

APREMOO

BY TAMARA HOWARD



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BATTING FROM

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INTRODUCTION

The MQG Journal is a quarterly collection of modern quilting patterns, articles, webinars and blocks presented by The Modern Quilt Guild. Full patterns and resources are available to MQG members at themqg.org/resources.

ABOUT

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ABOUT TAMARA HOWARD

Inspired by the many colorful stories she had heard about her great-grandmother, Maggie V. Folk McClellan (1879-1967), TaMara was called to follow in her footsteps by pursuing what she considered to be the craft of quilting. Without even a sewing machine, she began studying patchwork techniques, color theory, quilt layout and quilt design in 1996. Since that time, her love for quilting has evolved into a deep and genuine passion for the art form. Her work

fuses old with new, traditional with modern, and recently woven fabrics with recycled.

When she's not quilting, she enjoys canning, making sourdough bread, and attending all her kid's sports, dance, and music activities. As a member of the Pittsburgh (PA) Modern Quilt Guild, you can find more of TaMara's work on Instagram at [@folkquilts](https://www.instagram.com/folkquilts).



FINISHED SIZE

56" x 64"

SKILL LEVEL

INTERMEDIATE

"We all have a lightning-like voice deep within us. So let your voice be heard and never quiet your thunder."

-TaMara Howard

ABOUT THE QUILT

Created to commemorate Juneteenth becoming an official federal holiday in the USA, Apremoo is a modern take on a traditional African-inspired pattern. Representing thunder and lightning, the design symbolizes both power and resistance, while reminding us to continue to fight for our rights. On the surface, Apremoo is a simple pattern, almost log cabin-like. It allows the quilter to either traditionally piece or foundation paper piece the blocks depending on their skill and comfort. Although both methods will prove to be challenging, and demand patience, the result produces a fun and lively quilt, reminiscent of African symbolism.



MATERIALS

Fabric A (Lagoon): $1\frac{7}{8}$ yards

Fabric B (Caribbean): 1 yard

Fabric C (Coral): 1 yard

Fabric D (Citrine): $\frac{3}{8}$ yard

Border Fabric (Lagoon): $1\frac{5}{8}$ yards

Backing: $3\frac{5}{8}$ yards

Binding: $\frac{5}{8}$ yard

Batting: 65" x 72"

Materials used include:

Moda Bella Solids in

Lagoon 9900-270,

Caribbean 9900-86,

Coral 9900-147, and

Citrine 9900-211

GENERAL INSTRUCTIONS

1. Please read through the instructions in their entirety before beginning.
2. Construction is Foundation Paper Pieced (FFP).
3. **DO NOT THROW AWAY YOUR CUTTINGS.** Each block will fully consume two strips of each fabric color.
4. Use a stitch length between 1.2mm - 1.5mm when sewing on the paper.
5. An important thing to remember with FFP is that you are constructing each block from the back, i.e., each piece is mirrored from the template. The blank side of the paper template will be the front of the quilt, and the printed side will be the back.
6. Avoid ironing on the paper and do not steam.
7. Width of Fabric (WOF) is assumed to be at least 42" and unwashed.
8. Length of Fabric (LOF) is fabric that is cut along the length of fabric parallel to the selvages.
9. Press seams open to reduce bulk or in your preferred method.
10. All seam allowances are $\frac{1}{4}$ " unless otherwise noted.
11. RST = Right Sides Together.

CUTTING INSTRUCTIONS

From Fabric A, cut:

- (29) 2" x WOF strips. Subcut:
- (116) 2" x $10\frac{1}{2}$ " rectangles

From Fabric B, cut:

- (14) 2" x WOF strips. Subcut:
- (54) 2" x $10\frac{1}{2}$ " rectangles

From Fabric C, cut:

- (14) 2" x WOF strips. Subcut:
- (54) 2" x $10\frac{1}{2}$ " rectangles

From Fabric D, cut:

- (4) 2" x WOF strips. Subcut:
- (16) 2" x $10\frac{1}{2}$ " rectangles

From Border Fabric, cut:

- (7) $7\frac{1}{2}$ " x WOF strips

From Binding Fabric, cut:

- (7) $2\frac{1}{2}$ " x WOF strips

Note: Apremoo is a paper-pieced pattern, but it can also be made with precise cutting and sewing accurate $\frac{1}{4}$ " seams. We have listed the cutting measurements below for each template piece if you prefer to construct it traditionally.

