

Arts  
& Lifestyle

# Quilts & Project



Saskatchewan

Activity Guide

Love Peace



## 4-H Motto

Learn to do by doing.

## 4-H Pledge

I pledge

My HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service,

My HEALTH to better living,

For my club, my community and my country.

## 4-H Grace

*(Tune of Auld Lang Syne)*

We thank thee, Lord, for blessings great

On this, our own fair land.

Teach us to serve thee joyfully,

With head, heart, health and hand.

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Saskatchewan



Agriculture and  
Agri-Food Canada

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Agroalimentaire Canada



AGRICULTURE COUNCIL  
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# Unit 1: The History of Quilting

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## Piece, Appliqué and Whole-Cloth Quilting

**Time:** 45 minutes

### What you will learn

To identify the characteristics of pieced, appliqué and whole-cloth quilts.

### What you need:

- *Quilting* Reference Book
- Access to internet
- Library, or quilting books
- Paper and access to printer

### Instructions

1. There are three basic types of quilts: pieced quilts, appliqué quilts, and whole-cloth quilts. Each requires a different set of skills, and creates very different finished products.
2. Using the internet, library, or quilting books you have on hand, find images of all three types of quilts. Print out copies of these images to share with your club members. Can you find any images of quilts that incorporate all three types of quilting?

### Discussion

- Where did you find images of quilts? Did the quilts you find give pattern names?
- Which style of quilt do you most like?
- Did any of the quilts you found use colors that you liked? What colors?

# Quilting and Communities

**Time:** 1 hour

## What you will learn

To identify the characteristics of a certain style of quilting and how quilting played a role in that culture or community.

## What you need

- Access to internet or library
- Paper
- Markers or pencil crayons

## Instructions

1. The *Quilting Reference Book* lists five cultures for whom quilting was (and is) very important: the Amish, First Nations, African American, Hawaiian and Japanese people all developed their own unique styles of quilting.
2. Choose one of those five cultures to research. Using the internet or library resources, find information and photos on that culture's quilts to create a poster. You may want to consider the following questions:
  - a. What culture did you choose?
  - b. What do their quilts look like?
  - c. How did their quilting style develop?
  - d. How did quilting help grow their community?
  - e. Are their traditional quilts still made today? Are they still made with the same techniques or equipment?
3. Make a poster with images of their quilts, and information about the culture and style of quilting. Share your poster and what you learned with your 4-H club members!

## Discussion

- What culture did you choose to research? Where did you find your information? Was it easy or difficult to find resources?
- What was the most interesting thing you learned about your culture and quilts?
- Why do you think quilting is a community-building activity?
- Do you think quilting holds the same kind of community-building power today? Why or why not?

# Unit 2: Quilting Basics

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## Parts of a Quilt

**Time:** 10 minutes

### What you will learn

To identify the three layers of a quilt.

### What you need

- A quilt

### Instructions

1. Most quilts are made using the “sandwich” method, meaning they have a top layer, batting layer, and bottom layer. Find a quilt at your house (or at a friend or relative’s house) and examine it.

### Discussion

- Can you identify which is the top and which is the bottom of your quilt? How?
- Is the quilt pieced, appliqué or whole-cloth?
- Can you feel the layer of batting in-between the top and bottom layers? Is it thick or thin?
- Why do you think a layer of batting is important?

# Patterns – Piecing

**Time:** 30 minutes

## What you will learn

To find pieced pattern resources.

## What you need

- Access to internet
- Library or quilting books

## Instructions

1. Most quilters choose to use a pattern to help them create a quilt. A good pattern should provide you with all the information you need to create a quilt from start to finish – from how much fabric to buy and to how to cut your fabric, to how to piece and bind your quilt. There are many places and resources to find quilt patterns. You may want to ask a friend or relative for a pattern that they have used, find print resources at the library or in quilting books you own, or browse the internet for free quilting patterns. Some reliable free quilting pattern websites are:

[www.freequiltpatterns.com](http://www.freequiltpatterns.com)

[www.quilting.about.com](http://www.quilting.about.com)

2. Find at least one pieced quilt pattern that you like, and print or make a copy of the instructions.

## Discussion

- Where did you find a pieced quilt pattern that you like? What is the name of the pattern?
- What information did the pattern give you (type of fabric, amount of fabric, time required, etc.)?
- What is the finished product (quilt, baby quilt, wall hanging, etc.) How large is the finished product?
- After reading through the instructions, what is the difficulty level of this pattern? Do you think it is a suitable project for a beginner quilter?
- Share your pattern with your 4-H club members. Did anyone have a similar pattern?

# Patterns – Appliqué

**Time:** 30 minutes

## **What you will learn**

To find appliquéd pattern resources.

## **What you need**

- Access to internet, library or quilting books

## **Instructions**

1. As you did in the last activity, use the internet, library or other resources to find a quilting pattern – this time for an appliquéd quilting project. Find at least one appliquéd quilt pattern that you like, and print or make a copy of the instructions.

## **Discussion**

- Where did you find an appliquéd quilt pattern that you like? What is the name of the pattern?
- What information did the pattern give you (type of fabric, amount of fabric, time required, etc.)?
- What is the finished product (quilt, baby quilt, wall hanging, etc.) How large is the finished product?
- After reading through the instructions, what is the difficulty level of this pattern? Do you think it is a suitable project for a beginner quilter?
- Share your pattern with your 4-H club members. Did anyone have a similar pattern?

# Patterns –Whole-Cloth

**Time:** 30 minutes

## **What you will learn**

To find whole-cloth pattern resources.

## **What you need**

- Access to internet, library or quilting books

## **Instructions**

1. As you did in the last activity, use the internet, library or other resources to find a quilting pattern – this time for a whole-cloth quilting project. Find at least one whole-cloth quilt pattern that you like, and print or make a copy of the instructions. Remember, when researching whole-cloth quilting patterns, you may only find information on specific medallions to use while whole-cloth quilting.

## **Discussion**

- Where did you find a whole-cloth quilt pattern that you like? What is the name of the pattern?
- What information did the pattern give you (type of fabric, amount of fabric, time required, etc.)?
- What is the finished product (quilt, baby quilt, wall hanging, etc.) How large is the finished product?
- After reading through the instructions, what is the difficulty level of this pattern? Do you think it is a suitable project for a beginner quilter?
- Share your pattern with your 4-H club members. Did anyone have a similar pattern?

# Parts of Fabric

**Time:** 15 minutes

## What you will learn

To identify the different parts of a piece of fabric.

## What you need

Access to an uncut piece of fabric

## Instructions

1. Most quilting patterns will use technical terms to describe the parts of fabric. Knowing these parts will make patterns easier to understand, and will help your quilting projects turn out as they are supposed to.
2. For this activity, you will need access to an uncut piece (or bolt/roll) of fabric. Your friends or family members may have some fabric that you can look at, or you may have to go to a local fabric store. Once you have a piece of fabric to look at, try to identify the following parts of the fabric:
  - a. Selvage edge
  - b. Lengthwise grain
  - c. Crosswise grain
  - d. Bias
  - e. Right side of fabric
  - f. Wrong side of fabric

## Discussion

- Where did you find a bolt of uncut fabric? What type of fabric was it?
- Were you able to identify all of the parts of the fabric?
- What was the difference between the right and wrong sides of the fabric you looked at?

# Colour Theory

**Time:** 30 minutes

## What you will learn

The role of a color wheel in color theory.

