

Free Spiral Mug Rug Pattern



Pattern Description:

The Spiral Block is a playful quilt pattern built from simple squares and triangles arranged in a rotating design.

Starting with a square center, each added row of triangles creates the illusion of a swirling motion.

This versatile block works beautifully in modern or traditional quilts and can be scaled for mug rugs, pillows, or full quilt tops.

Materials Needed & Measurements:

- **Fabric:** Assorted cotton fabrics in contrasting colors (scraps or fat quarters).
- **Center Square:** 2.5" x 2.5" (can be adjusted for a larger or smaller mug rug).
- **Triangles:** Cut 2.5" squares from fabric, then slice diagonally to make half-square triangles (HSTs).
- **Additional Fabric Pieces:** Needed for each round of the spiral; size increases proportionally as the spiral grows.
- **Batting:** Approximately 6" x 8" (or slightly larger than finished block).

- **Backing Fabric:** Approximately 6" x 8" (or slightly larger than finished block).
- **Tools:** Rotary cutter, cutting mat, and quilting ruler.
- **Sewing Supplies:** Sewing machine, coordinating thread, pins or clips, iron, and ironing board.

Instructions for Making the Spiral Mug Rug Pattern:

Fabric Cutting

- **Center Square:** Cut one 2.5" x 2.5" square for the center of the spiral.
- **Triangle Units:** Cut 2.5" squares from your chosen fabrics for the spiral strips. Each square will be sliced diagonally to form two half-square triangles.
- **Additional Strips:** Plan for 4–6 rounds of triangles around the center, depending on your desired mug rug size. Each additional round requires one extra triangle unit per side.

Step 1: Creating the Center

- Lay your 2.5" square fabric as the center.
- This will act as the anchor point around which the spiral design grows.
- Ensure that the orientation of the fabric is correct if using directional prints.

Step 2: Preparing Triangle Units

- Take your 2.5" squares and cut them diagonally from corner to corner to form half-square triangles (HSTs).
- Pair HSTs with contrasting colors to enhance the spiral effect.
- Press the seam allowances open after sewing to reduce bulk.

Step 3: Assembling the First Round

- Start with the HSTs closest to the center square.
- Sew one triangle to the right side of the center square, matching edges carefully.
- Repeat for the top, left, and bottom sides, creating a small cross-like arrangement.
- Press seams outward or open according to preference.

Step 4: Building the Spiral

- For the second round, continue adding HSTs to the previous triangles' edges.

- Ensure that each new triangle rotates around the center square in the same spiral direction to maintain the design flow.
- Pin pieces carefully before sewing to prevent shifting.
- After sewing each side, press seams outward to keep the block flat.

Step 5: Adding More Rounds

- Repeat the process for additional rounds of triangles.
- Measure each new HST to ensure consistency with the spiral's growth.
- Continue sewing, pressing, and rotating triangles until the mug rug reaches approximately 6" x 8".
- Check for alignment frequently; adjusting now is easier than after finishing.

Step 6: Trimming the Block

- Once the spiral block is fully assembled, trim edges to ensure a neat rectangle.
- Use a rotary cutter and ruler for precise lines.
- This helps the block fit the batting and backing fabric perfectly.

Step 7: Layering the Mug Rug

- Cut batting and backing fabric slightly larger than the spiral block (about 1/4" extra on each side).
- Layer the backing fabric right side down, batting in the middle, and the spiral block right side up on top.
- Pin or clip all layers together to prevent shifting during quilting.

Step 8: Quilting

- Quilt close to the seam lines or in a free-motion pattern to emphasize the spiral effect.
- Begin from the center and work outward to avoid puckering.
- Press the quilted piece lightly after finishing to remove any wrinkles.

Step 9: Binding the Mug Rug

- Cut a 1.5" strip of fabric for binding.
- Fold the strip in half lengthwise and press.

- Align the raw edges with the mug rug edges and sew, mitering the corners for a neat finish.
- Fold the binding over the raw edges to the back and stitch in place, either by hand or machine.

Step 10: Finishing Touches

- Trim any loose threads and press the entire mug rug.
- Inspect for any uneven edges or seams and make minor adjustments if needed.
- Optional: Add a small fabric label or embroidery to personalize your mug rug.

Tips for Success

- Use high-contrast fabrics to make the spiral pop.
- Press seams consistently to keep the block flat.
- Accurate cutting is essential; even small discrepancies can distort the spiral.
- Experiment with different color placements to create unique effects.