



Rise and Shine

A Free Project Sheet
NOT FOR RESALE



Featuring fabrics from the **American Pride** collection by **Geoff Allen** for **STUDIO e fabrics**

Fabric Requirements

- (A) 7924-77 2/3 yard (0.61m)
- (B) 7916-77 3/8 yard (0.34m)
- (C) 7925-44 1/2 yard (0.46m)
- (D) 7919-17 1/4 yard (0.23m)
- (E) 7918-77 1/4 yard (0.23m)
- (F) 7920-88 3/8 yard (0.34m)
- (G) 7915-47 1/2 yard (0.46m)
- (H) 7920-77 1/2 yard (0.46m)*

Backing

- 7917-48 2 3/4 yards (2.52m)

Additional Supplies Needed

- Batting 48" x 48"
(121.92 cm x 121.92 cm)
(Recommended:
Air Lite® Colour Me 100% Cotton)
- Piecing and sewing thread
- Quilting and sewing supplies

Project Information

- Design by Matthew Pridemore
- Finished Quilt Size 40" x 40"
(101.60 cm x 101.60 cm)
- Skill Level: Advanced Beginner

* Includes Binding

Fabrics in the Collection



Flourishes
Cream Navy – 7915-47



Ticking Stripe
Navy – 7916-77



Paisleys
Light Blue – 7917-17



Paisleys
Cream Red – 7917-48



Roosters
Cream – 7918-44



Roosters
Navy – 7918-77



Foulard Tiles
Light Blue – 7919-17



Damask
Navy – 7920-77



Damask
Red – 7920-88



Border Stripe
Cream – 7921-44



Placemats
Navy – 7922P-77



Panel 24" x 44"
Cream – 7923P-44



Blocks
Navy – 7924-77



Patchwork
Cream – 7925-44

Cutting

Cutting Instructions

Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.

WOF= Width of Fabric • LOF = Length of Fabric

Fabric A (7924-77 Blocks – Navy):

- Fussy cut (4) 8 ½" squares, each centered on a block.

Fabric B (7916-77 Ticking Stripe – Navy), cut:

- (2) 2" x WOF strips, sub-cut (8) 2" x 8 ½" strips.
- (3) 2" x WOF strips, sub-cut (8) 2" x 11 ½" strips.

Fabric C (7925-44 Patchwork – Cream), cut:

- (2) 3" x WOF strips, sub-cut (8) 3" x 10 ½" strips.
- (2) 3" x WOF strips, sub-cut (8) 3" x 7" strips.

Fabric D (7919-17 Foulard Tiles – Light Blue), cut:

- (1) 6 ½" x WOF strip, sub-cut (1) 6 ½" square and (4) 3" squares.

Fabric E (7918-77 Roosters – Navy), cut:

- (1) 6 ½" x WOF strip, sub-cut (4) 6 ½" squares.

Fabric F (7920-88 Damask – Red), cut:

- (2) 2" x 31 ½" WOF strips.
- (2) 2" x 34 ½" WOF strips.
- (1) 1 ½" x WOF strip, sub-cut (4) 1 ½" x 7" strips.

Fabric G (7915-47 Flourishes – Cream Navy), cut:

- (2) 3 ½" x 34 ½" WOF strips.
- (2) 3 ½" x 40 ½" WOF strips.

Fabric H (7920-77 Damask – Navy), cut:

- (5) 2 ½" x WOF strips for the binding.

Backing (7917-48 Paisleys – Cream Red), cut:

- (2) 48" x WOF strips. Sew the strips together and trim to 48" x 48" to make the back.

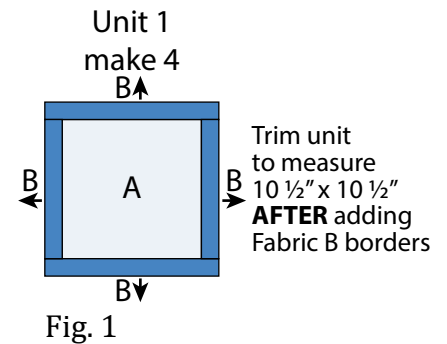
Sewing

Sew using a $\frac{1}{4}$ " seam allowance with right sides together (RST) unless otherwise indicated. Always press towards the darker fabric while assembling, unless otherwise noted by the arrows.

