

## Materials Needed

### Lap Size Quilt 42" x 55"

1 ¼ yards solid navy fabric

1 yards navy on white dot fabric

¾ yard print fabric for the heart applique

¾ yard of iron on interfacing such as Shapeflex 101

¾ yard of Heat & bond light

Batting & Backing Fabric

Heart Shape Template

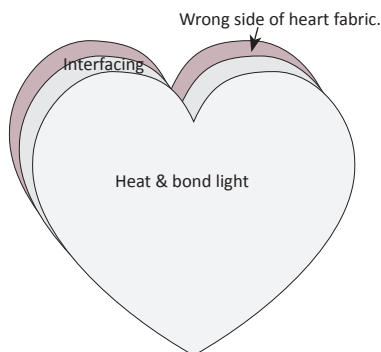
1 Cut five 5½" x WOF strips and five 2½" X WOF for the binding from the solid navy print. Cut six 5½" x WOF strips from the navy on white dot fabric.

2 Sew the 5½" strips together with a ¼" seam allowance, alternating the navy on white dot and solid navy fabrics. Press all seams allowances open. Trim sides of the quilt top making sure that the edges of the quilt top are straight and even.

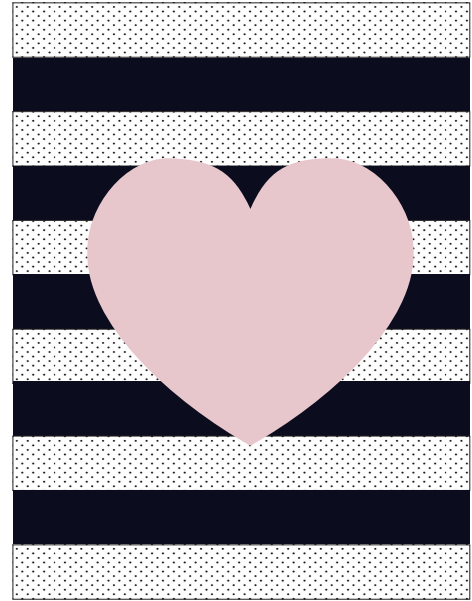


3 Assemble the pieces of the heart shape template. Use the template to cut one heart shape from each of the following: heart fabric, interfacing and Heat & Bond Light.

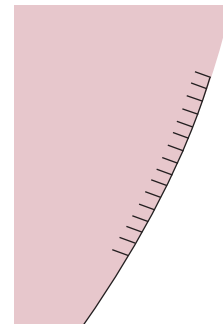
4 Following the manufacturers directions first attach the interfacing to the wrong side of the feature fabric and then apply the Heat & Bond Light to the interfaced side of the feature fabric. Remove the paper from the Heat & Bond light.



5 Lay the quilt top on a flat surface with right side up. Place the heart shape (also with right side up) in the middle of the quilt top and pin in place. Move the quilt top to your ironing board and press in place.



