Iowa Star

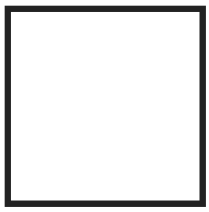
with string-pieced background!



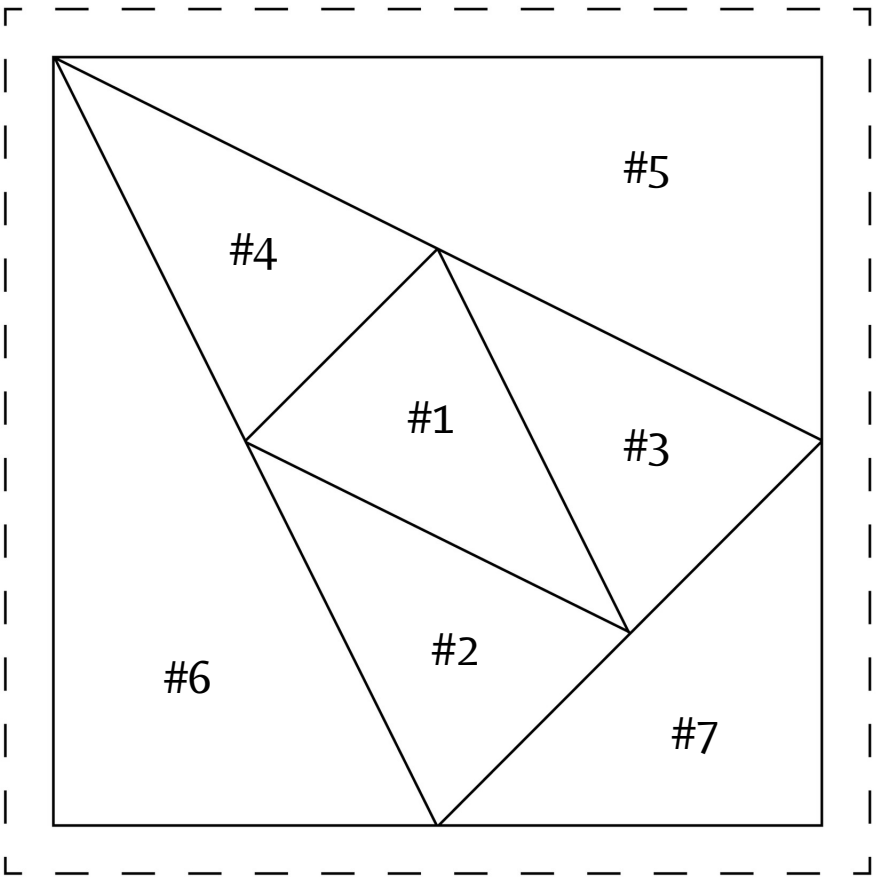
IOWA QUILT Museum

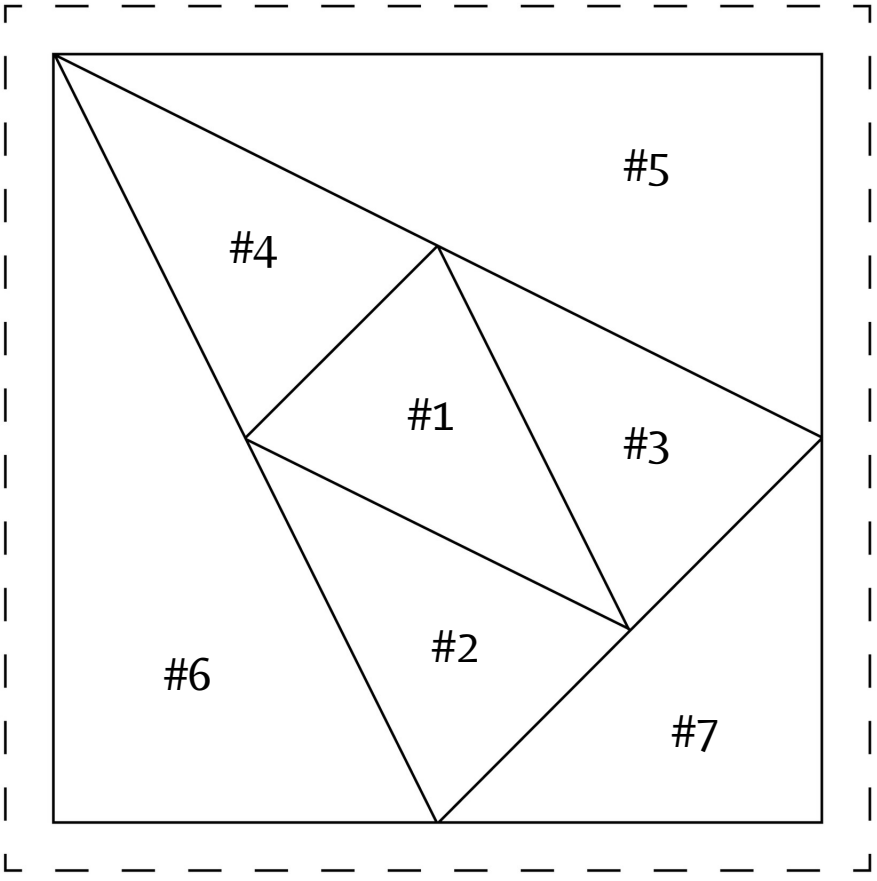
Print FOUR total units on parchment or tracing paper. Cut out on the SOLID line, not the dotted seam allowance line. Go to the end of the pattern for additional sizes.

