

SEW ON

THE MAGAZINE FOR QUILTERS
HOLIDAY 2021

Staff Tips For
Holiday Entertaining

Every Child Matters
Quilt Panel

MEET YOUTUBE SEW-LEBRITY
LAURA COIA



Hello friend!

During Covid-19 lockdowns, many new quilters turned to the internet for inspiration and instruction from quilting YouTubers like Niagara's Laura Coia of Sew Very Easy. Meet Laura and learn more about her journey to Youtube success!

We are also happy to introduce artist Karen Erickson. Her beautiful painting "Every Child Matters" will soon be released as a fabric panel. Kindred Spirits is keen to show our support of Indigenous people in our community by donating 100% of our proceeds from this collection to the Niagara Regional Native Centre.

As 2021 comes to a close, we thank our loyal customers for your support. All the best for the holidays and a happy and healthy 2022!

Cover photo is YouTuber Laura Coia's studio. Learn more on page 9.

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Recent quilt in Robin Pickens' fabric

MEET A KINDRED SPIRIT SARA LE BLANC

PROFILES OF KINDRED SPIRITS STAFF AND INSTRUCTORS

When did you start at Kindred?

I first started part time at Kindred in January of 2018. Everyone was so friendly and it was a welcome change of pace and atmosphere from my full-time job as a Tim Horton's manager.

First quilt or sewing project?

I started sewing lessons in 1st grade. My first quilt was a sampler that I started 10th grade. I picked twelve blocks that spoke to me or made me think of a family connection and I used fabrics that I collected from other quilters or sewists in my family along with some I bought to supplement.

BAG MAKER, CROSS STITCHER, TRAVELLER, PIANIST, BOOK WORM

Most recent project?

I make a lot of bags because they are so much quicker to complete than quilts. I am less distracted by new projects if my current one is close to completion. My most recent finish is a Fika Tote by Noodlehead made from old jeans.

Bucket list project?

I'd like to make a Trip Around the World. I love the name as it inspires dreams of all the wonderful places that are out there to explore.

Early bird or night owl?

I am most definitely a night owl.

Hobbies other than quilting?

I play the piano, cross stitch and am an avid reader. I love the way books take you to places and times that you may otherwise never experience. I try to fill any spare minute with reading.

Favourite fabric lines/designers?

I have made several quilts from Robin Pickens' fabric lines.

What is your expertise in the shop?

I do a little of everything in the store, which keeps my days interesting. I manage all the block of the months and subscriptions, handle the receiving, cut and package quilt kits, and try to keep informed of the goings on so I can help customers with anything they need.

Favourite part of job?

My favourite part of the job is all the inspiration that flows in the store. Its fun to see all the new fabric as it comes in and then again in our customers' completed projects. The ideas that people come up with and the combinations of fabric they use motivate me to spend more time in my sewing room.

Least favourite part of job?

My least favourite part of the job is the never-ending to-do list. I hate leaving things undone and there is just never enough time in a day.



How to Rock the Holidays!

Your friends at Kindred Spirits share a few of our favourite holiday traditions and tricks to make it through the season as stress-free as possible!

MICHELLE'S "FESTIVE SPECIAL" TRADITION

One year after doing some Christmas shopping, Jim, the girls, and I went to Swiss Chalet for dinner for the Festive Special. A few years later, my grandfather died in December, the funeral was out of town, right before Christmas. The family was driving home on the 23rd of December and we decided to meet up for dinner. We stopped in Port Hope and had dinner at the Swiss Chalet! Since then, we have made it a tradition to have a Swiss Chalet Festive Special family dinner with whoever is in town. Some years it has been small and others, everyone came. We have memories of the 5 generations all together, one of the babies choking, running out of the Lindor chocolates, dinner in Burlington, St. Catharines and even Nova Scotia.

More advice - you don't have to do it all! There are so many great prepared dips, appetizers, soups, main dishes, charcuterie. Make your favourites and add a few prepared items to your holiday events. It takes a big load off your full plate and you may find a new favourite or tradition!

MICHELLE'S CRAB APPETIZER

Everyone loves this easy, tasty crab appetizer!

- 1pkg cream cheese
- 1 small jar of seafood sauce (or make your own)
- 1 can of crab meat
- Crackers

Spread softened cream cheese on a round plate or platter with lip, spread seafood sauce next, drain crab meat and using a fork, sprinkle crab meat evenly on top, chill and serve with your favourite cracker.



SARA'S TO-DO LIST

My best holiday advice (which I don't always remember to follow) is to start early and start small. The earlier I start baking, crafting, decorating or shopping, the less stressed I feel and the more I enjoy the holiday season.

- Start small. The sense of accomplishment from completing one small part of the to do list will keep you motivated.
- Shop (or make) for one person at a time.
- Take a couple hours over several days to do baking rather than do everything on one day. Baked goods can go in the freezer until needed.
- Try to finish all your holiday prep by December 15th so that you can enjoy the holiday events without stressing about all that's left undone.
- If you remember something else at the last minute, there is still time because everything else is already checked off the list.