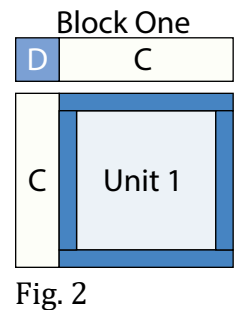
Block Assembly

Note: The arrows in figures represent the fabric print direction. Pay attention to the fabric and unit orientations when assembling the various components.

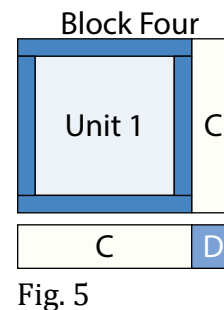
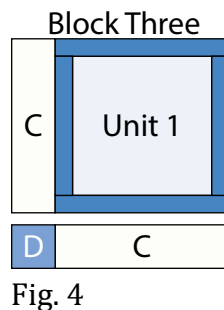
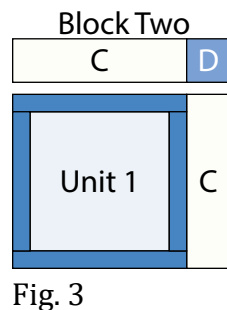
1. Sew (1) 2" x 8 $\frac{1}{2}$ " Fabric B strip to each side of (1) 8 $\frac{1}{2}$ " Fabric A square. Sew (1) 2" x 11 $\frac{1}{2}$ " Fabric B strip to the top and to the bottom of the Fabric A square to make (1) Unit 1 square (Fig. 1). **Trim the block to measure 10 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ ".** Repeat to make (4) Unit 1 squares total.



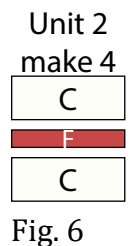
2. Sew (1) 3" x 10 $\frac{1}{2}$ " Fabric C strip to the left side of (1) Unit 1 square. Sew (1) 3" Fabric D square to the left end of (1) 3" x 10 $\frac{1}{2}$ " Fabric C strip. Sew the newly sewn strip to the top of the Unit 1 square to make (1) 13" Block One square (Fig. 2).



3. Repeat Step 2 and refer to Figures 3-5 for component identification, placement and orientation to make (1) of each block square for Block Two through Block Four.



4. Sew (1) 3" x 7" Fabric C strip to the top and to the bottom of (1) 1 $\frac{1}{2}$ " x 7" Fabric F strip lengthwise to make (1) Unit 2 rectangle (Fig. 6). Repeat to make (4) Unit 2 rectangles total.



5. Sew (1) Unit 2 rectangle to the left side of (1) 6 ½" Fabric E square to make (1) 13" x 6 ½" Block Five rectangle (Fig. 7).

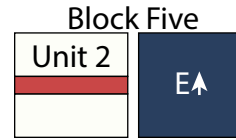


Fig. 7

6. Sew (1) Unit 2 rectangle to the right side of (1) 6 ½" Fabric E square to make (1) 13" x 6 ½" Block Six rectangle (Fig. 8).

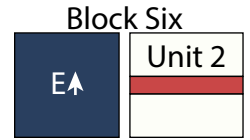


Fig. 8

7. Sew (1) Unit 2 rectangle to the bottom of (1) 6 ½" Fabric E square to make (1) 13" x 6 ½" Block Seven rectangle (Fig. 9).



Fig. 9

8. Sew (1) Unit 2 rectangle to the top of (1) 6 ½" Fabric E square to make (1) 13" x 6 ½" Block Eight rectangle (Fig. 10).

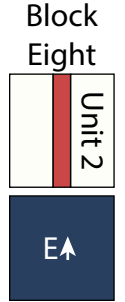


Fig. 10

9. Sew together (1) Block One square, (1) Block Five rectangle and (1) Block Three square, in that order from top to bottom, to make the Left Column (Fig. 11).

10. Sew together (1) Block Seven rectangle, (1) 6 ½" Fabric D square and (1) Block Eight rectangle, in that order from top to bottom, to make the Center Column (Fig. 11).

11. Sew together (1) Block Two square, (1) Block Six rectangle and (1) Block Four square, in that order from top to bottom, to make the Right Column (Fig. 11).

