Project: Flying Free

DESIGNED BY LAURIE SIMPSON OF MINICK AND SIMPSON *(MINICKANDSIMPSON.COM)*

Pay tribute to Old Glory with a folk art-style wall hanging featuring spirited flags waving in the breeze.

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Materials

- 1 yard blue-and-cream print (appliqué foundation, inner border)
- 1½ yards total assorted light prints in white, beige, and ivory (appliqué foundations, appliqués, sashing, outer border)
- ⅔ yard total assorted red prints (appliqués, sashing, outer border)
- ⅞ yard total assorted blue prints (appliqués, sashing, outer border)
- ⅛ yard total assorted olive green prints (appliqués)
- ½ yard solid navy blue (binding)
- 2⅝ yards backing fabric
- 47×55" batting

Finished quilt: 38½×46½"
Finished block: 11×15"

Quantities are for 44/45"-wide, 100% cotton fabrics.
Measurements include ¼" seam allowances. Sew with right sides together unless otherwise stated.

Cut Fabrics

Cut pieces in the following order.

Patterns are on *pages 8–9*. To make templates of patterns, see Make and Use Templates, *page 10*.

To use a traditional needle-turn appliqué technique, complete the following steps to cut out the appliqué pieces.

1. Place a template, right side up, on right side of fabric indicated in cutting instructions. Trace around template with a sharp pencil or very fine permanent marker. Repeat to trace as many pieces as needed, leaving at least ½" between shapes.
2. Cut out each shape, adding a 3/16" to ¼" seam allowance beyond drawn line.

From blue-and-cream print, cut:

- 4—4½×34½" inner border strips
- 1—12½×16½" rectangle for appliqué foundation

From remaining blue-and-cream print and assorted light prints, cut:

- 3—12½×16½" rectangles for appliqué foundations
- 40—2⅞" squares
- 112—1⅞" squares
- 4 sets of matching patterns B, C, and D
- 4 sets of matching patterns BB and CC
- 4 of Pattern Z

From assorted red prints, cut:

- 7—2⅞" squares
- 20—1⅞" squares
- 4 *each* of patterns A, N, P, R, T, V, and AA

From assorted blue prints, cut:

- 33—2⅞" squares
- 92—1⅞" squares
- 4 *each* of patterns H, X, and Y
- 4 sets of matching patterns E, F, and G

From assorted olive green prints, cut:

- 4 *each* of patterns I, J, K, L, and M

From remaining light, red, and olive green prints, cut:

- 4 *each* of patterns O, Q, S, U, and W

From solid navy blue, cut:

- 5—2½×42" binding strips

Appliqué Blocks

1. Referring to **Full-Size Appliqué Placement Diagram** on *pages 6–7* and **Appliqué Placement Diagram**, position one of each appliqué shape on a blue-and-cream print or light print 12½×16½" appliqué foundation; pin or baste in place.
2. Using threads that match appliqués and a small slip-stitch, hand-appliqué around each piece to make an appliquéd block; use your needle to turn under the edge just beyond the drawn line. Once all pieces are appliquéd, trim block to 11½×15½" including seam allowances.
3. Repeat steps 1 and 2 to make four appliquéd blocks total.

Make Triangle-Squares

1. Use a pencil to draw a diagonal line on wrong side of each light print 1⅞" and 2⅞" square.
2. Place a marked light print 1⅞" square atop a blue print 1⅞" square. Sew ¼" on each side of drawn line **(Diagram 1)**. Cut squares apart on drawn line to make two triangle units. Press each triangle unit open, pressing seam toward darker print, to make two small triangle-squares. Each should be 1½" square including seam allowances.
3. Using marked light print 1⅞" squares and assorted blue and red print 1⅞" squares, repeat Step 2 to make 224 small triangle-squares total.
4. Using marked light print 2⅞" squares and assorted blue and red print 2⅞" squares, repeat Step 2 to make 80 large

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triangle-squares. Each should be 2½" square including seam allowances.

Assemble and Add Sashing

1. Referring to **Diagram 3,** sew together 15 small triangle-squares to make a vertical sashing strip. Press seams toward top of strip. Repeat to make a second vertical sashing strip; press seams toward bottom of strip. Add vertical sashing strips to side edges of an appliquéd block. Press seams toward block.