A1: cut $1\frac{7}{8}$ " x $1\frac{3}{4}$ "

A2: cut $6\frac{1}{8}$ " x $1\frac{3}{4}$ "

B1: cut $3\frac{3}{8}$ " x $1\frac{3}{4}$ "

B2: cut $4\frac{5}{8}$ " x $1\frac{3}{4}$ "

C1: cut $4\frac{5}{8}$ " x $1\frac{3}{4}$ "

C2: cut $3\frac{3}{8}$ " x $1\frac{3}{4}$ "

D1: cut $6\frac{1}{8}$ " x $1\frac{3}{4}$ "

D2: cut $1\frac{7}{8}$ " x $1\frac{3}{4}$ "

PREPARE TEMPLATES

Print one copy of a Block 1 template on page 13 at 100% to check that it is printing at the correct size. The 1" square should measure 1" exactly. Print the remaining 59 templates (30 for Block 1, page 13, and 30 for Block 2, page 14) and label according to the table below. Trim down each paper template, leaving about an $\frac{1}{8}$ " just outside the dashed seam allowance lines. The solid border is the finished size, and the dashed border is a $\frac{1}{4}$ " seam allowance. Be sure to label your templates to stay organized.

Tip: An old, dull rotary cutter blade works perfectly for cutting multiple pages of paper at once. But try not to exceed 3-4 sheets of paper to prevent slippage.

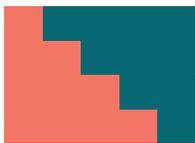
BLOCK 1



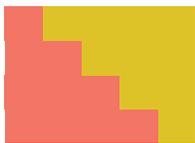
Fabrics A & B
make 12



Fabrics A & D
make 2



Fabrics C & A
make 13



Fabrics C & D
make 1

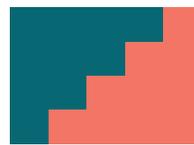


Fabrics D & A
make 1



Fabrics D & B
make 1

BLOCK 2



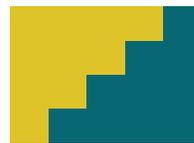
Fabrics A & C
make 13



Fabrics A & D
make 2



Fabrics B & A
make 14



Fabrics D & A
make 1

PIECING INSTRUCTIONS

1. Look at the templates for Block 1, Fabric Pairing A & B – each section is labeled with a letter and a number. This nomenclature indicates the order in which the pieces are sewn. Beginning with section A1, line up a strip of Fabric A with the wrong side of the back of the paper (if paper had a “wrong side”, they would be wrong sides together).
2. Next, align a strip of Fabric B for the section labeled A2. Place this strip right sides together with the first strip, with the straight edge extending at least a ¼” beyond the fold – this is the seam allowance. Feel free to pin in place, if needed.

Tip: Make sure the fabric is always at least as large as each section. This ensures that when the seam is sewn and the fabric is pressed correctly, it will totally cover its section of the template.

3. Now that everything is lined up and placed precisely, it's time to stitch it down. On the printed side of the paper pattern, sew on the solid line between section A1 and A2. Begin the seam with a locking stitch and sew all the way to the opposite end, locking at the end as well. Cut threads.
4. Fold back the paper template at the seam and trim down the seam allowance to a scant ¼”. Double and triple check before trimming to not cut through the paper.
5. Unfold the paper pattern and place the sewn template fabric side up. Fold the fabric in section two down and press the seam.

Tip: If you prefer not to run back and forth to an iron, feel free to finger press or use a seam roller to save time.

6. Repeat the same process for sections B, C, and D, always using Fabric A with section 1 and Fabric B with section 2. Once all the pieces are sewn to their respective paper foundations, there will be quite a bit of excess fabric.
7. With the printed side of the template up, trim the sewn rectangular strips (A, B, C, and D) to the outside edge of the dashed-line border. They are now ready to be assembled into a complete block. **DO NOT THROW AWAY YOUR CUTTINGS.** They will be used in subsequent blocks. Remember, each block will fully consume two strips of each fabric color.
8. With all four sewn rectangular strips trimmed down, line up sections A and B, right sides together, and sew them together with a ¼” seam allowance as shown in Figure 1. Remove the paper from the seam only and press the seam allowance open to reduce bulk. Repeat this process for sewn rectangular strips C and D (Figure 2). Sew these two pairs together to create the first completed Block 1.



