

QUILTED HEARTS DOLL QUILT



A Lesson in
Block Construction
for Young Sewers
Ages 10 +



by Theresa Powers
Joyous Home

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INTRODUCTION

This e-book is a small sampling of what type of instruction you can find in the homespun section of our magazine, Seasons at Home. We have also started a quilt block membership open to all ladies and very affordable! Our mission is to encourage homemaking skills by showing you how to, not just why you should! See our sites below for more information.

We recommend daughters ages 10 years old or older, engage in this project. Some girls may be ready sooner to learn the basics of quilting, others are just learning how to use a sewing machine. We found that girls of 10 years have a better attention span for directions and details.

This project is meant to be done with the help of an adult. Allow her to read the instructions and check for understanding. In this block quilt lesson the skill we are trying to impress upon the girl here is accuracy in cutting and paying attention to the importance of order.

It is VERY important that cutting measurements are exact. Rotary cutting even 1/8" off a strip can throw off blocks entirely which can be very frustrating. You must have a sharp blade on the cutter, and a cutting mat in good condition. Use the same mat and sewing machine for the project. Did you know that cutting mats can vary in measurement? Use the same ruler as the same rule applies to those as well! As far as sewing machines, my daughter and I use the same machine we start with. We found that my machine has a scant 1/4" presser foot and hers a full. There is nothing more upsetting to be half through and realize your measurements are off because you switched machines!

We chose 2 colors so they can practice order. In more difficult quilts, order is of upmost importance, and a simple square design will help them understand this. As I was putting this quilt together, being interrupted numerous times, my rows became unordered. I found myself picking out a row because my design was now off. As you learn the basics, there are tricks to make sewing quilts much faster when it comes to order. For now, I've included just a few steps to make sewing simple, such as chain stitching blocks, but nothing more elaborate than that.

Most of these supplies are inexpensive if you already own a sewing machine. A cutting mat and even rotary cutter can be the most expensive part of the list. We suggest finding them on sale or use a coupon at more popular stores, such as JoAnn's Craft store. This particular store has a newsletter sign-up and frequently offers 1/2 off coupons. Here is a tip for home-educators; JoAnn's offers a teacher discount worth 20% off your total, on sale and regular priced. For busy sewers like us, this was a treat to find out!

Enjoy this simple little doll quilt and we hope you find a wonderful lesson contained here. Take your time! Cut accurate, sew slowly and don't lose order.

Blessings, *Theresa*

Quilted Hearts Doll Quilt
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Quilted Hearts Doll Quilt

Finished size ~ 17" x 23" (approx.)

Supplies:

Clear ruler 6" x 24"
Rotary cutter and mat
Safety quilting pins
Glass headed pins

Cotton thread, size 10 quilting between (needle)
Embroidery thread (light color to match fabric)
Template plastic
Sewing Machine, iron, seam gauge and stitch ripper



Note: We use Isacord or Madeira thread.

Fabric:

3/4 yard each of two fabrics 45" long

3/4 yard backing

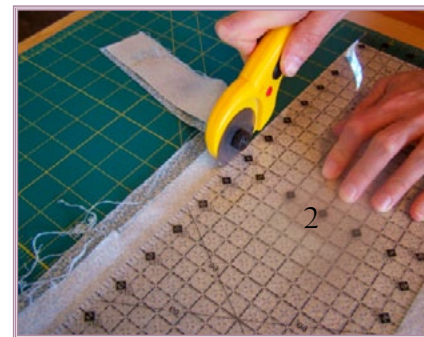
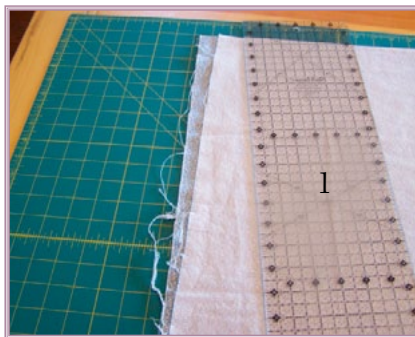
3/4 yard of warm and natural batting

Binding - Cut 3 strips 2" wide, the length of one of your block fabrics (your choice)

You will have extra fabric, but it's better than not having enough!

1. Prepare your fabric: We love the feel of unwashed, crisp fabric! You must decide if you want to wash your fabric. Colors can run if you leave the fabric unwashed and then need to clean it. Sometimes there is no damage with color, but be advised that quilts shrink 2%-3% when using unwashed fabric. If you are using a dark color, you may want to test it for color run. Take a small square and lay it under warm water, if it runs, you can set the color. Soak your fabric in one gallon of vinegar for a few hours. Run it under clean water until the water runs clear.

a. Trimming the Selvage: (Selvages are the finished woven edges of your fabric) You will need a good clear ruler, (Quilter's rule or Quilter's Sense) 6" x 24". Before cutting strips, you must even up your fabric. Selvage to selvage, and the fold on a horizontal line on your mat, carefully line up your ruler vertically on a line, checking top and bottom to make sure you have them on the same line! Trim the excess fabric. Prepare all fabric this way.