2. Referring to **Diagram 3,** sew together 13 small triangle-squares to make a horizontal sashing strip. Press seams toward left-hand end of strip. Repeat to make a second horizontal sashing strip. Press seams toward right-hand end. Add horizontal sashing strips to remaining edges of appliquéd block to make a bordered block. Press seams toward block. The bordered block should be 13½×17½" including seam allowances

3. Repeat steps 1 and 2 to make four bordered blocks total.

Assemble QuiltTop

1. Referring to **Quilt Assembly Diagram,** sew together bordered blocks in pairs. Press seams in opposite directions. Join pairs to make quilt center. The quilt center should be 26½×34½" including seam allowances.

2. Sew blue-and-cream print 4½×34½" inner border strips to long edges of quilt center. Add remaining blue-and-cream print 4½×34½" inner border strips to remaining edges. Press all seams toward inner border. The quilt center now should be 34½×42½" including seam allowances.

3. Referring to **Quilt Assembly Diagram,** join 21 large triangle-squares in a vertical row to make side outer border strip. Press seams in one direction. Repeat to make a second side outer border strip. Sew side outer border strips to long edges of quilt center. Press seams toward inner border.

4. Referring to **Quilt Assembly Diagram,** sew together 19 large triangle-squares in a horizontal row to make top outer border strip. Press seams in one direction. Repeat to make bottom outer border strip. Add top and bottom outer border strips to remaining edges of quilt center to complete quilt top. Press seams toward inner border.

Finish Quilt

1. Layer quilt top, batting, and backing; baste.

2. Quilt as desired. Kari Smith-Ruedisale machine-quilted assorted designs atop the appliqués, and stitched a feather motif in the inner border **(Quilting Diagram).** She employed curved outline quilting to accent each triangle-square in the sashing and outer border.

3. Bind with solid navy blue binding strips.

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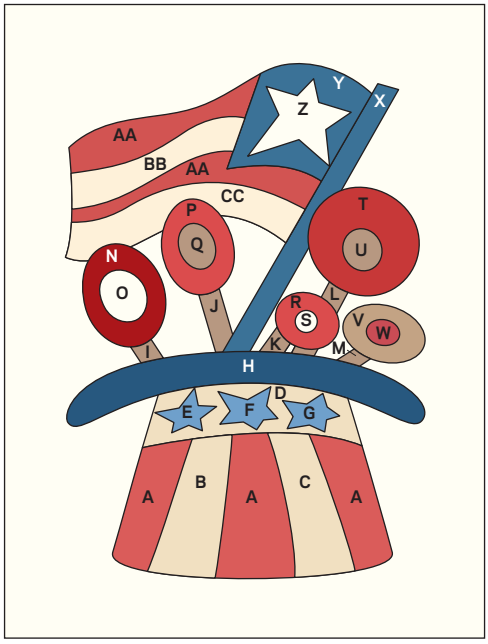
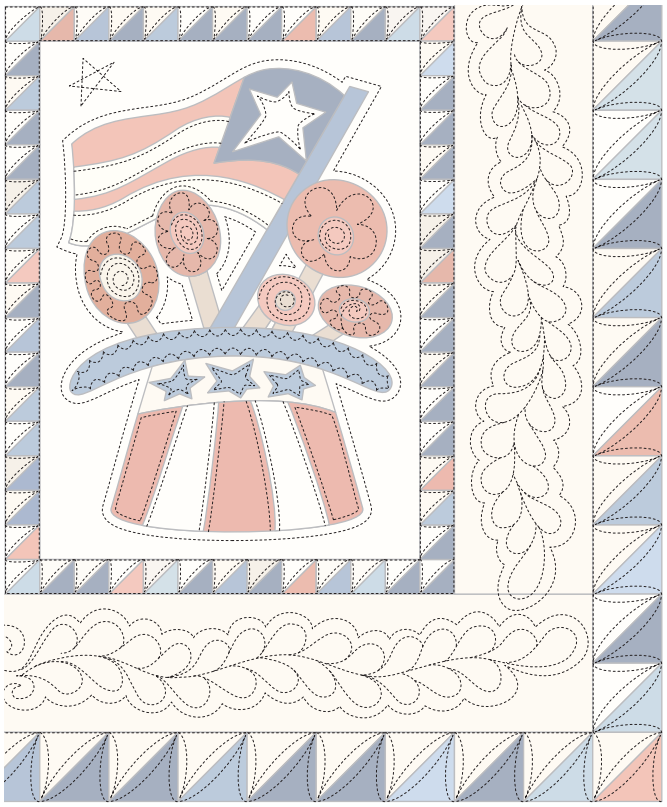
DIAGRAM 1

