

From the Heart Quilt



Finished Size of Project: 51" x 61" (1.30m x 1.55m)

Fabric Collection Name and Designer: **Pink Power by Lilac Bee Designs**

Technique: **Pieced**

Project Designed by: **Lisa Swenson Ruble**

Skill Level: **Advanced Beginner**

From the Heart Quilt

Fabric Requirements

DESIGN	COLOR	ITEM ID	YARDAGE
(A) Motifs and Words Allover	Pink	7967-22	$\frac{3}{4}$ yard (0.69m)
(B) Tossed Motifs	Lt Pink	7968-22	$\frac{2}{3}$ yard (0.61m)
(C) Newspaper	Lt Pink	7969-02	$\frac{3}{8}$ yard (0.34m)
(D) Tossed Floral Ribbons	Lt Pink	7970-22	$\frac{3}{8}$ yard (0.34m)
(E) Script	Pink	7971-02	1 $\frac{5}{8}$ yards (1.49m)
(F) Tossed Mini Ribbons	Dk Pink	7972-22*	1 $\frac{1}{2}$ yards (1.52m)
(G) Block Panel 36"	Pink	7973P-22	1 yard (0.91m)

* includes binding



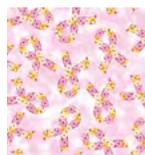
(A)



(B)



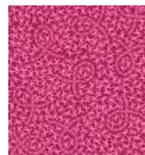
(C)



(D)



(E)



(F)



(G)

Backing (Purchased Separately)

44" (1.12m) wide

Tossed Motifs

Lt Pink

7968-22

3 $\frac{1}{3}$ yards (3.05m)

OR

108" (2.74m) wide

Jazzed 108"

Pigment White 8019-01W

1 $\frac{1}{2}$ yards (1.52m)



Backing
44"



Backing
108"

Additional Materials:

- Batting 59" x 69"
- Thread and sewing supplies

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Cutting Instructions

Notes:

- Please make sure to check *studiofabrics.net* for pattern updates prior to starting the project.
- All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.
- * Strips cut Length of Fabric (LOF).

Fabric A, cut:

- (2) 10½" x WOF strips; subcut
- (4) 10½" x 10½" squares

Fabric B, cut:

- (1) 8½" x WOF strip; subcut
- (6) 4½" x 8½" strips
- (5) 2" x WOF strips. Sew the strips together end-to-end with diagonal seams and cut
- (2) 2" x 50½" and (2) 2" x 43½" strips

Fabric C, cut:

- (1) 8½" x WOF strip; subcut
- (6) 4½" x 8½" strips

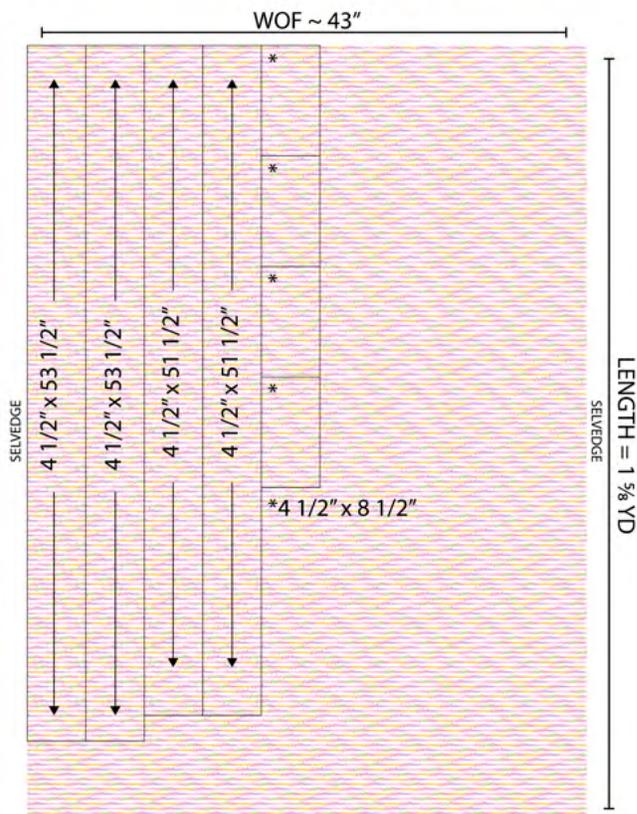
Fabric D, cut:

- (1) 8½" x WOF strip; subcut
- (4) 4½" x 8½" strips

Fabric E: Refer to the Cutting Diagram shown right and cut:

