

BLOCK

VOL 13 ISSUE 1 2026

Stitching History Celebrating America's 250th Birthday with Quilts

TOOLS

Tips and tricks for choosing
the right scissors

SKILLS

Learn the ins and outs of
our Logcabin rag quilt

PATTERNS

Amy Barickman crafts
a cozy duo with her
Sunshine Polly Doll, with
matching Quilt + Pillow

MISSOURI STAR
— QUILT CO. —





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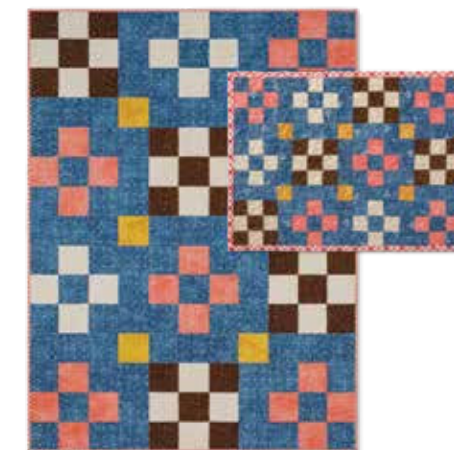
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Amy Barickman grew up surrounded by the creative influences of her loved ones. Learn how those people shape her career today.



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A NOTE FROM Natalie

Dear Quilters,
Winter seems to drag on, but this mid-season slump has a funny way of slowing us down just enough to notice the beautiful things around us. The snow-covered trees, quiet sunrises, and the comforting textures of our favorite fabrics. Colors feel softer, stitches feel softer, and time at the sewing machine becomes its own kind of refuge. Even in the gray, inspiration quietly glows.

This winter also brings a remarkable milestone: 2026 marks 250 years of quilting in America. For generations, quilts have marked celebrations, carried stories, and offered comfort through times of challenge. They are records of who we are and gifts to those who come after us. Reflecting on this legacy fills me with pride for a community that continues to create with heart, purpose, and imagination. How fitting that this moment arrives in winter—a season that teaches patience while preparing us for what's next.

And just when winter feels endless, the first hints of spring appear. More light, more color, and new projects begin to call. Hope finds its way back into our sewing rooms, inviting fresh starts and new ideas.

Let's begin the year as we always do—stitching, dreaming, and celebrating the craft that connects us across generations. May this issue warm your winter days and gently guide you toward spring.

Natalie

AMERICA'S 250TH ANNIVERSARY COMMUNITY CONNECTION CHALLENGE

Call For Entries!

WE ARE ASKING OUR MISSOURI STAR COMMUNITY TO PARTICIPATE IN AN ONGOING QUILTING CHALLENGE. ENTER TO WIN A CHANCE TO BE FEATURED IN AN ISSUE OF BLOCK!

ISSUE 1 DEC 1, 2025 DEC 30, 2025	ISSUE 2 FEB 1, 2026 FEB 17, 2026	ISSUE 3 APRIL 1, 2026 APRIL 15, 2026
ISSUE 4 JUNE 1, 2026 JUNE 16, 2026	ISSUE 5 AUG 1, 2026 AUG 15, 2026	ISSUE 6 OCT 1, 2026 OCT 18, 2026

