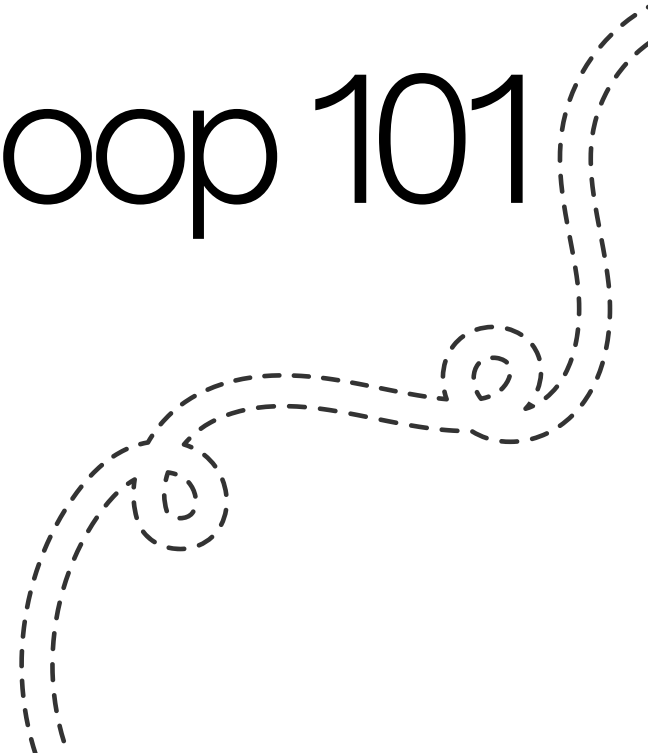




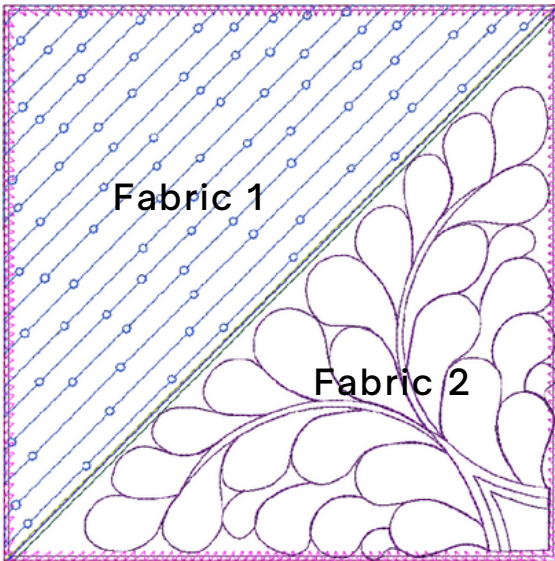
Stitch-and-Flip Block

Quilt-in-the-Hoop 101

Let's get started...



Stitch-and-Flip Block Supply List



5" File Size: 4.91" x 4.91"

Backing Fabric

5" - One 6" x 6"

Threads, etc:

*Polyester Embroidery Threads
Recommended*

Thread color of your choice for quilting
Embroidery Bobbin Thread
Water Soluble Thread

Fabric 1

5" - One 6 3/4" x 6 3/4"

Cut Fabric 1 in half on the diagonal
to create to equal triangles.

Fabric 2

5" - One 6 3/4" x 6 3/4"

Cut Fabric 2 in half on the diagonal
to create to equal triangles.

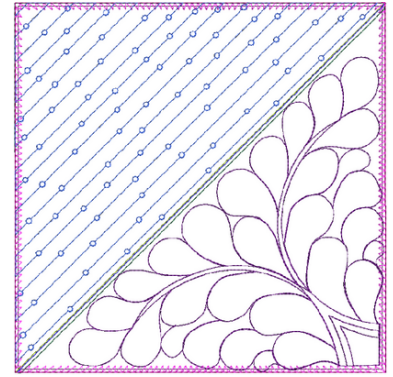
Optional Wool

5" - One 4 7/8" x 4 7/8"

Battilizer

One piece large enough to
fit your hoop

Stitch-and-Flip Block

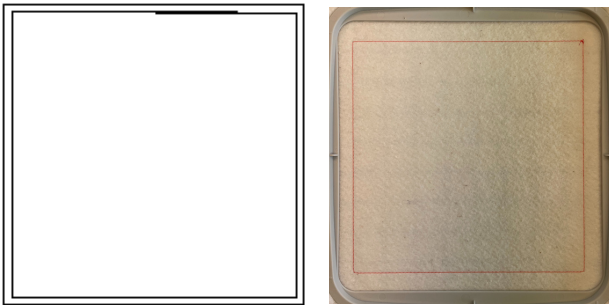


Step-by-Step Instructions are provided for every HoopSister's Design! Each set of Instructions offers plenty of detail as well as a picture of the step.

