

Yo-Yo Quilt

Rarely seen today, Yo-Yo Quilts are made by sewing circles from scraps of fabric and piecing the circles together.

To make a Yo-Yo
Cut a circle of desired size from lightweight fabric.

Thread a hand sewing needle with extra strong thread. Use a double strand and knot the end.

With wrong side of circle facing up, begin turning a 1/8 - 1/4" seam allowance to the wrong side. Hide the knot by inserting the needle into the fold. Turn the seam allowance down as you make a row of running stitches very close to the folded edge. These stitches should not be too small. The larger the yo-yo, the larger the stitches will need to be in order to pull the yo-yo centre tight.

Continue folding the seam allowance and stitching around the circle until you reach the beginning. Pull up stitches tightly to close the centre of the circle.

Smooth and flatten circle with your fingertips. The hole should be in the centre. The side with the hole is usually considered to be the front or right side of the yo-yo.

Take a couple of small stitches and knot thread. You can also run the thread through the back of the yo-yo and knot off. Clip thread ends close to yo-yo. If the centre opening looks too big, try making larger stitches on your next circle.

To Tack Yo-Yos Together

Hand Tacking - Hold yo-yos edge to edge and tack two or three stitches with a double thread. Knot off.

Machine Tacking - Use an open-toed embroidery foot and a neutral colour thread. Drop the feed-dog. Set the stitch length to zero. Adjust stitch width to a medium width to make sure it's wide enough to secure both yo-yos together. Make five or six stitches. Cut threads.



A PART of THE NOVA SCOTIA MUSEUM