

# ATARAXY & ATARAXY INVERSE *Envelope Pillows*



by AnneMarie Chany  
of Sister Sampler Quilts

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Makes one 14" (35.6cm) square pillow with envelope closure.

# Ataraxy Block

*This lovely quilt block is based on the Ladies' Art Company block called Square and Star. I added some fun in the middle of the block to create a focus in the center. Use the Ataraxy 12" (30.5cm) finished block to make a beautiful pillow with an envelope closure.*

*Ataraxy also has a Vice Versa block (or an inverse), in which the positive and negative spaces are switched between the blocks. It's fun to make the blocks as a set to create two pillows.*

## MATERIALS

1 fat eighth (9" × 22" [22.9cm × 55.9cm]) each of red print, orange print, green print and navy print

1 fat quarter (18" × 22" [45.7cm × 55.9cm]) of solid gray fabric (background)

1 fat quarter (18" × 22" [45.7cm × 55.9cm]) backing fabric

16" (40.6cm) square of batting

One 14" (35.6cm) pillow form

## CUTTING

***From the gray solid (background), cut***

Two 1½" × 14½" (3.8cm × 36.8cm) rectangles

Two 1½" × 12½" (3.8cm × 31.8cm) rectangles

Four 3½" (8.9cm) squares

Eight 4½" (11.4cm) squares (for Half Square Triangles and Hourglass)

***From the red, orange, green and navy prints, cut***

Two 4½" (11.4cm) squares

One 2" (5.1cm) square

***From the backing fabric, cut***

One 9" × 14½" (22.9cm × 36.8cm) rectangle

One 13" × 14½" (33cm × 36.8cm) rectangle

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## PIECING INSTRUCTIONS

### Make Half-Square Triangle (HST) Units

- 1 Draw a diagonal line on the wrong side of one  $4\frac{1}{2}$ " (11.4cm) gray square.
- 2 Layer 1 gray square on top of one  $4\frac{1}{2}$ " (11.4cm) green print square with right sides together. Sew the pair together, stitching  $\frac{1}{4}$ " (6mm) away from each side of the drawn line (Figure 1).
- 3 Cut the pair apart along the drawn line to make 2 HST units (Figure 2). Press the seam allowances toward the darker fabric (Figure 3). Repeat the process to yield the fabric combinations in the HSTs Yield table below.

The HSTs should be trimmed to  $3\frac{1}{2}$ " (8.9cm), unfinished.

HSTs Yield:

- ▶ 1 HST with gray solid/green print
- ▶ 1 HST with gray solid/orange print
- ▶ 1 HST with gray solid/red print
- ▶ 1 HST with gray solid/navy print

**NOTE:** You will make 2 HSTs using this method, but we will only use 1 in this block. The leftover HSTs may be used for the Ataraxy Inverse block.

Figure 1

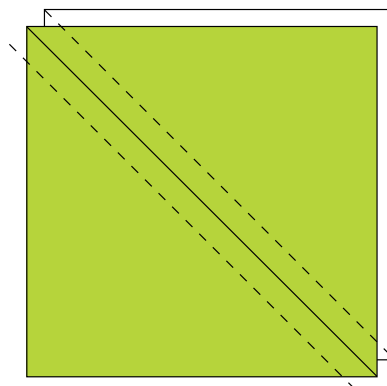


Figure 2

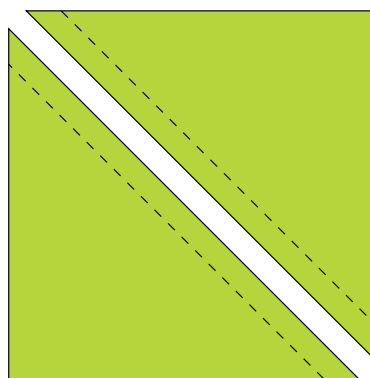
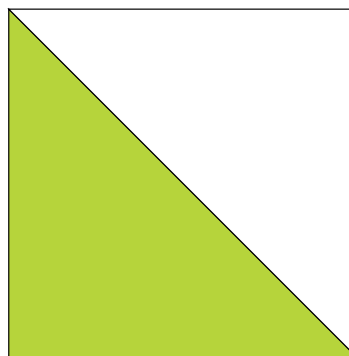


Figure 3



## Make Stitch-n-Flip Units with HST Units

**1** Pair 1 gray/green print HST square with the 2" (5.1cm) green print square to make 1 Stitch-n-Flip unit. Draw a diagonal line on the wrong side of the 2" (5.1cm) green print square.