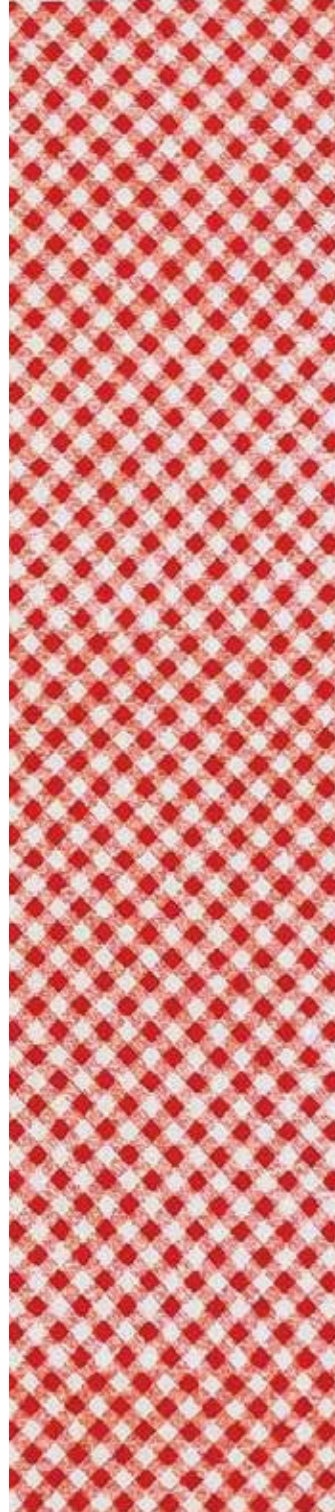
SUBMIT YOUR PHOTOS WITHIN THE DATES LISTED PER ISSUE

As we look ahead to celebrating America's 250th anniversary, let's honor this milestone in the way we know best—through quilts! For our Community Connection Challenge, we invite you to share a quilt that celebrates your pride, your story, or your connection to this historic moment. Does your quilt reflect your love of country, heritage, or community? Share your photo and a short caption with us! Bonus points if you created it from a BLOCK Magazine pattern or an MSQC tutorial.

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Amy Barickman



A Life Surrounded by Creativity and Love

With the support of her mother's creative influence, it's no wonder Amy Barickman became the artistic visionary she is today. From sewing and selling teddy bears, to a global creative empire, Amy is a shining example of how inspiration can be found wherever you care to look.





Amy inherited her creative spirit from the women in her family. “I learned to sew from my mom, and my grandmother was a big inspiration, too. I was also really influenced by my mom’s business. Back in the ’80s, when the teddy bear craze hit, she taught hundreds of people how to make bears.” Her mother’s business grew from a small operation in their basement to a small craft and gift store that continued to grow into a successful business that carried clothing, jewelry, gifts, and of course, many sewing and craft supplies as well as classes. It’s through watching her mother’s success that Amy found her life path.

After watching her mother run a business, Amy decided she would do the same. “I saw my mother’s success and thought ‘I can make money making teddy bears too, so at 15, I launched ‘The Martin Collection,’ a wholesale and retail venture offering specialty bears featuring fur fabrics and mohair, and recycled materials including vintage quilts and fur coats.” Amy ran this business throughout her high school years and she found a lot of success. After high school, she went to college for design and decided to publish some of her teddy bear patterns along with some craft patterns created by some of the artists her mother helped through her storefront.

After her first publication, there was no stopping Amy; she was bound to find success in all her endeavors. And when surrounded by creativity, it’s no wonder that she was accomplishing all her goals. “I’ve never really known a life other than a creative one,” Amy said, “From an early age, I was surrounded by people creating art with needle and thread, and that environment shaped me. What continues to inspire me is seeing how sewing—whether for pleasure or for profit—brings such joy to women.” It is this joy that charges her own creativity and feeds her passion about sharing that joy with others.

Creative inspiration has always come easy for Amy. She finds new ideas everywhere she looks. This input of artistic imagination may be overwhelming at times, but Amy wouldn’t have it any other way. “My collection of vintage art, fashion and sewing books, and ephemera offer me an



endless resource for creative projects.” She states, “I have more book projects and fabric design that I want to make time for. I have a vault full of vintage treasures I am eager to resurface and share with the world.”

Make no mistake though, Amy doesn’t do all this work by herself. She has an entire team behind her that have helped her along the way. “What I enjoy most about the creative process is the collaboration and friends I have made. This is what inspired my book, *Love You to Pieces: A Gift of Friendship*. I’m fortunate to work with incredibly talented people whose ideas, insight, and perspective I deeply value. They inspire me, challenge me, and, when needed, help rein in my big ideas.” Amy treasures

the connections she has forged with other creatives throughout the years, and has found that these friendships are the most important part of her journey.

These connections are the driving force behind all Amy works toward in her endeavors. “On a personal level, I’m incredibly grateful for my family and the relationships that ground me. Creatively, I’m especially proud of *Love You to Pieces*. I created this book as a celebration of friendship, honoring the meaningful connections we make through stitching, collecting, and sharing our stories.” Throughout Amy’s career, she’s been able to mentor designers and form long-lasting friendships, and seeing the joy that this book has brought others is something that Amy finds very rewarding.