## What you need

- Attached blank color wheel
- Markers/pencil crayons/paint

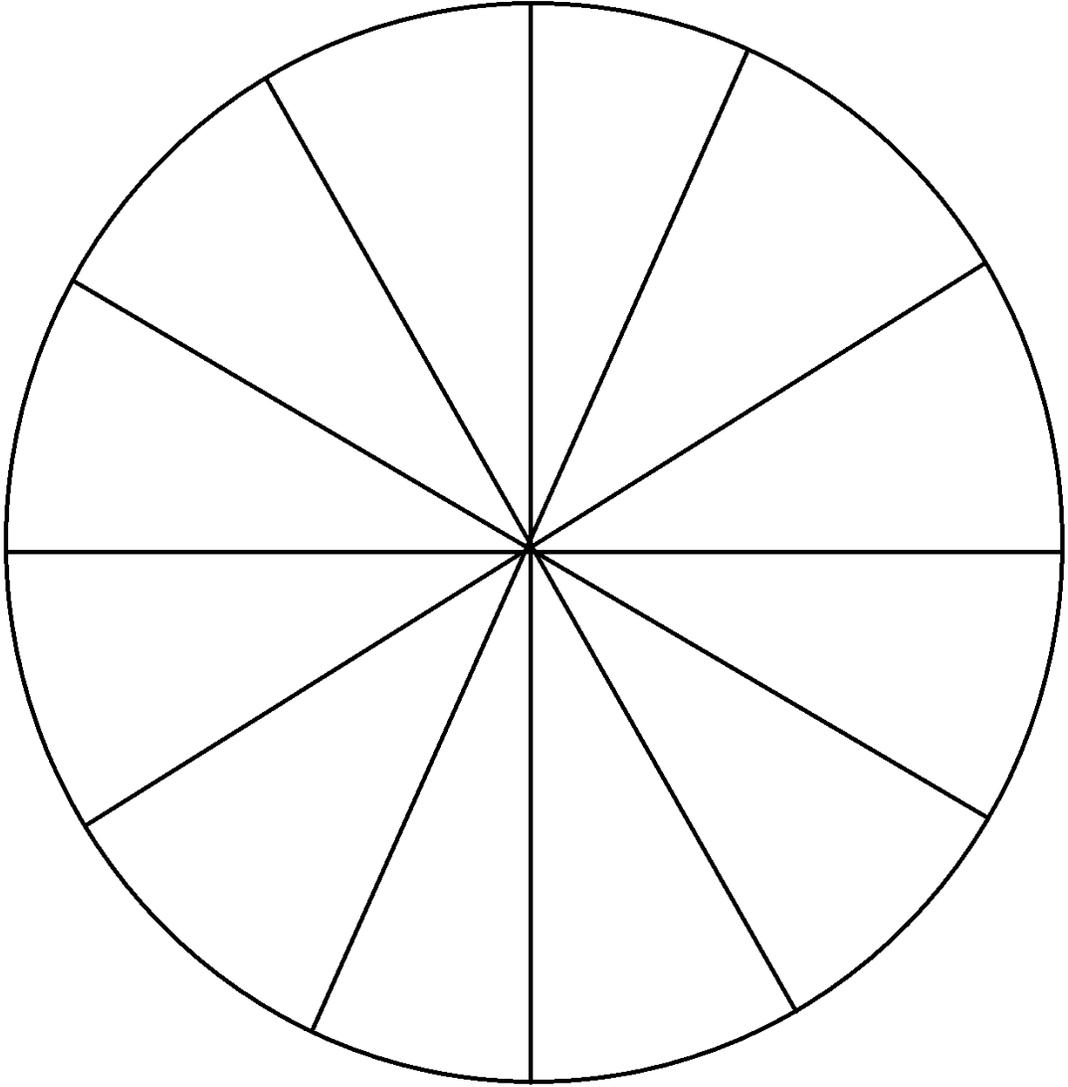
## Instructions

1. Color theory is an important part of quilting. Using different hues in your quilt can have a great impact on the mood and appearance of the project. When discussing color theory, colors are usually shown in a circular shape called a color wheel.
2. Using markers, paint or pencil crayons fill in the attached blank color wheel with the appropriate colors. Make sure to name all of the colors, and identify whether they are primary, secondary, or tertiary.

## Discussion

- What are the three primary colors?
- What are the three secondary colors?
- What are the six tertiary colors?
- Why do you think we use a wheel shape when illustrating the various colors?
- BONUS: What is value? What would be a tint of the hue red? What would be a shade of the hue red?

# Colour Wheel



# Fabric Prints

**Time:** 30 minutes

## What you will learn

To identify a printed fabric as having a small-scale, medium-scale, or large-scale print.

## What you need

- Access to a wide variety of printed fabrics
- Camera (if required)

## Instructions

1. Print can be almost as important as color when making a quilt. For more information on the differences between small, medium and large scale prints, refer back to your *Quilting Reference Book*.
2. You will need access to a wide variety of printed fabrics. You may be able to go through a friend or relative's fabric supply, or visit a local fabric store. Find an example of a small, medium and large scale printed fabric. If possible, cut a small section of fabric to bring to your next 4-H club meeting. If cutting the fabric is not possible, take a photo of it on your phone or camera and bring the image. If it is impossible for you to have access to fabrics, you may wish to find images of each of the scale of prints online – however, this should be a last resort. Remember to bring your fabric or images to your next 4-H club meeting!

## Discussion

- Where did you find your fabrics? Was it easy or difficult to find examples of each scale of print?
- How did you identify whether a print was small, medium or large scale?
- What types of patterns are used on your printed fabric?

# Equipment and Tools

**Time:** 1 hour

## What you will learn

To identify the different equipment and tools needed for quilting, and make a list of which equipment and tools will need to be found/purchased.

## What you need

- Pencil
- Paper
- Parent/guardian

## Instructions

1. The *Quilting* Reference Book identifies a list of twenty tools that are necessary for you to begin quilting. Because this project involves actually quilting, you will need to have access to all twenty tools.
2. Speak to your parent/guardian about using their sewing equipment if you don't have any of your own. You may be able to borrow some from friends or family members. Others you may have to purchase. Using the list in your *Quilting* Reference Book as a checklist, identify what tools you have or have access to. Make a list of the tools that you will need to find or purchase, and share it with a parent or guardian.

## Discussion

- How many of the twenty quilting tools did you have at home? Which do you need to purchase?
- Do you have extra quilting tools that you could lend to a fellow 4-H club member?

# Sewing Machines

**Time:** 45 minutes

## What you will learn

To identify the parts of your sewing machine.

## What you need

- Sewing machine
- Sewing machine manual

## Instructions

1. All 4-H club members completing the *Quilting* project should have prior sewing experience. Therefore, this activity should be a review. Find the sewing machine that you will be using for your quilting projects. If you can find it, it may be helpful to have the sewing machine manual on hand.
2. Using the sewing machine diagram in your *Quilting* Reference Book as a guide, try to identify the sixteen main parts of your sewing machine. Remember, each sewing machine is different so parts of the machine may be in different places. This would also be an excellent time to do a test run on your sewing machine to make sure you still remember how to use it properly. Ask a friend or family member who is familiar with your machine for help if needed.

## Discussion

- Were you able to identify all sixteen parts on your sewing machine?
- How is your sewing machine different than the diagram in the Reference Book?
- Is your sewing machine in good working condition? Does it need any servicing, adjustments or repairs before you begin a quilting project?

# Unit 3: How to Quilt

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## Choosing a Pattern

**Time:** 30 minutes

### What you will learn

To choose a quilting pattern from the activities listed in the back of this book.

### What you need

- *Quilting Activity Guide*

### Instructions

1. At the back of the *Quilting Activity Guide* there are quilting projects for three sewing levels: beginner, intermediate, and advanced. Take some time to read over each of the patterns (it is up to you to decide if beginner, intermediate or advanced projects are best suited to your sewing experience and abilities). You'll have a chance to do at least one more quilting projects, so don't worry if you were hoping to do an appliqué or whole-cloth quilt.
2. Once you have chosen a level and read over the patterns, choose a PIECED pattern and project that you will begin working on. You may want to ask a friend or family member for advice. They may have feedback regarding materials, cost and difficulty levels that you haven't thought of.

### Discussion

- How did you determine what level of project to do?
- Which pieced pattern did you decide to use? How did you choose it?
- What supplies and equipment will you need for this project?

# Choosing Fabric

**Time:** Approximately 1 hour

## What you will learn

To choose colors and fabrics for your first quilting project.

## What you need

- Pattern
- Paper
- Pencil
- Access to fabrics (at fabric store or home)

## Instructions

1. The quilting pattern that you chose from the back of this *Quilting* Activity Guide should contain information about how much fabric you need, and in how many colors. You will need access to a wide variety of fabrics that you can use or purchase for your quilting project.
2. Take your pattern information and your *Quilting* Reference Book along with you when you go to choose fabrics. You'll use your pattern to determine how much fabric to buy, and your *Quilting* Reference Book can help you choose complimentary and contrasting colours.
3. As you look at fabrics, ask yourself the following questions:
  - a. Who am I making this project for?
  - b. Does this project have a theme?
  - c. Is there a patterned fabric I'd like to feature?
  - d. Is there contrast in the fabrics that I have chosen?
4. Once you have chosen the fabrics that you like, purchase or take the amounts you need. You're ready to get started!

## Discussion

- Did you have difficulty choosing or finding fabrics? Why or why not?
- What colors are you using for your project?
- Does your project have a theme? Is there a featured fabric?
- How did you create contrast with your fabrics?

# Preparation of Fabric

**Time:** Approximately 2 hours

## What you will learn

To prepare fabrics for sewing.

## What you need

- Washing machine
- Laundry detergent
- Dryer
- Ironing board
- Iron

## Instructions

1. Before you cut your fabric, it is important that you prepare your fabrics by washing, drying, and ironing them. Following the steps in your Quilting Reference Book, wash, dry and iron your fabric.

## Discussion

- Did you know how to use a washing machine, dryer and iron before this?
- Did you experience any trouble while washing, drying or ironing your fabric?

# Cutting

**Time:** Depends on quilting project

## What you will learn

To cut your fabric for your pieced project.

## What you need

- Pattern
- Rotary cutter and mat
- Fabric shears
- Ruler
- Straight pins

## Instructions

1. Careful cutting is an important part of pieced quilting projects. Inaccuracy could result in lines that aren't straight or even running out of fabric. Using your pattern instructions as a guide, cut out all the pieces for your pieced quilting project. You can decide whether to use a rotary cutter or fabric shears to cut your fabric. Refer to your *Quilting Reference Book* for the pros and cons of each cutting method.

## Discussion

- Did you use a rotary cutter or fabric shears to cut out your fabric? Why did you choose that method of cutting?
- What was the most difficult part of cutting out your fabric? What was the easiest?
- How many pieces did you need to cut out?

# Piecing, Sewing and Pressing

**Time:** Depends on quilting project

## What you will learn

To piece, sew, and press the top of your quilted project.

## What you need

- Cut fabric
- Thread
- Straight pins
- Embroidery scissors
- Sewing machine
- Seam ripper
- Iron
- Ironing board

## Instructions

1. Piecing is the act of actually putting together all the cut pieces of fabric into a quilt top. The way that you piece your fabric together will depend on the pattern that you are following. Refer to your *Quilting Reference Book* for some basic guidelines on piecing.
2. Remember – after you piece and sew each seam, it's important to press the seams to the side to help keep your next seam straight and keep bulky layers to a minimum. Once your entire quilt top is pieced, iron it once more to ensure it does not have any wrinkles.