**2** Lay the 2" (5.1cm) green print square on top of the top right gray corner of the HST square with right sides together (Figure 4).

**3** Sew on the drawn line, then trim the excess by cutting  $\frac{1}{4}$ " (6mm) away from the stitching (Figure 5). Press the corner open to complete the unit (Figure 6).

**4** Repeat the process to yield the fabric combinations in the HST Stitch-n-Flip Yield table below.

Stitch-n-Flip units are  $3\frac{1}{2}$ " (8.9cm) square, unfinished.

HST Stitch-n-Flip Yield:

- ▶ 1 gray solid/green print
- ▶ 1 gray solid/orange print
- ▶ 1 gray solid/red print
- ▶ 1 gray solid/navy print

Figure 4

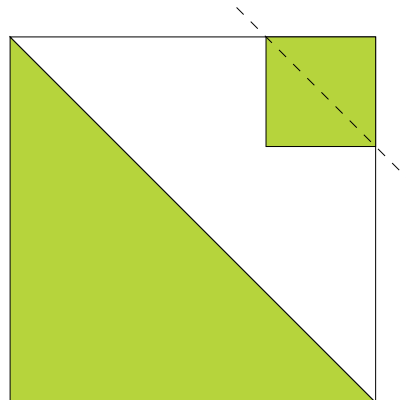


Figure 5

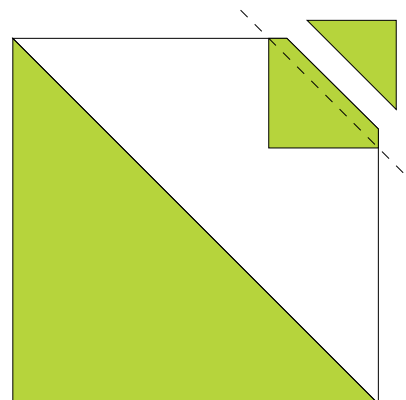
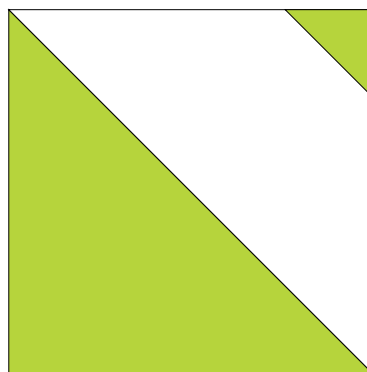


Figure 6



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## Make Hourglass Units

**1** Draw a diagonal line on the wrong side of one 4½" (11.4cm) gray solid square (Figure 7).

**2** Layer the gray solid square over one 4½" (11.4cm) green print square with right sides together. Sew the pair together, stitching ¼" (6mm) on each side of the drawn line (Figure 8).

**3** Cut the pair apart along the drawn line to make 2 Half-Square Triangle (HST) units. Without moving the HST units from the mat, cut along the opposite diagonal (Figure 9).

**4** Press the seams to one side (Figure 10), then partner pairs of triangles together, pin and sew the Hourglass block (Figure 11). Repeat the process to yield the fabric combinations in the Hourglass Yield table below. The Hourglass units should be trimmed to 3½" (8.9cm) square, unfinished.

