Guide closer to the needle.



If it's more than 3", you need to adjust the Seam Guide away from the needle.

### Sew the Other Two Rows.

Sew and press two more rows: one identical (Row 3) and the other with a 1st color square in the middle (Row 2).

Row 1:



Row 2:

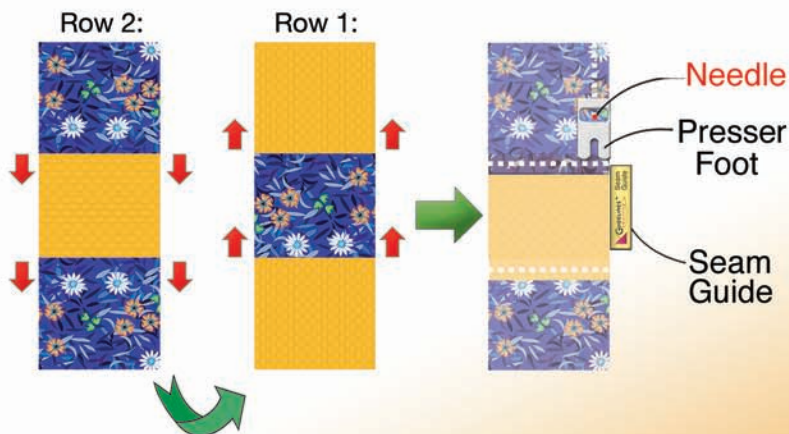


Row 3:



### Sew the Rows Together:

Line up Rows 1 and 2, so that their seam allowances are pressed in alternate directions as indicated by the red arrows.



Then, line them up right sides together and sew.

The seam allowance on top will lock in with the seam allowance on the bottom, helping to keep the rows aligned as you sew them together.

Set the seam and press Rows 1 and 2 open.



Sew Rows 2 and 3 right sides together with their seam allowances locked in alternate directions.



Set the seam and press open as before.

Now you can check that the entire middle row measures the Finished Size -- 3" -- between the seam lines.



The finished size of the block is 9" with an extra  $\frac{1}{4}$ " seam allowance all around, so it's ready to be sewn together with other blocks or sashing to make a finished quilt.

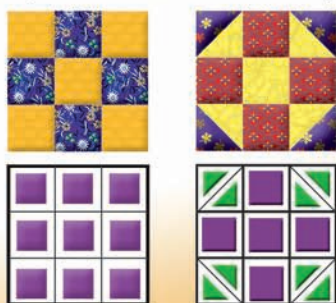
9" Finished Size

$\frac{1}{4}$ " Seam Allowance

**Congratulations! You've Just Made a Simple 9 Patch.**

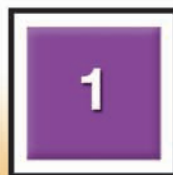
## Next, Let's Make a Shoo-Fly with 2 Part Squares.

Simple 9 Patch    Shoo-Fly



The only difference between a Shoo-Fly and a Simple 9 Patch is the 2-Part Squares in the corners.

1-Part Squares    2-Part Squares



**Tip:** Press your fabric with spray starch to keep the bias edges of the triangles from stretching.

**In our example, we use three contrasting colors:**

9" Block



1st Color:



2nd Color:

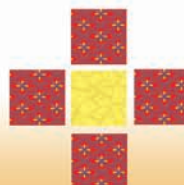


3rd Color:



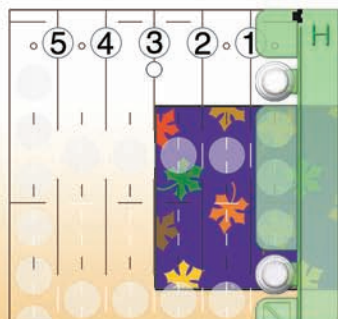
### Cut the Squares & HSTs:

**Squares:** You already know how to square up (Pages 5 & 6) your fabric and cut the 3" finished size **Squares** with the **S Addition** attached.



### Half Square Triangles:

#### First, Cut Squares.



With the **H Addition** attached, follow the exact same steps to cut at least two Squares each, out of the 2nd and 3rd color fabrics.



Then, cut the Squares in half corner to corner.



**Note:** You can also choose to sew the seam lines before cutting the Squares in half. See how at: [www.FSQKit.com](http://www.FSQKit.com).