Amy started with her mother teaching her how to sew, fostering her imaginative spirit, and this bond over the joys of creativity has continued to this day. "My mom especially has contributed both her design and business talents, and been my cheerleader all along. Being able to share the journey together has been an amazing gift." Looking towards the future, Amy is excited to expand the Love You to Pieces line with companion books, patterns, and other products with the goal to spread the joy of handmade creativity and connection.





Sunshine Polly

DOLL SIZE

Approximately 14" tall

QUILT SIZE

9½" x 9½"

PILLOW SIZE

2½" x 4¼"

SAMPLE PROJECTS

Treasured Threadz™ Missouri Star Blue Quilt Block Panel and ABC Color Dyed Flour Sack Dishtowel by Amy Barickman for Colonial Patterns

PROJECT SUPPLIES

1 Color Dyed Flour Sack Dishtowel (Dune, Natural, Caramel, and Stone) by Amy Barickman for Colonial Patterns or ¼ yard of skin-toned fabric*
 1 Treasured Threadz™ Missouri Star Blue Quilt Block Panel by Amy Barickman for Colonial Patterns**
 ¼ yard for doll overalls
 ⅝" x 5" wooden dowel - optional
 Embroidery floss
 Poly-fil fiber

Paper and cardstock for patterns and templates

Notes:

*Select the tea towel in your skin tone of choice!

**1 panel may be enough to make the doll's blouse, doll quilt, and doll pillow. Depending upon which large blocks you wish to use from the panel for the doll quilt, you may wish to add ⅛ yard of fabric to make the doll's blouse instead of using the panel.

Note: All fabric width is assumed 42" unless otherwise noted.

Note: The Sunshine Polly Doll pattern was originally republished by Amy Barickman as one of the three bonus patterns that are included in her book *Love You to Pieces: A Gift of Friendship*. She gave Missouri Star Quilt Co. permission to reprint it for BLOCK subscribers. The pattern is for personal use only.

STEP 1

Download the vintage sewing instructions and pattern pieces found at msqc.co/vol13issue1. Print the pages and assemble the pattern pieces.

Cut out the pieces according to the instructions found in the download. Use the tea towel or skin-toned fabric to cut the doll pieces. Use the panel or ⅛ yard of fabric to cut the blouse pieces. Use the ¼ yard of fabric for the overalls. Set the remainder of the panel aside for the doll quilt.

Amy has some modern tips and techniques for making Sunshine Polly dolls!

1. When choosing fabric for Sunshine Polly, consider ABC skin-tone towels for doll bodies and Treasured Threadz™ faux patchwork for clothing. Consider an old t-shirt in the hair color desired in place of yarn.
2. Print out vintage pattern pieces at 100%. Cut out pattern pieces along the solid lines. Be sure to cut two of the Side of Head pieces (right & left). For a precise finish, make a second printout of pattern pieces and cut out along dashed sewing lines, then use those pieces as a template to trace sewing lines and darts onto fabric with washable pen. To complete pattern pieces for Body, Overalls, and Head (B), match dotted lines on pattern pieces and tape together.

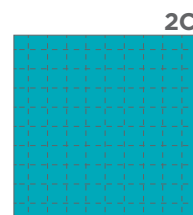
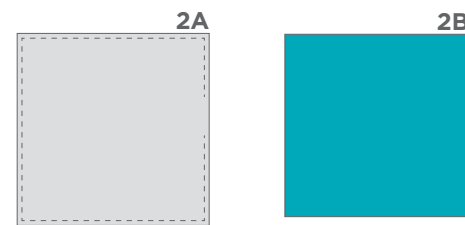
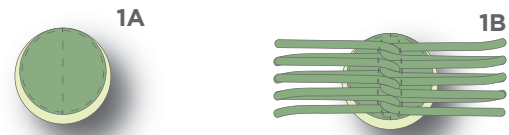
3. For sewing head and body together, Amy prefers to sew the head together and body together separately. Use the following method to the one in the vintage pattern. For this method, ignore reference to matching A's, then continue as follows:

- a. Stitch body together along sewing lines. Leave neck open; leave a 2" opening under one arm for stuffing and turning. Using washable pen, mark eyes and mouth on right and wrong side of the two head pieces. Stitch darts, then stitch head together along dashed lines. Generously pin one side of head to center head (be sure eyes match), stitch, then repeat with other side of head. Trim seams to $\frac{1}{8}$ " and clip curves.
- b. Stuff legs and stitch two lines across upper legs. Stuff arms and stitch two lines across upper arms. Stuff body. Stuff head firmly.
- c. Use an optional 5" x $\frac{5}{8}$ " dowel to support the head. Insert half the length of the dowel into the head and the other half into the body.
- d. Use a ladder stitch to stitch head to body around base of neck.

5. To make doll hair from old T-shirts: Using a rotary cutter, cut $\frac{3}{4}$ "-to-1"-wide strips across t-shirt body. Pull strips lengthwise so fabric stretches and rolls, then cut to desired length. Cut a 4" circle from a t-shirt sleeve to use as a cap before attaching the hair.

6. Stitch cap to top of head, slightly gathering and pulling cap down over head as you go. Baste a line down the middle of the head, beginning at center front and ending at center back.

7. To attach hair, overlap two strips in center and fold them in half as shown at top right; then stitch center folded section of strip to the basted line on the top of the head. Begin stitching the folded strips at the center forehead where the cap meets the forehead. Stitch individual folded strips down the center of the head to cover the cap. Style as desired. **1A 1B**



STEP 2

From the panel:

- Fussy cut the (2) 10 $\frac{1}{2}$ " large blocks.
- Set the remainder of the panel aside for the pillow.

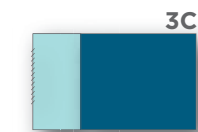
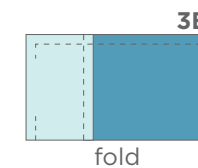
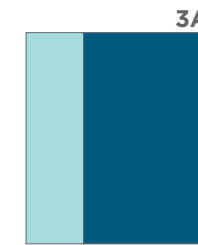
Gather the 2 large blocks. Place the 2 blocks right sides together. Place a layer of batting on top of the fabric layers. Sew around the perimeter, leaving a 2" opening along 1 side and backstitching at each end. **2A**

2A

Turn the layers right side out through the opening. Tuck the unsewn seam allowance into the opening. Whipstitch the opening closed. **2B**

Baste the layers together as needed. Hand quilt through the layers as desired to finish the doll quilt. **2C**

2C



STEP 3

From the panel:

- Fussy cut the (2) 3 $\frac{1}{2}$ " x 5 $\frac{1}{2}$ " rectangles.

Cut one of the rectangles in half lengthwise to yield (2) 1 $\frac{3}{4}$ " x 5 $\frac{1}{2}$ " rectangles, set 1 aside for another project.

Gather the 1 $\frac{3}{4}$ " x 5 $\frac{1}{2}$ " and 3 $\frac{1}{2}$ " x 5 $\frac{1}{2}$ " rectangles. Sew the 2 rectangles together. Press. **3A**

Fold the unit in half with right sides together. Sew along the 2 sides and top edge, leaving a 1 $\frac{1}{2}$ " opening along 1 side and backstitching at each end. **3B**

Turn the pillow right side out through the opening. Tuck the unsewn seam allowance into the opening. Stuff with polyfil. Whipstitch the opening closed. **3C**





IN THIS ISSUE



**"What If" Series:
Sweet Petunia**



**Sunshine Polly Doll,
Quilt + Pillow**



Cabin Fever



Daydream



**Double Wedding Ring
Flower Pillow**



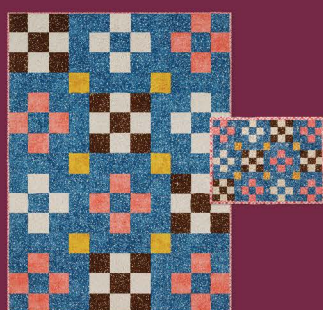
Freestyle Star



Heart Flower Throw



**Life's A Stitch
Wall Hanging**



Twinset



Mini Irish Change Table Runner



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