JANE'S SWEET TREAT

Tradition was big in our family. Peanut Brittle making day was so exciting!! I don't think my mom had to share this recipe with very many people, because she made it for everyone, even our teachers! Boy how times have changed! I think she would be glad for me to share her recipe with all of you to enjoy. Here it is, just the way she wrote it down for me. →

SOPHIE'S FAVOURITE THINGS

A fun and meaningful Christmas tradition to try with your friends and family is a Favourite Things Gift Exchange. Here's how it works:

- Invite your favourite people and ask them to bring 5 of their favourite identical items
- Each person's name is entered into a draw 5 times
- Everyone takes turns explaining what they love about the item they chose and draws 5 names.

It's a great way to learn about your friend's and family's favourite items. Not only do you leave with 5 new gifts, but you also leave with a lot of different ideas!

PHYLLIS BERRY'S PEANUT BRITTLE

In an 8" baking pan, measure 1 cup of salted, Redskin Peanuts. Let them warm in the oven at 300 F while preparing the brittle.

2/3 cup sugar

1/3 cup corn syrup

(I use Crown but Beehive is good too)

1/2 Tsp Salt

1 Tbsp Salted Butter

Melt sugar and corn syrup together, bring to a boil and cook until brittle. (note below)

Remove from heat and add salt and butter. Mix well and

add the peanuts. Dump onto oiled cookie sheet and let it spread out. Let cool and then crack into pieces.

Note: to test for doneness, drop some candy into a cold glass of water and if it is crunchy it is done! Doesn't take long to cook, so be careful not to leave on the heat for very long.



TORI'S LOW-STRESS HOLIDAY HOSTING TIPS

Try this if you need to host 2 or more holiday dinner parties!

- Schedule the parties 2 days in a row so you only need to get the house 'company ready' once.
- Serve the same meal twice to save time planning your menu and grocery shopping.
- Prepare as much as you can in advance i.e. make a double batch of salad dressing, marinade or cranberry sauce.
- After your first dinner, throw the tablecloth, napkins and hand towels from the guest bathroom in the wash. Re-set the table as soon as they come out of the dryer.
- Host an early dinner that precedes a concert or show for guests that tend to linger until the wee hours

Have family visiting for a few days?

- Go for a drive to look at Christmas lights and then come home for a casual slow-cooker meal.
- Make planned-overs (like leftovers but you planned for them in advance) that feel like a new meal such as turkey club sandwiches, turkey quesadillas, or turkey tetrazzini.
- Make only one 'fancy' meal each day. Invite people to make their own breakfast or lunch.
- Make sure someone gets a jigsaw puzzle or board game for Christmas, so you'll always have a group project.
- Carve out a few minutes of alone time every day to save your sanity - slip away to read, take a winter walk, or stop by your favourite quilt shop while out running an errand.

PAM'S PUMPKIN PIE

Pastry - Makes 2 Crusts

2 1/2 cups flour

1 tsp salt

1 egg

1 tbsp vinegar

1 cup vegetable shortening

In a small bowl, beat the egg, then add vinegar. Add water until egg, vinegar and water mixture equals 1 cup.

Put flour and salt into food processor and pulse to mix. Add the shortening, half at a time, pulsing after each addition. Pulse until the largest pieces of shortening are pea size.

Add the egg/vinegar/water mixture a little at a time and pulse until the dough just begins to hold together. The crumbly dough should hold together when you pinch it with your fingers. You may not need the entire mixture.

Place on a clean, dry surface and gather the mixture in two even-sized mounds. Flatten the dough until a 1/2" thick disc is formed. Chill for 30 minutes, then place on well-floured surface and roll until pastry is desired thickness. Transfer to 9-inch pie plate.

Pumpkin Pie Filling

(Makes 1 pie. For 2 pies use 1 large can pumpkin and double all other ingredients.)

1 small can pumpkin

1 cup brown sugar

1/2 tsp salt

1 tsp cinnamon

1/4 tsp ground ginger

2 eggs, slightly beaten

3/4 cup evaporated milk

Mix all ingredients together thoroughly. Pour into pie shell. Bake at 450 degrees for 20 minutes.

Turn down heat to 350 degrees and bake 35 minutes. If not fully baked, add 5 minutes at a time. Pie is done when a knife inserted into the middle comes out clean.

Cool, serve with whipped cream, and enjoy!



GLORIA'S CHRISTMAS DECOR

I love to decorate for Christmas and I look forward to getting out things that I made especially for the holidays. In particular I have several pillows that add a festive flare to any of the seating areas. This does take time and planning ahead to get them made, but they also work well as a gift for that special someone.





MEET INDIGENOUS ARTIST

Karen Erickson

Born in Prince George, British Columbia, Karen is a spectacular self-taught Metis-Cree artist. Her passion to create artistic masterpieces started in childhood, and today she is a successful artist who takes pride in connecting with people through her beautiful work.