### Hourglass Yield:

- ▶ 2 gray solid/green print
- ▶ 2 gray solid/orange print
- ▶ 2 gray solid/red print
- ▶ 2 gray solid/navy print

Figure 7

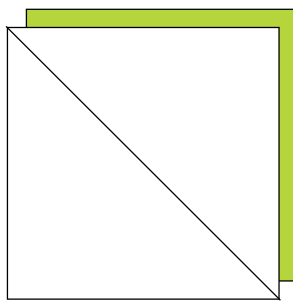


Figure 8

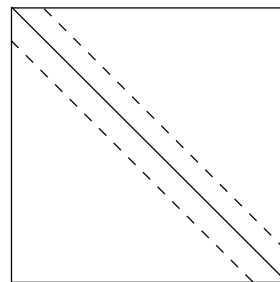


Figure 9

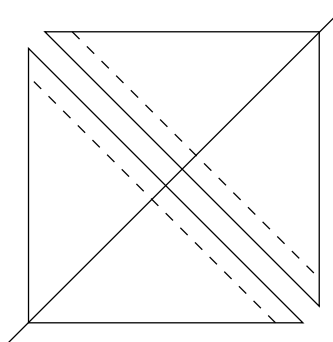


Figure 10

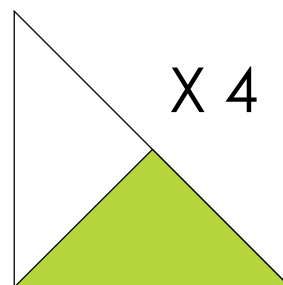
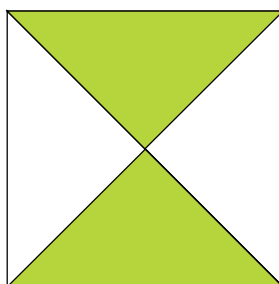


Figure 11



*fw*

## Lay Out the Block

**1** Lay out 1 of each color of the HST Flip-n-Stitch units, 2 Hourglass units of each color and four  $3\frac{1}{2}$ " (8.9cm) gray solid squares (Figure 12).

**2** Sew the units together into 4 rows (Figure 13).

**3** Sew the 4 rows together to complete the block (Figure 14).

Block size is  $12\frac{1}{2}$ " (31.8cm) square, unfinished, and 12" (30.5cm) finished.

Figure 12

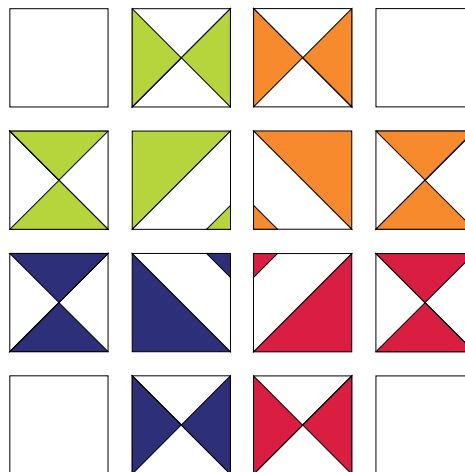


Figure 13

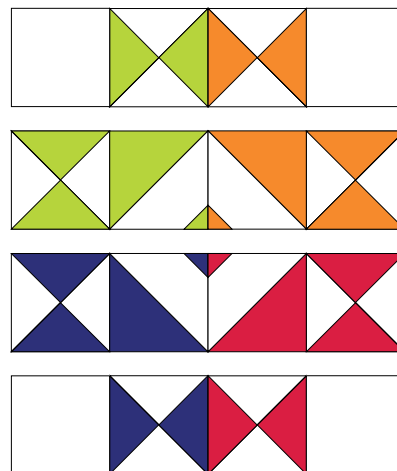
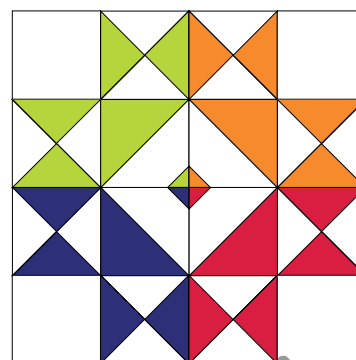


Figure 14



### Add Border

Add border strips by first sewing the  $1\frac{1}{2}'' \times 12\frac{1}{2}''$  (3.8cm  $\times$  31.8cm) strips to the left and right sides of the quilt block. Sew the  $1\frac{1}{2}'' \times 14\frac{1}{2}''$  (3.8cm  $\times$  36.8cm) border strips to the top and bottom of the quilt block (Figure 15). Press all seams.

