

Proud and Free

10" x 8" finished

Block 8 honors the eagle, a symbol of courage, strength and the enduring spirit of freedom. Just as our nation has risen to every challenge, so too does this block soar with pride.

Materials

10" x 12" cream plaid flannel

Wool

Black- 5' x 6 1/2"

Brown- 2 1/4" x 5 1/2"

Cream small check- 2 1/4" x 4 1/2"

Red- 3 1/2" x 4 1/4"

Blue- 3" x 3"

Dark gold- 2" x 3 1/2"

Light yellow- 3" x 5"

Embroidery floss in colors to match the wool

Size 12 pearl cotton in cream and green.

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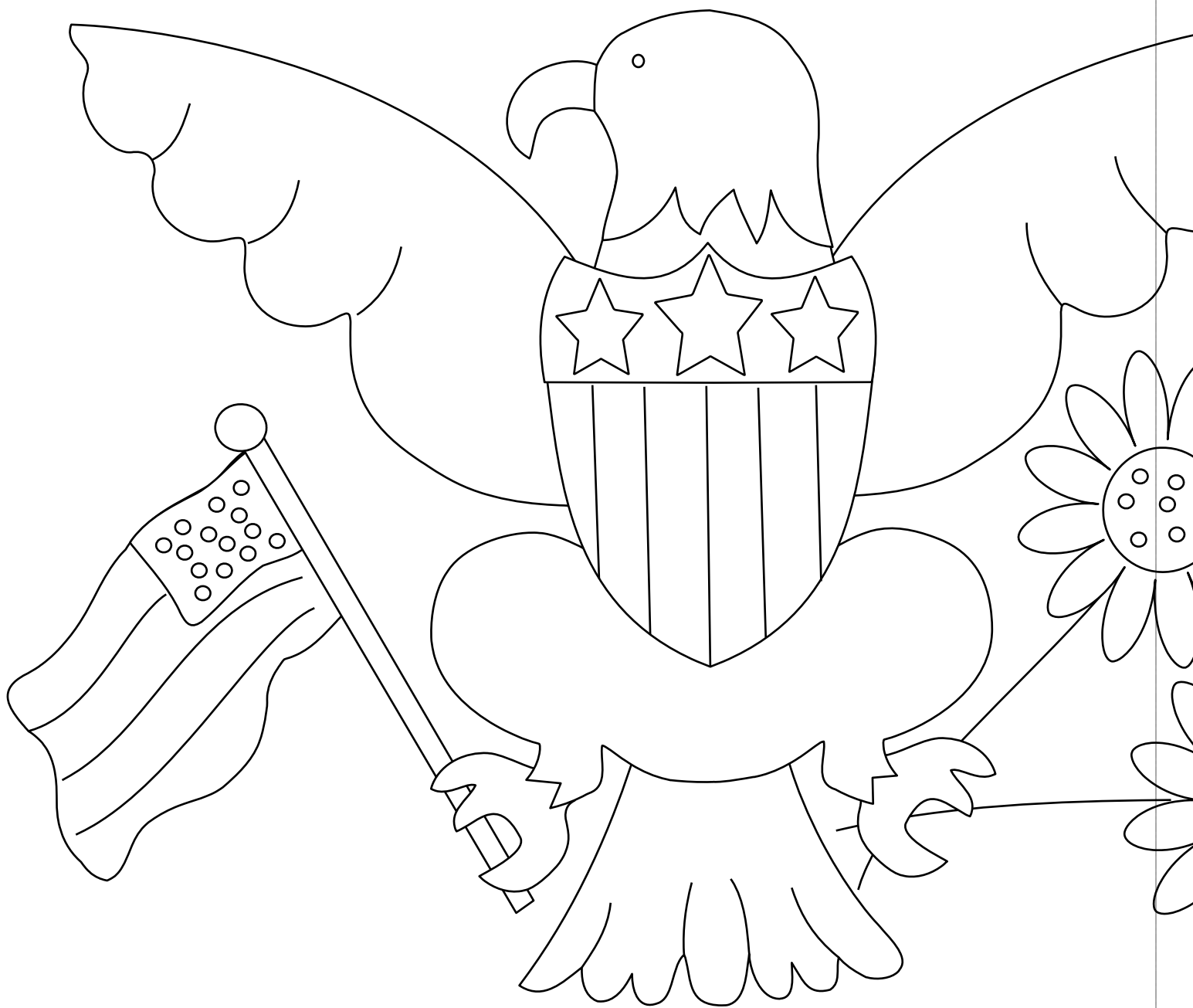
Linen Closet Designs
Vintage inspired designs for today's quilter.