- (1) 53½" LOF strip*; subcut
- (2) 4½" x 53½" LOF strips*
- (2) 4½" x 51½" LOF strips*
- (4) 4½" x 8½" rectangles

Fabric E Cutting Diagram



Fabric F, cut:

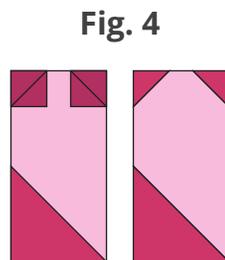
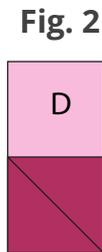
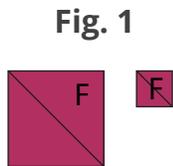
- (3) 4½" x WOF strips; subcut
- (20) 4½" x 4½" squares
- (6) 2½" x WOF strips for the binding
- (2) 2" x WOF strips; subcut
- (40) 2" x 2" squares
- (7) 1½" x WOF strips; subcut
- (20) 1½" x 10½" strips
- (5) 1½" x WOF strips; subcut
- (20) 1½" x 8½" strips

Fabric G:

- Fussy-cut (6) 10½" x 10½" squares

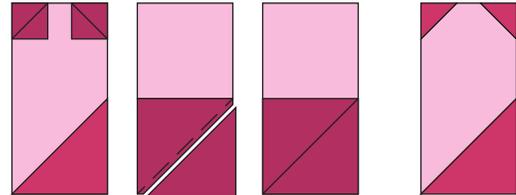
BLOCK ASSEMBLY

1. Draw a line across the diagonal on the wrong side of (1) **Fabric F** 4½" x 4½" and (2) **Fabric F** 2" x 2" squares (**Fig. 1**). Place the marked **Fabric F** 4½" x 4½" square, right sides together, on the lower left corner of (1) **Fabric D** 4½" x 8½" strip. (**Fig. 2**) Sew on the drawn diagonal line and cut ¼" past the stitched line. (**Fig. 3**) Press corner open. Repeat with the (2) marked **Fabric F** 2" x 2" squares on the top corners of the **Fabric D** strip to make (1) left half heart unit. (**Fig. 4**) Make a total of (2) left half heart units.



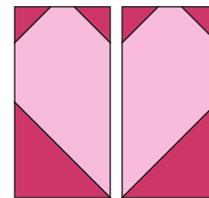
2. In the same way, make (2) right half heart units (in reverse). (**Fig. 5**)

Fig. 5



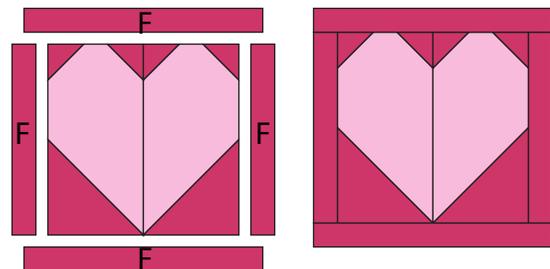
3. Sew (1) left half heart unit to (1) right half heart unit to make (1) heart unit. (**Fig. 6**)

Fig. 6



4. Sew **Fabric F** 1½" x 8½" strips to opposite sides of (1) heart unit. Sew **Fabric F** 1½" x 10½" strips to the top and bottom to make (1) Heart Block. (**Fig. 7**) Make a total of (2) **Fabric D** Heart Blocks.

Fig. 7



5. In the same way, make (3) **Fabric B** Heart Blocks, (3) **Fabric C** Heart Blocks, and (2) **Fabric E** Heart Blocks for a total of (10) Heart Blocks measuring 10½" x 10½".

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Quilt Top Assembly

Follow the **Quilt Layout** (Page 6) while assembling the quilt top.

6. Sew (1) **Fabric G** 10½" x 10½" panel square, (1) **Fabric D** Heart Block, (1) **Fabric A** 10½" x 10½" square and (1) **Fabric C** Heart Block together, in that order, to make Row 1 which measures 40½" x 10½".
7. Repeat step 6 and refer to the **Quilt Layout** for block and square identification to make Rows 2 through 5.
8. Sew the (5) Block Rows together in numerical order to make the Quilt Center. Quilt Center will measure 40½" x 50½".
9. Sew (1) **Fabric B** 2" x 50½" strip to opposite long sides of the Quilt Center. Sew (1) **Fabric B** 2" x 43½" strip to both the top and bottom. Quilt will measure 43½" x 53½".
10. Sew (1) **Fabric E** 4½" x 53½" strip to opposite long sides of the panel center. Sew (1) **Fabric E** 4½" x 51½" strip to both the top and bottom to complete the quilt top which will measure 51½" x 61½".

