

# One Block Wonder with a Panel

Workshop with Jan Krentz at Paradise Sewing



*Artisan Spirit Dreamscapes Tree with Creek wallhanging quilt by Jan Krentz*

Jan Krentz is best known for her work in 8-pointed Lone Stars and related patterns. This workshop features Jan's decades-long quilt making expertise and clever construction techniques for the popular stack-cut "One Block Wonder" quilts.

The quilt above was created by layering six identical repeats of one printed fabric (Artisan Spirit Dreamscapes Tree by Ira Kennedy for Northcott Fabrics), cutting through all the layers to create identical stacks of equilateral 60° triangles. A second fabric was used to create an outside border.

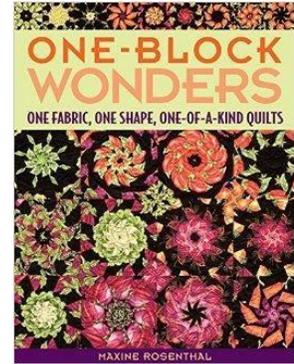
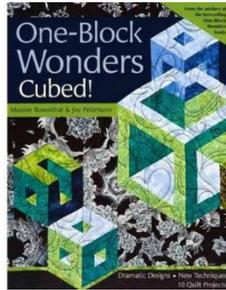
This 2-day workshop will feature the following techniques:

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| <ul style="list-style-type: none"><li>• fabric selection</li><li>• identifying fabric repeats</li><li>• cutting fabric repeats</li><li>• calculating the size of design components to be cut</li><li>• aligning the printed elements within the stacked fabric repeats</li></ul> | <ul style="list-style-type: none"><li>• cutting the stacked layers into equilateral triangles</li><li>• design layout strategies</li><li>• piecing and assembly techniques</li><li>• narrow trim embellishment techniques</li><li>• modifying your design with optional pre-printed panels, and</li><li>• adding borders</li></ul> |
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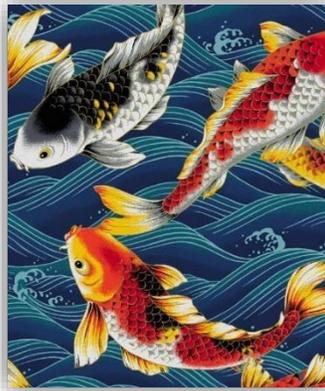
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Although there are countless variations of quilts created with this stack-cutting technique, we will create designs made with 60-degree equilateral triangles, as seen in the book *One Block Wonders* by Maxine Rosenthal. Purchase this book (from any source) before class. I recommend shopping at your local quilt shop or book store first, and then shopping online.



Next, look in your stash or at the local quilt shop for interesting medium-to-large scale fabric prints with a mix of colors and shapes. The best prints have an interesting variety of shapes, minimal background, and colors that include a light area and a dark area.



If you plan to insert a pre-printed panel, or an uncut section of the theme fabric, extra fabric is required in addition to the repeats that will be cut for the kaleidoscopic pieced center design.

Many pre-printed panels offered by fabric designers also have coordinating prints with the same colors and print designs. These coordinating fabrics may be used to fill in areas and expand the central design, or can be incorporated as borders.

### CLASS ITINERARY

Day 1 will be a cutting and design day; no sewing machines required.

Day 2 will be the sewing day. You may prefer to watch my demonstration, and sew on scraps or excess fabric pieces to learn the technique, and construct your design at home following the workshop.