Set your stitch size smaller than usual to make it easier to remove the paper at the end.



1" square

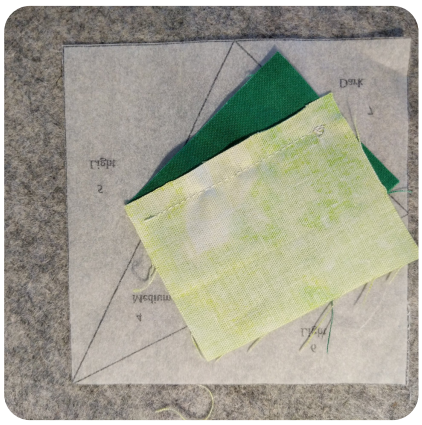


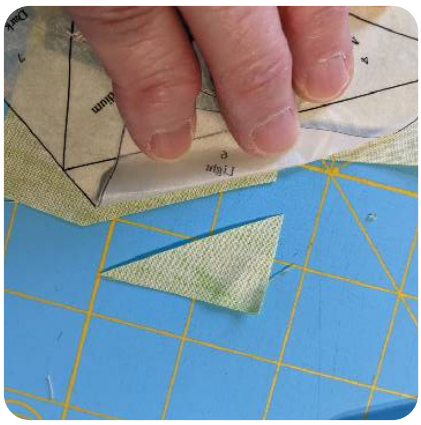


IOWA QUILT Museum

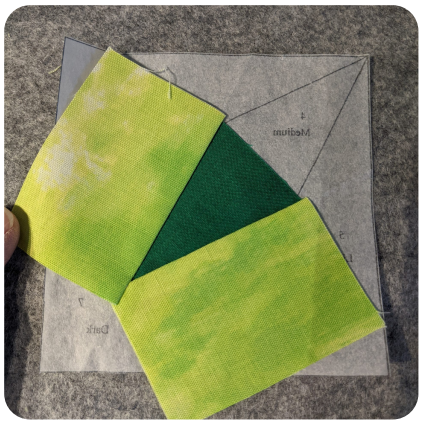
On the town square in historic Winterset, Iowa.

