

28" x 37" Approximate Finished Size

Choose from a variety of options using the 5" and 10" strips. After you cut each strip into assorted sizes you will follow the sewing directions in the Sew and Flip method. If you need additional tips or layout ideas, view all of our options at www.shannonfabrics.com.

## Supply List

Strips for layout (for layout, see picture)
3 strips 1 ¾"x 58/60" for binding
29"x 38" for backing
29"x 37" for batting
Spray adhesive
Flat Flower head pins
Basic sewing supplies



## **Basic Technique and Sewing Method**

The quilt is sewn with the Sew and Flip method. Each strip is sewn onto the foundation of the quilt, sewing through the strip, batting and backing all in one step. Use a 1/2" seam allowance. WOF = Width of Fabric.

- 1. Lay the backing on a flat surface, with wrong side up. Place the batting centered exactly on top of the backing. Spray fusible adhesive to backing fabric to hold batting to backing fabric.
- 2. Smooth out all wrinkles. You can either mark centers by measuring or fold in half keeping the 29" wide horizontally. Mark the center of the backing and batting piece.
- 3. Lay the desired middle strip of your quilt top centered on the marked line. Use spray adhesive to secure in place.
- 4. Choose your next strip and place with right sides together lining up seam. Using a ½" seam allowance, stitch strip in place. You will be sewing through the strip you pinned, the middle strip and the batting and backing.
- 5. Smooth the strip, spray in place, and repeat this process to the other side of the center strip.
- 6. Continue to sew strips, alternating from the center strip. Repeat the process of pinning new strips after you have fused the sewn strip down. Continue until all strips are sewn. Baste all edges down before adding binding to keep strips flat and even. Trim all edges to even up.
- 7. Bind with 1 34" strips sewn together. "Binding with Cuddle@" tips on back.

For more information on using the Sew and Flip method and binding with Cuddle®, visit www.shannonfabrics.com.