Inspired by nature, animals and the people in her life, Karen paints stories through her art. She often finds herself dreaming of her next creative idea, which she meticulously translates into beautiful works of art. While acrylics, oil and etching are some of her favorite mediums, Karen's artwork can be found on rocks, glassware, driftwood, canvas and feathers. She enjoys juggling her time working for Metis Nation BC, while also creating custom-made paintings on request.

The top left painting, "Every Child Matters", has been made into a fabric panel.





I think "Every Child Matters" is one of the most important pieces I've done. I always want to paint things that show the injustices that happen to Indigenous people. It's hard because when people see my work, they think it's beautiful but at the same time, so sad.

As I started this piece, I tried to imagine what would happen when a child passed while attending residential school. I just pictured a pair of sweet siblings. I try to make it uplifting as well because I'm showing that they've moved on to a better place.

THE JOURNEY HOME COLLECTION

In light of the recent traumatic events that have unfolded at former Residential Schools across Canada, Karen Erickson created "Every Child Matters" out of reverence to those grieving. This painting depicts two siblings who were finally set free after being grimly discovered at a Residential School. The children, who are shown holding hands, were torn apart from each other, but are now reunited as they make their way back home. Karen included beautiful imagery such as a moon and feathers to represent the First Nations, Inuit and Metis people joining together to guide the two siblings home.

Canadian fabric company Northcott Fabrics has printed the painting as a fabric panel. Northcott will donate 100% of the proceeds from the sales of the panel to the Indian Residential School Survivors Society and The Orange Shirt Society. Kindred Spirits will donate 100% of our proceeds on the sale of this collection to the Niagara Regional Native Centre to support Indigenous people in our community.

FACEBOOK: KARENERICKSON

WEB: WWW.PASSTHEFEATHER.ORG/KAREN-ERICKSON



"Every Child Matters" Fabric panels and quilt kits will be available at Kindred Spirits.

Niagara Regional Native Centre

NRNC provides community-based services for Indigenous peoples. Their culturally appropriate programs focus on child and youth development, housing, and the promotion of healthy lifestyles choices. Learn more at www.nrnc.ca.



LONGTIME QUILTER TURNED THRIVING YOUTUBER

YouTube star Laura Coia makes it Sew Very Easy! Her instructional videos have inspired thousands to start sewing. With a catalogue of 800+ videos, 389,000 subscribers and more than 43 million views, Laura is a big deal in the online quilting world! Join Sew ON Magazine as we sit down to chat with this friendly sew-lebrity!

FACEBOOK @SEWVERYEASY
INSTAGRAM: SEWVERYEASY
YOUTUBE.COM/SEWVERYEASY

Where were you raised and where do you live now?

I was raised in a large family in Niagara Falls. As the eldest girl, I was responsible for helping my mother with the younger children. My mother sewed for all of us, and I grew to love the sound of her machine. I started sewing around age 6 and never stopped.

I met my husband in 3rd grade and we married after high school. We just celebrated our 38th anniversary and are proud parents to 3 grown children and 4 young grandkids. We still live in Niagara Falls!

When did you start sewing? Who were your mentors?

I began sewing with my Mom and then was introduced to quilting at age 16 by ladies at our church. My first block was a cathedral window for a church charity quilt. Everything seemed easy after that!

As a teenager I worked at a clothing boutique and later did alterations and assisted tailors in a menswear store. I learned to use industrial machines and even sewed wallets for Fairy Leather.

How do you describe your sewing/quilting style?

I don't try to have a specific quilting style. I tend to use just 3-5 fabrics in each project. I usually choose fabrics with high contrast and often use bright jewel tones. I guess I like each fabric to stand out.

Whose style do you admire?

I try not to follow other quilters and industry personalities too closely. I don't want to be influenced by the work that other people are doing. I would be devastated if anyone ever thought I'd copied their work. However, I have always admired the late Nancy Zieman and Eleanor Burns. I like how they present just the right information to "take the mystery out" of quilting.

How and when did you get started on YouTube?

I published my first YouTube video in April 2014. My husband and his brother had been working on their own fishing-related channel for a couple of years at that point and my son encouraged me to start something for quilters. I was sewing for hours a day anyways, so it just made sense!

I filmed my first video and got tired of waiting for my son's editing assistance, so I bought some software and figured it out myself. He didn't believe that I'd done it when he saw the first tutorial!

I've added more equipment over the years, but I still do all the sewing and production work myself in my sewing studio. My husband helps with the accounting paperwork, but I do all the rest. Just in case you were wondering, my channel's viewership and subscriber count has long surpassed my husband's. (SMILEY)

Where do you find inspiration?

I am inspired by fabric most often. Usually, I'll see a new fabric collection from a fabric sales rep or at a trade show and have an idea for a quilt. I will work with scraps in my sewing room to perfect the quilt block – sometimes redesigning a block slightly or coming up with an easier construction method. Then, when the fabric arrives, I get to work sewing the quilt and filming.