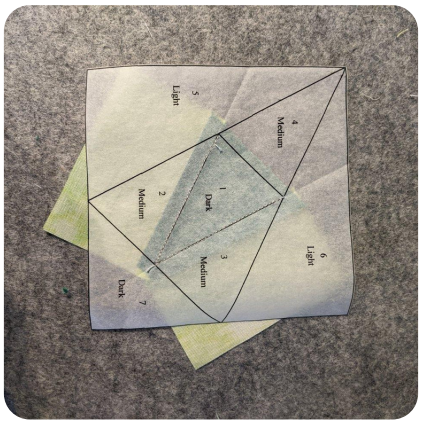
Iowa Star





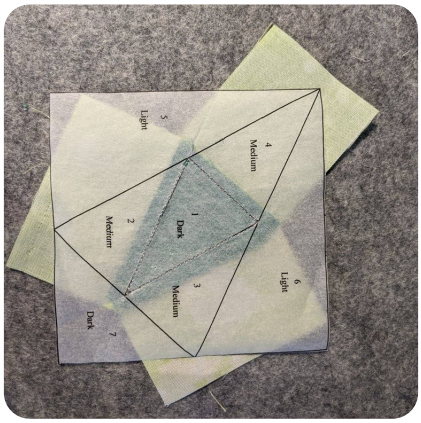
Begin with a dark rectangle covering triangle #1 with the right side of the fabric facing away from the back of the paper. Place a medium green rectangle, right sides facing, along the line between triangles #1 and #2 so that when it is flipped 'open,' it will cover triangle #2 PLUS a 1/4" seam allowance. Sew on the line between triangle #1 and #2. After you sew each line, turn back the pattern and trim a 1/4" from the line, then press open.





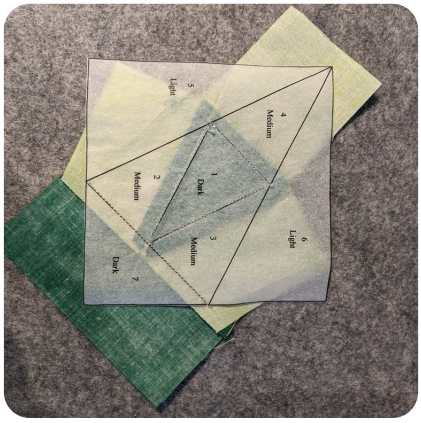
Place another medium green rectangle on the line between triangle #1 and triangle #3, right sides facing, so that when it is flipped 'open,' it will cover triangle #3. Sew on the line between triangle #1 and triangle #2. Trim and press open.





Repeat the process with a third medium green rectangle that will cover triangle #4.





Repeat the process with a dark green rectangle that will cover triangle #7. We're leaving triangles #5 and #6 for last!

IOWA QUILT Museum

Iowa Star

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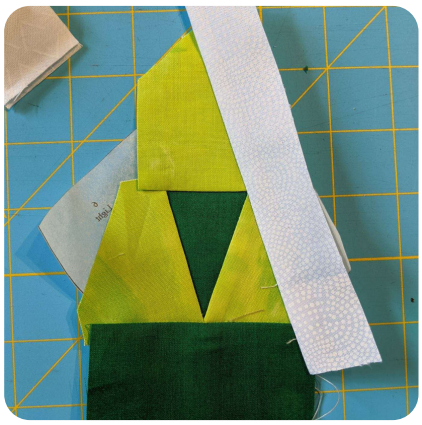
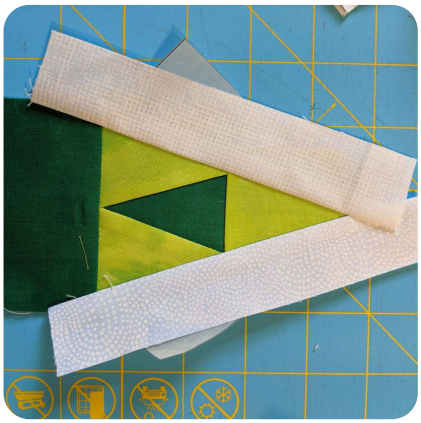