DIAGRAM 2



APPLIQUÉ PLACEMENT DIAGRAM



QUILTING DIAGRAM

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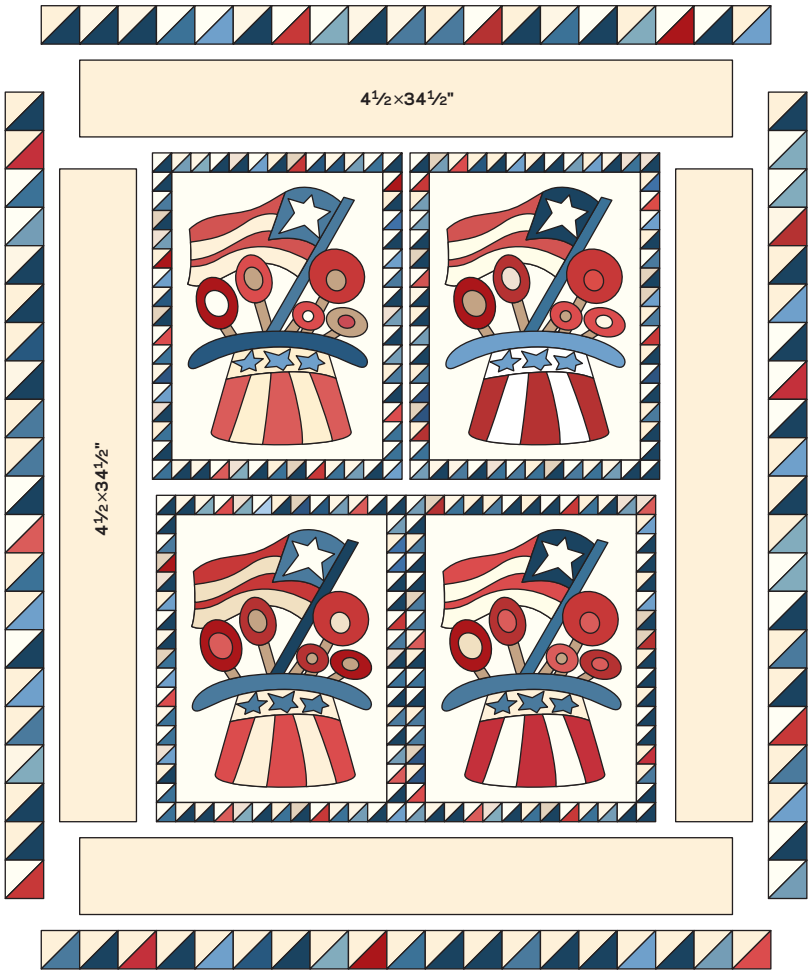

QUILT ASSEMBLY DIAGRAM

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This box should measure 1".

← 1" →

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To make an entire pattern, cut out partial patterns on outside lines and tape together, overlapping shaded areas.

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Full-Size Appliqué Placement Diagram
Page 1 of 2

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1"

