

Revised 2020 (2)

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2020 Updates: I revisited this handout in February and updated with new artwork and much better instruction. Everything is new except for the Gallery. Cindy

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## Introduction

If you're familiar with my line of stencils you've probably heard of The Ultimate Stencils. I use these to create an endless number of medallion designs in any size.

When I teach my design workshops, I often talk about a very simple shape that I use to create overall designs simply by repeating the shape and filling it any way I wish. It was another one of those light bulb moments when I decided I should have this shape cut into stencils.

The stencil has been cut into $2 ", 4 ", 6 "$ and $8 "$ sizes to accompany the most common sized quilt blocks. These are also good for repetitive wholecloth quilt designs.

This handbook will walk you thru different ways of repeating, filling, eliminating lines, adding lines and creating simple repetitive designs.

As with all my classes I encourage you to take my instructions and ideas and make these your own... I am merely lighting a small fire to get you rolling.

Please feel free to email me with any questions, ideas and show and tell of your designs. I LOVE hearing back from everyone!

Thank you! Cindy
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## Getting Started

This is The Ultimate Shape. Sort of a boring stencil but when you start looking at the parts you will see the endless possibilities of creating lots of designs. There is the obvious square around the outside; arches on all four sides and the very important horizontal, vertical and diagonal guides in the middle. The set comes with $2 ", 4 ", 6 " \& 8 "$ sizes.


You don't have to use ALL of the lines in the Ultimate Shape. You can pick and choose which ones you wish to use to create your design. That's what makes it so versatile! One of the best parts is that this comes in four different sizes so it will accommodate most blocks. You can also combine different sized shapes together to create even more designs.

I'm always encouraging my students to divide, conquer and fill a space. By eliminating some of the lines in the Ultimate Shape you can create different areas to fill.


## Making the Shapes Fit

Even though the Shapes come in four different sizes they are NOT going to fit every single space you want to fill. There is an easy fix!


Let's say I have a 5 " block that I want to put the Shape in. Obviously the 4 " $S$ is too small and the 6 " is too large.

Start by making a cross in the center of your square.

Now place the 4" Shape right over the cross and line up the horizontal and vertical lines on the stencil with the marks on your block. Draw your arches and the inside angled lines that you wish to use.


Now simply extend the lines and arches to fit the space.

## The Basic Three

Before we get started on filling the spaces, let's talk about an easy way to fill ANY space and make it look heirloom with very little effort. I call these The Basic Three.

You can easily fill any quilting space with free form feathers, repetitive lines or pebbles. You can use all three or just one or two of these fillers and they will transform any quilt block or wholecloth quilt into an heirloom piece. Most machine quilters can easily do one, two or all three of these.


The designs in this handbook will use just these three fillers so you can see how easily you can fill any space and make it look heirloom!

## Designing with the Shape

The Ultimate Shape is a perfect tool for creating a one-block design and even better for creating overall repetitive designs for pieced or wholecloth quilt settings.


Let's start with a very basic pieced quilt top.

The nine patches would be fine without any additional quilting but the white squares in-between are just begging for a design.

I've repeated the Shape in just the white blocks. Notice the secondary circle that is created around the center block.

The Shape could be repeated in ALL of the blocks.

Look what happens to the design! You now have a Cathedral Window effect with repetitive arches.

It's your choice which of the inside lines you wish to keep for quilting. If it were my quilt I would choose the diagonal lines only. This would show off the nine patches very well.



We've taken a very basic pieced top and made it fabulous simply by using one repetitive Shape, diagonal lines thru the blocks and adding some pebbles to create texture.

This is what the previous page would like in a wholecloth setting. The Shape has been repeated "on square".


This is the exact same design when it's repeated "on point".


This is the Shape in a wholecloth quilt setting. Both the inside of the Shape and the outside arches were filled with free form Feathers.


The Shape was filled with free form feathers and the arches with repetitive lines.

This is how it looks in a pieced block setting.
Amazing what you can do with a simple pinwheel block!



