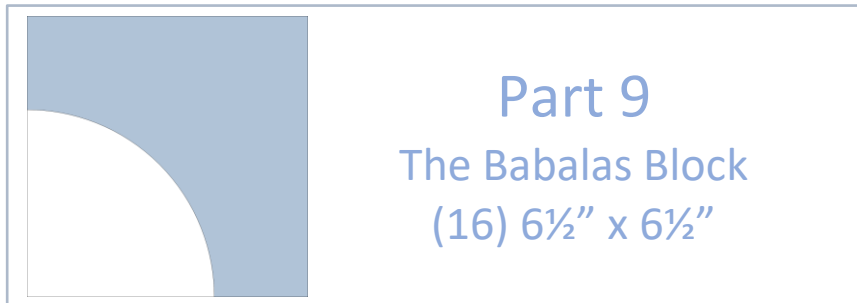




The Good Hope Quilters' Guild Mystery Quilt 2025

www.goodhopequiltersguild.org.za

The Cape Winelands Quilt



Babalas is an adjective meaning “drunk” or “hungover”. It has its origin from the Zulu word “I-babalazi”. In Afrikaans it is “babelas” or “wingerdgriep”.

I hope you are not “babalas” at this stage of the mystery sew-along, because today we are heading for the bends. The Drunkard’s Path block is a traditional quilting block, which can also be used very effectively in modern quilts.

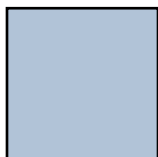
Slow down your engines and get ready for the curves... Don’t panic, it looks way more complicated than it is. Give it a try!

(And for those who prefer FPP, scroll down for an alternative option.)

Make (16) Babalas Blocks

OPTION 1: TEMPLATES

Fabric Requirements:



Light/Fabric 2
(16) 6½” x 6½” squares



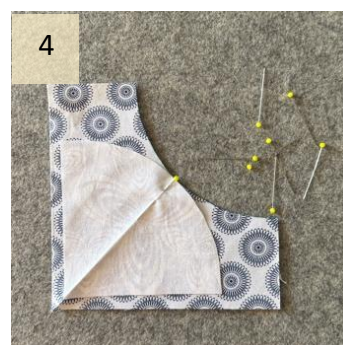
Background/Fabric 1
(16) 4½” x 4½” squares

1. Print the templates document. Please ensure that the printer is set to scale: 100% or “Actual Size”. Use the 1” block to confirm correct size. Cut out the two paper templates. *(For sturdy templates: glue the printed templates to a piece of cardboard before and cut out neatly along the lines.)*

2. Use the **Template J** to cut out (16) *inner Background/Fabric 1* curves and **Template K** to cut out (16) *outer Light/Fabric 2* curves. Align the square edge of the template with the fabric edges and draw around the remaining edges. Cut the curves along the drawn line, using scissors.



3. Fold the inner and outer curves in half and finger-press or press to make a crease in the center of each curve. Fold the *inner Background/Fabric 1* curves with the **right sides together** and the *outer Light/Fabric 2* curves with **wrong sides together**. This allows for the creases to nest for the next step.



4. Pair the pieces of fabric, right sides together, with the creases matching and edges lining up. Pin in the crease. **Note that at this point the crease is the only point where the curves will match up.**
5. Now match the edges of the curves and secure with pins. Ensure that the sides are pinned properly to stay aligned when stitching, to avoid tilting of the pieces which will result in uneven edges. Don't worry if your pinned unit curl up at the corners, this is normal.



6. Use 2 or more pins between the edge and center pins to secure the edges by following the curve. Ease the fabric to bunch up away from the curves. Repeat on the other side. You can use more or fewer pins depending on the block size. Those experienced in sewing curves will probably sew without any pins other than the center pin.
7. Take a deep breath, set your machine to slow and relax your shoulders... we are about to start sewing. You've got this! Use a ¼" sewing foot.
8. Slowly start stitching, aligning the curved edges of the unit with the sewing foot. Remove pins as you go along. If you see any gathers or bunching of the fabric at the foot, stop, raise the presser foot (not the needle), adjust the fabric and smooth out any unevenness, and then continue sewing.
9. Always look out for gathers in the fabric. It's important to ensure that gathers are away from the needle and the stitching. This is to avoid wrinkles and puckers in the seams.
10. Repeat the steps to make (16) Babalas Blocks.
11. Press the blocks and make sure they measure 6½" x 6½".



***Pour yourself a glass of wine and pat yourself on the shoulder. You did it!
"Curves Schmurves" LOL***

OPTION 2: Foundation Paper Piecing (FPP)

This is an alternative option to curved piecing, using FPP to give the illusion of a curve. The FPP seams remind me of the opening of a James Bond movie, so let's call this version the "Martini" Babalas Block... for those who are a bit shaken by the thought of sewing curves.

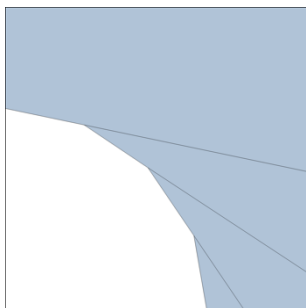
Please refer to the FPP instructions provided in Part 3.

1. Prepare (16) FPP patterns.
2. Prepare the templates for cutting the fabric. I recommend that you cut a ⅛" wider than the template to allow for easier placement of the fabric on the pattern.

3. From the **Background/Fabric 1**, cut (16) units using **Template L**.

From the **Light/Fabric 2**, cut (16) triangles each, using **Templates M, N, O and P**.

4. Precut all the fabric and do chain piecing to speed up the process. Follow the **FPP instructions provided in Part 3** to make **(16) "Martini" Babalas Blocks**.



(16) "Martini" Babalas Blocks

5. Press the block and trim to $6\frac{1}{2}$ " x $6\frac{1}{2}$ ".

Happy Stitching!

Please share your progress pics on the sew-cial networks tag [@ghqg_south_africa](#) and [@compiodl](#)

Post with the hashtags [#GHQGMysteryQuilt](#) [#thecapewinlandsquilt](#) on Instagram and Facebook

You are welcome to contact me if you have any questions: dlcompion@gmail.com