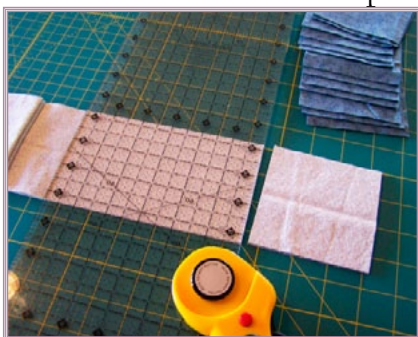
2. Cutting your blocks correctly: You must decide how you are going to cut these, right on top of the black line on the mat, or on the inside, whatever you choose, make sure you cut the same way for each strip and block. If you don't, you may have enough variance on each one to create a short row and a long row. This will result in a very hard time matching your seams and could throw the whole quilt off. Also, use the same brand ruler and same mat for each project. They have been known to vary just slightly. Take your time! I was once at a class where a woman was cutting her blocks so fast and sometimes not even pausing to check if her ruler was lined up on the mat. Why would you want to spend all this time on a pretty quilt only to have the lines not match half way through?

Be diligent in this and I promise your quilts will be a breeze to construct!

a. Line up your trimmed fabric on a line and cut two 3 1/2" strips from each of your two colors.

b. Cut twenty-four 3 1/2" blocks from each color. Stack your blocks.

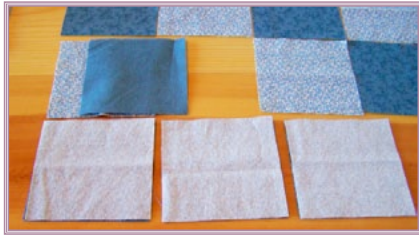
At this time you can cut out your backing/batting pieces, although you won't need that until later. If you want to cut them now, cut a 21" x 27" piece of each.



3. Layout your design:

I teach my girls to lay out their design, no matter how simple the pattern. It helps them to learn to sew in the correct order, visualize even bigger designs and gives practice for when they will use more than two colors.

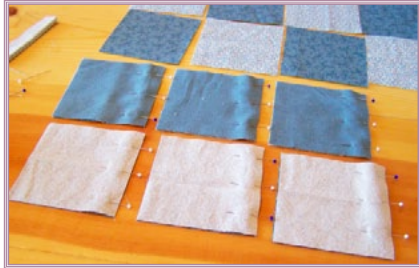
Lay out the design with 6 blocks across and 8 blocks down, as the design shown.



4. Pin your blocks for sewing:

Starting with the bottom row, from left to right, take the block to the right of your first block, and right sides together (RST), lay that block on top of your first block. You will have 3 pairs per row. Stack the pairs from right to left or left to right; just make sure you do each row in the same order.

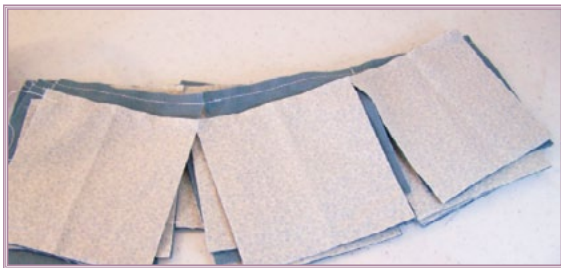
Layer the stacked pairs, right sides up, working from the bottom up to the top. When you go to the sewing machine, you will be starting with the top row. Learn to order early and you will do much better not to sew a design out of order later! Do this until all blocks are pinned and stacked.



5. Sew the blocks:

Take the stack to the sewing machine, and starting with the pair on top, sew the 1/4" seam on each block.

To prevent waste, chain sew each block pair in order without lifting the presser foot. Do this until all blocks are sewn. *We have a presser foot that is 1/4" when lined up with the edge. If you don't, sew a line and measure it using a seam gauge to be sure your needle is at 1/4".



6. Sewing pairs:

If you start with the last block sewn, you will be starting with the bottom row. Cut the thread between the rows, leaving the pairs in each row attached, and stacking as you cut. Your top row is now on top. Take the first row and cut the thread between the blocks.