Pillow front is  $14\frac{1}{2}''$  (36.8cm) square, unfinished, and  $14''$  (35.6cm) square, finished (Figure 16).

### Quilt As Desired

Lay the pillow front right-side up on top of the  $16''$  (40.6cm) square of batting. Pin-baste the 2 layers together. Quilt as desired. Trim the excess batting.

This small pillow needs very little quilting to hold the two layers together. If you are new to quilting, I would suggest stitching-in-the-ditch (stitching on the seamlines, but just a hair toward one side) in a few places. I quilted a crosshatch grid with lines  $\frac{1}{2}''$  (1.3cm) apart.



Crosshatch-grid quilting

Figure 15

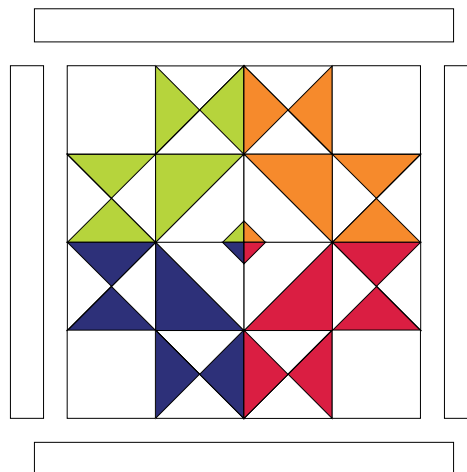
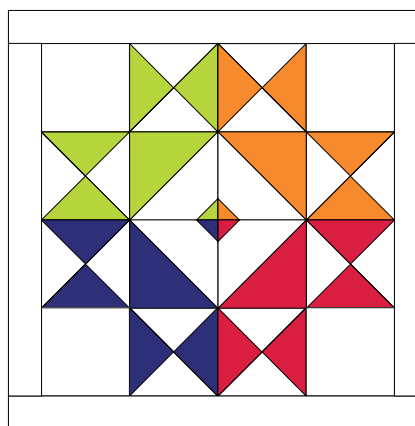


Figure 16



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### Make a Pillow Back with an Envelope Closure

**1** Begin with the 13" × 14½" (33cm × 36.8cm) backing rectangle. Fold one 14½" (36.8cm) edge over ½" (1.3cm), wrong sides together, and press. Fold over another ½" (1.3cm) and press again to create a hem to enclose the raw edge of the fabric. Pin in place. Sew a topstitch ⅛" (3mm) from the outside folded edge of the fold to secure in place. Press. Repeat with the 9" × 14½" (22.9cm × 36.8cm) backing rectangle.

**2** Lay the pillow front right-side up. Lay the 2 hemmed backing rectangles on top of the pillow front with wrong-sides up. Align the edges of the back pillow pieces with the pillow front on all 4 sides. The 2 backing pieces will overlap in the middle of the pillow. Pin in place.

**3** Sew around all 4 sides with a ¼" (6mm) seam. Backstitch at the beginning and end. Clip the excess fabric at the corners to reduce the bulk. Turn the pillow cover right-side out (Figure 17).

You're done! Insert the pillow form through the opening to finish.

Figure 17



*fw*



Makes one 14" (35.6cm) square pillow with envelope closure.

# Ottaraxy Inverse

## MATERIALS

- 1 fat eighth (9" × 22" [22.9cm × 55.9cm]) each of red print, orange print, green print and navy print
- 1 fat quarter (18" × 22" [45.7cm × 55.9cm]) solid gray fabric (background)
- 1 fat quarter (18" × 22" [45.7cm × 55.9cm]) backing fabric
- 16" (40.6cm) square of batting
- One 14" (35.6cm) square pillow form

## CUTTING

### ***From the gray solid (background), cut***

Two 1½" × 14½" (3.8cm × 36.8cm) rectangles

Two 1½" × 12½" (3.8cm × 31.8cm) rectangles

Eight 4½" (11.4cm) squares for Half-Square Triangles and Hourglass

Four 2" (5.1cm) squares

Note: If you have leftover HSTs from the Ataraxy pattern, you will only need four 4½" (11.4cm) squares