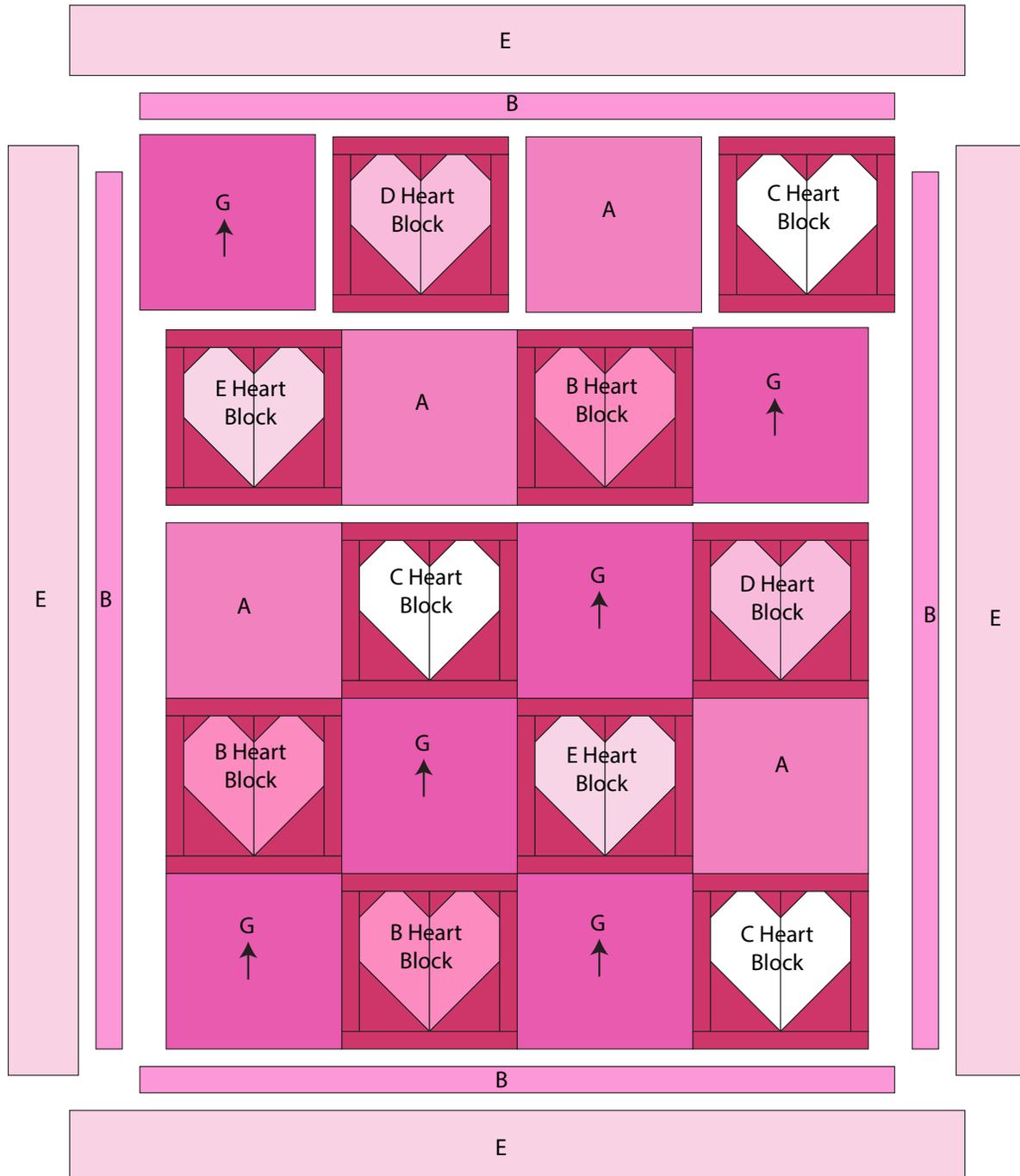
Layering, Quilting and Finishing

11. Create a quilt sandwich with the batting between the quilt top and the backing. Pin or baste layers together, mark the quilting design, and quilt by hand or machine. When quilting is complete, remove pins or basting and trim batting and backing even with raw edges of the quilt top.

Binding

12. Sew (6) 2½" x WOF **Fabric F** strips together, end-to-end with 45-degree diagonal seams, to make the binding. Fold this long strip in half lengthwise with wrong sides together and press.
13. Sew binding to the edges of the quilt top, mitering corners, and overlapping ends. Fold binding to the back of the quilt and stitch it in place by hand to finish.

Quilt Layout



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