FIGURE 1



FIGURE 2



FIGURE 3

9. Rip the paper out from the back of the block with a firm, but gentle hand. Be careful not to pop any seams in the process. The tight stitching should perforate the paper enough that it tears out easily.
10. Lastly, give your block a good press. Repeat the same process for the remaining 59 blocks. They should measure roughly 7½” x 5½”. Do not square up until all 60 blocks are complete.

ASSEMBLY INSTRUCTIONS

1. Now that all 60 blocks are complete and squared up to $7\frac{1}{2}'' \times 5\frac{1}{2}''$, it's time to assemble your quilt top. Begin by creating your first column of blocks by lining up Block 1 and Block 2, right sides together, and sew them together with a $\frac{1}{4}''$ seam allowance. Pin in place, if needed.
2. Add the next Block 1 in the series and sew it, right sides together, to the previous two sewn blocks. Continue adding blocks, in the order shown below, until you've completed column 1. Press the seam allowances open to reduce bulk. Repeat this process to create columns 2, 3, 4, 5, and 6.



FIGURE 4

ASSEMBLY INSTRUCTIONS (continued)

3. Now that your columns are complete, let's sew them together. Line up columns 1 and 2, right sides together, and sew them together with a $\frac{1}{4}$ " seam allowance. Take your time. What's most important here is that the four small rectangles in the middle are precisely lined up (Figure 5). I recommend using pins to hold the intersections in place. Press the seam allowance open to reduce bulk. Repeat this process for columns 3, 4, 5, and 6.

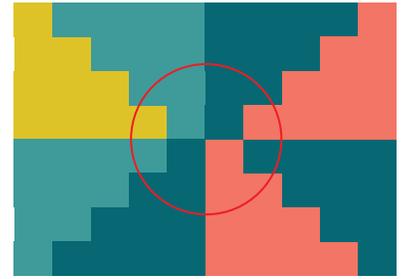


FIGURE 5

4. And now for the finale, add mitered borders to complete the quilt top. Sew the $7\frac{1}{2}$ " x WOF border strips together along the short ends into one continuous piece with a $\frac{1}{4}$ " seam allowance. Press the seam allowances open to reduce bulk.

5. Measure the length of each side of the quilt. To determine the length of each border, use the formula:

length of quilt side + (width of border)x2 + 6" = Total length of border.

Apremoo should measure $42\frac{1}{2}$ " x $50\frac{1}{2}$ " before the borders, so your formulas would be $42\frac{1}{2}$ " + $(7\frac{1}{2}$ " x 2) + 6" = $63\frac{1}{2}$ " and $50\frac{1}{2}$ " + $(7\frac{1}{2}$ " x 2) + 6" = $71\frac{1}{2}$ ". Cut two side borders $7\frac{1}{2}$ " x $71\frac{1}{2}$ " and two top/bottom borders $7\frac{1}{2}$ " x $63\frac{1}{2}$ ".

6. Pin borders in place. Fold the border and the quilt top in half, marking each center. Line up the centers and pin together. Pin the ends of the quilt top and border together, then pin to secure the two pieces throughout.

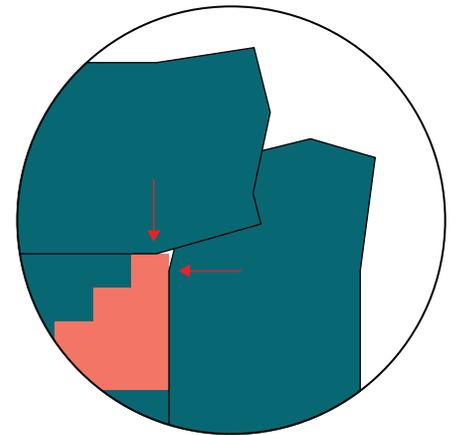


FIGURE 6

7. Sew the borders to the quilt top, starting and stopping $\frac{1}{4}$ " away from the ends of the quilt (indicated by red arrows in Figure 6), backstitching at each end. Repeat Steps 6 - 7 with all four borders.