### ***From the red, orange, green and navy prints, cut***

Two 4½" (11.4cm) squares

One 3½" (8.9cm) square

Note: If you have leftover HSTs from the Ataraxy pattern, you will only need one 4½" (11.4cm) square

### ***From the backing fabric, cut***

One 9" × 14½" (22.9cm × 36.8cm) rectangle

One 13" × 14½" (33cm × 36.8cm) rectangle

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## PIECING INSTRUCTIONS

### Make Half-Square Triangle (HST) Units

**NOTE:** If you are using leftover HSTs from the Ataraxy pattern, skip to step 4.

**1** Draw a diagonal line on the wrong side of one  $4\frac{1}{2}$ " (11.4cm) gray square.

**2** Layer 1 gray square on top of one  $4\frac{1}{2}$ " (11.4cm) green print square with right sides together. Sew the pair together, stitching  $\frac{1}{4}$ " (6mm) away from each side of the drawn line (Figure 1).

**3** Cut the pair apart along the drawn line to make 2 HST units (Figure 2). Press the seam allowances toward the darker fabric (Figure 3). Repeat the process to yield the fabric combinations in the HSTs Yield table below.

The HSTs should be trimmed to  $3\frac{1}{2}$ " (8.9cm), unfinished.

HSTs Yield:

- ▶ 1 HST with gray solid/green print
- ▶ 1 HST with gray solid/orange print
- ▶ 1 HST with gray solid/red print
- ▶ 1 HST with gray solid/navy print

**NOTE:** If you already have HSTs prepared, continue to the next step on page 11.

Figure 1

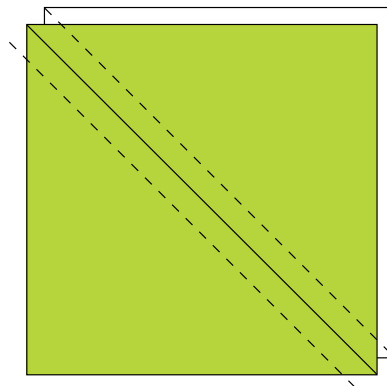


Figure 2

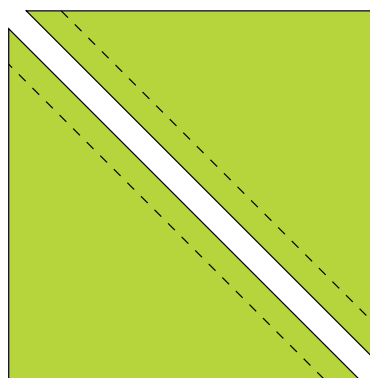
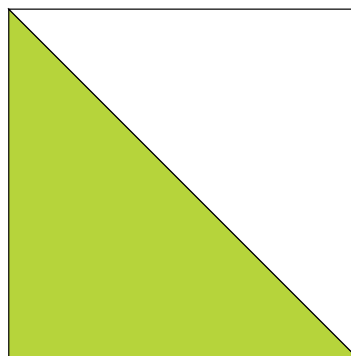


Figure 3



## Make Stitch-n-Flip Units with HST Units

- 1** Pair 1 gray/green print HST square with one 2" (5.1cm) gray solid square to make one Stitch-n-Flip unit. Draw a diagonal line on the wrong side of the 2" (5.1cm) gray solid square.
- 2** Lay the 2" (5.1cm) gray solid square on top of the green print in the top right corner of the HST square with right sides together (Figure 4).
- 3** Sew on the drawn line and trim the excess by cutting  $\frac{1}{4}$ " (6mm) away from the stitching (Figure 5). Press the corner open to complete the unit (Figure 6).
- 4** Repeat the process to yield the fabric combinations in the HST Stitch-n-Flip Yield table below.

Stitch-n-Flip units are  $3\frac{1}{2}$ " (8.9cm) square, unfinished.