Underlined words indicate fabric, wool, thread or a notion needed for that particular part of the design.

An image and name of the corresponding block can also be seen in the upper right hand corner of our instructions.

1)



Hoop Battilizer. Place water soluble thread in the needle and embroidery bobbin thread in the bobbin and sew the placement stitch onto Battilizer.

2)

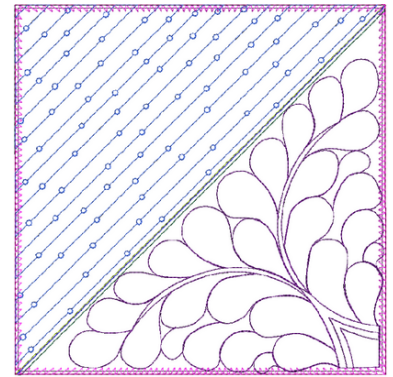


This step is **optional**. Skip to Step 3 if additional wool batting not being used.

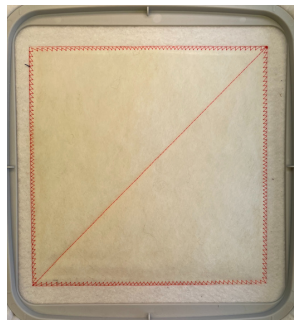
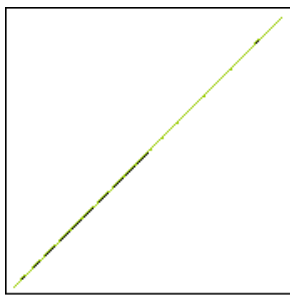
Raise presser foot to highest setting. Press edges of wool batting to flatten. Place wool batting inside placement stitch. Using water soluble thread in the needle, sew the zigzag stitch.

Stitch-and-Flip Block Continued

CONTINUED...



3)

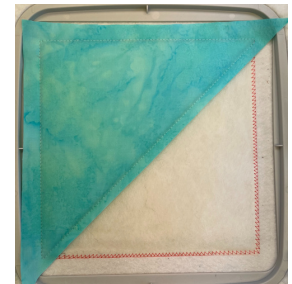
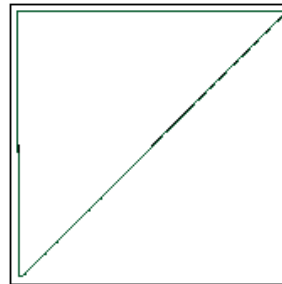


Continuing with water soluble thread, sew placement stitch



The placement stitch will show you exactly where to place your Fabrics. By using water soluble tread, you eliminate a thread change!

4)



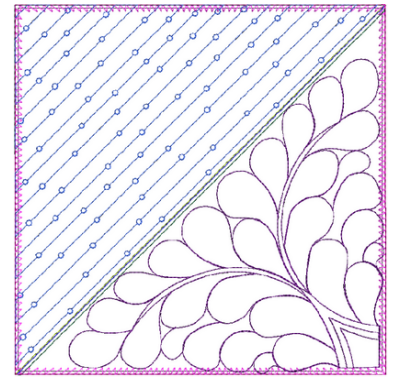
Align Fabric 1 in the placement stitch and sew the tack down using the same thread.



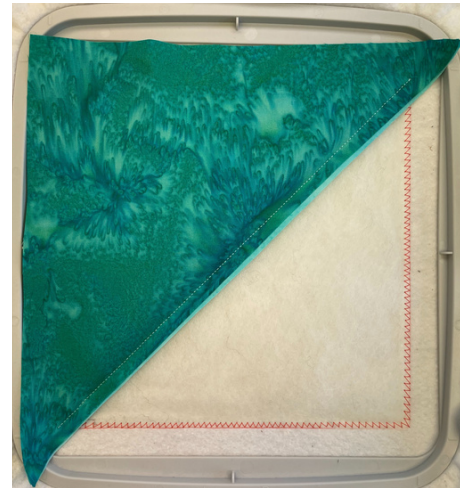
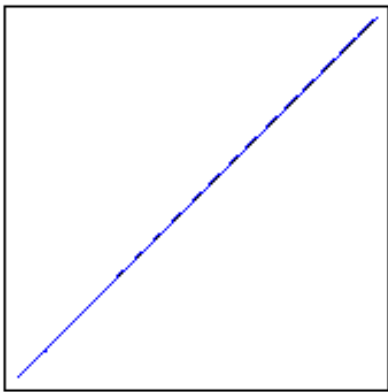
After placing Fabric 1, lift up on each of the corners to make sure it extends about 1/2" on the outside edge of the block and about 1/4" on the diagonal in the center of the block.

Stitch-and-Flip Block Continued

CONTINUED...