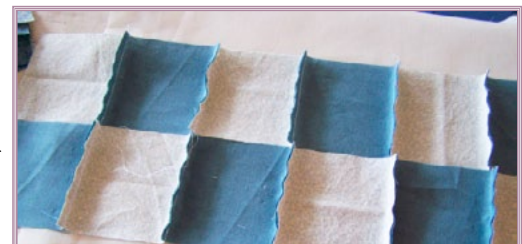


a. (Note-This picture to the left shows how to pin the pairs. This is not the first row as I took this several rows down.) Lay out the row and lay the second pair, RST, on top of the first pair and pin the right side. Sew a 1/4" seam.

b. Open flat and in the same manner, RST, put the 3rd row on top of the second and again pin the right side. Sew a 1/4" seam.

Lay the row aside and do all stacks this way until all the rows are sewn. Stack on top of each other right sides up. When done, your top row will be on top of the stack.

7. Sewing rows: This is very important. For practice, layout your rows to confirm you are sewing them in order! Now, starting at the top, turn over the first two rows. You must press the seams in opposite order. Press the top row of seams to the left, and the row under to the right.





Match Seams

Do you see why you iron in the opposite direction? This is why it is very important to measure, cut accurately. You want your seams to line up, with no overhang on blocks.



Pin Seams

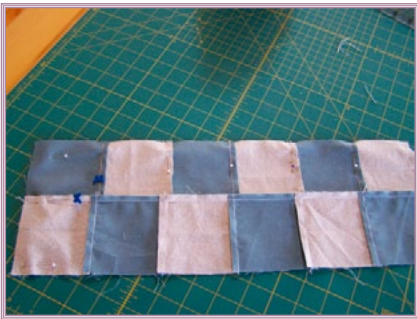
a. Now, we want to sew the bottom of the top row, to the top of the second row. RST, turn the 2nd row over on top of the top row. Carefully pin right through the seams, with the pin point pointing to the side to sew. The seams should sit up right against the other row seam that is ironed in the opposite direction as shown above. Your row seams should match up perfect with no overhang on either end of the row. If you are a little off, you can give it a little stretch to make it fit, but if you are more than 1/4" off, I would cut another 6 blocks for the row.



b. Follow the same method for the remainder of the rows. Make sure they are in order; pin together the 3rd and 4th, then the 5th and 6th, then the 7th and 8th. You now have 4 pairs of rows.

TIP: Use a cuticle stick to hold the seams in place while sewing if necessary.

Your square points should match up great if you lined the seams up correctly. Press each piece, iron the row seam down toward the bottom.

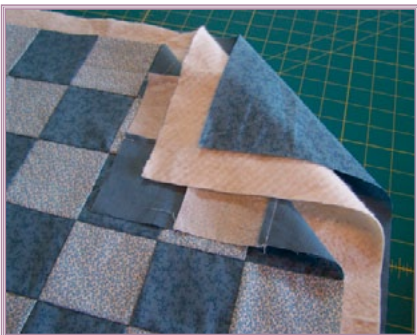


8. Complete the quilt top:
With RST again, pin the 1st and 2nd pairs of rows together, seams should be opposite and should be aligned. There should be no overhang on either end. Sew carefully together with a 1/4" seam.



Continue adding your rows until all rows are sewn to complete the quilt top.

- At this point your quilt top should measure 18"x24" Before putting on your binding, and after quilting, you will even your quilt top edges. Right now, press your quilt top.



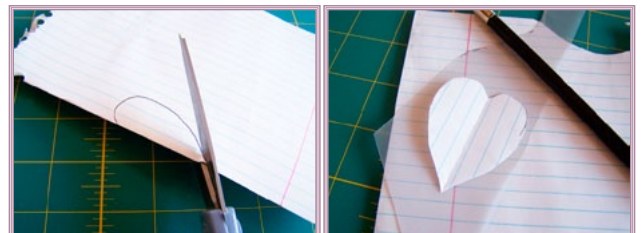
If you haven't already, cut a 21"x27" piece of backing and batting. Layer the backing right side down, batting on top, and center the quilt top right side up on top of batting.

-Safety pin your top, starting in the middle and working out. Smooth and pin. I use a tool called a Kwik Clip and it makes opening and closing the pins much quicker.



9. Make a heart template:

It's so easy to make your own basic symmetrical templates. Trace a 1/2" heart shape on the fold of a piece of paper. Cut this out and trace it onto a piece of template plastic.



10. Quilting - Using the template, lightly trace the heart once or twice in every row, spaced out how you desire. Remember to imagine your 1/4" binding on the edge and center the heart.

a. Using your choice of embroidery thread, quilt each heart with your sewing machine or by hand. (Hand quilting is not taught in this lesson.)



Using a straight stitch, start at the bottom of the heart and work your way around slowly until you reach the bottom again, making sure you lift your presser foot to make turns. Stitch slowly and carefully!

You may also sew straight lines just inside of the seams, vertically and then horizontally, starting in the middle. You do not need to lift the presser foot for seams. Carefully and continuously, stitch the whole top. We always do this for large quilts. Since this is a

doll quilt, we will leave the extra quilting up to you.