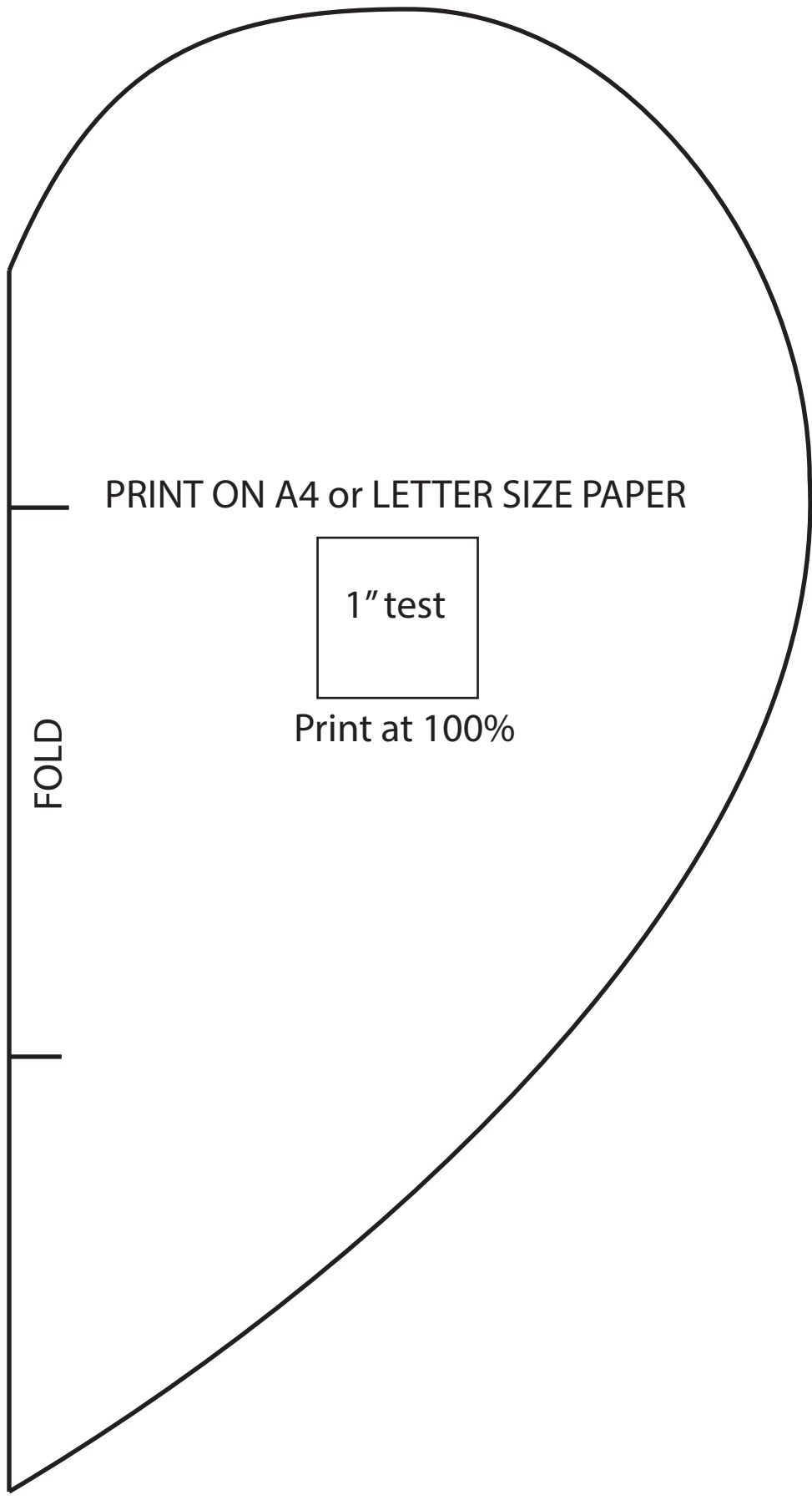
6 Using a coordinating thread sew around the heart shaped applique with a blanket stitch to secure in place.



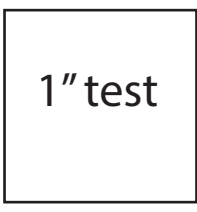
7 Make a quilt backing that is at least 4" wider and longer than the quilt top on all sides. Layer the backing piece (right side down), batting and then the quilt top (right side up) to make a quilt sandwich. Baste and quilt as desired. The quilt shown has simple straight line and 'in the ditch' quilting.

8 Trim away excess batting and backing leaving an extra ½" to ¾" of batting and backing beyond the quilt. This will help ensure the binding is full and even on both the front and back of the quilt.

9 Binding. Use the five 2½" x WOF strips cut from the binding fabric. Sew strips together end to end until you have one continuous piece of fabric. Press the long binding strip in half lengthwise with wrong sides together and attach to the quilt using your preferred binding method.

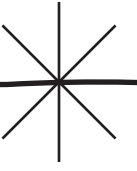


PRINT ON A4 or LETTER SIZE PAPER

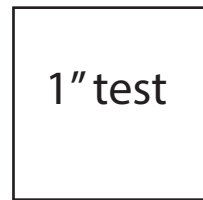


Print at 100%

FOLD



PRINT ON A3 or TABLOID SIZE PAPER



Print at 100%