HST Stitch-n-Flip Yield:

- ▶ 1 gray solid/green print
- ▶ 1 gray solid/orange print
- ▶ 1 gray solid/red print
- ▶ 1 gray solid/navy print

Figure 4

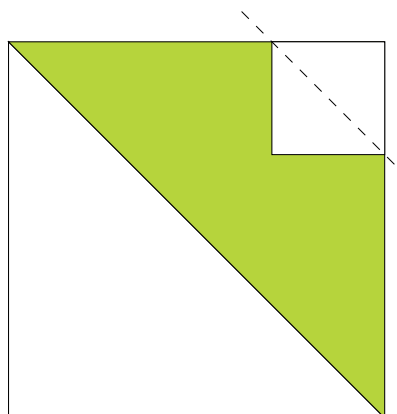


Figure 5

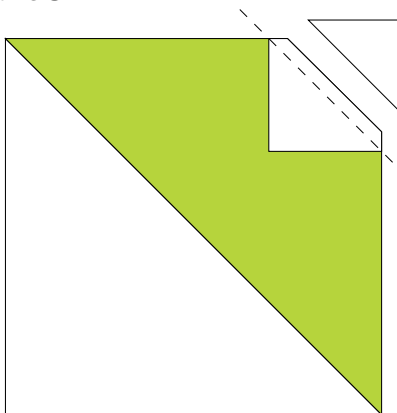
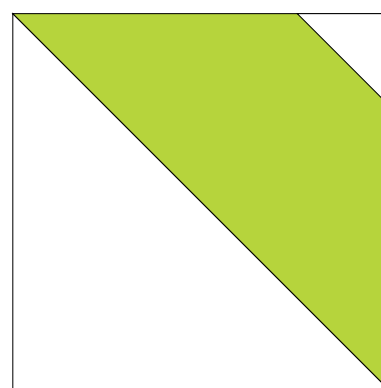


Figure 6



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## Make Hourglass Units

**1** Draw a diagonal line on the wrong side of one 4½" (11.4cm) gray solid square.

**2** Layer the gray solid square on top of one 4½" (11.4cm) green print square with right sides together (Figure 7). Sew the pair together, stitching ¼" (6mm) on each side of the drawn line (Figure 8).

**3** Cut the pair apart along the drawn line to make 2 HST units. Without moving the HST units from the mat, cut along the opposite diagonal (Figure 9). Press the seams to one side (Figure 10).

**4** Combine pairs of triangles together, pin and sew the Hourglass block (Figure 11). Repeat the process to yield the fabric combinations in the Hourglass Yield table below.

The Hourglass units should be trimmed to 3½" (8.9cm) square, unfinished.

### Hourglass Yield:

- ▶ 2 gray solid/green print
- ▶ 2 gray solid/orange print
- ▶ 2 gray solid/red print
- ▶ 2 gray solid/navy print

Figure 7

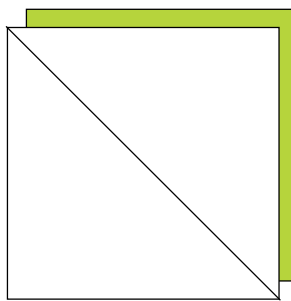


Figure 8

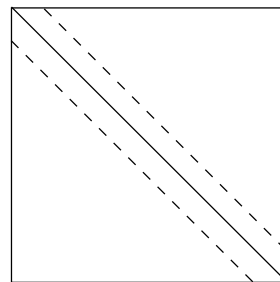


Figure 9

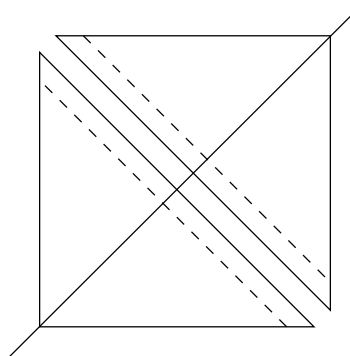


Figure 10

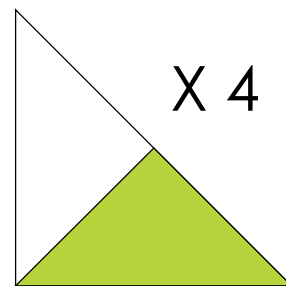
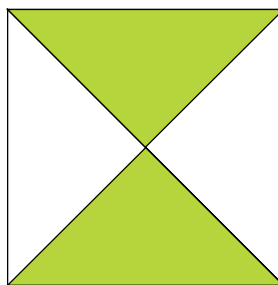