12. Sew together the (3) pieced Columns lengthwise to make the 31 ½" x 31 ½" Center Block (Fig. 11).

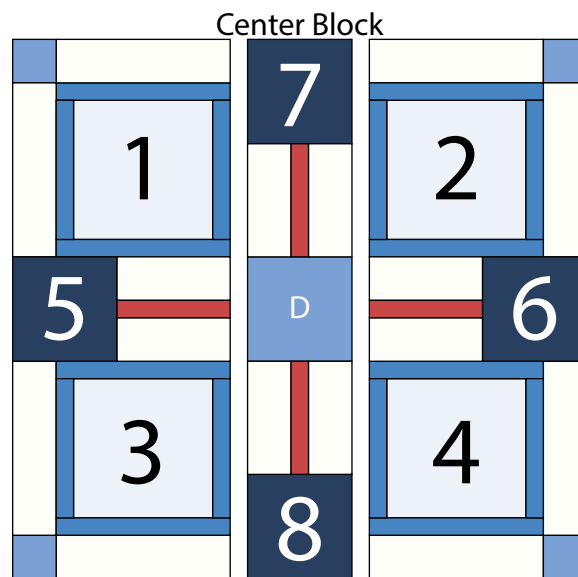


Fig. 11

Quilt Top Assembly

(Follow the Quilt Layout while assembling the quilt top.)

13. Sew (1) 2" x 31 1/2" Fabric F strip to each side of the Center Block. Sew (1) 2" x 34 1/2" Fabric F strip to the top and to the bottom of the Center Block.

14. Sew (1) 3 1/2" x 34 1/2" Fabric G strip to each side of the Center Block. Sew (1) 3 1/2" x 40 1/2" Fabric G strip to the top and to the bottom of the Center Block to make the quilt top.

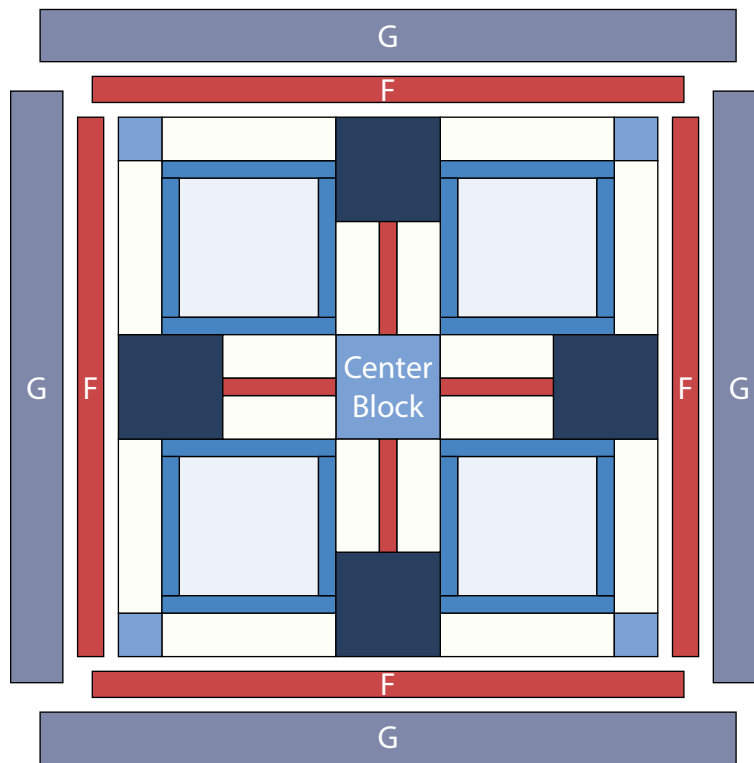
Layering, Quilting and Finishing

15. Press the quilt top and 48" x 48" backing well. Layer backing (wrong side up), batting, pressed quilt top (right side up) and baste. Quilt as desired and trim excess batting and backing when quilting is complete.

Binding

16. Cut the ends of the (5) Fabric H binding strips at a 45-degree angle and sew end to end to make (1) continuous piece of binding. Fold in half lengthwise and press wrong sides together.

17. Sew the binding to the front of the quilt, raw edges together. Turn the folded edge to the back, and hand stitch in place.



Quilt Layout

*Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given nor results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. Please make sure to check www.studioefabrics.net for pattern updates prior to starting the project. We also recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are **not for resale**.*