

Stitch-n-Flip Worksheet

Finished Size is Approx: _____ X _____

Step One: Attach the batting to the backing
~ Lay batting on floor or table, pin/tape to hold in place
~ Lay backing on the batting, right side up. Pin a few places to hold in place
~ Use large basting stitch down the right and left sides (salvage edge) to attach backing to batting. Important note: you only do these two sides, leaving the top and bottom open so batting has somewhere to shift. If you prefer, run a 3rd stitch line down the center (your choice). The center line will stay on the quilt while the side basting stitches are covered with the binding or trimmed off.

Step Two: Place center focus fabric on center of quilt, pin, stitch across center, quilting it into place. You can stitch as many lines as you like and also use decorative stitches

Step Three: Now add your strips.

Lay first strip to top edge of the focus fabric, right sides together, pin
Lay second strip (same fabric as this last strip) to bottom of focus fabric, pin
Stitch with 1/4 inch seam, flip, iron

Continue adding strips, stitch, flip, iron. Add binding.

Tip: layout the strips with the focus fabric before you begin, changing sequence until you get the look you like. Remember - contrast is GOOD. And to balance the quilt the colors run in the same sequence on either side of the focus fabric that is in the center. Often to balance the quilt, adding a smaller strip of the focus fabric toward the bottom and top edge works well. Strip are cut Width-of-Fabric (WOF) so they may be a little different in length. You just trim the sides when you are done.

Backing Fabric Color/Pattern: _____

Binding Fabric: _____

Center Focus Fabric: _____

Remaining Strips will be in different widths, often more than needed are included in the kit.