## Discussion

- Did you experience any difficulties while piecing, sewing, or pressing your project?
- How do you feel about the color choices you made now that your quilt top is complete?

# Quilting

**Time:** Depends on quilting project

## What you will learn

To quilt your project using machine sewing or hand tying techniques.

## What you need

- Quilting materials listed in pattern
- Quilting safety pins
- Straight pins

## Instructions

1. The method of quilting you use will depend on the quilting project that you are completing. Refer to your quilting pattern and your *Quilting Reference Book* for information on the methods and styles of quilting. If you are making a pillow, skip this activity and begin sewing your top and back pieces together.
2. Remember to follow the instructions carefully when making your quilt sandwich. If your layers are not pulled smooth you could end up with puckers or wrinkles.

## Discussion

- What quilting method did you use on your project? If you machine-quilted, what style of quilting did you use? (You may want to bring a photo, or the “in-progress” project to show your 4-h club members!)
- What was the most challenging part of quilting?
- What was the most rewarding?

# Binding

**Time:** Depends on project

## What you will learn

To finish your quilting project with binding.

## What you need

- Quilting materials listed in pattern
- Straight pins

## Instructions

1. Your decision to use binding tape or a rolled-edge binding will depend on what your quilting pattern recommends. Refer to your *Quilting Reference Book* to review the differences between the two methods of binding. If you are making a pillow, skip this activity – go ahead with stuffing and closing your pillow.
2. Once you have added the binding to your quilting project, you are finished! Take your pieced quilting project to your next 4-H club meeting, and show it off to your club members.

## Discussion

- Which method of binding did you use? Why?
- Did you encounter any difficulties while adding the binding to your project?
- How do you feel about your finished quilting project? What are you most proud of?
- What would you do differently next time?

# Second Quilting Project

**Time:** Several weeks

## What you will learn

To create a second quilting project, using appliqué or whole-cloth quilting techniques.

## What you need

- *Quilting* Activity Guide
- Sewing supplies

## Instructions

1. Now that you have completed your first quilting project, it's time to begin working on your second project. Once again, follow the activities in Unit 3: How to Quilt to help you with your project. It is recommended that you try an appliqué or whole-cloth quilting project this time around – and feel free to change the difficulty level of your project to suit your new abilities!

## Discussion

- Did you choose to do an appliqué or a whole-cloth quilting project? Why?
- Did you switch project difficulty levels? Why or why not?

# Embellishments and Special Effects

## Time

15 minutes + 45 minutes to add embellishments

## What you will learn

To identify opportunities to use embellishments and special effects on quilting projects.

## What you need

- *Quilting Reference Book*

## Instructions

1. The *Quilting Reference Book* gives ideas about embellishments and special effects that can be used on almost any quilting or sewing project, such as painting, embroidery, and buttons. Take a minute to look at the quilting project you are currently working on (or an upcoming sewing/quilting project). Could the project be enhanced with some kind of embellishment? Make sure you take the cost of materials into consideration!
2. If you have found an embellishment that you think would enhance your project, take some time to add it. If not, try to brainstorm other projects that could use some embellishing!

## Discussion

- Did you choose to add embellishments to any projects that you are working on? Why or why not?
- What embellishments did you choose to add? Was there any cost?

# Unit 4: Quilting & Your Community

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## Quilting & Your Community

### Time

30 minutes of planning + Unknown amount of time depending on project

### What you will learn

To identify ways to use quilting as a community-building activity.

### What you need

- Paper
- Pencil
- 4-H club members and leader

### Instructions

1. At the beginning of your *Quilting* project you read about different cultures and communities to whom quilting is very important. Unit 5 of the *Quilting* Reference Book gives you some ideas for ways to use quilting to help out and build relationships in your own community.
2. Spend some time with your 4-h club members and make a list of ways that you could use your new quilting skills in a community setting. You may be inspired by the ideas in the *Quilting* Reference Book, or you may come up with your own. Once you have a list, choose one or two ideas that you can put into action as a 4-h club. You may need to ask parents/guardians and your 4-h club leader for feedback and advice if you are planning a large event.

### Discussion

- How many ideas did you come up with on your list of ways to use quilting skills in a community setting?
- What ideas did you decide would be possible for your club to do at this time?

# Unit 5: Quilting Projects – Beginner

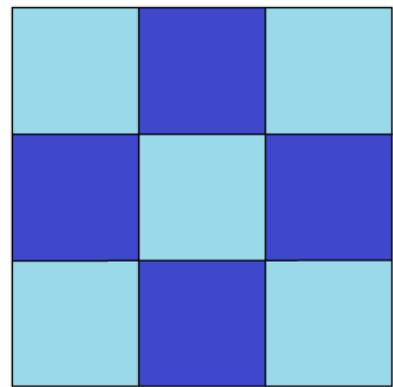
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## Nine-Square Pieced Pillow

Approximate finished pillow size: 14"x14"

### What you need:

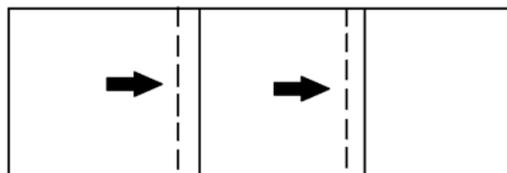
- Fabric A and B – nine 5" squares in two or three colours
- Fabric C – one 15" square
- Polyester filling
- Matching thread
- Sewing machine
- Straight pins
- Seam ripper
- Fabric shears or Rotary cutter
- Embroidery scissors
- Hand sewing needle



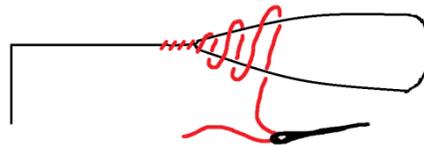
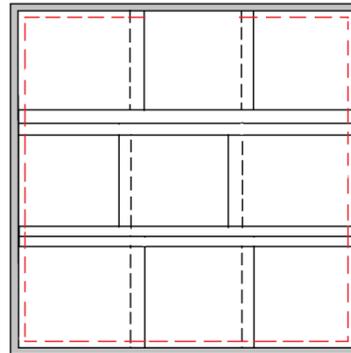
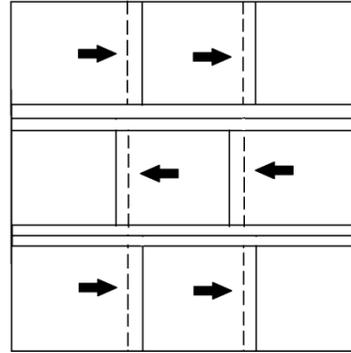
**Seam allowance:** 5/8" on all sides

### Instructions

1. Prepare all fabric by washing, drying and ironing.
2. Cut out NINE 5"x5" squares and ONE 15"x15" square. Use a ruler and corner ruler to make sure that squares are perfectly level.
3. Position nine squares into three rows of three squares each until desired layout is achieved.
4. Create the top row by stitching the squares (with right sides together).
5. Press seams to one side.



6. Follow steps 4 and 5 to assemble the middle and bottom rows. Press the seams down in alternating directions.
7. Stitch rows (with right sides together) to complete the patchwork square. Press the two horizontal seams open.
8. With right sides together, sew back square and patchwork front square together, using a pivot turn at each corner. Leave a 3" opening along one side.
9. Flip pillow cover right side out, pushing corners out well. Stuff with polyester filling.
10. Close the opening using a hand needle and a slipstitch.
11. Trim all loose threads, and press.



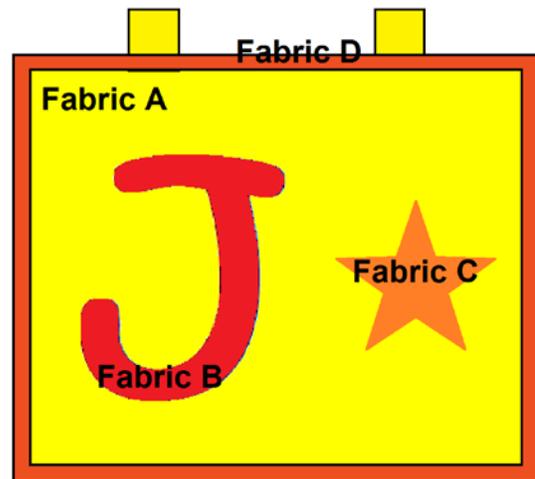
*Note: If you would like to use a pillow form or cover an existing pillow, rather than stuff a cover with filling, begin by measuring your pillow form. Ensure that the pillow is between 12" and 14" square. When you reach step 8, leave an entire side open to slip the pillow in. Close the opening using a hand needle and a slip stitch.*

# Appliqué Initial Wall Hanging

Approximate Finished Size: 20" x 12"

## What you need:

- Fabric A – One 21" x13" AND Two - 6"x2"
- Fabric B – One 12" square
- Fabric C - One 12" square
- Fabric D – One 23"x15" square
- Polyester Batting
- Matching Thread
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Quilting Pins
- Fabric Glue (Stick or Spray)



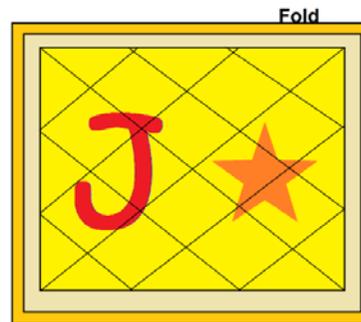
**Seam allowance:** 5/8" on all sides

## Instructions

1. Prepare all fabric by washing, drying and ironing.
2. Cut one large square of background fabric (Fabric C) into a 21"x13" square using fabric shears or rotary cutter. Cut another large square of Fabric C into a 23"x15" square. Cut TWO squares 6"x2" from the same background fabric (Fabric C).
3. Choose a letter to use for the initial. You may choose to freehand, or find a stencil. The letter should be no taller than 16".
4. Draw or trace your letter onto Fabric A. Carefully cut out using fabric shears.
5. Choose a simple symbol or image. You may choose to freehand, or find a stencil. The image should be no taller or wider than 12".
6. Draw or trace your symbol onto Fabric B. Carefully cut out using fabric shears.
7. Lay down letter and symbol onto the right side of Fabric C and move until desired layout is achieved.