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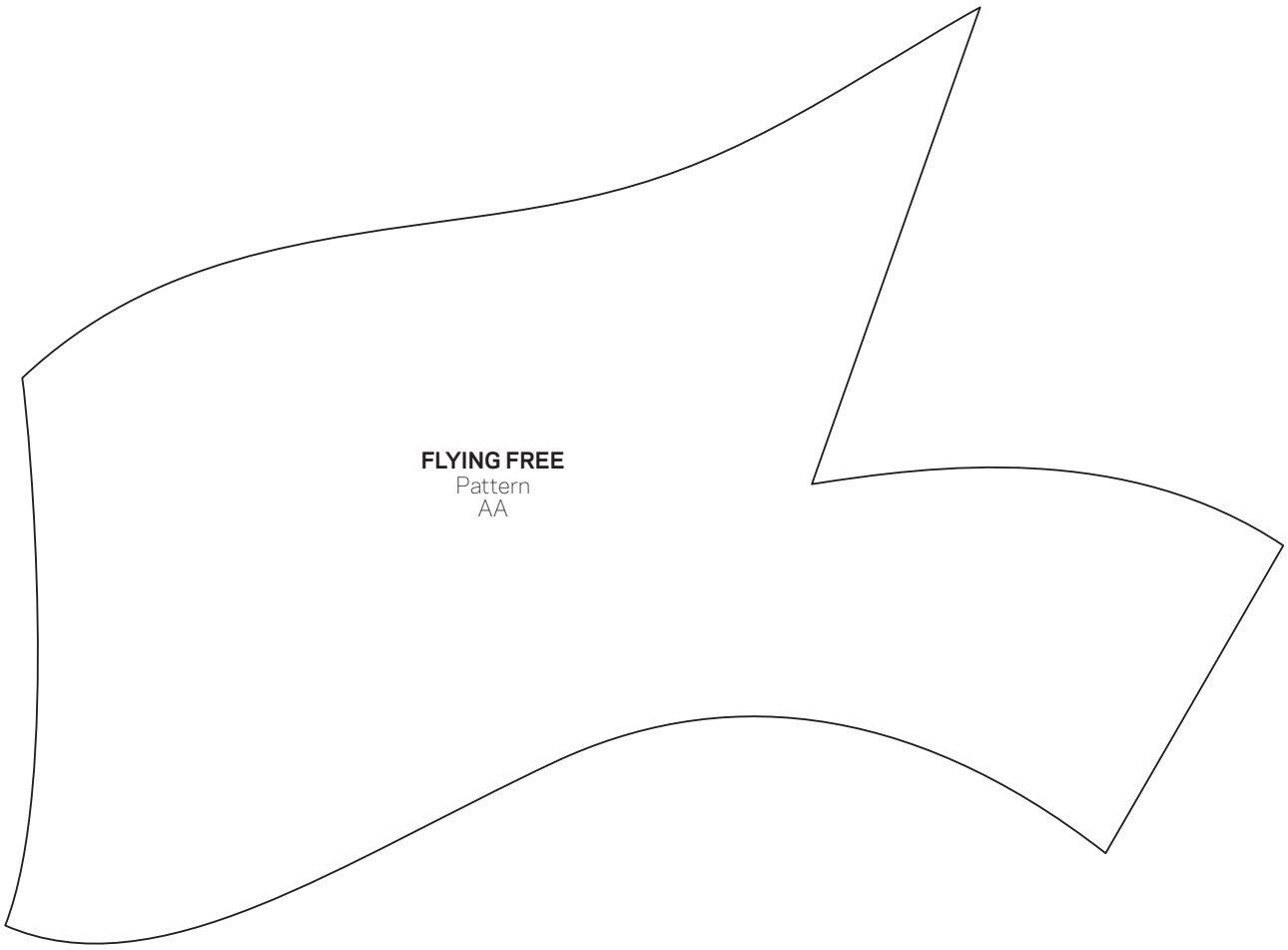

FLYING FREE
Pattern
AA

This box should measure 1".

1"

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Make and Use Templates

Make Templates

A template is a pattern made from extra-sturdy material so you can trace around it many times without wearing away the edges. Acrylic templates for many common shapes are available at quilt shops. Or you can make your own by duplicating printed patterns on template plastic.

To make permanent templates, purchase easy-to-cut template plastic, available at quilt shops and crafts supply stores. Lay the plastic over a printed pattern. Trace the pattern onto the plastic using a ruler and a permanent marker to ensure straight lines, accurate corners, and permanency.

For hand piecing and appliqué, make templates the exact size finished pieces will be (without seam allowances). For piecing, this means tracing the patterns' dashed lines.

For machine piecing, make templates that include seam allowances by tracing the patterns' solid and dashed lines onto the template plastic.

For easy reference, mark each template with its letter designation, grain line (if noted on the pattern), and block name. Cut out the traced shapes on their outside lines. Verify each template's shape and size by placing it over its printed pattern. Templates must be accurate; errors, however small, will compound many times as you assemble a quilt. To check templates' accuracy, make a test block before cutting the fabric pieces for an entire quilt.

Use Templates

To mark on fabric, use a pencil, white dressmaker's pencil, chalk, or a special fabric marker that makes a thin, accurate line. Do not use a ballpoint or ink pen; it may bleed if washed. Test all marking tools on a fabric scrap before using them.

To make pieces for hand piecing or appliqué, place a template facedown on the wrong side of the fabric and trace. Then reposition the template at least ½" away from the previous tracing **(Diagram 1)**, trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines ¼" away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a ¼" seam allowance; for hand appliqué, add a 3/16" seam allowance.

Because templates used to make pieces for machine piecing have seam allowances included, you can use common tracing lines for efficient cutting. Place a template facedown on the wrong side of the fabric and trace. Then reposition the template without a space between it and the previous tracing **(Diagram 2)**; trace again and repeat. Using a rotary cutter and ruler, cut pieces out, cutting precisely on the drawn lines.

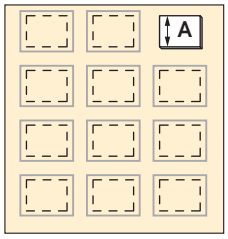

DIAGRAM 1

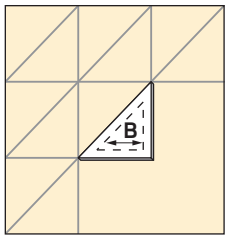

DIAGRAM 2

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