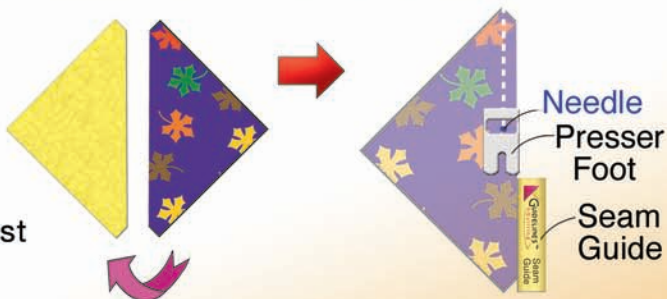
## Pre-Trim the Triangle Points:

Trimming points keeps them from getting caught in the feed dogs of your sewing machine when sewing the triangles together.

Refer to Page 3 for how to trim points on HSTs.

## Sew and Press the 2-Part Squares:

Sew one of the 2nd and 3rd color HSTs right sides together, keeping their long edges aligned against the Seam Guide.

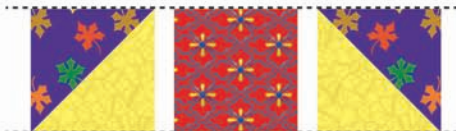


Set the Seam (Page 8) with the iron and press the pieces open with the darker fabric on top. (The seam allowance will then be under the darker piece and less likely to show through.)



## Check the Accuracy:

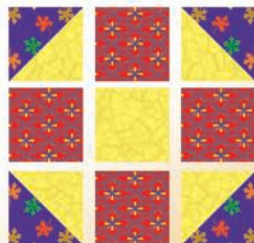
The 2-Part Squares should now be the same size as the 1-Part Squares.



The only difference is that, unlike the Simple 9 Patch, the design changes depending on which edges you sew together.

## Sew and Press to Complete the Block:

To make sure you sew the right edges together, line all the pieces up first. Then, sew the Square Patches together into Rows and the Rows together to complete the Shoo-Fly Block. (Follow the same instructions on Pages 7-10 that you used to make the Simple 9 Patch.)

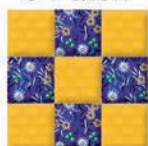


Press the seam allowances in alternate directions, so they lock in when sewing the rows together.

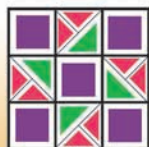
**ROW 1** → →  
**ROW 2** ← ←  
**ROW 3** → →

## Let's Make a Double Friendship Star with 3-Part Squares.

Simple  
9 Patch

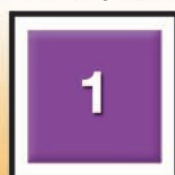


Double  
Friendship Star



The only difference between a Double Friendship Star and a Simple 9 Patch is the 3-Part Squares on the sides.

1-Part Squares



3-Part Squares



In our example, we use three contrasting colors:

9" Block



1st Color:



2nd Color:



3rd Color:



### Cut the Squares, HSTs and QSTs:

Squares:

You already know how to cut 3" finished size **Squares** with the **S Addition** and

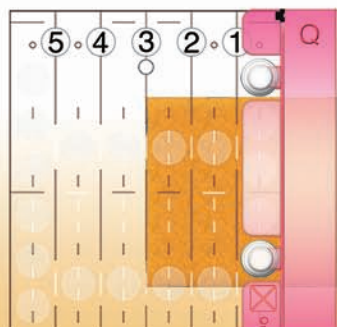
HSTs:

3" finished size **HSTs** with the **H Addition**.



### Quarter Square Triangles:

First, Cut Squares.



With the **Q Addition** attached, cut at least one Square each, out of the 1st & 3rd color fabrics, by lining your fabric up to the 3" line.



Then, cut the Squares into quarters.



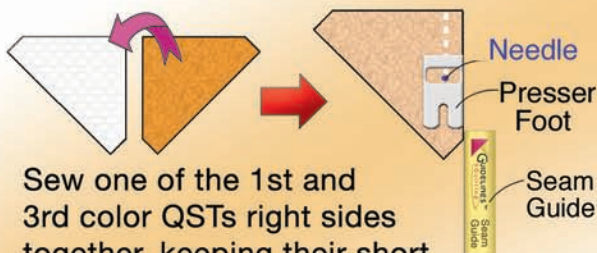
## Pre-Trim the Triangle Points:

Trimming points keeps them from getting caught in the feed dogs of your sewing machine when sewing the triangles together.

Refer to Page 3 for how to trim points on HSTs & QSTs.

## Sew and Press the 3-Part Squares:

When making 3-Part Squares, you need to make sure to sew the right edges of the QSTs together, so lay the pieces out into the design you want first.



