



VIRTUAL  
Breakfast  
Club

English Paper Piecing- Who, What, When, Where, Why, & How

EVERY SATURDAY MORNING AT 8:30 AM ON FACEBOOK

*Brought to you by:*

MATERIAL Girls  
Quilt Boutique

6750B Crain Highway LaPlata, Maryland 20646  
301.392.9575 [www.materialgirlsqilt.com](http://www.materialgirlsqilt.com)



What?

---



English Paper Piecing (commonly called EPP) is a method of stabilizing fabric around a heavy paper shape before sewing the pieces together to create intricately pieced designs.

It provides excellent accuracy and precision piecing.

Note: It is not the same as Foundation Piecing. Foundation Paper Piecing is generally done by sewing machine (Paper Piecing)





Who?

---



English Paper Piecing originated in England and was called Mosaic or honeycomb patchwork. In the late 1700's, when all things English became popular in the U.S., the term English Paper Piecing was coined.

The most popular shape has always been the hexagon because it makes good use of fabric scrap and is easy to assemble.

The most recognizable hexagon pattern is Grandmother's Flower Garden, which became popular in the 1920-1930s.





Why?

---



- English Paper Piecing offers us an easy way to precision piece shapes together.
- No sewing machine is needed.
- It is relaxing and very portable. Road trips, air travel, TV time are all opportunities to create with EPP.
- Fussy cutting to feature individual motifs gives your EPP project a unique look. The ability to fussy cut intricate shapes from your fabric!
- EPP is a great use for fabric scraps!



How?



# Choosing Your Fabric

English paper piecing designs benefit greatly when fabrics with strong contrast are used. Choose a representative range of fabric including light, medium and dark fabrics. Placing light shapes next to dark shapes can highlight both shapes.

Fussy cutting individual designs or motifs from a fabric can create secondary designs when the pieces are sewn together. Don't be afraid to play with stripes to create movement in your quilt.

Use your acrylic template and a double mirror to audition motifs in your fabric before cutting.

---

## Cutting Your Fabric

---

The acrylic template and rotary cutter or AccuQuilt dies are the easiest tools for cutting your fabric shapes.

You can stack up a few strips and cut several pieces at once making quick work of cutting your fabric shapes



# NEW! For All AccuQuilt Systems

Get ready to cut the most popular EPP shapes – in the most popular 1” finished size – quickly, accurately and easily.

You’ll get 4 shapes:

- Hexagon
- Half Hexagon
- Triangle
- Diamond

All Shapes have two dies: one to cut paper templates and one to cut the fabric



Only want to do hexagons?

- **Two options available-**
  - **1" Hexagons**
  - **½" Hexagons**



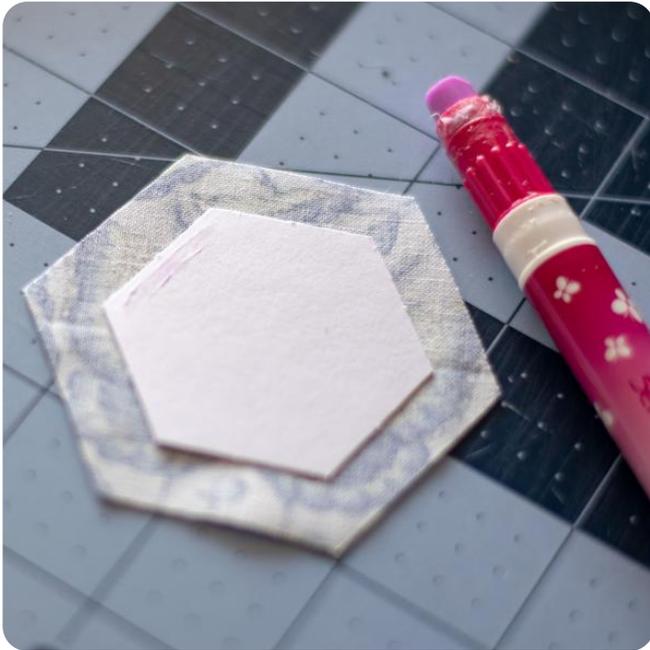


# Fussy Cutting

---

Fussy cutting is a method of cutting a single motif or design from a fabric. Fussy cutting can highlight a particular motif from large scale fabrics.