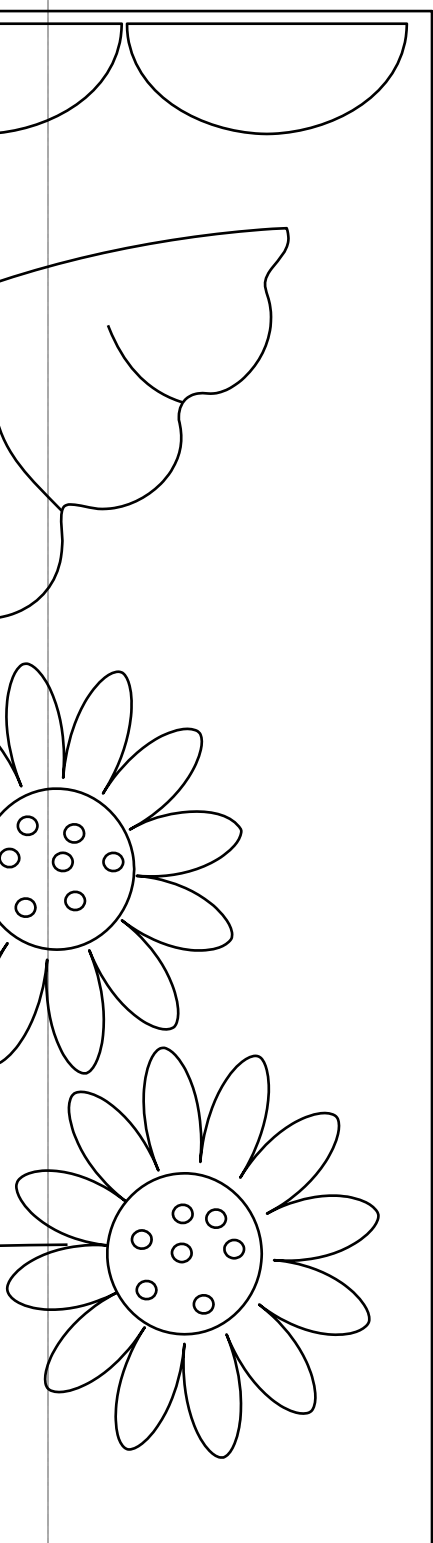


PROUD AND FREE

BLOCK 8 STARS, STRIPES AND STITCHES

Layout guide is exact size. Block measures 10 1/2" wide by 8 1/2" high- unfinished.





*From the flannel background fabric cut a 10 1/2" x 8 1/2" block. Seal the edges with Fray Block to prevent raveling and distortion.

*Refer to the template page and cut your shapes from the designated wool.

*The templates are not reversed as I do not use a fusible. I simply trace my shapes onto the paper side of freezer paper, iron to the wool and cut out on the drawn line. I staple the shapes to the background and stitch in place using two strands of embroidery floss and a whip stitch. If you are using a fusible, your eagle will simply face the opposite direction, no problem!

*Once the applique is finished, it's time to add some simple embroidery.

2 strands of cream floss- stem stitch the feather details on the eagle tail

2 strands of black floss- stem stitch the feather details on the eagle wings

French knot the eagle eye

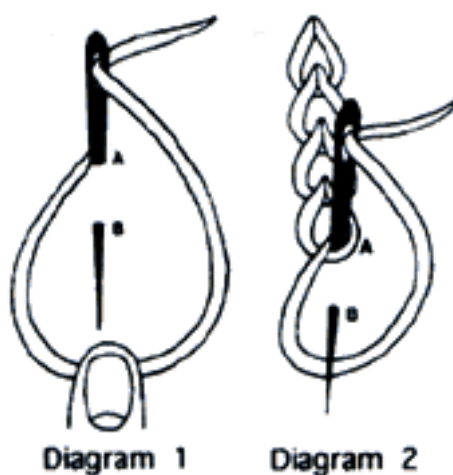
2 strands of gold floss- make 7 French knots in the center of each flower

make 14 French knots on the blue section of the flag

cream size 12 pearl cotton- chain stitch the stripes on the shield and the flag

green size 12 pearl cotton -chain stitch the stems of the flowers

I used a bit bigger chain stitch for the stripes and a smaller, tighter chain for the stems.