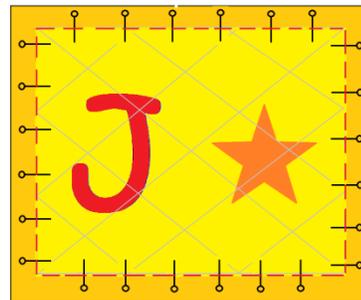
8. Using fabric glue, carefully glue letter and symbol in place.
9. Using a zigzag stitch on your sewing machine, carefully sew all the way around the outline of both the letter and the symbol on Fabric C.
10. Use a quilting ruler to ensure that Fabric C (the quilt top) has perfectly square corners. Trim Fabric C if needed.
11. Create your sandwich by laying down Fabric D, the batting, and Fabric C with wrong sides together. Smooth out and pin together using quilting pins.
12. Quilt wall hanging using the quilting technique of your choice. A machine quilted crosshatch (as shown in the selective section of the *Quilting Reference Guide*) would look great with this project. Remember to remove the quilting pins as you sew.
13. Use a quilting ruler to ensure that Fabric D has perfectly square corners. Trim if needed. Fabric D MUST be at least 3 cm larger than Fabric C on all sides.

14. Press a small fold into Fabric D (wrong sides together) approximately  $\frac{1}{2}$  cm wide.



15. Fold Fabric D over onto Fabric C (wrong sides together) and pin in place to create binding.

16. Sew as close to the inside edge of Fabric D as possible to finish binding. Create a corner the same way you would when wrapping a gift.

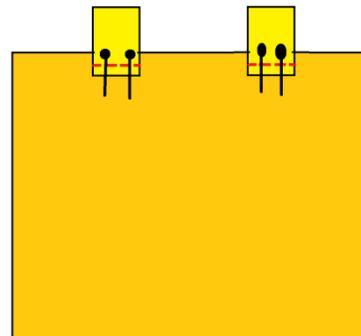


17. Iron small 6"x2" squares of Fabric C in half lengthwise (right sides together).

18. Pin and sew around two sides.

19. Flip fabric right side out, pushing out corners completely.

20. Using iron, fold open end of each rectangle into itself to create a tidy edge.



21. Fold each rectangle in half, with open end facing down.

22. Place on back of wall hanging (each rectangle should be 3" from the outer edge).

23. Pin and sew in place to create hanging tabs.

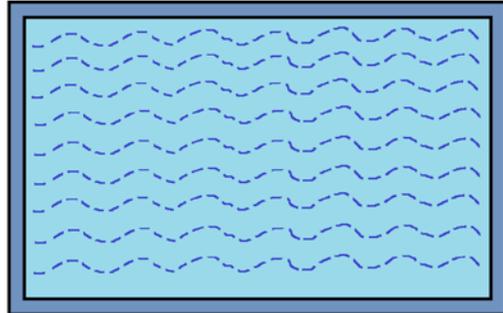
24. Trim all loose threads, and press.

# Whole-Cloth Placemat

**Approximate finished placemat size: 18"x12"**

## What you need:

- Fabric A – One 20"x14"
- Fabric B – One 20"x14"
- Polyester Batting
- Binding Tape (65")
- Matching or Contrasting Thread
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Sewing Spray Glue

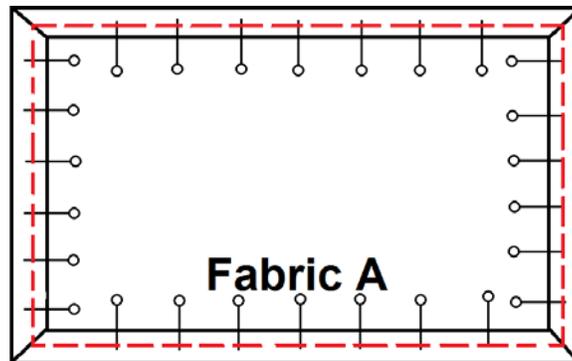
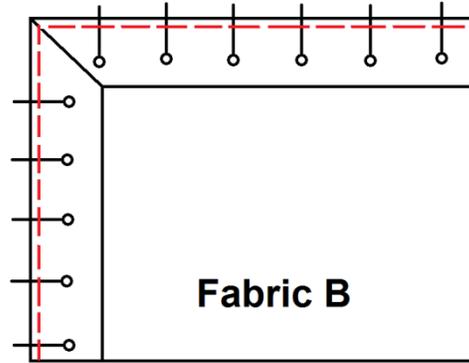


**Seam allowance:** 5/8" on all sides

## Instructions

1. Prepare all fabric by washing, drying, and ironing.
2. Use fabric shears or rotary cutters to cut fabric and batting into rectangles 20"x14".
3. Use spray glue to create your "sandwich". Lightly spray the glue on the wrong side of Fabric A, and gently lay the batting centred on top. Lightly spray the glue onto the batting, and gently lay Fabric B centred on top (wrong side facing the glue).
4. Use your hands to smooth out any wrinkles in the fabric sandwich.
5. Choose a quilting pattern or medallion to use. A whole-cloth placemat would look great with a wave or pebble quilting pattern. Trace the shape or pattern you are using onto your quilt sandwich using a fabric pencil. These pencil markings will disappear when you wash your placemat.
6. Use a matching or contrasting thread to quilt the layers of your sandwich together, sewing over the lines you created.
7. Use a quilting ruler to ensure that the sandwich has perfectly square corners. Trim if needed.

8. Unfold your binding tape, and pin it around the outside of the placemat with right sides together. When you get to a corner, adjust the binding so it turns to be parallel to next edge. A tuck or fold will form.
9. When you have added binding around the entire placemat, fold and overlap ends.
10. Sew around outside edge of placemat, using a pivot turn at each corner. Make sure you do not catch the fold in your stitches.
11. Remove pins and fold the binding tape over the raw edge of the placemat.
12. Pin binding tape in place on opposite side, following same method for corners and the end.
13. Remove pins. Trim all loose threads and press.



# Unit 5: Quilting Projects – Intermediate

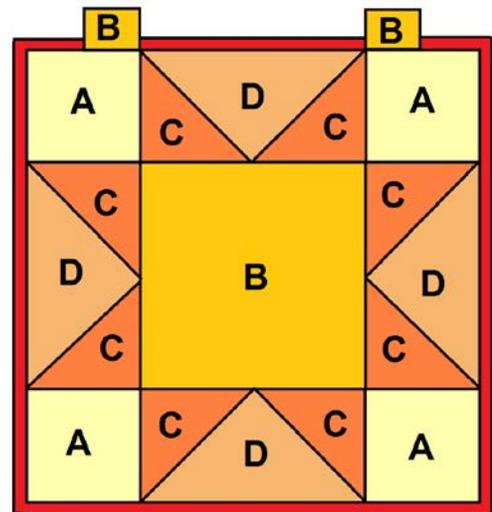
## Evening Star Pieced Wall Hanging

Approximate Finished Size: 13"x13"

*\*Fabric needed for this project is listed in finished size pieces  
to allow you to use scraps at home if desired\**

### What you need

- Fabric A - One: 3-1/2" x 14" cut into four 3-1/2" squares
- Fabric B – One: 5-1/4" square AND Two: 6"x2"
- Fabric C – Four: 3-7/8" squares
- Fabric D - Four: 3-7/8" squares
- Fabric E – One: 15" square
- Binding Tape
- Matching Thread
- Polyester Batting
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Quilting Pins

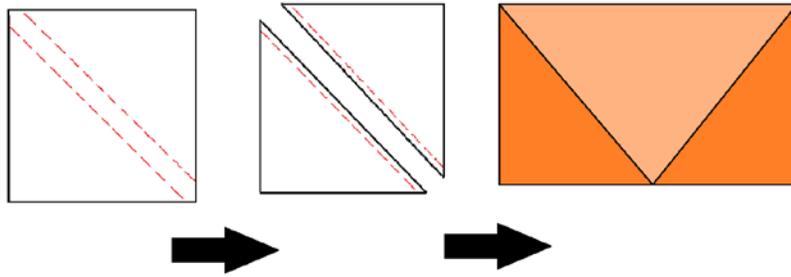


**Seam allowance:** 5/8" on all sides

### Instructions

1. Prepare all fabric by washing, drying, and ironing.
2. Using a rotary cutter and mat or fabric shears, cut the fabric into the required shapes.
3. Make star tips by placing one square of Fabric C on top one square of Fabric D (right sides together). Mark a diagonal line from corner to corner, and sew a seam on either side of that line (using 1/4" seam allowance).
4. Cut between the two seams with fabric shears.