8. Mark the miter. Fold the quilt top in half diagonally, right sides together, lining up two neighboring borders. When matched, grab a pencil and ruler. Place the ruler along the 45-degree angle and extend it over the borders (Figure 7). Trace the angle onto the border and pin firmly in place.

9. Locate the stitch line made when sewing the border to the quilt top. Sew from the stitch line out toward the end of the border, directly on the pencil line. Backstitch at the beginning and end. Unfold the quilt top and make sure there are no gaps in the inner corner and that the border lies flat.

10. Trim the excess border seam allowance to $\frac{1}{4}$ " and press the seam. Repeat Steps 8 - 10 with the three other corners.

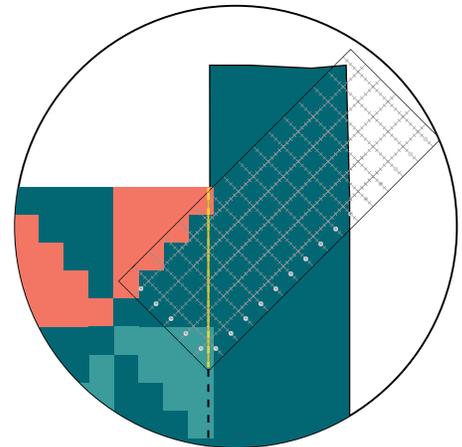
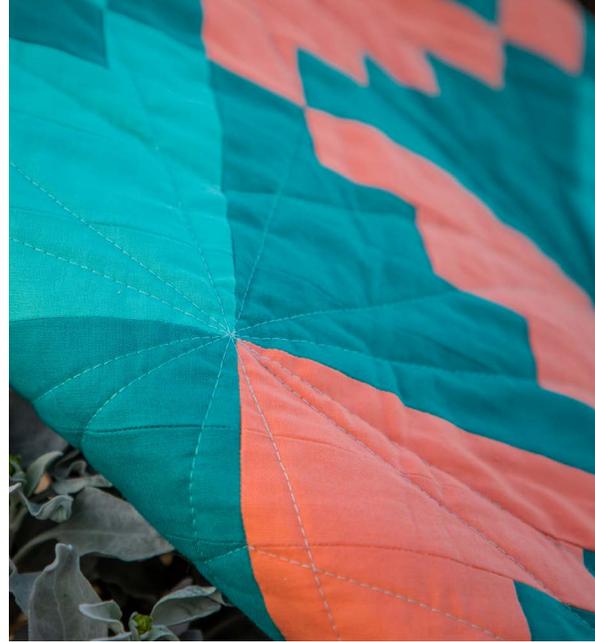
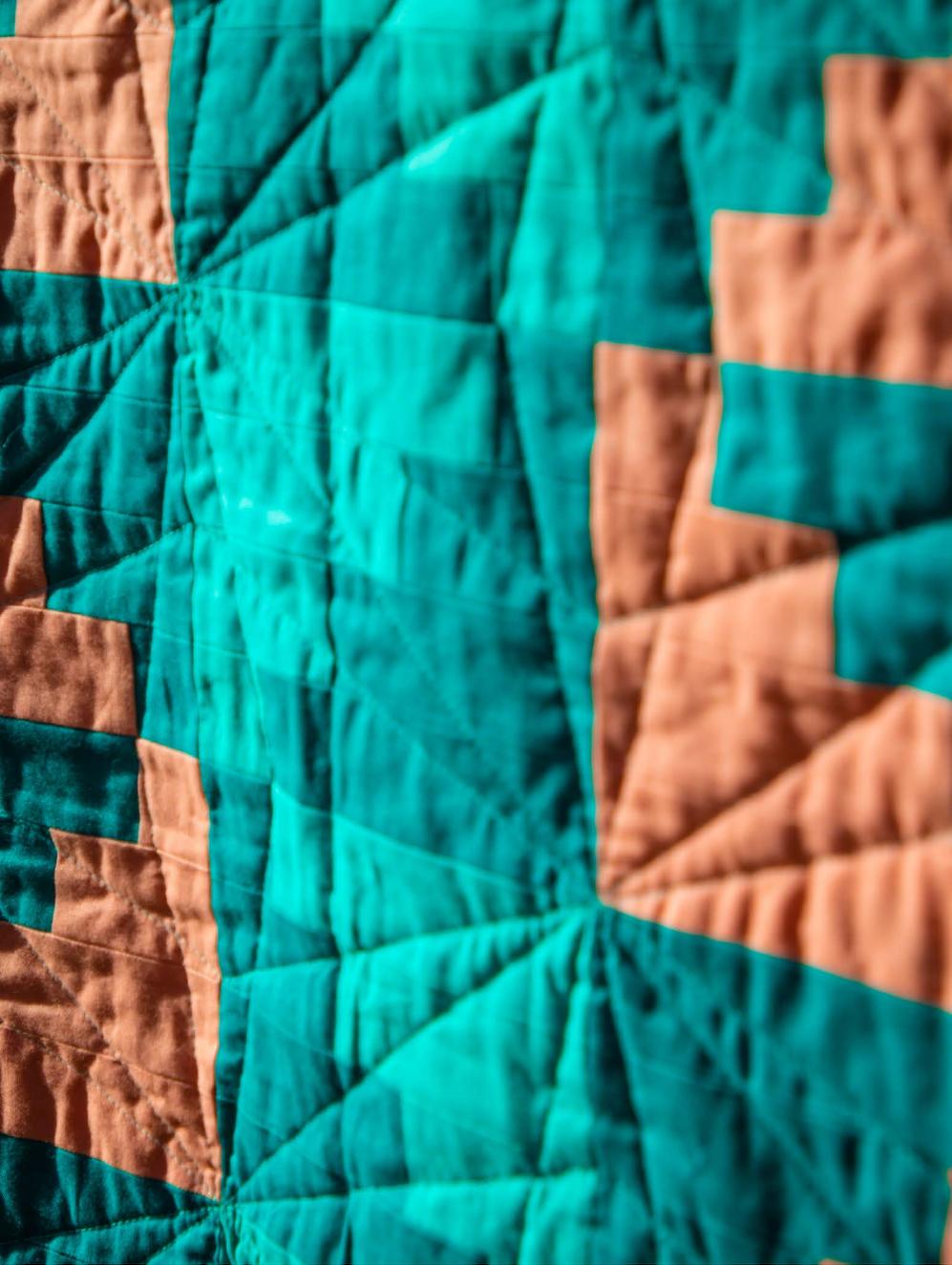