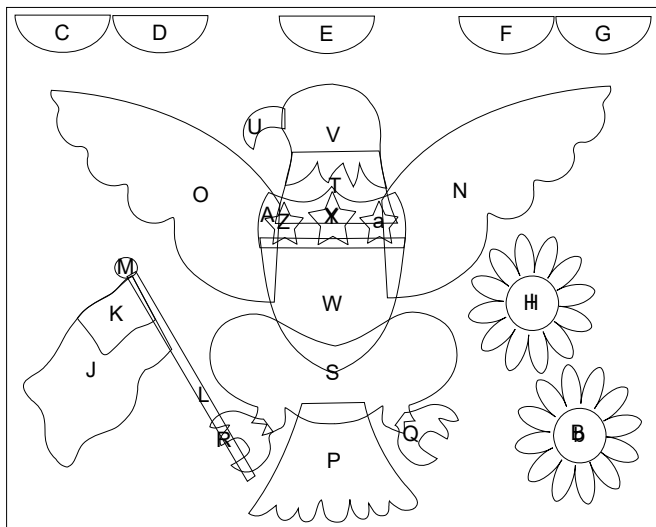
chain stitch



stem stitch

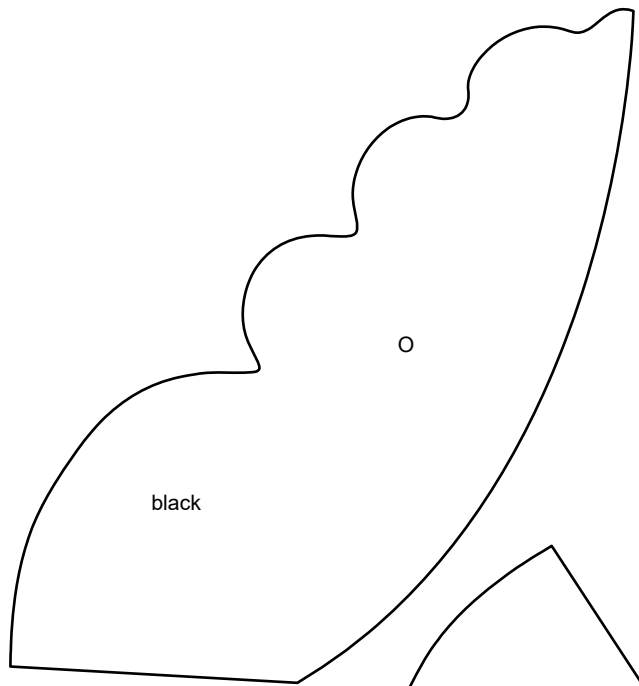
Proud and Free

Key Block (17/50 actual size)

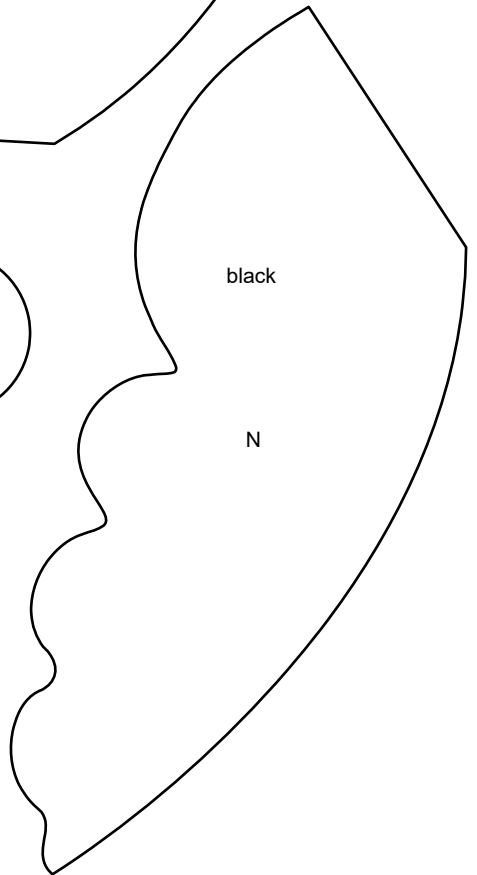


black

L

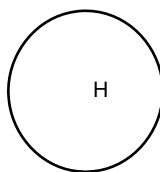


black

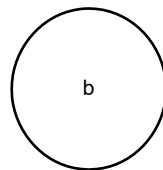


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N

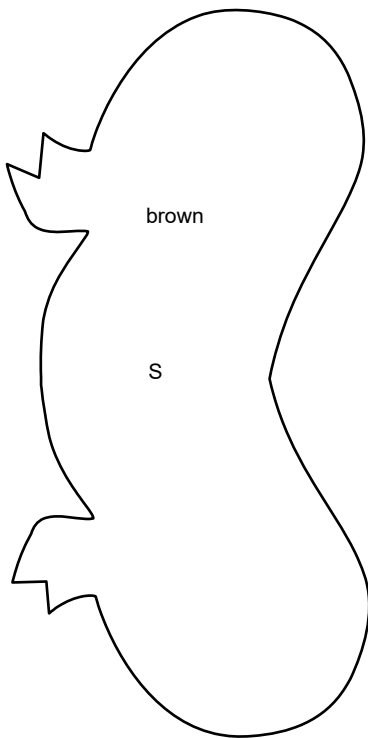


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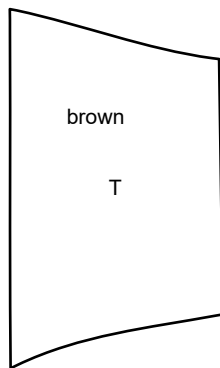
b

black



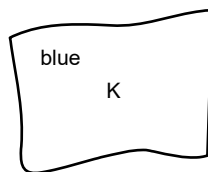
brown

S



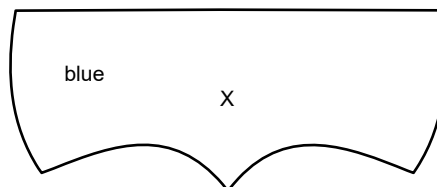
brown

T



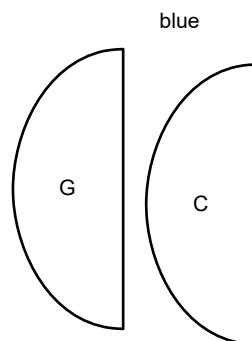
blue

K



blue

X



blue

G

C