Stitch seams vertically and horizontally if desired



11. Join binding strips: Take your 2" strips, RST on the edges, as shown, and mark a diagonal line from the top left corner to the bottom right corner. Pin and sew the line. Cut the seam to 1/4" and press open.

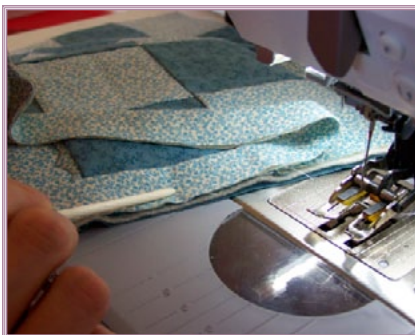
Join all three strips this way. Iron in half, wrong sides together.

12. Prepare the quilt to bind - Trim off your excess batting and backing, using your clear ruler. Line the ruler up on the edge of the blocks and with a line on the board. Trim even with the quilt top. Do this to all four sides.

Now measure your sides, is the width and the length the same? If not, take a bit off to even these measurements. Your quilt will look 'crooked' if you bind it with uneven measurements. It shouldn't be that far off if you cut correctly, so just even up a tiny bit by using your ruler and rotary cutter, and only if necessary!



13. Sew on your binding: Start by lining up your binding raw edges to raw edges on the sides. Start about 1/2 way down on any side. Leave about a 12" tail, and start sewing, taking a back stitch when you start.



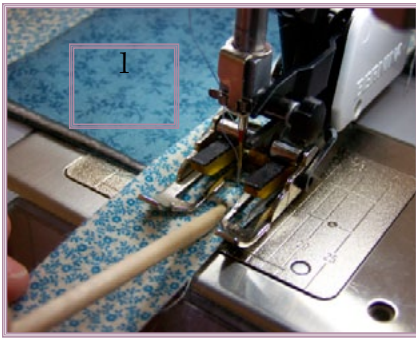
Note:

This is an item to save for!
This is a walking foot. Some sewing machines offer this as an optional accessory.

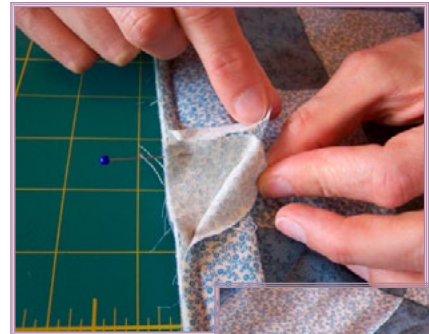
Using this will help pull thick layers of fabric under the needle evenly. This isn't necessary to make a quilt but helps a great deal!

Mitering corners:

1. Stop 1/4" from the edge.
2. With your needle down, turn your quilt and back stitch off the top. Cut the thread.
3. Now fold up the binding strip at a 45 degree angle, and lay it down on top of itself, (4) even with the edge, so you can continue on. Line it back up and continue sewing the 1/4" seam. Go all the way around the quilt.
5. STOP 2" before where you started. Back stitch and cut the thread.



Join the binding: You need to bring up the tails of the binding like praying hands. Make sure the bottoms are flat. Using a seam gauge, measure up 1/2" and mark with a chalk marker. You must be very careful here! If you cut too much you won't be able to sew the binding together. Cut the binding where you marked.



Open and bring the right sides together of the 2 ends. This is a little tricky, and it's a tight space to sew. Pin the seam. You need to sew a seam of 1/2". Turn back under and your binding should lay flat. You can now finish sewing it down.

14. Finishing:

Press your quilt top. Isn't it pretty! Now all that is left is to slip stitch the binding to the back. In the second picture below, your mitered corners should look just like this if you correctly went through 'Mitering Corners' above. Thread a needle that matches the color of your backing.



I use a size 10 quilting between. They say the smaller the needle, the smaller stitch you can achieve. If this size is too small for you, try a bit of a larger size like a size 7. (The smaller the number the larger the needle.) Knot the end of your thread and leave a nice tail. Catch through the seam.



Slip stitch:



I do not pin the binding into place, but finger press around to the back. The binding should cover the stitch line perfect. In the first picture, remember our thread was knotted underneath. The first stitch is taken as shown, except the thread is trailing out from under. Right where you stitch, put the needle in parallel to the hem, and turn slightly at an angle and catch the edge of the binding. Your stitch should be barely visible and sit horizontal on the edge of the binding.



The corners should be pressed in as shown, and carefully put a stitch through the two meeting ends. Continue all the way around your quilt. You are done!

Feel free to email us from our website, www.joyoushome.com, if you have questions about this pattern. Enjoy and may the Lord bless your sewing!



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