FIGURE 7



FINISHING INSTRUCTIONS

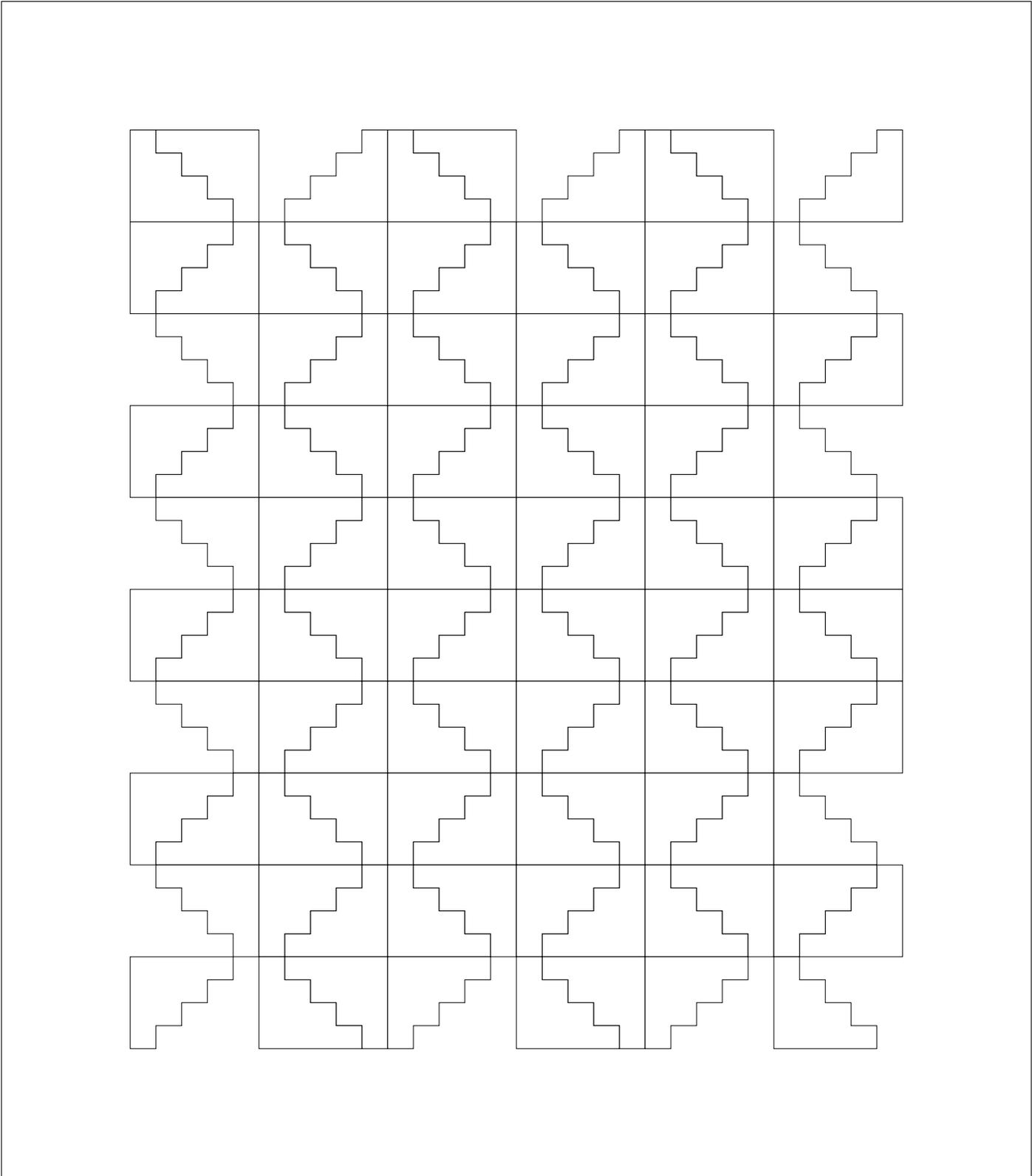
1. Divide the backing into two equal 65" x WOF lengths. Trim selvages and sew pieces together along the long edge to create a 65" x 83" backing. Trim to 65" x 72".
2. Layer backing, batting, and quilt top; baste. Quilt as desired.
3. Sew seven 2½"-wide binding strips into one continuous piece for straight-grain French-fold binding. Bind the quilt