Sometimes I feature a favourite sewing notion that I've used for years in my sewing room and other times, I'm inspired by something that's new on the market. Occasionally, I share a little tool that I've come up with myself! I typically plan my projects at least a year in advance.

What is your teaching philosophy?

I like to think about my videos as a chat with a friend instead of a formal presentation to a viewer. I pretend that I'm showing my latest project to a friend and sharing the tricks I've figured out to perfect the technique.

What has surprised you on your journey to 387K subscribers and 800+ videos?

The biggest surprise has been the growth of my channel. I had no idea so many people would be interested in my tutorials. Being recognized in public for the first time was a shock. My elderly mother never took my work seriously until someone approached us at Walmart! SMILEY

What is your favourite part of your work? What task do you dread?

I love teaching and sharing ideas with my subscribers. As I was getting started, my son told me "Mom, quilting is a dying art. You see things differently than anyone else. You need to document it." I'm so happy if I can help a quilter learn something new and get excited about sewing.

Laura stitching a binding on the boat!



My greatest pleasure comes from reading viewer comments. I don't have time anymore to respond to each one personally, but I always read them. In fact, comments from viewers are a great source of inspiration for future videos. If someone asks a question, I can be sure that other viewers are wondering the same thing too.

I dread making silly mistakes that need to be corrected. You name it...I've done it. Quoted incorrect measurements, recorded without the microphone on, even deleted an entire video when trying to upload it! I also hate the sound of my own voice so re-watching and editing can be tiresome.

What part of your job would surprise people?

Most viewers have no idea how long it takes to create a video. They don't realize that I work 40-60 hours a week to produce a video each Tuesday and Thursday.

I don't prepare a written script for videos, but I lay awake for hours the night before filming rehearsing exactly what I'll say on camera. Sometimes I give up on sleep and just head into the sewing room to work.

What equipment or tools could you not live without?

I love sewing machines. I owned three by the time I was 18 and now have a collection of 17 machines. All but one still run. I got my first sewing machine in 6th grade from a neighbour. I "earned" it by washing her windows. I've always loved the sound of machines running and am fascinated that each one has a unique "voice".

As far as the YouTube channel goes, I have a camera, microphone, lights, editing software and other necessities. I try not to make things too complicated.

What is coming up next for you?

I am excited to start some new themed videos in 2022. The monthly features will include Fun with Precuts, Bag of the Month, and Nifty Notions.

With any luck, we will return to quilt shows this year! I'm looking forward to attending Quilt Canada and speaking to quilters about my new book, Sew Very Easy Patternless Sewing.

In your first book, you shared written quilt patterns for your most loved video tutorials. Tell us about your forthcoming book.

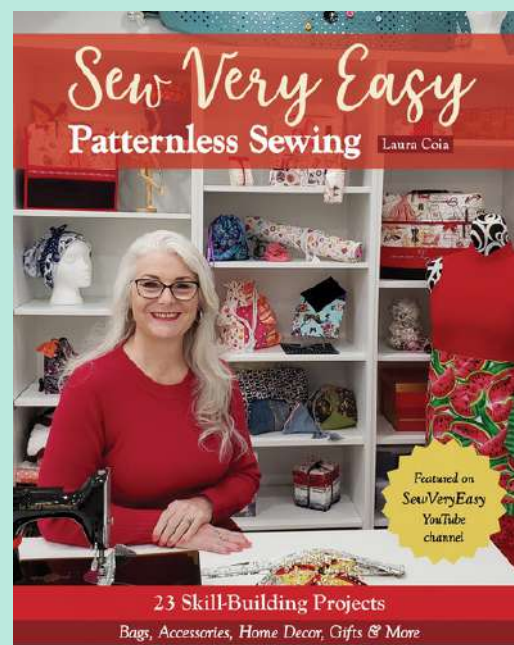
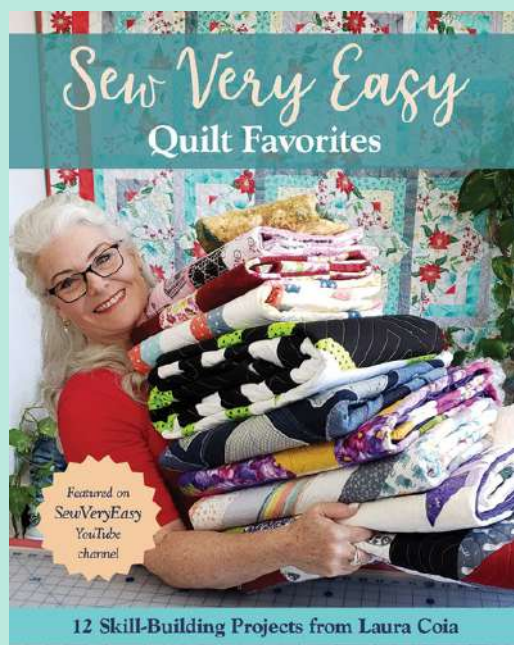
My second book will teach sewists basic techniques, adding zippers, binding, and drawstrings. Then they can stitch up beautiful bags, accessories and home décor. With no pattern pieces to transfer, it's easy to measure, cut and sew.

