Super-Cushy Sit-Upon

An easy, fat quarter project

Beginner Level

Pattern by: Amelie Scott Designs

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Dear Girl Scout,

I’m glad you decided to make the Super-Cushy Sit-Upon. This is a great project, even if you’ve been sewing for a while. If you’re new to sewing, I think you’ll really enjoy it. Sewing is also a great skill to have, because you can make so many different things for your room and friends. Plus, it is fun to get together with your friends and make cool stuff. Have fun! -- Katie Amélie

Getting Started

Supplies
- Three fat quarters from the Robert Kaufman Girl Scouts® Fabric Collection -- two for the seat, one for the ties
- Foam square -- 1" thick, and about 18" x 20"
- A rotary cutter, mat, & ruler
- Pins

Overview
There are four easy steps to this project:
1. Cut your fabric and foam
2. Make the ties
3. Attach the ties
4. Assemble the Sit-Upon

Step 1 -- Cutting the Fabric and Foam

Cutting the fat quarters -- Take one of the fat quarters for the seat, and lay it on the cutting mat so that the short side (18") goes up & down, and the long side (about 21") goes left to right.

Make sure the left side is even with the lines on your mat. Measure over 20" and cut. Repeat with the other fat quarter.

Take the fat quarter for the ties, and cut as shown in Diagram A. Make the main cuts first (dark lines), then the sub-cuts.

Cutting the foam -- To cut your foam, lay it down so that the long side is laying left to right.

Measure 15" across, draw a line there, and cut along that line.

![Diagram A](image)

Katie Tip: Clipping the corners helps the ties lay flat when you turn them right-side out. If you don’t, the extra fabric will bunch up and you’ll have a lumpy tie.

Iron well, and you have your ties!

Step 2 -- Making your ties

The first thing you need to do is create the ties that you’ll use to hold the foam in. To do this, take one of your 10" x 5" strips, fold it in half down the long side, with the right sides together. Iron well. Do this for all of your strips.

Take one of your newly ironed strips, and lay it down with the raw edge facing right. Pin along the right side and the bottom. Sew a 1/2" seam along the long raw edge and the top. Do this for all your strips.

Clip the corners of ties as shown in Diagram B, and flip them right-side out.

![Diagram B](image)
Step 3 -- Attaching the ties

In this step, you are going to firmly attach your ties to the fabric by sewing the ties into a folded seam around the edge.

**Positioning the ties** -- Take one of your 18" x 20" blocks, and lay it on a table, so that the short side is going left to right and the wrong side of the fabric is facing up.

At the bottom edge, measure (or fold) to find the center of the fabric, and place a pin there. Next, measure one inch from the left and right sides of the fabric, and pin a tie in place, so that the raw edge of the tie is aligned with the bottom of the fabric. Do the same at the right side. Center a tie over the pin you used to mark the middle of the fabric. See Diagram C.

**Making the Folded Seam** -- Now, without moving your ties, measure 1/2" from the bottom, and fold your fabric up (the ties will also be folded). You may want to pin the fold in place. Iron well. Fold the bottom up 1/2" one more time, and iron again. Pin the fabric in place, and sew a 1/2" seam along the upper (first) fold, as shown in Diagram D.

Now, flip your ties over the fold and pin in place. Sew a seam over the ties. Sew as close to the edge of the fabric as you can, and make sure to go over your ties really well. See Diagram E.

Repeat with the remaining 3 ties and the other 18" x 20" block.
Step 4 -- Assembling your sit-upon

Take your blocks, and lay them on top of each other with right sides together, making sure that the ends with the ties match up. Pin along all the sides except the one with the ties.

Sew a 1/2” seam along the pinned sides, making sure that your ties are out of the way (you don’t want to accidentally sew them into the side seams). See Diagram F.

Clip the corners, and flip the sit-upon right-side out. Finally, slip in your foam square, tie your ties together and you have a Super-Cushy Sit-Upon!

We at Amélie Scott Designs are always interested in seeing completed projects, so if you care to share, please email a picture of you and your quilt to katie@ameliescott.com. We will put your picture in our online gallery at www.ameliescott.com.

Now, enjoy!

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About the Designer

Katie is a 15-year-old designer with Amélie Scott Designs. She started sewing at age nine, when she was a Girl Scout.

Katie’s first major project was sewing comfort pillows for breast cancer patients, as part of her Bronze Award for Girl Scouts. She made her first quilt at age ten.

Katie has designed several quilts for Amélie Scott, and four of her patterns are now being sold nationwide.

The Super-Cushy Sit-Upon is Katie’s second design created specifically for use with the Robert Kaufman Girl Scouts® Fabric Collection.