



# January

Block of the Month

## Trapunto

12" square

Trapunto is a kind of “super padding” that can be added to a quilt to make certain areas stand out in high relief. This is shown to the most advantage on a whole-cloth quilt in white on white.

### Materials needed:

(2) 12 ½ inch muslin squares, white or off-white yarn, pillow stuffing and quilting thread off-white.

Trace pattern on one piece of muslin. This will be the back. Baste two squares together or use the basting spray which works very well.

Outline the pattern with quilting stitches. Then turn the work over and continue with one of two methods:

**Stuffing**—working from the back, cut a small slit within a design area enclosed by quilting. Be sure to cut only the backing fabric, not the top. Using a blunt needle or crochet hook, insert a small amount of batting between the layers. Continue stuffing until the motif is smooth and puffy. Don't overstuff, or the area will pucker and the design will be distorted. Fill all the motifs before you close each opening with a whipstitch so you can compare the consistency of the stuffing.

**Linear designs** - To stuff linear motifs such as vines and monograms, you must first quilt two parallel lines. Then thread a blunt tapestry needle with a single or double length of yarn. Working from the back, carefully insert the needle between the two layers at the beginning of the design. Run the needle between the quilting lines, gathering the fabric as you go. Bring the needle out where the design turns, insert the needle again, and continue, leaving a little extra yarn out at each turn to prevent puckering. At the start and finish, trim the ends of the yarn close to the fabric, and work the ends into the holes.

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pattern to  
complete  
other  
side