LAURA COIA TRUNK SHOW

Join us in the spring for a special trunk show and visit with Niagara-native Laura Coia. She will tell us about her lifelong sewing journey and the story of how she became a YouTube Sew-lebrity!

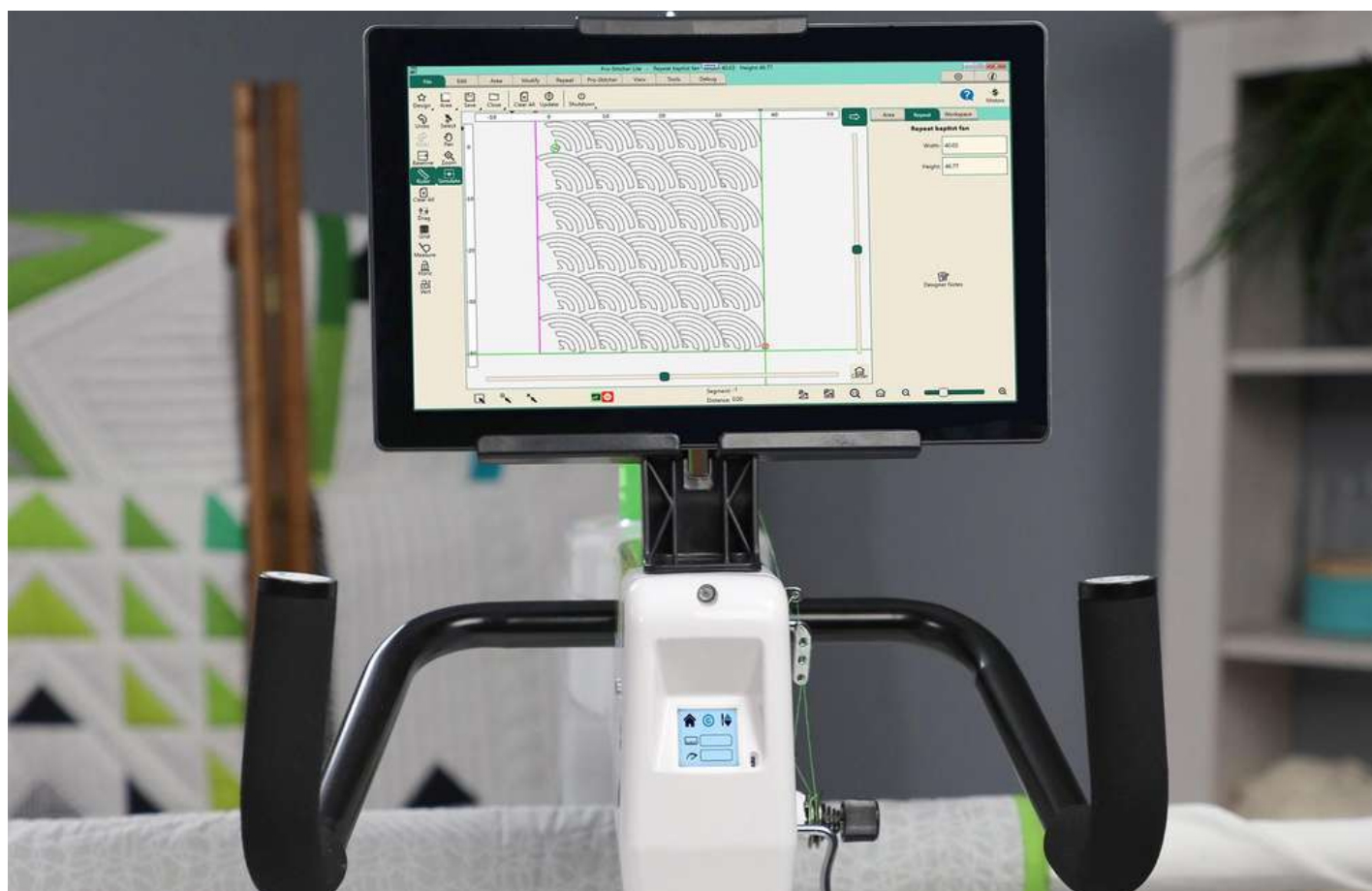
Date: Saturday March 5,
11:00 a.m. - 12:30 p.m.

