



Hearts Abound

Adapted by Helen Cochran for
Patchwork Garden's January 2021

Special thanks this month to Amanda Niderhauser and Therm-o-web Adhesives (home of Heat 'n Bond) for this great pattern that we've adapted for this month's project. Finishing at approximately 24" square, you can make it your own through fabric choices and easy modifications -- switch out the pieced sashing or borders with a focal print; make your quilt more planned than scrappy; change the hearts to shamrocks or other appliques; use machine embroidery or quilting rather than applique to create the center squares; or change the quilt to a runner simply by placing three blocks side-by-side with or without sashing. It will be fun to see what everyone comes up with.

To **Step-it-up**, watch Helen's binding and label video as she gives you ideas on how you can finish your quilt projects.

This month's challenge: Complete the project, including the binding – for extra credit, add a label to the back. Alternatively, finish another project with binding, but must use a different binding technique rather than regular double or single-fold binding ... add a flange, make it a scrappy or four-color binding, use bias binding to create a scalloped or varied edge!!!

Requirements

Background fabric: 1/3 yard

Eight assorted pinks & greens: ¼ yard or a jelly roll

Binding: 1/4 yard

Backing: ½ yard

Sashers (great for binding)

Misting Bottle

Steady Betty

"There's More Than One Way To Bind A Quilt"

Colorfast Printer Paper

Heat 'n Bond Lite or Steam-A-Seam Lite or Barely There

Notions and more:

Tucker Trimmer

Best Press

Cutting Instructions

Background fabric:

(4) 6 ½" squares

(16) 2 ½" squares (corner squares)

For Sashing and block:

From each of the assorted fabrics, cut (2) 16" x 2 ½" strips - will have one extra

From each of the assorted fabrics, cut (3) 2 ½" squares– will have some extra

For Half Square Triangles – Tucker Trimmer way

Background fabric: (16) 3" squares

From each of assorted fabrics: (2) 3" squares for a total of (16) 3" squares

For the Appliques:

Choose your favorite fabrics and cut a total of (16) 2 ½" squares

Binding:

Cut three strips 2 ¼" or 2 ½" wide

Making the Half Square Triangles

1. Layer a 3" background square with a 3" square from the assorted fabrics, right sides together. Draw a diagonal line from corner to corner (I use the Quilter's Wand by Studio 180). Stitch a seam a ¼" on either side of the drawn line. Press before opening.
2. Cut along the drawn line and carefully press toward the dark fabric. This is where the Steady Betty, Best Press and a mister come in handy. Using the Tucker Trimmer, trim your half square triangles so they measure 2 ½" square. Make 32 (8 for each block).

Making the Sashing Units – I alternated pinks and greens when making mine

When making the sashing units, we're going to be sewing five 2 ½" strips together with each fabric in the strip being used only once. As you assemble these, change up the order so the fabrics don't all appear in the same order.

1. Layer one 2 ½" x 16" strip right sides together with another 2 ½" x 16" strip. Sew a ¼" seam down one long side. Press seam before opening and then carefully press toward the dark. Assemble six pairs.
2. From these, choose three and sew one 2 ½" x 16" strip to each of these three. Press seam before opening and then carefully press toward the dark. You should now have three strip sets that have three strips in them and three strip sets that have two strips in them.
3. Sew one three strip unit to one two strip unit so you have one strip set made from five strips.
4. Repeat for a total of three strip sets, each with five strips. You'll have one 2 ½" x 16" strip left over.
5. Carefully press each strip set trying to keep the seams straight. These should be about 10 ½" wide.
6. Working with one completed strip set at a time, sub-cut it into six 2 ½" wide strips with each of these 2 ½" strips containing five fabrics.

Making the Appliques

1. Make a four patch by sewing (2) 2 ½" squares together. Repeat for a total of eight.
2. Then sew two of these pairs together to make a four patch.
3. Trace or print four hearts onto the paper backing of your fusible web. (Pattern included)
4. Fuse to the wrong side of your four patch, centering the four patch in the center of the heart
5. Cut along the drawn line.

Making the Side Units

1. Keeping a close eye on the direction of the half square triangles and using the diagram on the right as a guide, sew a half square triangle to one side of a center 2 ½" square. Press the seam toward the square.
2. Sew another ½ square triangle on the other side of the square. Press the seam toward the square.
3. Make a total of 16 of these side units.
4. For 8 of these side units, sew a 2 ½" background square to both ends making the top/bottom units

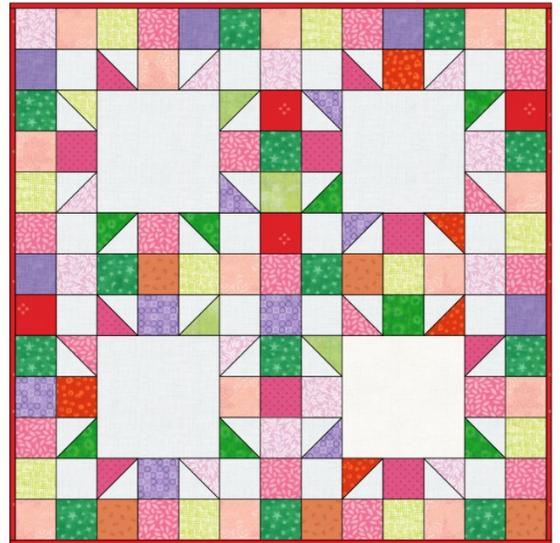
Making the Blocks

1. Sew a side unit to both sides of a 6 ½" background square, watching the direction of the ½ square triangles. Press to the background. Repeat for a total of four.
2. Sew a top/bottom unit to the top and bottom of each unit above. Press to the background.
3. Center your applique hearts to the center of each block. When happy with the placement, fuse according to the directions with your fusible web. You can either stitch it down now using a tiny zig zag or blanket stitch or stitch it down when you do the quilting.



Adding the Sashing

1. Lay the blocks out in the order you'd like.
2. Using the diagram as a guide, join two blocks together by first sewing a sashing strip to one side of a block and then add the second block to the other side of the sashing strip, making sure to match your seams. You may need to change the direction a seam allowance was pressed to aide in matching your seams. Press toward the sashing. Repeat for the other two blocks.
3. Take two sashing strips and join them together by adding a 2 ½" square in between so you have a long strip that has (11) 2 ½" squares. Repeat so you have a total of five long sashing strips.
4. Join the two rows of blocks together by sewing a long sashing strip between the two rows (see diagram) making sure to match your seams. Press toward the sashing.
5. Then, sew one of these long sashing strips to the top of your quilt and one to the bottom of the quilt, matching seams as you go. Press toward the sashing.
6. With the two remaining sashing strips, sew a 2 ½" square to both ends so the strip has (13) 2 ½" squares.
7. Sew one to either side of the quilt, matching seams and pressing toward the sashing.



Quilting

Layer your quilt with the backing right side out, the batting and then the top right side up.

Quilt however you'd like. I quilted mine by stitching in the ditch along the main seam lines. I stippled around the hearts with a small stippling stitch to raise the heart appliques. I then used the Westalee Heart Templates to quilt hearts in the border and sashing units. I stitched down my appliques while quilting.

Label

Don't forget to add the label!