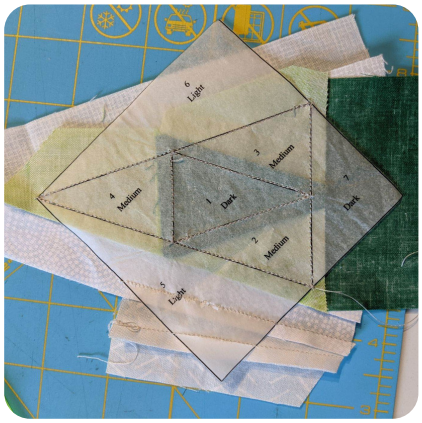


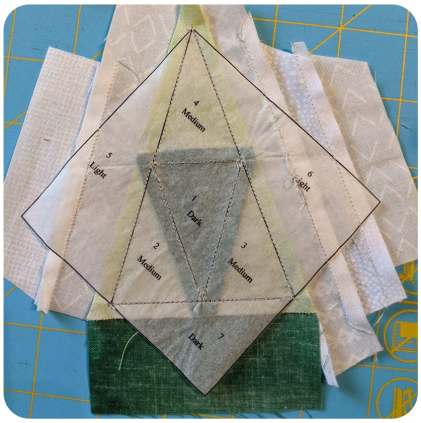
In the same manner as before, place a white strip that will cover both corners of triangle #5. This will not cover the entire triangle, but remember that you need enough at the ends for a seam allowance! Sew along the long side of triangle #5, trim and press open.

Repeat the process by adding a white strip to the triangle #6 side.



Moving to the FRONT side of the fabric, place another white strip —right sides facing—set in just a bit from the outer edge of the first strip. By placing the next strip/string slightly askew from the one before it, you can achieve a greater variety of angles in your 'stringy' section. Sew 1/4" from the raw edge of the second strip, trim and press open. Continue to string-piece using the 'stitch and flip' method until you have completely covered the triangle #5 and triangle #6 areas PLUS a 1/4" seam allowance.





When you have covered the entire area of the unit pattern, trim the excess 1/4 inch away from the pattern to create the proper seam allowance.

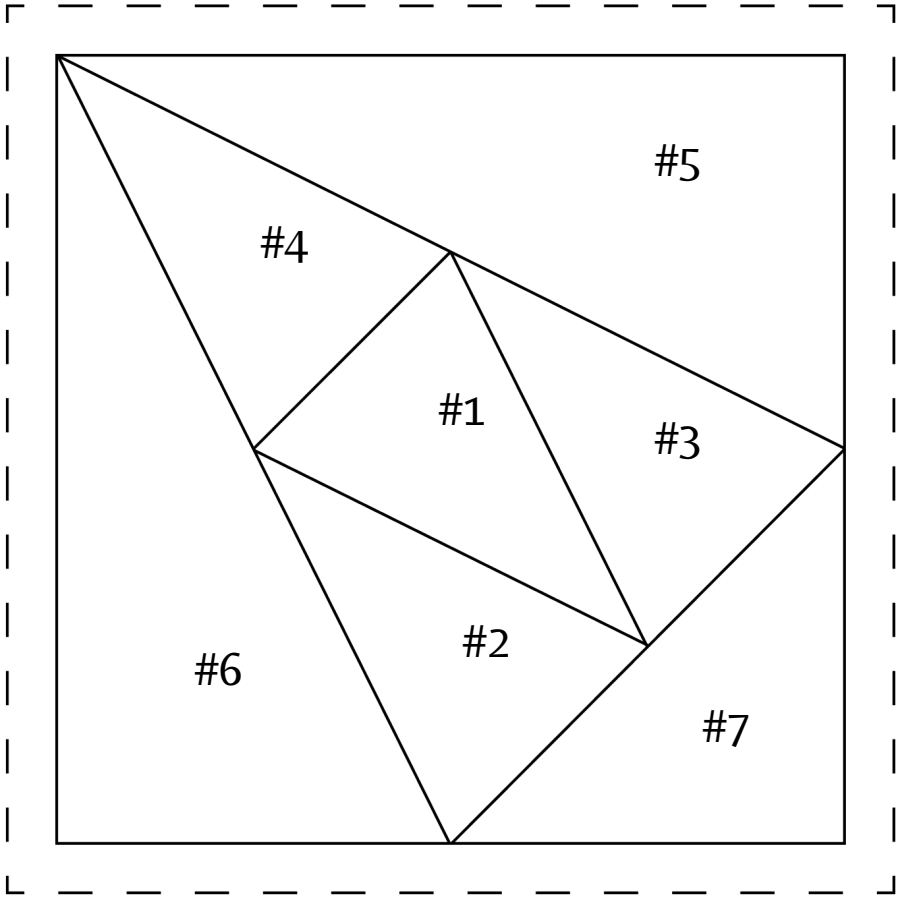
Make a total of FOUR units. We recommend starching each unit before beginning to combine them.