Fee: \$14.95



NEW HANDI QUILTER PRO-STITCHER LITE

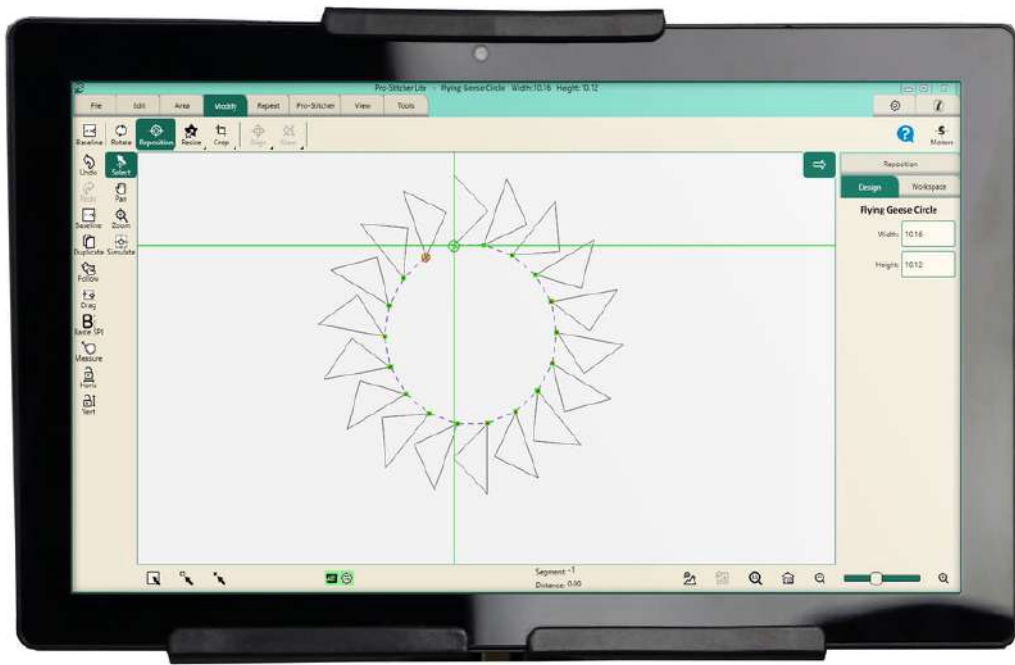
Pro-Stitcher Lite was designed from the ground up for the newest generation of quilting machines. Its streamlined robotics system allows you to finish more quilts with incredible detail and creativity. Easily operate Pro-Stitcher Lite from a touchscreen tablet conveniently mounted on top of the machine. Practical, straightforward, and intuitive, Pro-Stitcher Lite is the highest-quality computerized quilting system for lightweight longarm quilting machines.



THE WORLD'S FAVORITE COMPUTERIZED QUILTING SYSTEM



**Press play on precision quilting
and perfect stitches with
streamlined robotics technology.**



MACHINE FEATURES

- View and customize designs directly on a large color touchscreen tablet conveniently mounted on top of the machine
- Import your favorite patterns via a USB port
- With one touch, switch between computer-guided and free-motion quilting
- Combine both free-motion and digital motifs
- Integrated motor-control systems with fluid motion control
- The Flexirack carriage system is easy to install, and allows motors to disengage for free-motion quilting

Pro-Stitcher® **LITE**

SOFTWARE FEATURES

- Automatically calculates speed and acceleration with Opti-Stitch™
- Manual control of speed and acceleration are available
- Includes 250 designs
- Precisely Resize, Rotate, and Repeat designs to fit specific areas
- Skew or Align designs to fit areas
- Move designs into position by simply moving your finger across the screen
- Define and Fill an area with a design, using 2-corner (rectangles) or multi-point (any shape)
- 35 preset areas included
- Horizontal and vertical channel locks
- Crop inside or outside of your design to fit your quilt, with the option to close the jumps or leave them open
- Create new start/stop points
- Customize stitches per inch
- Compatible with all common file formats (including .hqv, .hqf, .qli, and more)
- On-screen Grid and Ruler to measure designs or area on quilt
- Simulator function to practice Pro-Stitcher Lite software away from the machine

**PRO-STITCHER
LITE IS
COMPATIBLE
WITH THE
HANDQUILER
MOXIE OR
SIMPLY 16**

NEW AT KINDRED SPIRITS

Your friends at Kindred Spirits are looking forward to 2022! We have lots of exciting new fabric collections coming and our teachers are busy planning classes for the new year.

MAKE 2022 YOUR BEST QUILTING YEAR YET WITH A SUBSCRIPTION



There is always something fantastic in Jenny Doan's Block Magazine! Each issue includes 10 projects, many of which are designed for precuts. Most projects are supported by one of Jenny's famous online video tutorials. Subscribe with Kindred Spirits to receive 6 issues per year.

Fee: \$12.95 per issue

A subscription to our Glide Thread of the Month club is the best way to build your collection. It's perfect for new longarm quilters or machine embroiderers.

Pick 6 King spools for \$89.95/month or 10 Mini spools for \$59.95 month.

Aurifil's 2022 Colour Builder subscription celebrates their lovely variegated thread. These threads contain multiple colors or multiple shades of one color. Each monthly set contains 3 large spools of 50wt — 2 variegated and 1 complementary solid.