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## SUPPLY LIST

Fabric requirements	
4 yards (minimum) Six repeats of the theme fabric	Most cotton quilting fabrics today have a 12" or a 24" repeat. There are exceptions, but these measurements are the most common. At bare minimum, you will need 24" x 6 layers = 144" $144" \div 36 = 4$ yards
Additional theme fabric 1-4 yards	Most quilters include the uncut original printed yardage as borders, or a panel on the quilt's back. Consider whether you want to have accessory pillows, pillow cases, window valance, table runner, or other items made to coordinate with your One Block Wonder quilt. Purchase additional yardage accordingly.
Optional: 1/2 – 5/8 yard Contrasting fabric for narrow accent trim (unnecessary for class)	This fabric will be cut into narrow strips and sewn to the outer edges of the central design area.
Bring to class – scrap strips to try technique in class	To learn the narrow trim technique in class, please bring 2-3 scrap strips – 1" w x 22" approximate length.
Optional: ONE Pre-printed panel (to insert into your quilt's design)  OR SEVEN panels (see explanation, right)	In-class instruction will include techniques to insert an optional coordinating pre-printed panel if desired.  If you plan to create an entire OBW (One Block Wonder) quilt using a panel as your basic fabric, you will need SEVEN panels. One panel to feature as the focal point and SIX remaining panels to be cut into equilateral triangles, which become hexagons.
2-4 yards Border fabric (if different than central theme fabric) – (unnecessary for class)	This yardage will be needed at home after the center of your design is pieced. Yardage needed will depend upon the size of the pieced center of your quilt.
Batting – 6" to 12" larger on all sides than your finished quilt top	Needed at home after quilt top is finished; unnecessary for class.
1/2 – 1 yd. fabric for binding	Binding will be applied to the finished quilt after class

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### Sewing Equipment and Tools

	<b>any version of One Block Wonder</b> book by Maxine Rosenthal (from any source) – there are 4 different One Block Wonders titles.		
	3-ring binder with a few sheets of lined paper for note-taking; insert your supply list and any photos of One Block Wonder or Stack n’ Whack quilts that inspire you		
	Add to your binder: Photo of your theme fabric (for your records) – note the amount of yardage you purchased and any other details you might need for future reference – manufacturer, print design name and color, store location (in case you need to purchase more), and a swatch of any additional fabrics for your project.		
	Large cutting mat – bring a full-sized cutting mat. You will be cutting through 24” x 44” layered fabric. A small “workshop sized” portable mat will not be large enough to cut the shapes in class.		
	Rotary cutter with NEW blade. A 45mm or 60mm size with a fully-retractable guard is recommended. You will be cutting through several layers of fabric simultaneously, therefore a new blade is required.		
6” or 8” x 24” quilter’s acrylic ruler		60-degree triangle ruler such as “Clearview Triangle” or “Super 60 ruler”, at least 6” or 8” but larger rulers will work fine. Do not bring a ruler that has the tips squared off.	
	Day 2 only: Sewing machine in good working condition with a sharp (not universal) needle. Pre-wind 1-2 bobbins before class. Bring cords, foot pedal, and quarter-inch foot. Bring the extension table (if you own one) as it is much easier to piece with the extension surface.		
	Thread – to match project, or a neutral color to sew scrap shapes together and learn the piecing technique in class		
	1 roll (new) 1” Scotch Blue painter’s tape – to secure the fabric design surface to the wall in class, and to secure fabric shapes for transporting home after class. Each student needs their own roll.		
	1 flannel-backed rectangular plastic tablecloth, or piece of flannel or batting to lay out your design in class. The project will stay on this surface until your project is complete.		
	100 safety pins – to secure the rows of loose pieces to the design surface		
Seam ripper		Scissors or thread snips	
Iron		Pressing pad	Name Tag
Heavy-duty extension cord		Multi-outlet power strip if none provided in class	
Pen or pencil for notetaking		2 door stops (to tilt your machine toward you in class)	
<b>OPTIONAL</b>			
Sack lunch or snacks		Chair cushion	
reading glasses		Digital camera or phone camera – will be used as a design tool	
	I have found a great tool that works for holding the fabric layers together. Please search online for the “As Seen On TV” Micro Stitch. This is a plastic “gun” that “shoots” short plastic pegs (similar to those used to tag clothing with tags in the store). Benefits: the “gun” is quick, and the little plastic tacks hold the fabric securely without damaging the rotary cutter blades if you cut across them. The tools are roughly \$18-25, and come with a supply of the plastic tacks. Jan will have a Micro Stitch tool in class to test.		