

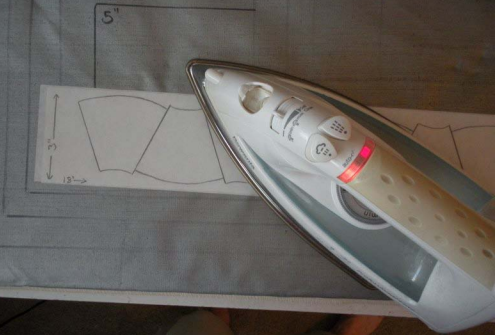
1

Trace 8 wedge patterns onto the non-waxy side of a 3" x 18" piece of freezer paper. In this picture the wedges are joined to simplify marking and cutting. Cut a second piece of freezer paper about the same size.



2

Iron the strip of wedges to the other strip of freezer paper, waxy side to non-waxy side. The papers will stick to your ironing surface but will easily peel off.



3

Using rotary cutter and ruler cut on straight edges of wedges. Then use scissors to cut curved edges. Or cut patterns with scissors.



4

Press 4 wedge patterns to 3" x 12" strip of white fabric and 4 wedge patterns to 3" x 12" strip of red fabric. Leave at least 1/2" between them.

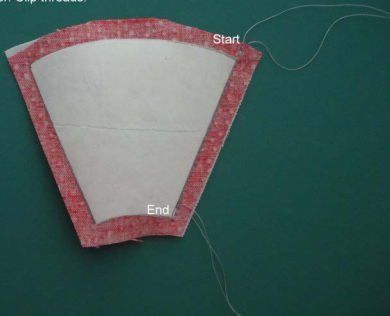




You will need one 10" square of background fabric. Cut out wedges leaving 1/4" around all edges.

6

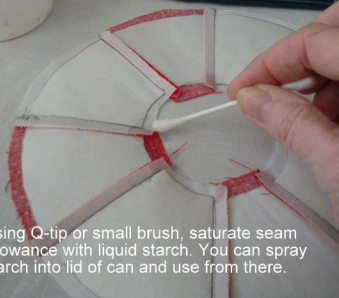
Pin and sew wedges starting at wide edge and ending at end of paper at the narrow end. Sew close to but not on the paper. Clip threads.



7

Sew all wedges together to form life preserver.  
Press seams towards red fabrics.





Using Q-tip or small brush, saturate seam allowance with liquid starch. You can spray starch into lid of can and use from there.



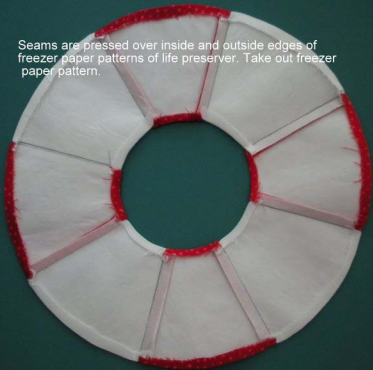
9

Press seam allowances over the edge of freezer paper pattern. If this is difficult, you can hand baste seam over the edge of patterns then spray starch on the edges and press.



10

Seams are pressed over inside and outside edges of freezer paper patterns of life preserver. Take out freezer paper pattern.

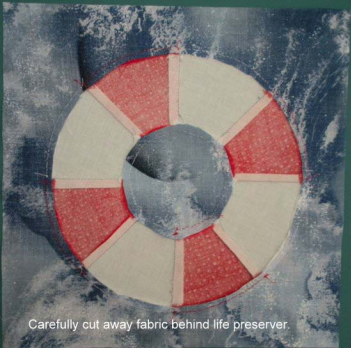




Find center of background fabric by ironing creases in both directions.  
Pin life preserver to the square.



Applique life preserver to background using a small hand stitch or use a machine zig-zag stitch if preferred.



Carefully cut away fabric behind life preserver.



Square up your block to 9 1/2" and it is now complete.