5. Press open the seams of each triangle square and sew together to make star tip. Press.



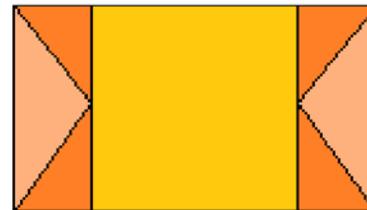
6. Repeat steps 3- 5 three more times.
7. Pin and sew a solid square of Fabric A to either side of two of the star tip pieces. Press.
8. Pin and sew star tip pieces on either side of the large centre square (Fabric B). Press.

9. Assemble quilt block as shown, matching vertical seam intersections.

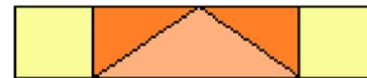


10. Press all seams.

11. Create your sandwich by laying down quilted top, the batting, and Fabric E square with wrong sides together. Smooth out and pin together using quilting pins.

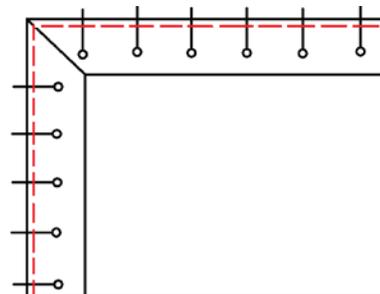


12. Quilt wall hanging using the quilting technique of your choice. Stitch-in-the-ditch machine quilting (as shown in the selective section of the *Quilting Reference Guide*) would look great with this project. Remember to remove the quilting pins as you sew.



13. Use a quilting ruler to ensure all corners are square. Cut backing, batting, and top to the same size.

14. Unfold your binding tape, and pin it around the outside of the placemat with right sides together. When you get to a corner, adjust the binding so it turns to be parallel to next edge. A tuck or fold will form.

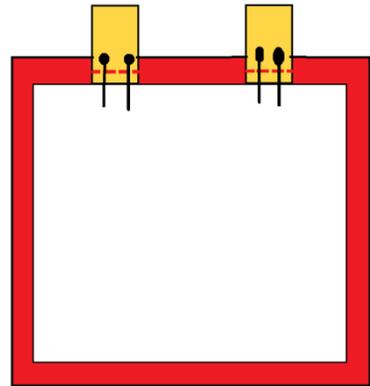
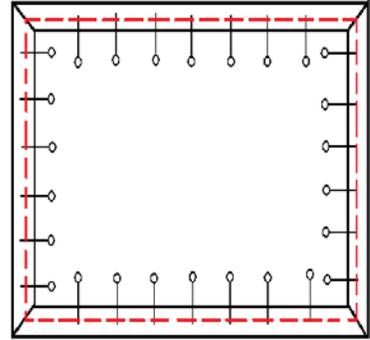


15. When you have added binding around the entire placemat, fold and overlap ends.

16. Sew around outside edge of placemat, using a pivot turn at each corner. Make sure you do not catch the fold in your stitches.

17. Remove pins and fold the binding tape over the raw edge of the placemat.

18. Pin binding tape in place on opposite side, following same method for corners and the end.
19. Iron small 6"x2" squares of Fabric C in half lengthwise (right sides together).
20. Pin and sew around two sides.
21. Flip fabric right side out, pushing out corners completely.
22. Using iron, fold open end of each rectangle into itself to create a tidy edge.
23. Fold each rectangle in half, with open end facing down.
24. Place on back of wall hanging (each rectangle should be 3" from the outer edge).
25. Pin and sew in place to create hanging tabs.
26. Trim all loose threads, and press.



# Appliqué Table Runner

**Approximate Finished Size:** 18"x44"

## What you need

- Fabric A - One: 19"x45"
- Fabric B – One: 20"x46"
- Other Fabrics as desired for appliqué
- Matching and Contrasting Thread
- Polyester Batting
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Quilting Pins
- Fabric Glue
- Appliqué Patterns

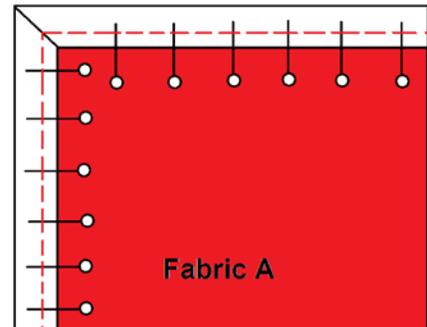
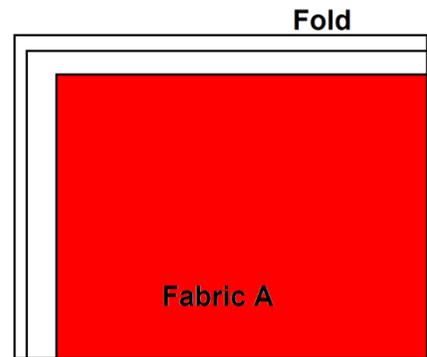


**Seam Allowance:** 5/8" on all sides

## Instructions

1. Prepare all fabric by washing, drying, and ironing.
2. Cut Fabric A & Fabric B into required size using a rotary cutter and mat or fabric shears.
3. Decide on a theme for your appliqué. It may be a holiday (Christmas), an event (a birthday) or simply made to complement your kitchen décor (leaves and flowers).
4. Using the source of your choice, find at least three appliqué s to add to your table runner. Use the internet, books, or draw them yourself. Remember, the best appliqué d images and letters are bold and simple.
5. Trace and cut out the appliqué shapes from your additional fabrics using fabric shears.
6. Lay down appliqué s onto the right side of Fabric A and move until desired layout is achieved.
7. Using fabric glue, carefully glue appliqué s in place.

8. Using a zigzag stitch on your sewing machine, carefully sew all the way around the outline of all appliqués on Fabric A.
9. Create your sandwich by laying down Fabric A, the batting, and Fabric B with wrong sides together. Smooth out and pin together using quilting pins.
10. Quilt wall hanging using the quilting technique of your choice. Echo machine quilting (as shown in the selective section of the *Quilting Reference Guide*) would look great with this project. Remember to remove the quilting pins as you sew.
11. Use a quilting ruler to ensure that the sandwich has perfectly square corners. Trim if needed. Fabric B **MUST** be at least 3 cm larger than Fabric A on all sides.
12. Press a small fold into Fabric B (wrong sides together) approximately ½ cm wide.
13. Fold Fabric B over onto Fabric A (wrong sides together) and pin in place to create binding.
14. Sew as close to the inside edge of Fabric B as possible to finish binding. Create a corner the same way you would when wrapping a gift.
15. Trim all loose threads and press.

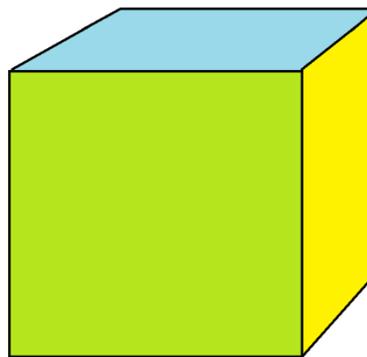


# Baby Block

**Approximate Finished Size:** 5" cube

## What you need

- Six: 5" squares (any fabric colors)
- Matching Thread
- Fiber-Fill (stuffing)
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors

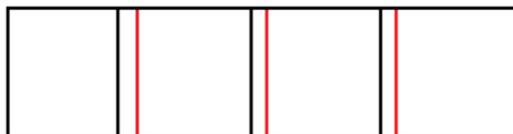


**Seam Allowance:** 5/8" on all sides

## Instructions

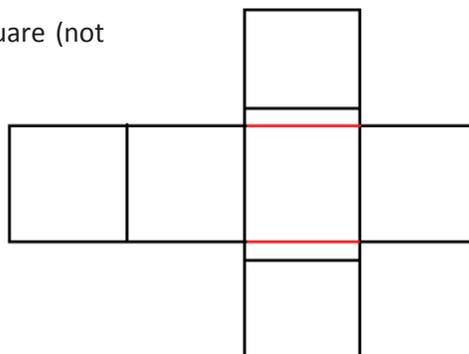
1. Prepare all fabric by washing, drying, and ironing.
2. Cut out six 5" squares using fabric shears or a rotary cutter.

3. Sew four squares together in a horizontal row with right sides together. Press seams to one side.



4. Attach side pieces. ONLY SEW them to one square (not end to end).

5. Begin making the block form by matching up the edges of two squares (right sides together). Pin and sew.

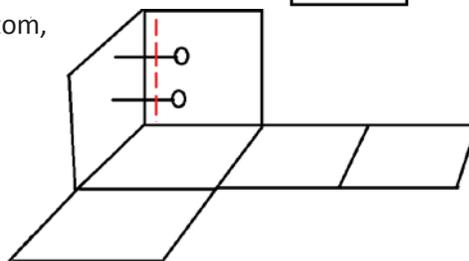


6. Repeat step 4 for remaining four block sides.

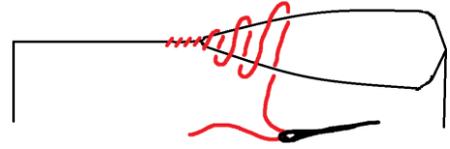
7. When pinning and sewing the block bottom, leave a 2" opening.