This example shows the Shape being repeated on point. Notice how I ignored the plain/pieced block seams and quilted right over the top of them The arches were left with no fillers to make them a "sunshine" and repetitive lines were added in the middle areas to create a "shadow" or texture.

Now let's take repetitive lines and fill the center space. Your lines don't need to be perfectly straight...make them straight-ish. If you are consistent with the "ish" then they are supposed to be that way!


I have a design tip that I call the "peanut butter cup". Chocolate and peanut butter are VERY good together...so are strong geometrics and soft designs. If you have a strong geometric design, similar to what is in the middle of this block, then add something soft next to it. I've decided to add free form feathers. Now look at the design you've created!


## Gallery of Designs

The following pages include a sampling of designs that you may create with The Ultimate Shape.

Remember...these are here to get you started! Take off and run with these and have fun.



This is the same design shown earlier



For this block I simply filled both the middle AND the arches with free form feathers.


Repetitive lines don't always have to be straight. Follow the curve of the arches and look at the beautiful design that is created! Use the arch from the Ultimate Shape to create the curved lines.

SQUARE



You can divide the quadrants with "V" shaped repetitive lines and fill the arches with feathers.


Divide the quadrants alternately like this. No end to the ways you can divide this space with repetitive lines!



This block was very easy to do! I eliminated the outside arches and the horizontal and vertical lines.

Using the diagonal dashed lines as my point of reference I drew angled lines out from the corner and had them end "every two dashes". This kept everything even and symmetrical.



Eliminate the arches.
Draw lines out from the corners to make a four pointed star.

Fill as desired.




Use all the lines in the middle and eliminate the arches.

Extend the middle lines out



1. Start by marking all four arches...be sure to mark the small " x " in the middle.
2. Now flip the stencil around, line up the " $x$ " in the middle and mark the points only.
3. Fill as desired! Very cool design!



Look what happens when you overlap TWO of the Ultimate Shapes.

Start with a larger sized stencil first and place it SQUARE on your quilt. Then take a smaller sized stencil and put it on POINT.

The possibilities of filling these spaces is simply endless!


Many of you may be aware of my set of designing stencils called The Ultimate Stencils. These are round and square stencils with $1 / 2$ " repetitive lines and basic angles that you can use to create an unlimited number of designs in any size. If you haven't heard of them email me and request the free instructional E-Book. (linenqltr@comcast.net)

One of the reasons I enjoy using these so much is they have all the basic angles and lines I need to create centered and symmetrical designs.

You can combine The Ultimate Shape with these designing stencils for even more options! Check out the next few pages for some great tips on how to do this.



I decided I wanted to create a feathered wreath inside of the Ultimate Shape. In order to get my design perfectly centered and get a perfect circle for the feather spine, I used the circle Ultimate Stencil to create my guidelines.

I placed the circle Ultimate Stencil on top of the Ultimate Shape lining up the middle "x's" and traced the center circle. This circle will be the spine of the feather wreath. I drew one more smaller circle in the middle to wrap my feathers around.


I drew/quilted my feathers to fill the space.



I filled the middle with repetitive lines, the arches with free form feathers and filled the circle with pebbles/ bubbles.



I placed the square Ultimate Stencil on point on TOP of the Ultimate Shape lining up the " $x$ 's" and traced the center squares.
 Ultimate Shape.

This design uses the square Ultimate Stencil. This time I wanted a perfect, centered square in the middle of the



The Ultimate Stencils provide perfect lines and angles to create an unlimited number of star designs. Here's just one!

I placed the square Ultimate Stencil on TOP of the Ultimate Shape lining up the " x 's" in the middle.

I traced every other angled line.


I took my ruler and connected my lines to make star points.



Using the angles on the Ultimate Stencil as your guide, and using only a $1 / 4$ section of the Ultimate Shape, rotate and repeat this fan shape.


If you would like a shape that is more full and detailed then simply add more blades!