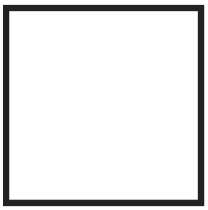


With the paper still attached, sew two units together with the dark centers (triangle #7) meeting. Press seam OPEN. Repeat.

Sew together the two 'pairs' of units to create the complete block. Press seams OPEN. Carefully tear away the paper.

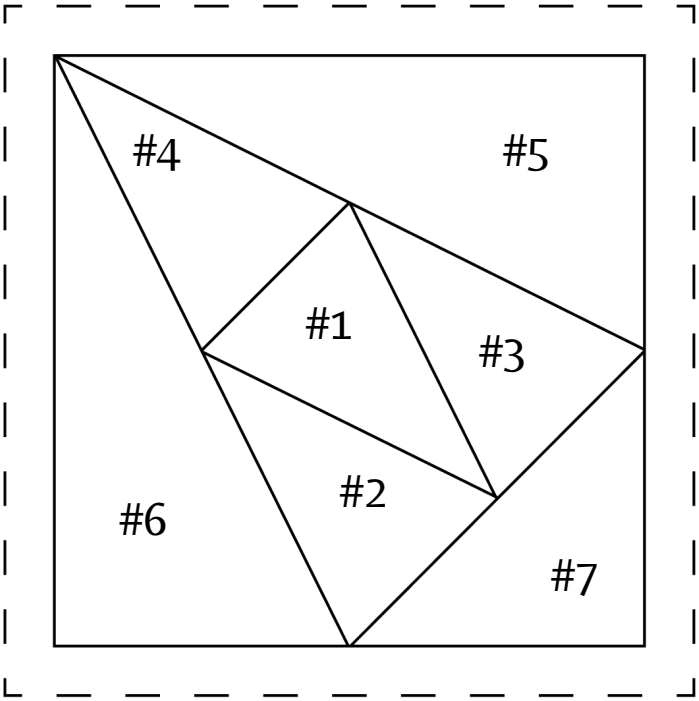


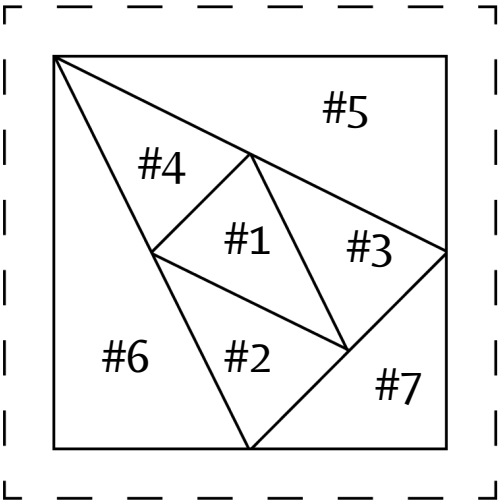
8" finished block



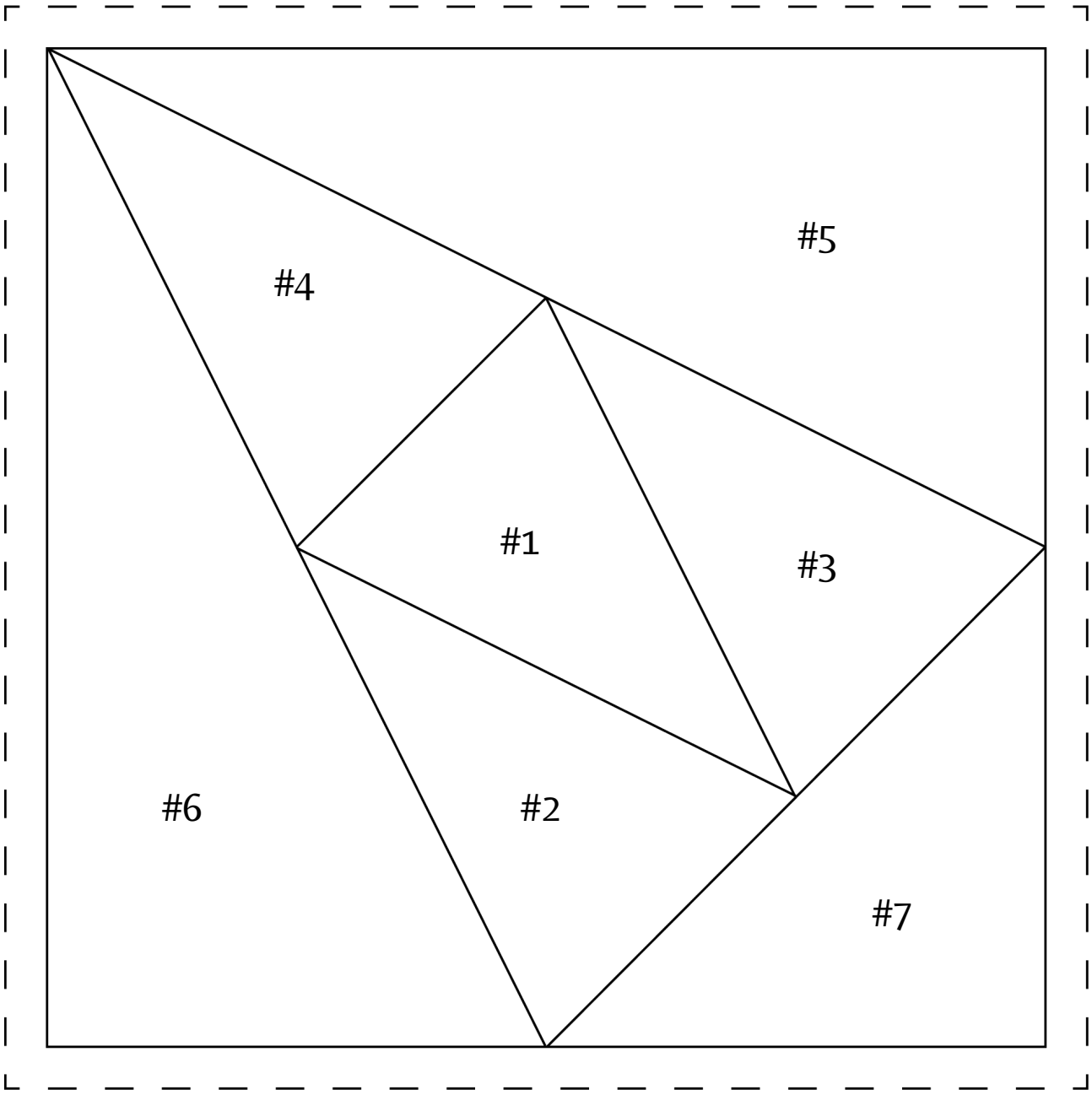