Fee: \$42.95/month

NEW BLOCK OF THE MONTH STARTING SOON

A sophisticated neutral palette of cream, tan, charcoal and black aligns with a gorgeous design to create an elegant quilt. Made from the "Moonlight" batik collection from Wilmington Fabrics, this 95" x 95" quilt can be used for a king-size bed, or as a generous queen. You will receive the pattern and all fabric for the quilt top and binding. Batting and backing fabric are not included.

Program: 8-month Block of the Month
Fee: \$25 deposit, then \$64.95 per month

Note: We anticipate that the program will begin in March but this may be delayed if the fabric does not arrive as scheduled.



Sparkle, Sparkle!

Sherri Falls makes solo block table mats for special "thinking of you" gifts. With a handful of delectable fat eighths and fat quarters you can duplicate her design, "Sparkle, Sparkle!," in a colorway to suit the season. Make one or a dozen for special people on your gift list.

Designer Sherri Falls of This & That Pattern Co. (thisandthatpatterns.com)

Finished size: 14½" square

SUPPLIES NEEDED

Yardages are based on fat quarters (18×21" pieces) and fat eighths (9×21" pieces).

- Fat quarter of light print #1 (block, border, binding)
- Fat eighth of medium print (block)
- Fat quarter of solid white (background)
- Fat eighth of dark print (block)
- Fat eighth of light print #2 (block)
- 18" square backing
- 18" square batting

CUT FABRICS

From light print #1, cut:

- 4—2¼×21" binding strips
- 4—1½×4½" rectangles
- 4—1½×3½" rectangles
- 4—2" squares

From medium print, cut:

- 1—3½" square
- 8—2" squares

From solid white, cut:

- 2—4¼" squares
- 4—3½" squares
- 8—2×3½" rectangles
- 4—1½×6½" border rectangles
- 8—1½" squares

From dark print, cut:

- 2—4¼" squares
- 8—2" squares

From light print #2, cut:

- 1—4¼" square
- 4—2×3½" rectangles

ASSEMBLE BLOCKS

Sew with ¼" seam allowances unless otherwise indicated. Sew with right sides together. Press seam allowances in direction indicated by arrows.

1. Use a pencil to mark a diagonal line on the wrong side of each 2" square from light print #1 and medium print.
2. Layer a marked light print #1 square on one corner of a solid white 3½" square (Diagram 1). Sew on marked line. Trim seam allowance to ¼"; press open triangle. In same manner add a marked medium print 2" square to opposite corner of the solid white square to make a corner unit. The unit should be 3½" square including seam allowances. Repeat to make four corner units total.

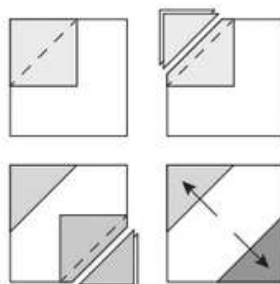


Diagram 1

3. Use a pencil to mark a diagonal line on the wrong side of each dark print 4¼" square.

4. Layer a marked dark print square atop a 4¼" square from light print #2. Sew together with two seams, stitching ¼" on each side of marked line (Diagram 2). Cut apart on marked line and press open to make two triangle-squares. Repeat to make a second dark-and-light triangle-square.

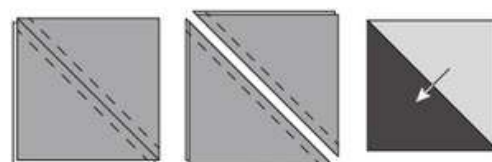


Diagram 2

5. Layer a marked dark print square atop a solid white 4¼" square (Diagram 3). Sew together as in Step 4 to make two dark-and-white triangle-squares.

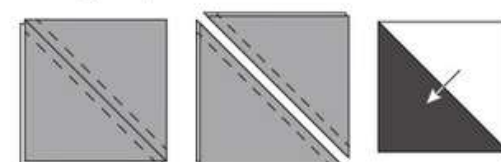


Diagram 3

6. Use a pencil to mark a diagonal line perpendicular to the seam line on the wrong side of the Step 4 triangle-squares. Layer a marked Step 4 triangle-square atop a Step 5 triangle-square with the dark print

triangle facing the light print #2 triangle (**Diagram 4**). Sew $\frac{1}{4}$ " on each side of drawn line. Cut the pair apart on drawn line. Press open to make two hourglass units. Each unit should be $3\frac{1}{2}$ " square including seam allowances. Repeat to make four hourglass units total.