Figure 11



*fw*

## Lay Out the Block

**1** Lay out 1 of each color of the HST Flip-n-Stitch units, 2 Hourglass units of each color and the 3½" (8.9cm) green print, orange print, red print and navy print squares (Figure 12).

**2** Sew the units together into 4 rows (Figure 13).

**3** Sew the 4 rows together to complete the block (Figure 14).

Block size is 12½" (31.8cm) square, unfinished, and 12" (30.5cm) square, finished.

Figure 12

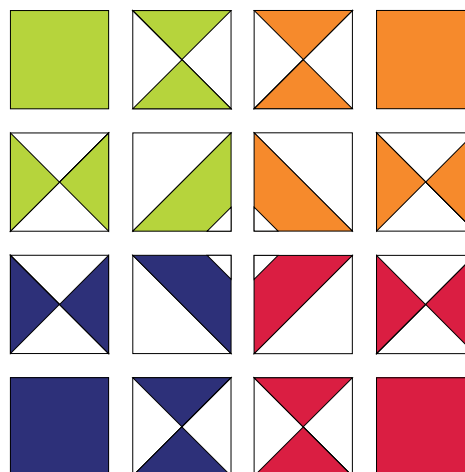


Figure 13

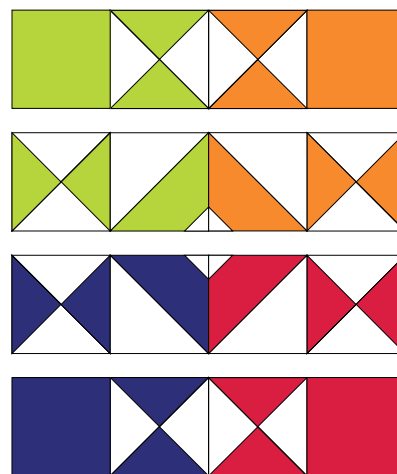
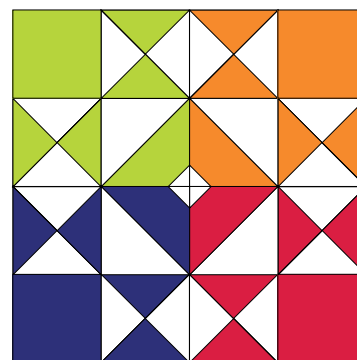


Figure 14



### Add Border

Add border strips by first sewing the  $1\frac{1}{2}'' \times 12\frac{1}{2}''$  (3.8cm  $\times$  31.8cm) border strips to the left and right sides of the quilt block. Sew the  $1\frac{1}{2}'' \times 14\frac{1}{2}''$  (3.8cm  $\times$  36.8cm) border strips to the top and bottom of the quilt block (Figure 15). Press all seams.

Pillow front is  $14\frac{1}{2}''$  (36.8cm) square, unfinished, and  $14''$  (35.6cm) square, finished (Figure 16).

### Quilt as Desired

**1** Lay the pillow front right-side up on top of the  $16''$  (40.6cm) square of batting. Pin-baste the 2 layers together. Quilt as desired. Trim excess batting.

This small pillow needs very little quilting to hold the 2 layers together. If you are very new to quilting, I would suggest using stitch-in-the-ditch (stitching on the seamlines, or just a thread's width to one side) in a few places.

I quilted a crosshatch grid with lines  $\frac{1}{2}''$  (1.3cm) apart.