above

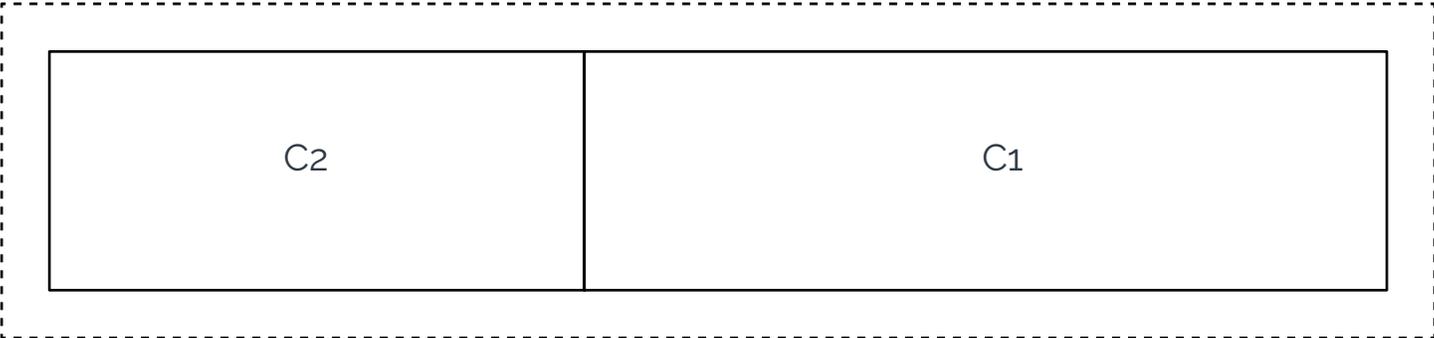
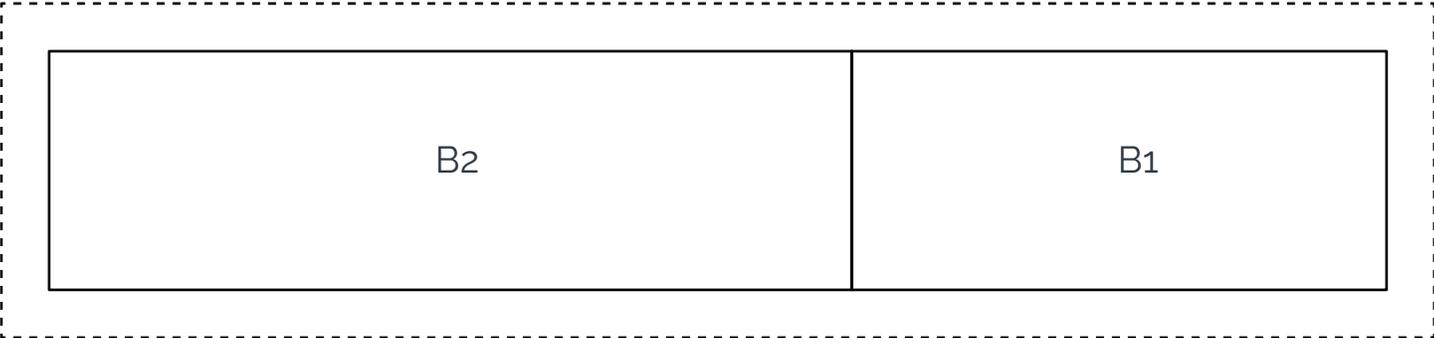
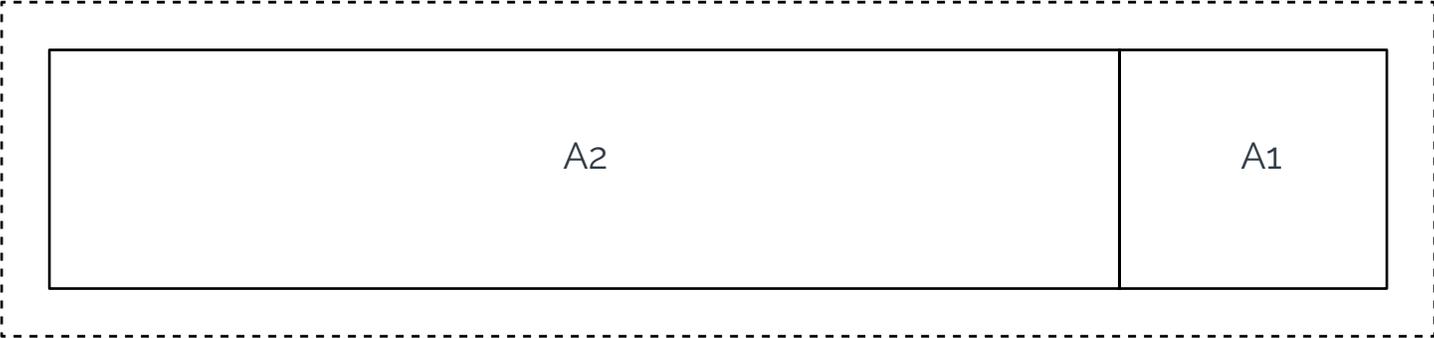
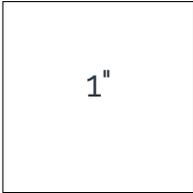
PHOTOGRAPHER:

