

SQG BOM BLOCK #6 SEPTEMBER - HOME OF THE ROCKFORD PEACHES!

Rockford is home to the Rockford Peaches, a women's professional baseball team who played from 1943-1954 in the All-American Girls Professional Baseball League. This month, we will be making FOUR 6 ½" (unfinished) inset circle blocks (directions borrowed from the St Louis Modern Quilt Guild website). This technique creates a nice, crisp circle without the intersecting sewn lines that you get with a Drunkard's path or similar curve technique. If you want to watch a video of this technique by the woman who created it, Dale Fleming, click on this link: <https://www.hgtv.com/videos/how-to-create-easy-circle-quilt-blocks-62279>



We will use these circle blocks to represent Rockford's own Women's Baseball team, so think of the circles as baseballs (add baseball stitches)...or peaches (add a leaf)! I found this block so much easier than making screws!!! LOL!

Supplies needed:

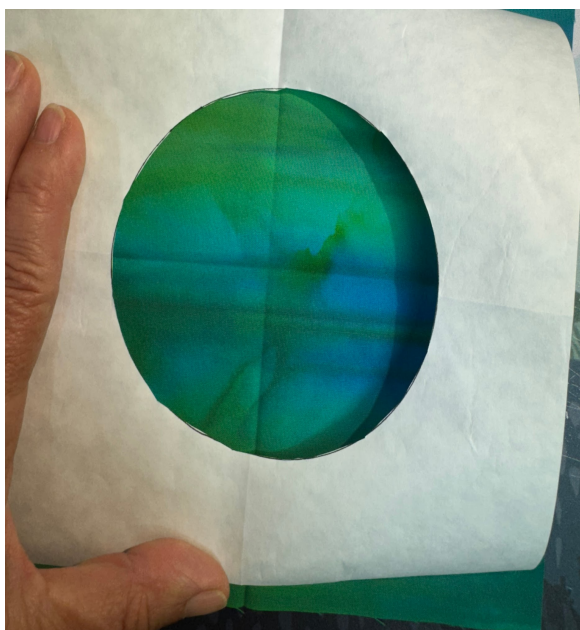
- (8) 7 ½" squares of fabric - 4 background, 4 for the circles
- Freezer paper, cut into (4) 7" squares
- Template for a circle that's around 5" (I used a roll of duct tape) 😊
- Pen or pencil
- Paper scissors
- Fabric scissors
- Glue stick



TECHNIQUE: Pair your fabric squares, deciding which will be the background, and which will be the circles.

Using your circle template, trace a circle in the approximate center of your freezer paper square.

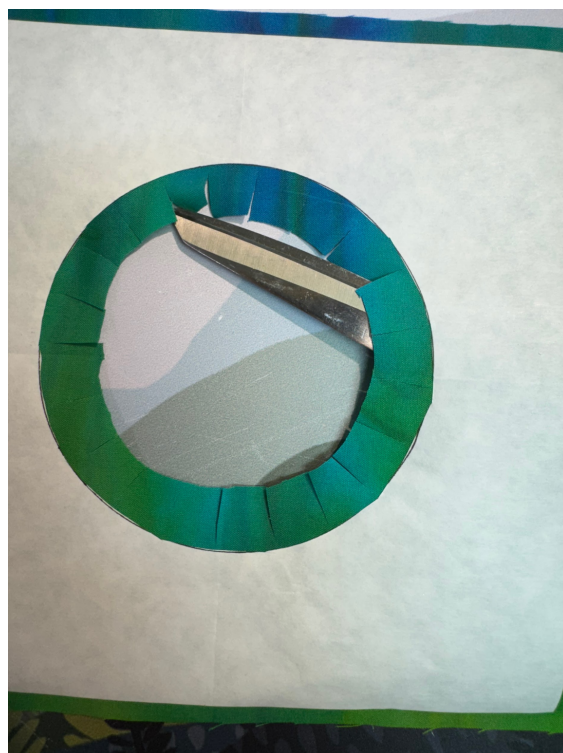
Cut out the circle you traced on the freezer paper, then fold the paper in half lengthwise, then in half width wise to create a crease every 90 degrees around the circle. Do the same to the background square.