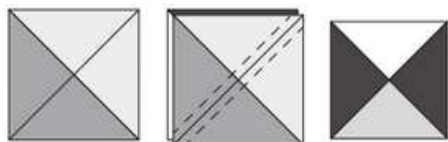


Diagram 4

7. Use a pencil to mark a diagonal line on wrong side of each dark print 2" square. Align a marked dark print 2" square with one end of a $2 \times 3\frac{1}{2}$ " rectangle from light print #2; note direction of marked line (**Diagram 5**). Sew on marked line. Trim seam allowance to $\frac{1}{4}$ "; press open triangle. Add a marked dark print 2" square to opposite end of rectangle; press open triangle to make a Flying Geese unit. Each unit should be $2 \times 3\frac{1}{2}$ " rectangle. Repeat to make four Flying Geese units total.

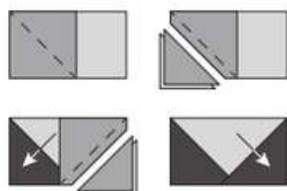


Diagram 5

ASSEMBLE QUILT CENTER

Lay out four corner units, eight solid white $2 \times 3\frac{1}{2}$ " rectangles, four hourglass units, four medium print 2" squares, four Flying Geese units and one medium print $3\frac{1}{2}$ " square in five rows (**Quilt Top Assembly Diagram**). Sew together pieces in each row. Join rows. Press seams as shown. The quilt center should be $12\frac{1}{2}$ " square including seam allowances.

MAKE AND ADD BORDER

1. Use a pencil to mark a diagonal line on the wrong side of eight $1\frac{1}{2}$ " white squares.

2. Layer a marked white $1\frac{1}{2}$ " square atop a $1\frac{1}{2} \times 3\frac{1}{2}$ " rectangle from light print #1 (**Diagram 6**). Sew on marked line. Trim seam allowance to $\frac{1}{4}$ " and press open triangle to make a $1\frac{1}{2} \times 3\frac{1}{2}$ " short border strip. Repeat to make a second short border strip. Layer a marked $1\frac{1}{2}$ " square on the opposite end of two light print $1\frac{1}{2} \times 3\frac{1}{2}$ " rectangles. Stitch, trim and press as before to make two short border strips reversed.

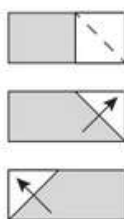


Diagram 6

3. Join a short border strip and a short border strip reversed to opposite ends of a solid white $1\frac{1}{2} \times 6\frac{1}{2}$ " rectangle to make a short border. The short border should be $1\frac{1}{2} \times 12\frac{1}{2}$ " including seam allowances. Repeat to make a second short border.

4. Layer a marked $1\frac{1}{2}$ " square atop a $1\frac{1}{2} \times 4\frac{1}{2}$ " rectangle from light print #1 (**Diagram 7**). Stitch, trim and press as before to make a $1\frac{1}{2} \times 4\frac{1}{2}$ " long border strip. Repeat to make a second long border strip. Layer a marked $1\frac{1}{2}$ " square on the opposite end of two light print $1\frac{1}{2} \times 4\frac{1}{2}$ " rectangles. Stitch, trim and press as before to make two long border strips reversed.

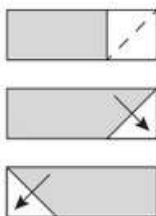


Diagram 7

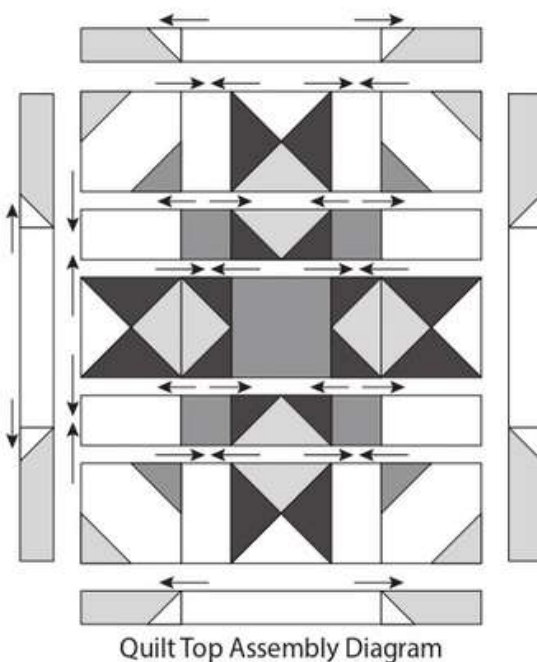
5. Sew a long border strip and a long border strip reversed to opposite ends of a solid white $1\frac{1}{2} \times 6\frac{1}{2}$ " rectangle to make a long border. The long border should be $1\frac{1}{2} \times 14\frac{1}{2}$ " including seam allowances. Repeat to make a second long border.

6. Sew short borders to opposite edges of the quilt center (**Quilt Top Assembly Diagram**). Join long borders to the remaining edges to complete the quilt top. The quilt top should be $14\frac{1}{2}$ " square including seam allowances.

FINISH QUILT

1. Layer quilt top, batting and backing. Quilt as desired.

2. Join $2\frac{1}{4}$ "-wide binding strips with diagonal seams to make long binding strip; bind quilt edges.



Quilt Top Assembly Diagram

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