8. Trim all threads.

9. Turn block right side out.



10. Push out block corners using a pencil or chopstick.
11. Stuff block with fiberfill.
12. Close the opening using a hand needle and a slip stitch.



# Unit 5: Quilting Projects – Advanced

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## Whole-Cloth Baby Blanket

**Approximate Finished Size:** 36"x48"

### What you need

- Fabric A – One 35"x47"
- Fabric B – One 35"x47"
- Polyester Batting
- Binding Tape (175" x 1.5")
- Matching or Contrasting Thread
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Sewing Spray Glue

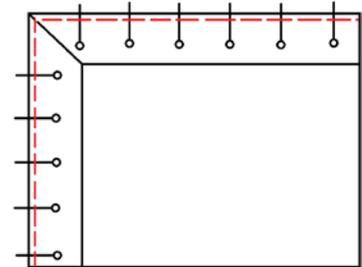
**Seam Allowance:** 5/8" on all sides

### Instructions

1. Prepare all fabric by washing, drying, and ironing.
2. Use fabric shears or rotary cutters to cut fabric and batting into rectangles 37"x49".
3. Use spray glue to create your "sandwich". Lightly spray the glue on the wrong side of Fabric A, and gently lay the batting centered on top. Lightly spray the glue onto the batting, and gently lay Fabric B centered on top (wrong side facing the glue).
4. Use your hands to smooth out any wrinkles in the fabric sandwich.
5. Choose a quilting pattern or medallion to use. A whole-cloth blanket would look great with a wave or crosshatch quilting pattern. Trace the shape or pattern you are using onto your quilt sandwich using a fabric pencil. These pencil markings will disappear when you wash your baby blanket.

6. Use a matching or contrasting thread to quilt the layers of your sandwich together, sewing over the lines you created.
7. Use a quilting ruler to ensure that the sandwich has perfectly square corners. Trim if needed.

8. Unfold your binding tape, and pin it around the outside of the blanket with right sides together. When you get to a corner, adjust the binding so it turns to be parallel to next edge. A tuck or fold will form.



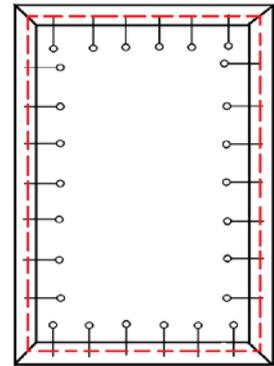
9. When you have added binding around the entire blanket, fold and overlap ends.

10. Sew around outside edge of blanket, using a pivot turn at each corner. Make sure you do not catch the fold in your stitches.

11. Remove pins and fold the binding tape over the raw edge of the blanket.

12. Pin binding tape in place on opposite side, following same method for corners and the end.

13. Remove pins. Trim all loose threads and press.



# Appliqué Baby Blanket

**Approximate Finished Blanket Size:** 36"x48"

## What you need

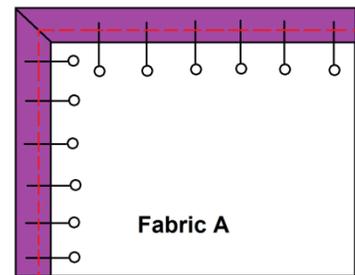
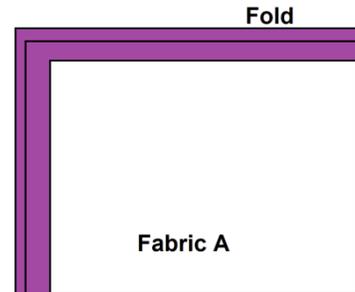
- Fabric A - One: 35"x47"
- Fabric B – One: 38"x50"
- Other Fabrics as desired for appliqué
- Matching and Contrasting Thread
- Polyester Batting
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Quilting Pins
- Fabric Glue
- Appliqué Patterns

**Seam Allowance:** 5/8" on all sides

## Instructions

1. Prepare all fabric by washing, drying, and ironing.
2. Cut Fabric A & Fabric B into required size using a rotary cutter and mat or fabric shears.
3. Decide on a theme for your appliqué that suits the baby you are making the blanket for. It may be an animal (ducks), object (balloons & rainbows), or something more abstract (dots or triangles). You could also appliqué a name or initial onto the blanket.
4. Using the source of your choice, find at least three appliqués to add to your table runner. Use the internet, books, or draw them yourself. Remember, the best appliquéd images and letters are bold and simple.
5. Trace and cut out the appliqué shapes from your additional fabrics using fabric shears.
6. Lay down appliqués onto the right side of Fabric A and move until desired layout is achieved.
7. Using fabric glue, carefully glue appliqués in place.

8. Using a zigzag stitch on your sewing machine, carefully sew all the way around the outline of all appliqué s on Fabric A.
9. Create your sandwich by laying down Fabric A, the batting, and Fabric B with wrong sides together. Smooth out and pin together using quilting pins.
10. Quilt blanket using the quilting technique of your choice. Echo machine quilting (as shown in the selective section of the *Quilting Reference Guide*) would look great with this project. Remember to remove the quilting pins as you sew.
11. Use a quilting ruler to ensure that the sandwich has perfectly square corners. Trim if needed. Fabric B MUST be at least 3 cm larger than Fabric A on all sides.
12. Press a small fold into Fabric B (wrong sides together) approximately ½ cm wide.
13. Fold Fabric B over onto Fabric A (wrong sides together) and pin in place to create binding.
14. Sew as close to the inside edge of Fabric B as possible to finish binding. Create a corner the same way you would when wrapping a gift.
15. Trim all loose threads and press.



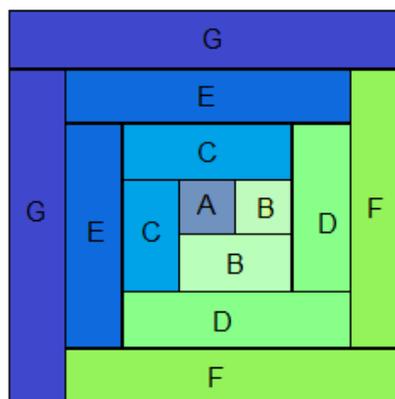
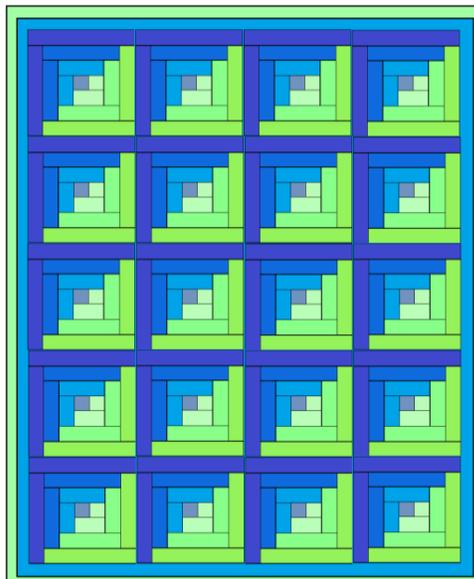
# Log Cabin Pieced Lap Quilt

Approximate Finished Blanket Size: 47" x 56"

## What you need

### Purchased Fabric

- Fabric A –  $\frac{3}{4}$  yard
  - (#1) 20 – 2" squares
- Fabric B – 18"x22"
  - (#2) 20 –  $1\frac{3}{4}$ "x3" rectangles
  - (#3) 20 –  $1\frac{3}{4}$ "x3 $\frac{1}{4}$ " rectangles
- Fabric C – 18"x22"
  - (#4) 20 –  $1\frac{3}{4}$ "x3 $\frac{1}{4}$ " rectangles
  - (#5) 20 –  $1\frac{3}{4}$ "x4 $\frac{1}{2}$ " rectangles
- Fabric D –  $\frac{1}{4}$  yard
- Fabric E –  $\frac{1}{2}$  yard
  - (#6) 20 –  $1\frac{3}{4}$ "x4 $\frac{1}{2}$ " rectangles
  - (#7) 20 –  $1\frac{3}{4}$ "x5 $\frac{3}{4}$ " rectangles
- Fabric F –  $\frac{1}{2}$  yard
  - (#8) 20 –  $1\frac{3}{4}$ "x5 $\frac{3}{4}$ " rectangles
  - (#9) 20 –  $1\frac{3}{4}$ "x7" rectangles
- Fabric G –  $\frac{1}{2}$  yard
  - (#10) 20 –  $1\frac{3}{4}$ "x7" rectangles
  - (#11) 20 –  $1\frac{3}{4}$ "x8 $\frac{1}{4}$ " rectangles
  - (#12) 20 –  $1\frac{3}{4}$ "x8 $\frac{1}{4}$ " rectangles
  - (#13) 20 –  $1\frac{3}{4}$ "x9 $\frac{1}{2}$ " rectangles
- Fabric H – 1 $\frac{1}{2}$ yards
  - Two – 4 $\frac{1}{2}$ "x47 $\frac{1}{2}$ " rectangles
  - Two – 4 $\frac{1}{2}$ "x48 $\frac{1}{2}$ " rectangles
- Backing – 2 $\frac{3}{4}$  yards – 49"x58"
- Binding – 211"
- Matching and Contrasting Thread
- Polyester Batting
- Sewing Machine



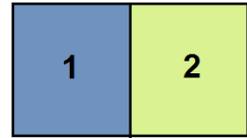
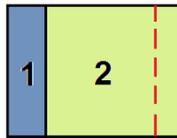
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- Embroidery Scissors
- Quilting Pins

**Seam Allowance:** ¼" on all sides

**Instructions**

1. Prepare all fabric by washing, drying, and ironing.
2. Using a rotary cutter and self-healing mat, cut all fabric strips. It may be helpful to number them so you don't get confused.
3. The easiest way to make a log cabin quilt is to use the chain piecing method, which involves completing all quilt blocks at the same time, rather than making each block individually.