5)

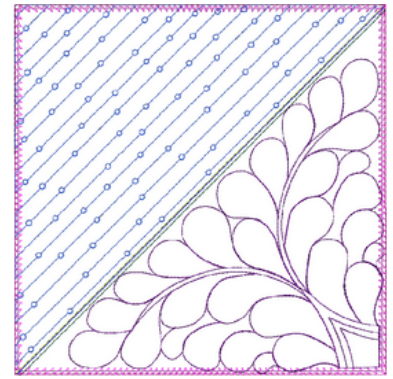


Place Fabric 2 right side down, diagonal raw edge approximately even with Fabric 1. Sew seam using neutral thread.

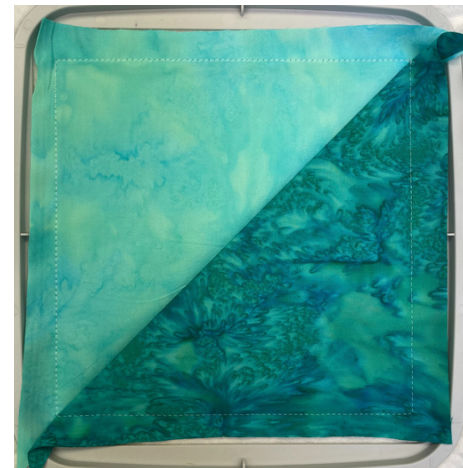
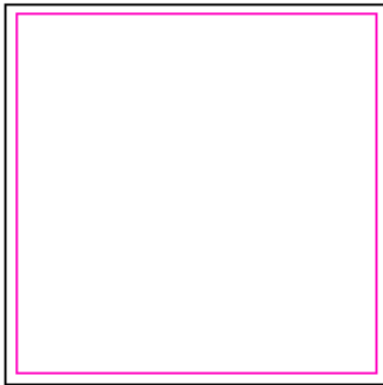
Notice - Fabric 2 is approximately aligned with the raw edge of Fabric 1

Stitch-and-Flip Block Continued

CONTINUED...



6)



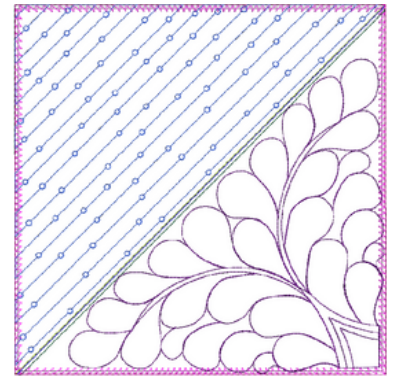
Place Backing Fabric on the back of hoop. Place hoop back on machine and flip Fabric 2 right side up. Finger press and smooth out fabric. Sew tack down using water soluble thread.

Before stitching the final steps, turn off automatic thread cutter and bring bobbin thread to the top of block to avoid nesting on back.

Notice - at least 1/2" fabric extends beyond the tack down stitch at the edges of the block

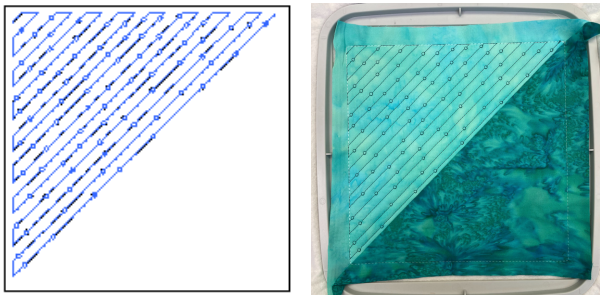
Stitch-and-Flip Block Continued

CONTINUED...



Reminder - Turn off automatic thread cutter!

7)



Place thread color of your choice in the needle AND bobbin.

Bring bobbin thread to the top of block to avoid nesting on back.

Sew quilting.

8)



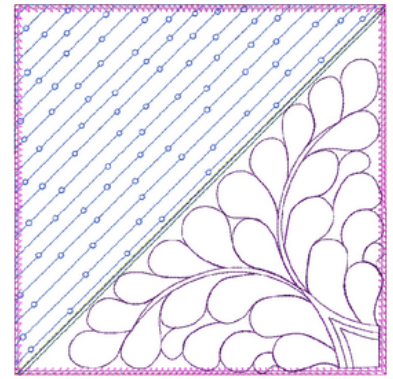
Place thread color of your choice in the needle AND bobbin.

Bring bobbin thread to the top of block to avoid nesting on back.

Sew quilting.

Basic Block

CONTINUED...



The Stitch-and-Flip Block creates a beautiful table topper when joined in a section of four. We encourage you to give it a try and get creative with a layout using the Stitch-and-Flip Blocks to create a quick and easy wall hanging.

