



The Virtual Log Cabin Quilt Project

Quilters worldwide respond to COVID-19

Responding to a crisis like COVID-19 takes creativity and ingenuity.

So stitchers worldwide - wherever you are - please join us to create a **Virtual Log Cabin Quilt** as a symbol of solidarity and co-operation. Here's how to join in.

- Using these instructions and any fabrics you like, make a log cabin block measuring 8 inches / 20 cm square.
- Please make your centre square - 2¼ inch / 5 cm - **yellow** to symbolise hope: the light at the end of the tunnel.
- Take a clear digital photo of your block. Use natural light.
- Important: crop image to square, right to the edges of your block.
- Title the file with your name.
- Upload your image using the online form at: <https://www.dionneswift.com/virtual-quilt>

Thank you for getting involved. Let's get stitching!

Project conceived by textile artist and tutor Dionne Swift: www.dionneswift.com

Log Cabin Instructions by quilter, teacher and former president of the Quilters' Guild Janice Gunner: www.janicegunner.co.uk

Supported by: The African Fabric Shop: www.africanfabric.co.uk

Log Cabin Patchwork Block © Janice Gunner

Log Cabin is one of the most popular designs in block patchwork. It is thought to have originated in ancient Egypt: similar designs can be seen on mummy wrappings of animals. Another theory is that it originated in Scotland and found its way to USA with some of the first settlers. It may well have been originally constructed from recycled clothing as the narrow strips could be used economically from many shapes and sizes of old clothes.

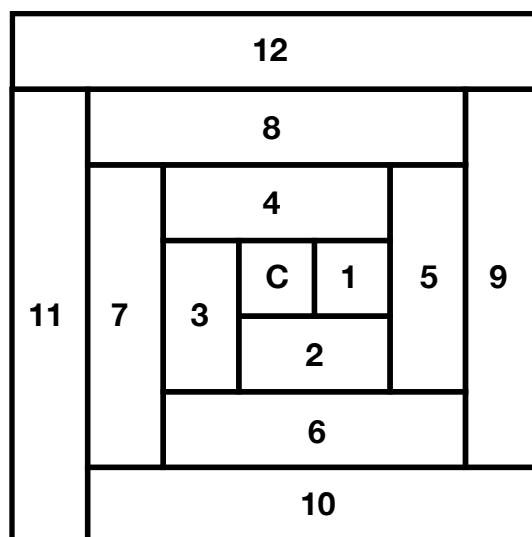
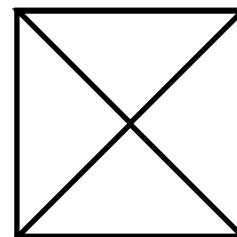
The foundation method described here makes good use of old shirts or similar cotton or linen garments and it is still my preferred way of working this form of patchwork.

Materials

- 3 - 4 strips of light/warm coloured fabrics cut 1½ inch or 4 cm wide
- 3 - 4 strips of medium or dark/cool coloured fabrics cut 1½ inch or 4 cm wide
- 1 yellow centre fabric cut 2¼ inch or 5 cm square
- 1 foundation fabric - lightweight cotton or similar, woven not knitted - cut 8 inch or 20 cm square
- Rotary cutter, cutting mat and patchwork ruler OR fabric scissors
- Sewing thread in a neutral colour
- Hand sewing kit - needles, small scissors, pins and thimble (if you use one)
- HB pencil or a Sew Line pencil

Instructions for hand piecing

1. Fold the corners of the of the 8 inch or 20 cm square of foundation fabric diagonally in both directions. Carefully finger press a crease in the centre and open the square of fabric.
2. Place the yellow square in the centre of the foundation fabric, the corners should touch the diagonal creases. Pin in place if necessary.
3. Sort your fabric strips into an order that pleases you into two groups: one light/warm colours and one medium or dark/cool colours.
4. Choose the first strip and place it right side down on top of the centre square, lining it up with one edge. Mark a $\frac{1}{4}$ inch or 7 mm line along the edge that is on top of the edge of the yellow square to use as a seam allowance.
5. Stitch the seam with tiny running stitches. Thread a needle and start at one end with a knot or a couple of back stitches to secure. Stitch the length of the seam. Finish with a knot or a couple of backstitches to secure as before. Fold back the excess fabric strip so that it is level with the end and cut it 'flush' to the edge. Finger press the first stitched strip away from the centre.
6. Turn the block 90°. Place the same fabric strip - or a different light/warm colour if you wish - right side down all the way along this edge, making sure it lies over the end of the strip you have already sewn on. Remember to mark your seam allowance. Repeat stage 5. Press seam away from the centre square.
7. Turn the block 90° again. Sew on one strip from the second set of colours. Remember to mark your seam allowance. Repeat stage 6.
8. Turn the block 90° again. Sew on a further strip from the second set of colours: this can be a different fabric from that colourway if you wish. Remember to mark your seam allowance. Repeat stage 6.
9. Continue in this way until you have stitched 3 rows of strips on each side of the centre square. See diagram.



Instructions for machine piecing

1. If you prefer to stitch on a sewing machine, follow all the instructions as for hand stitching - but use the $\frac{1}{4}$ inch foot (patchwork foot) on your machine as a guide for the seam allowance.
2. **TIP:** You can keep your seam line straight by following this tip. I always do this for any piecing! As you stitch the seam, don't watch the sewing machine needle, watch the edge of the foot on the right-hand side as you look at it and travel along the seam, stitching slowly and carefully if necessary. If you use pins, put them in with the heads outwards and remove them before you stitch over them!
3. **REMEMBER:** If you watch the needle you are much more likely to end up with a wobbly seam!
4. If you are working in metric, use a standard sewing foot but move the needle position 2 or 3 clicks to the right so you are taking an approximate 7 mm seam or mark the 7 mm seam line and stitch along it. If all else fails, use a $\frac{1}{4}$ inch patchwork foot but be prepared to make a block of a slightly different finished size!
5. I set my stitch length to 2.5 which is what most sewing machines default to. There is no need to back stitch all the seams, just do that at the start and finish of the last four strips you add.