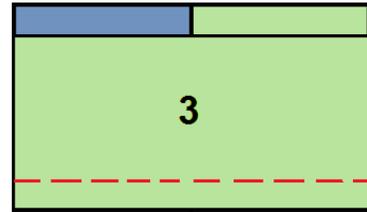
4. Begin by pinning square #1 and rectangle #2 with right sides together. Sew.



5. Repeat step 4 for all #1 and #2 pieces.

6. Press all seams to the side.

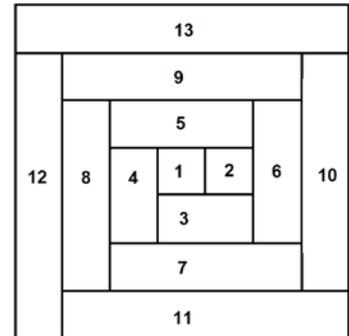
7. Place piece #1/2 and piece #3 together, lining up the bottom edge. Pin and sew.



8. Repeat step #7 for all #1/2 and #3 pieces.

9. Press all seams towards piece #3.

10. Continue adding pieces by number until quilt blocks are completed. Remember to press your seams towards the piece that you have just added. You should have twenty quilt blocks in total.



11. Using the attached diagrams, choose a pattern for laying out your log cabin quilt blocks.

12. Sew blocks into horizontal rows, following the pattern that you have chosen. Press seams to one side.

13. Sew horizontal rows together, matching vertical seam intersections.

14. Press all seams.

15. Sew long outer border strip to each side of the quilt. Press seams towards the outside of quilt top.

16. Sew short outer border strip to the top and bottom of the quilt. Press seams towards the outside of quilt top.

17. Create your sandwich by laying down Fabric A, the batting, and Fabric B with wrong sides together. Smooth out and pin together using quilting pins.

18. Quilt blanket using the quilting technique of your choice. Outline or stitch-in-the-ditch machine quilting (as shown in the *Quilting Reference Guide*) would look great with this project. Remember to remove the quilting pins as you sew.

19. Use a quilting ruler to ensure that the sandwich has perfectly square corners. Trim if needed.

20. Unfold your binding tape, and pin it around the outside of the blanket with right sides together. When you get to a corner, adjust the binding so it turns to be parallel to next edge. A tuck or fold will form.

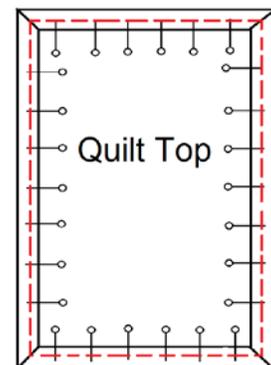
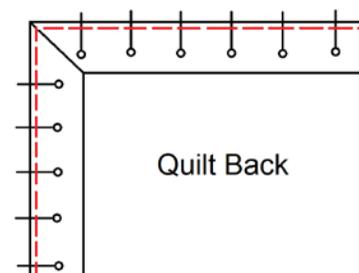
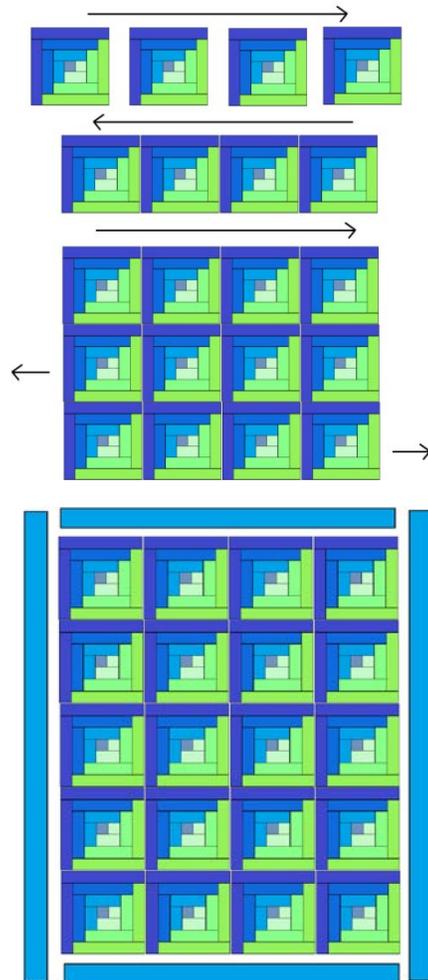
21. When you have added binding around the entire blanket, fold and overlap ends.

22. Sew around outside edge of blanket, using a pivot turn at each corner. Make sure you do not catch the fold in your stitches.

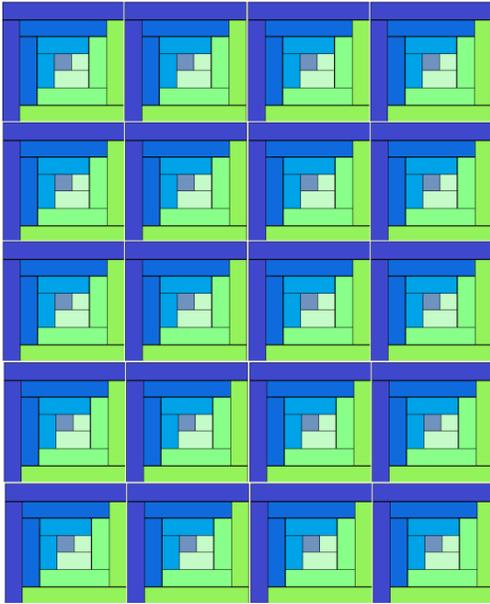
23. Remove pins and fold the binding tape over the raw edge of the blanket.

24. Pin binding tape in place on opposite side, following same method for corners and the end.

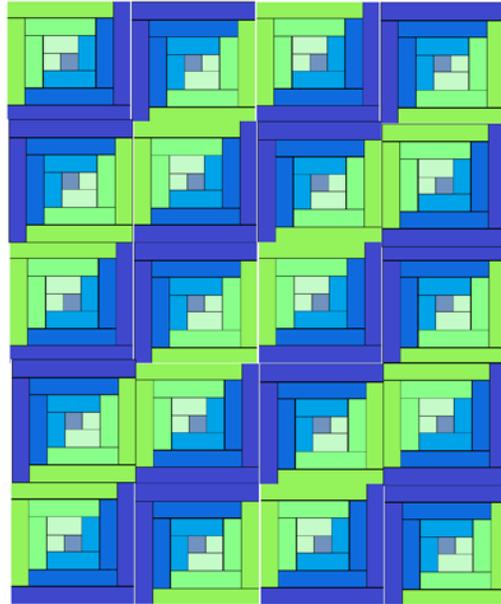
25. Remove pins. Trim all loose threads and press.