- You can use your acrylic cutting template or a special fussy cutting finder template, with the center removed, that allows you to see the motif more easily.
  - Move your acrylic template across your fabric to audition individual motifs until you see the motif you wish to use.
  - Using a marker, mark small registration marks on the template for reference when cutting the next motif. OR, use a pencil, trace around the template and then cut on this line with scissors or rotary cutter. OR use your rotary cutter to carefully cut around the acrylic template.
    - You can put a small piece of two-sided sticky tape on the bottom of your template that will adhere to the first fabric cut. Use this fabric to align the template to cut the next motif. For accuracy, while gluing, simply punch a hole in the paper template then use a pin to hold the paper in place while you glue it, or put a small dab of glue on the fabric to hold the paper template in place before you begin gluing.



# Glue Basting with the Paper Template

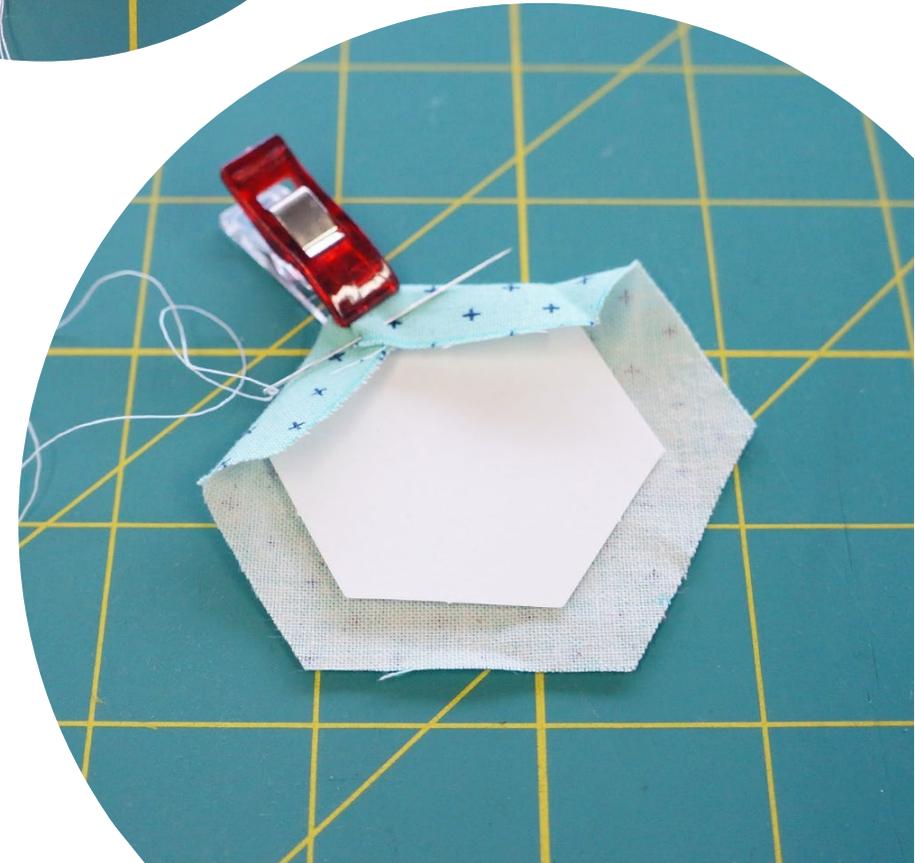
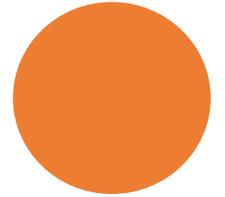
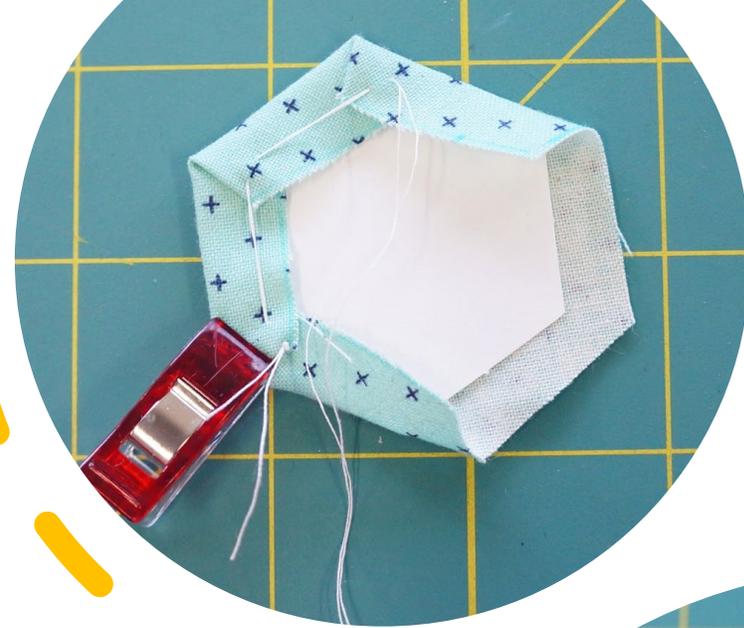
- GLUE BASTING