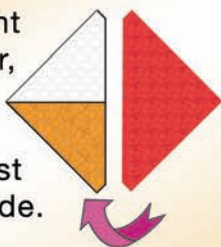
Sew one of the 1st and 3rd color QSTs right sides together, keeping their short edges aligned against the Seam Guide.

Set the Seam (Page 8) with the iron and press the pieces open with the darker fabric on top. (The seam allowance will then be under the darker piece and less likely to show through.)



The two QSTs should now be the same size as the HST.

Sew them right sides together, keeping their long edges aligned against the Seam Guide.



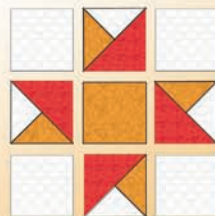
Set the seam & press open.



## Sew and Press to Complete the Block:

The 3-Part and 1-Part Squares should now be the same size. Sew them together into Rows and the Rows together (Refer to Pages 7-10.) to complete the Double Friendship Star Block.

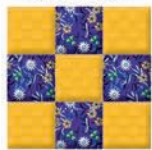
Press the Seam Allowances in alternate directions, so they lock in when sewing the rows together.



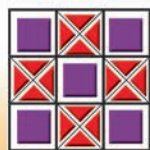
ROW 1 → →  
ROW 2 ← ←  
ROW 3 → →

## Let's Make an Ohio Star with 4-Part Squares.

Simple  
9 Patch



Ohio Star



The only difference between an Ohio Star and a Simple 9 Patch is the 4-Part Squares on the sides.

1-Part Squares



4-Part Squares



In our example, we use three contrasting colors:

9" Block



1st Color:



2nd Color:



3rd Color:



### Cut the Squares and QSTs:

**Squares:**

You already know how to cut 3" finished size **Squares** with the **S Addition** and

**QSTs:**

3" finished size **QSTs** with the **Q Addition**.

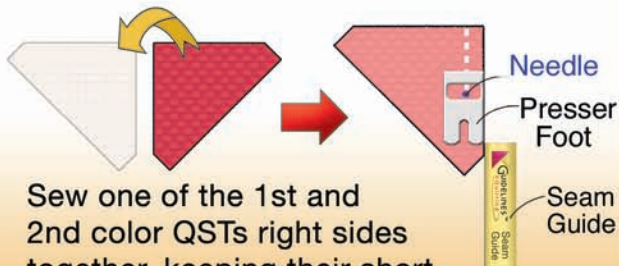


### Pre-Trim the Triangle Points:

Refer to Page 3 for how to trim points on QSTs.

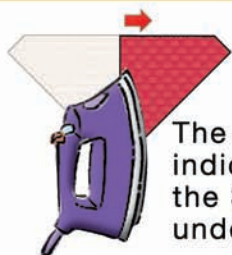
### Sew and Press the 4-Part Squares:

The design of the 4-Part Squares depends on which edges of the QSTs you sew together, so lay the pieces out into the design you want first.



Sew one of the 1st and 2nd color QSTs right sides together, keeping their short edges aligned against the Seam Guide.

Set the Seam (Page 8) with the iron and press the pieces open with the darker fabric on top. (The seam allowance will then be under the darker piece and less likely to show through). Sew another set of QSTs together by following the same steps.

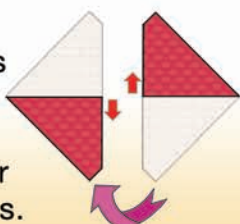


The arrow indicates the Seam underneath

## Sew and Press the 4-Part Squares:

The two sets of QSTs that you just made should be the same size. The seam allowances will be pressed in opposite directions, so they lock in when you sew them together.

Put them right sides together and sew along their long edges.



Set the seam & press open.

The 4-Part and 1-Part Squares should now be the same size. Sew them together into Rows and the Rows together (Refer to Pages 7-10.) to complete the Ohio Star Block.

Press the seam allowances in alternate directions, so they lock in when sewing the rows together.



ROW 1 → →  
ROW 2 ← ←  
ROW 3 → →

**Congratulations!** Now you can make all of the 9 and 16 Patch Blocks shown on Page 4. **And That's Not All!**

The next time you see a new block, take a close look at what it's made of. Chances are it's some combination of 1, 2, 3 and 4-Part Squares that you already know how to make.

### Visit [GL4Q.com/PAB](http://GL4Q.com/PAB)

Sign up for our eNewsletters, and we'll let you know when Step-by-Step instructions on how to make more blocks & projects like quilt tops & table runners become available.

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