Crosshatch-grid quilting

Figure 15

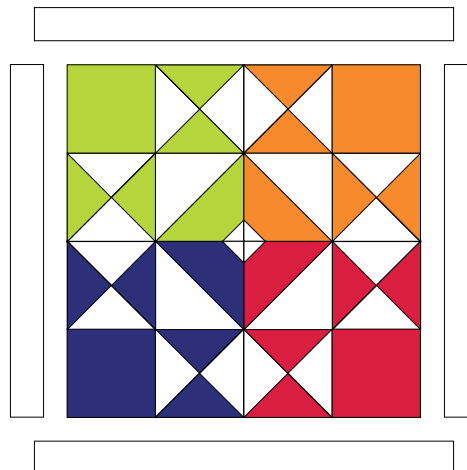
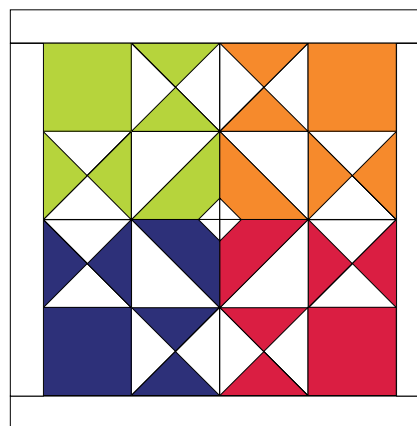


Figure 16



*fw*

**Figure 18**

### *Make a Pillow Back with an Envelope Closure*

**1** Begin with the 13" × 14½" (33cm × 36.8cm) backing rectangle. Fold one 14½" (36.8cm) edge over ½" (1.3cm) with wrong sides together; press. Fold over another ½" (1.3cm) again and press to create a hem to enclose the raw edge of the fabric. Pin in place. Sew a topstitch ⅛" (3mm) from the outside folded edge of the fold to secure in place. Press. Repeat with the 9 × 14½" (22.9cm × 36.8cm) backing rectangle.

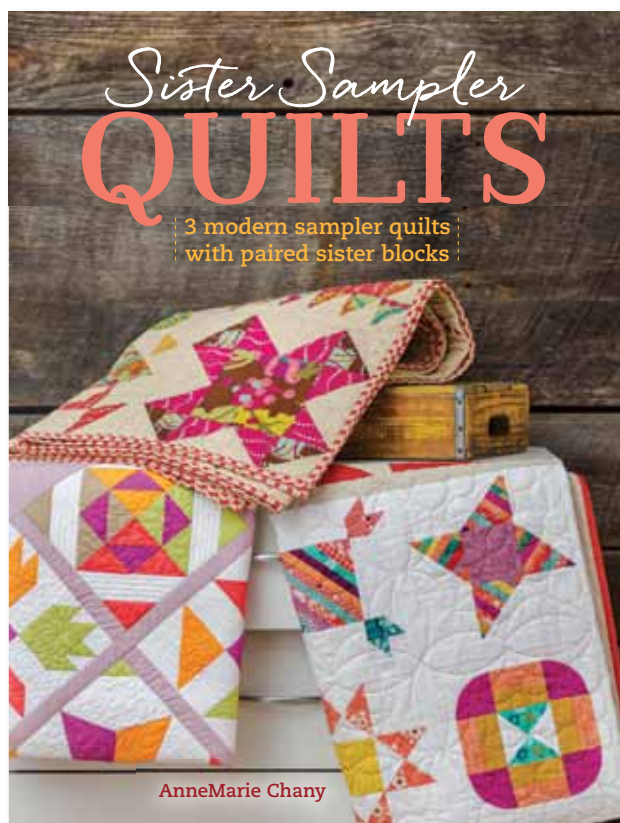
**2** Lay the pillow front right-side up. Lay the 2 backing rectangles on top of the pillow front wrong-sides up. Align the edges of the back pillow pieces with the pillow front on all 4 sides. The 2 backing pieces will overlap in the middle of the pillow. Pin in place.

**3** Sew around all 4 sides with a ¼" (6mm) seam. Backstitch at the beginning and end. Clip the excess fabric at the corners to reduce the bulk. Turn the pillow cover right-side out (Figure 18).

You're done! Insert the pillow form through the opening to finish.



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