- Glue basting is easy and quick and if you want to redo you simply peel the fabric from the paper piece and begin again. Center the paper template on your fabric, making sure each paper template lines up on the fabric piece as you desire.
- For fussy cut motifs, make sure the motif is centered on the paper template as you intended. Adjust as necessary. Once the motif is in place, you are ready to glue your fabric on the template. It is not necessary to have each motif exactly in the same place, as your eye will often make it look like it is perfectly placed. Beginning along one edge of the paper template and using the edge of the glue pen, swipe a thin line of glue about 1/8" away from the edge of the paper template.
- Do not put glue too close to the edge of your paper template as this will making sewing the pieces together difficult. Fold the fabric over the top edge, wrap the fabric around the paper template and work around each side of the shape, applying glue and folding over the fabric as you go.

# Thread Basting with the Paper Template

Thread basting is another option of stabilizing your fabric around the paper template.

- Pleat the fabric to hold it around the paper template. Make small stitches at the corner where the fabric folds over itself, sewing only through the fabric. Move to the next corner and fold the fabric around the paper piece and sew a few stitches there. Continue to move around your paper piece until you return to your beginning where you will secure your stitches with a small knot.
- When using this method, make sure your fabric is securely folded around the paper template to ensure accuracy when piecing your shapes together.



# Assembly

Stitch along the edge of the shapes, using a fine thread and a fine needle.

- **Whip Stitch**

- Place basted pieces face to face with wrong sides facing outward, align the pieces up evenly, and stitch along the edge. Knot one end of an 18" length of thread using a quilter's knot or other large knot that keeps the thread from popping through your fabric. Using a single strand of thread (a double strand will more likely show) slide the needle beneath the seam allowance and come out at the point you wish to begin sewing. Sew only through the fabric, not the paper template.
- There should be a small channel along the edge of the folded fabric that your needle can pick into. Catch a small bite of fabric, but more than a few threads for stability. Stitch about 15-20 stitches per inch.





## Flat Back Stitch

Preferred for  
curved pieces

- Lay the pieces flat and on the back side, stitch evenly along catching fabric from the two shapes as you go.





# Finishing Your Project

---

- When it's time to remove the paper pieces, Spray pieces with Best Press starch and iron them until they dry, using high steam. This does two things:
  - It helps the hexagons hold their shape when removing the papers.
  - The steam helps release the fabric from the glue. Steam, carefully pull up the fabric edges, remove the paper and fold the edges back down.

You can machine or hand appliqué the hexagons to your project or make an entire pouch, pillow or even quilt by hand sewing them all together!



Questions?