1" square

6" finished block

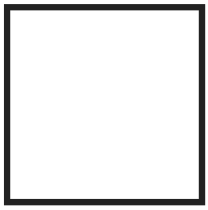




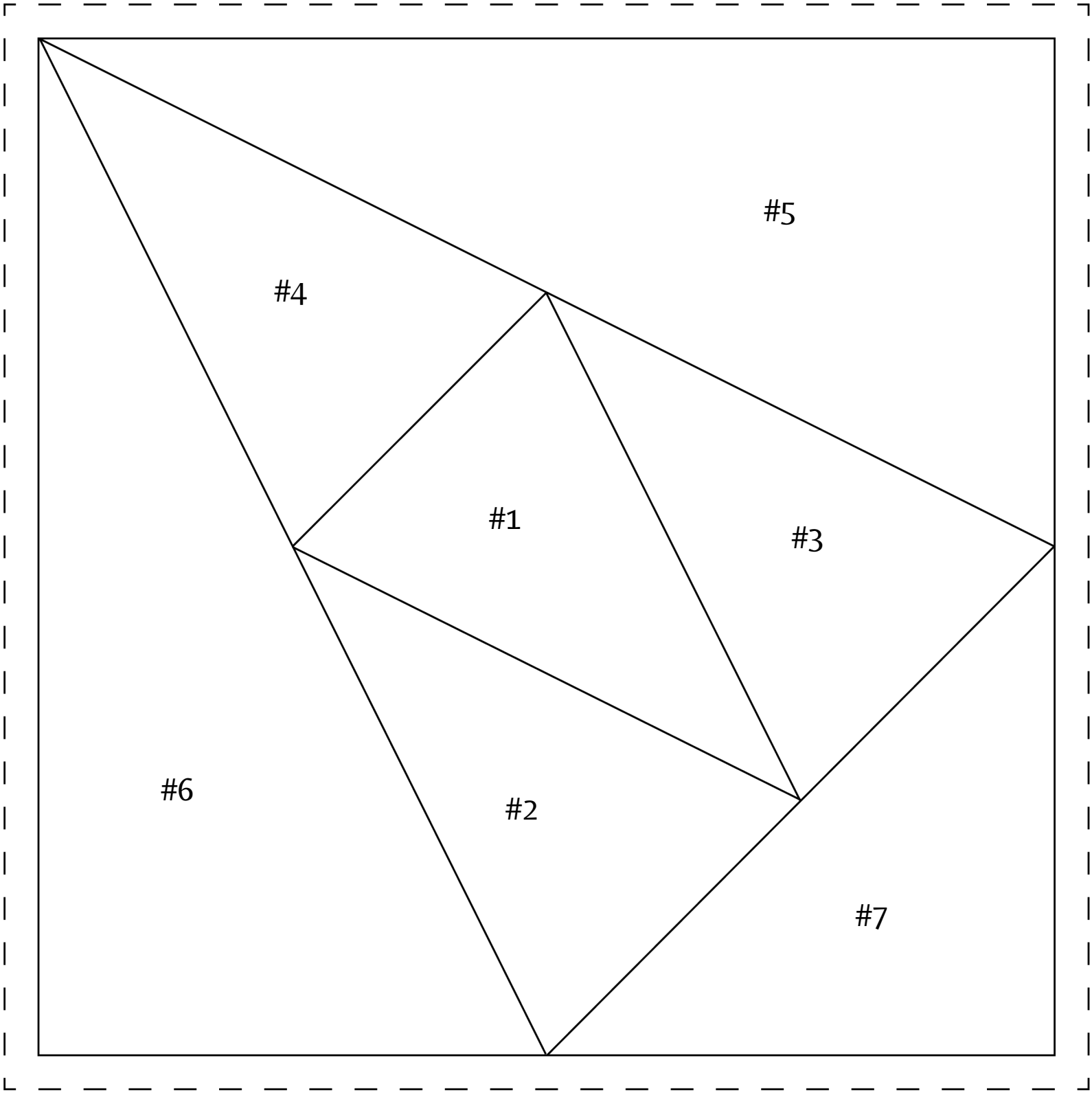
4" finished block



12" finished block



1" square



16" finished block

1" square