Rebecca Kuritz

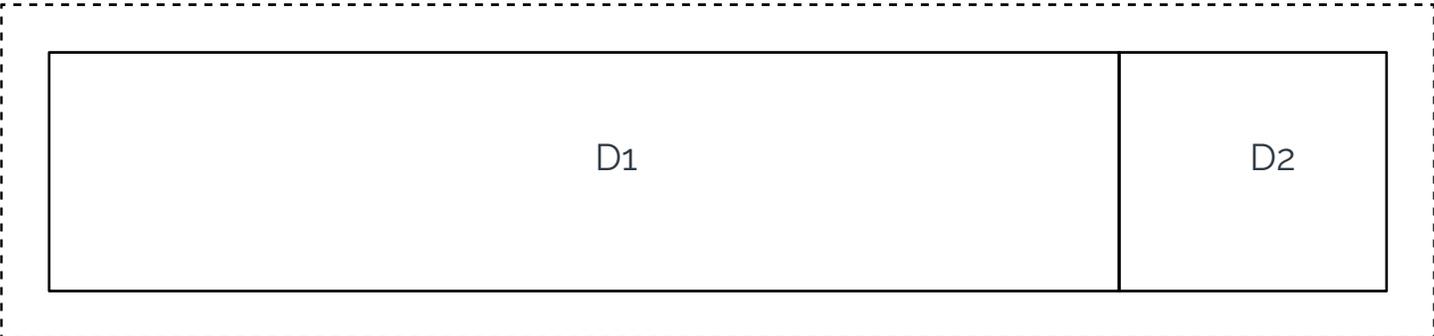
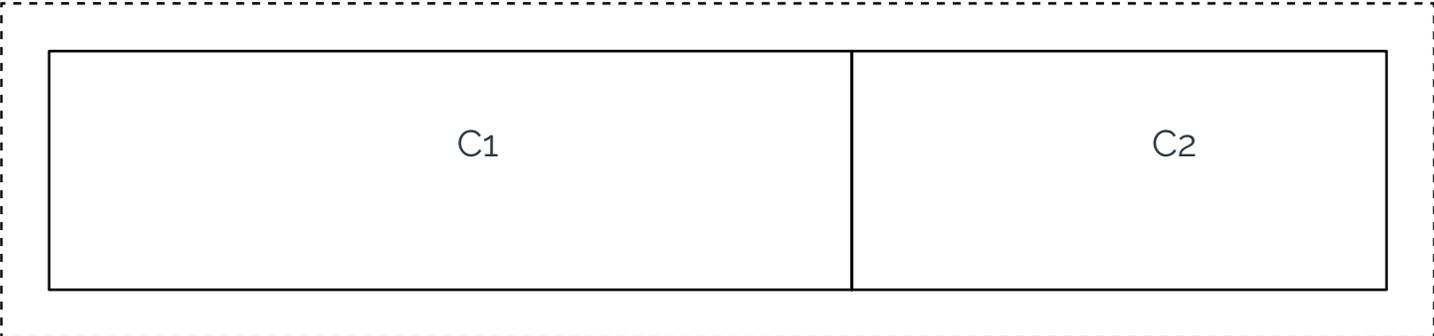
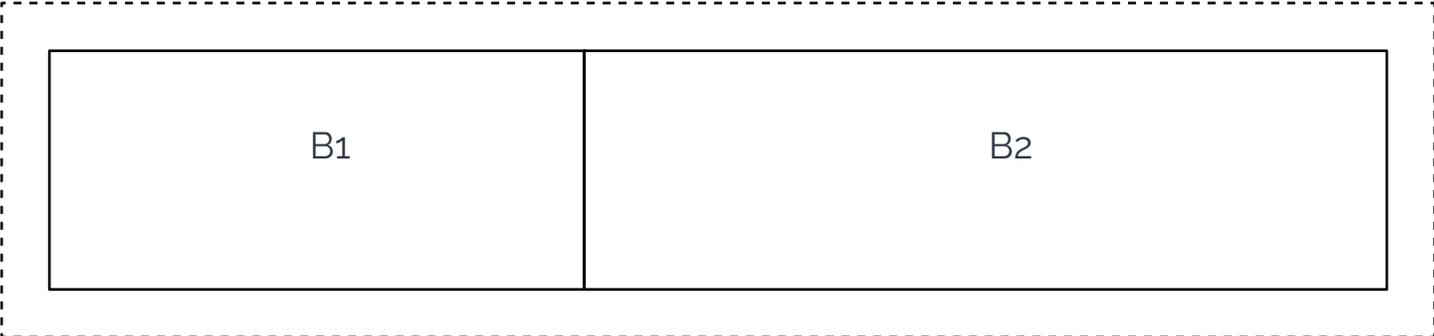
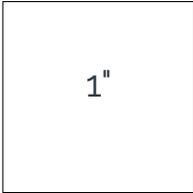
COLORING PAGE



TEMPLATES (BLOCK 1)



TEMPLATES (BLOCK 2)





APREMOO

by TaMara Howard



FRONTIER STAR

by Lindlee Smith

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DECO BREEZE

by Kristyn Jansen



ABOUT THIS PATTERN

The Modern Quilt Guild's mission is to support and encourage the growth and development of modern quilting through art, education and community.
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