

The Proverbial Quilt

The Proverbial Quilt is inspired by early “talking” quilts. These quilts often featured quotes from the Bible, or commemorated public events. My version is an amalgamation of proverbs and fortunes from cookies, and the original pattern includes the entire alphabet so you can “customize, personalize, editorialize, or memorialize. You can even (if you must) dispense advice. And they can sleep on it.”

Long before I created this pattern, I made my first Proverbial Quilt and improvised all my letters. During this workshop, I’ll show you how easy it is to create your letters this way. It’s so much faster, and tons of fun! Come prepared with an idea of what you want to “say” with your finished project, and I’ll get you started! Or, create the phrase as shown on my pattern: “When we are flat on our backs, the only way to look is up. Find release from your cares, tomorrow is another day”.

What You Need

For the letters: I used a selection of several prints in warm colors for my letters, and prints and solids in cool colors for the letter backgrounds and spacers, offset by solid white in between the letter rows. This creates a quilt that at first glance looks like alternating rows of color – the words themselves are slightly obscured. You can choose a range of prints and solids that replicate this effect for a subtle message, or use your background fabric for the letter backgrounds and spacers for a bolder statement.

For the Background: Choose a solid color to offset your letter fabric choices. Use the fabric requirements list below for background and binding yardages. For the workshop, you’ll only need to bring 2 yards of the background fabric.

For the workshop, you will only need a yard or less of background, and enough of your scraps or letter fabric for a few words or lines.

Tools & Equipment:

- Sewing machine and the usual accompanying supplies like needles and thread
 - Fabric shears/snips
 - Cutting mat/rotary cutter/acrylic ruler
 - Sketchbook/pens or pencils
 - Digital camera or phone
 - 2-yard piece of white flannel or cotton batting to use for a design wall, unless supplied by the venue.
 - Masking tape or pins for hanging blocks/design wall
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- A printed copy of PDF pattern will be supplied at a cost of \$15 per student.



Proverbial Student/Customer Versions