With the shiny side down, line up creases of freezer paper on the wrong side of the background fabric, and press.



Cut out a circle of fabric $\frac{1}{2}$ " smaller than the paper circle.



Make notches in the background fabric from the inside of the circle up to **not quite** the edge of the freezer paper all the way around the circle about every $\frac{1}{2}$ ".

Press the notches of background fabric back over the freezer

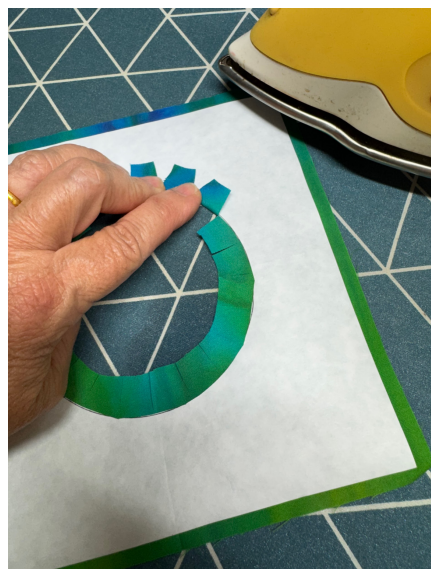
paper to open the circle. I use a tiny bit of starch (a tiny squeeze bottle of starch works well for this) to make sure the notches keep their crease.

Because you did not cut notch all the paper, when you fold the notches, the fabric folds over the fold and no



of your background notches stay folded over the freezer paper (this is where the starch was very helpful).

-Above using glue stick on notches.



I then give the block a quick press to adhere the glue.

Now, lift the background fabric (it still has freezer paper attached) and trim off the excess circle fabric (the yellow/green fabric) right where the notches end.

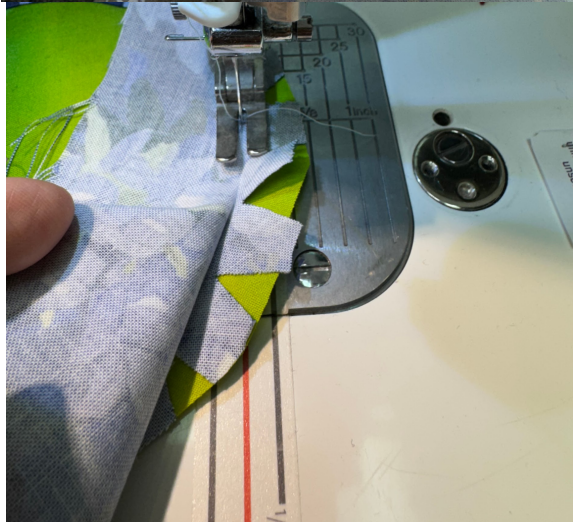




Then, carefully remove the freezer paper.

Now pull the background fabric back and sew along the crease created by the folded back notches. (An open toe foot is very helpful.

Also, use the needle down option if you have it, and go slowly! (I literally set my sewing machine on turtle speed!)



It will look like this once you have stitched all way around the circle



the

Next, give it a good press!

Trim to a 6 ½" Square.

Repeat 3 more times!



Now, let's make baseballs!



Using your circle template, place it on the circle to form a partial circle and draw a line (I used a water soluble marker and a chalk marker to mark my baseball stitches). Do the same on the opposite side. I will be using hand embroidery to make my baseball stitches permanently.

Of course,

if you want to showcase beautiful fabric, do so! Women baseball players will get that!

Do not sew these 4 blocks together as they will get split up in the final quilt. Have fun!!



Let's play ball!!!!