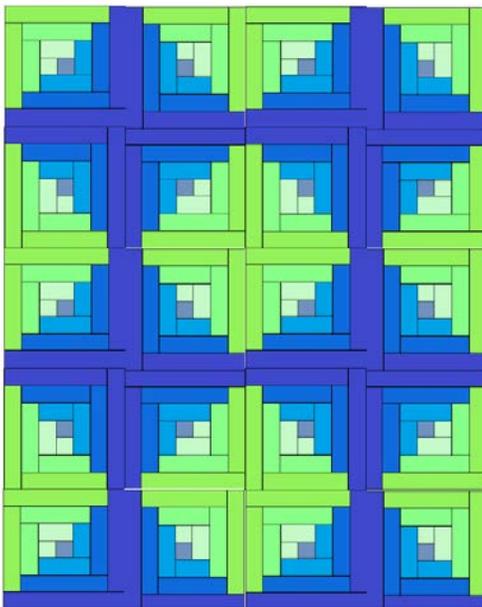
# Log Cabin Quilt Block Layouts



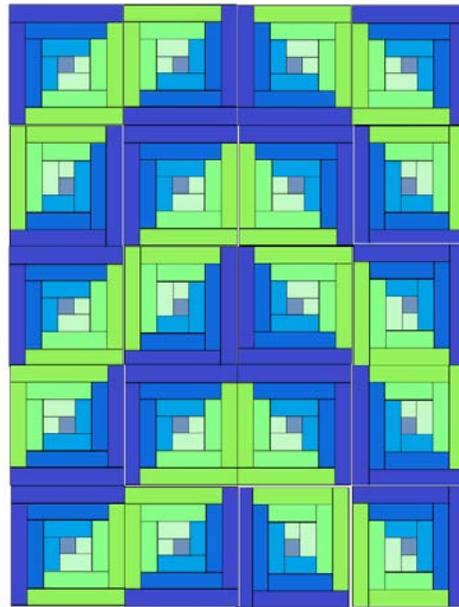
Traditional/Straight



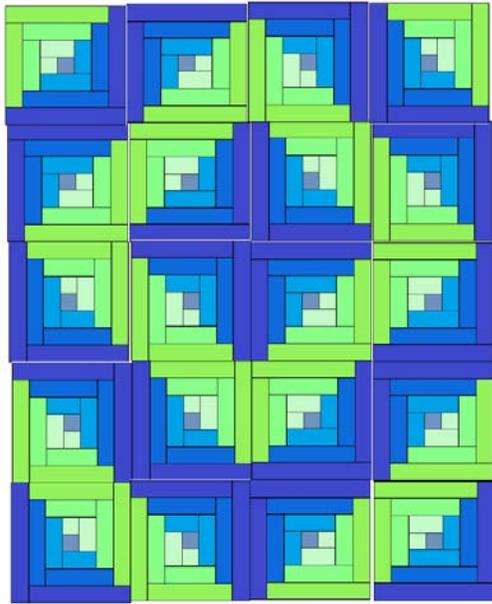
Fields and Furrows



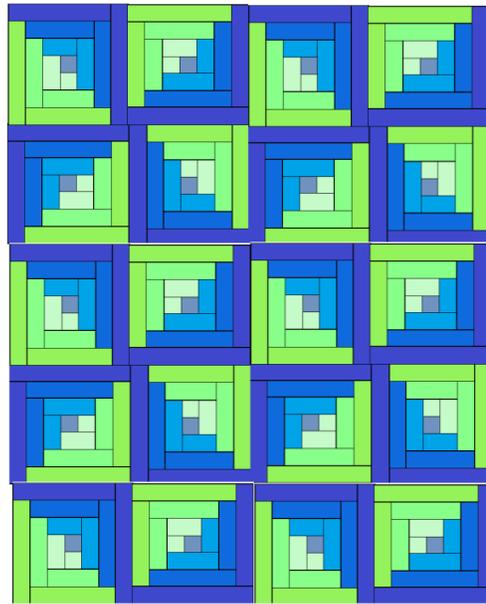
Sunshine and Shadows



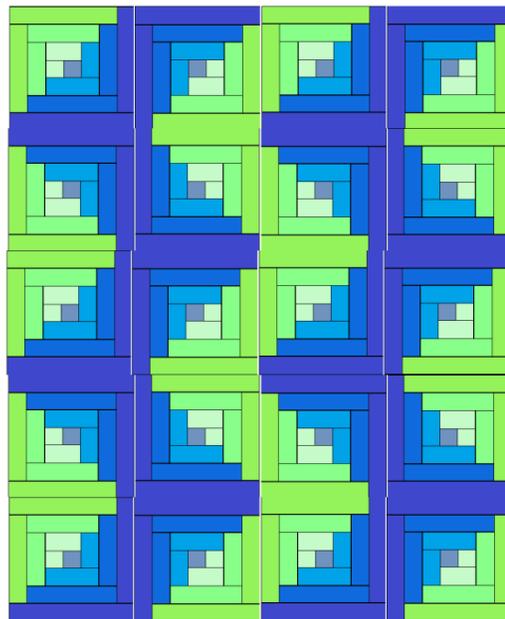
Chevron



Barn Raising



Pinwheel



Zigzag

# T-shirt Pieced Quilt

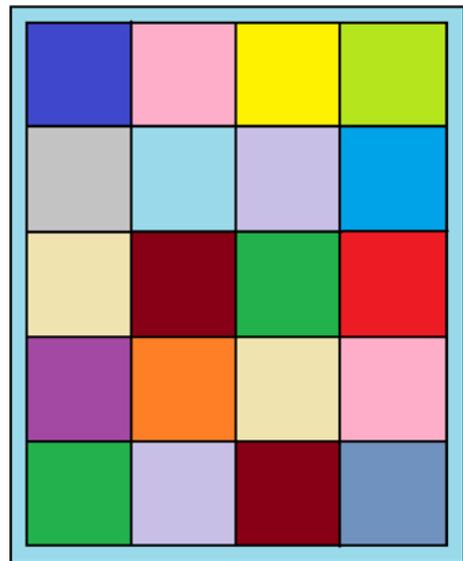
The size of your quilt will depend on the number of t-shirts (cut into 14"x14" blocks) you have to use. The following chart will help you determine the finished size of your quilt.

Blanket Size	Grid Size & Number of Shirts	Backing Fabric Size
Crib	3x4 or 3x5 shirt grid = 12 to 15 shirts	42" x 72"
Twin	5x8 or 6x9 grid = 40 to 54 shirts	66" x 96"
Double/full	6x8 or 7x9 grid = 48 to 63 shirts	81" x 96"
Queen	8x9 or 9x10 grid = 72 to 90 shirts	90" x 102"
Standard King	10x10 or 10x11 grid = 100 to 110 shirts	108" x 102"

**Finished Blanket Size:** Depends on the number of shirts you have to use

## What you need

- T-shirts
- Backing Fabric (depends on size of quilt)
- Polyester Batting
- Fusible interfacing
- Binding Tape (outside quilt circumference + 5")
- Matching or Contrasting Thread
- Sewing Machine
- Straight Pins
- Seam Ripper
- Fabric Shears or Rotary Cutter
- 14"x14" quilting ruler or square template
- Marking pencils
- Embroidery Scissors
- Quilting Pins

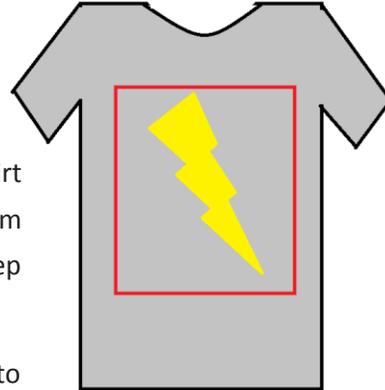


**Seam Allowance:** 5/8" on all sides

## Instructions

1. Prepare all fabric and t-shirts by washing, drying, and ironing.
2. Using a square template or quilting ruler, mark a 14"x14" square onto the t-shirt. You may want to have the logo or pattern centered on the square.

- Using a rotary cutter or fabric shear, cut out each t-shirt square.
- Stabilize the t-shirt fabric by ironing a 14"x14" piece of fusible interfacing to the wrong side of your t-shirt block. This will help keep the t-shirt blocks from stretching or sagging while you sew. Complete this step for each of your t-shirt blocks.
- Arrange your t-shirt blocks into a grid. You may want to alternate dark and light colored shirts to create a pattern.

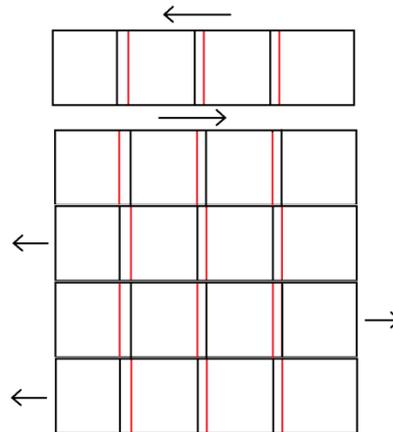


- Begin by sewing together the horizontal rows in your grid. Press each seam to the side – each horizontal row should be pressed in the opposite direction of the one above it.



- Once all horizontal grids are sewn and pressed, sew them together.
- Press all seams.

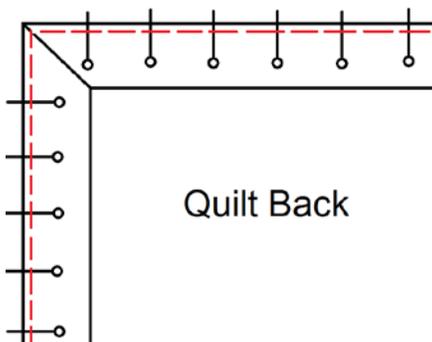
- Create your sandwich by laying down quilted top, the batting, and backing square with wrong sides together. Smooth out and pin together using quilting pins.



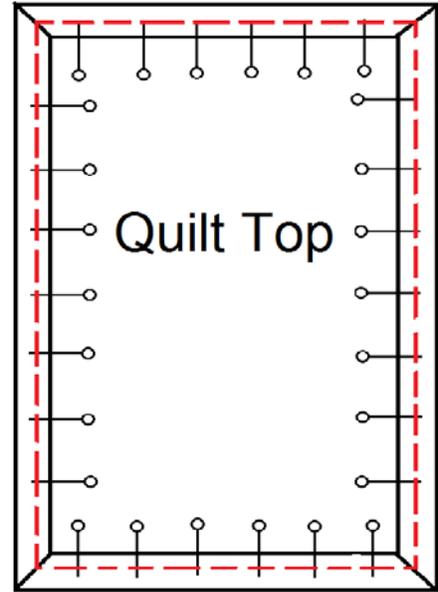
- Quilt using the machine quilting method (as shown in the quilting section of the *Quilting Reference Guide*). A selective quilting style (perhaps around an inner and outer square in each block) would look great with this pattern.

- Use a quilting ruler to ensure all corners are square. Cut backing, batting, and top to the same size.

- Unfold your binding tape, and pin it around the outside of the blanket with right sides together. When you get to a corner, adjust the binding so it turns to be parallel to next edge. A tuck or fold will form.



13. When you have added binding around the entire blanket, fold and overlap ends.
14. Sew around outside edge of blanket, using a pivot turn at each corner. Make sure you do not catch the fold in your stitches.
15. Remove pins and fold the binding tape over the raw edge of the blanket.
16. Pin binding tape in place on opposite side, following same method for corners and the end. Sew.
17. Trim loose threads and press.



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