

Project: Hope Grows

DESIGNERS CHERIE RALSTON AND ALMA ALLEN



Project: Hope Grows

materials

- $\frac{5}{8}$ yard light pink dot (appliqué foundation, triangle-squares)
- $\frac{1}{4}$ yard purple stripe (vase appliqué)
- 8" square green stripe (leaf and stem appliqués)
- Scrap of green plaid (leaf appliqués)
- 12" square green floral (leaf and stem appliqués)
- 4— $\frac{1}{4}$ -yard pieces assorted light prints (flower appliqués, triangle-squares)
- 4— $\frac{1}{4}$ -yard pieces assorted dark prints (flower appliqués, triangle-squares)
- Scrap of purple tone-on-tone (flower center appliqués)
- 2 $\frac{1}{4}$ yards red floral (flower appliqué, triangle-squares, border Nos. 2 and 6)
- 1 $\frac{1}{2}$ yards light pink stripe (triangle-squares, border No. 4)
- $\frac{3}{4}$ yard purple plaid (triangle-squares, binding)
- 4 $\frac{1}{4}$ yards backing fabric
- 75" square batting
- Freezer paper
- Glue stick

Finished quilt: 68 $\frac{1}{2}$ " square

Quantities are for 44/45"-wide, 100% cotton fabrics.

Measurements include $\frac{1}{4}$ " seam allowances. Sew with right sides together unless otherwise stated.

cut fabrics

Cut pieces in the following order. Cut light pink stripe border No. 4 strips lengthwise (parallel to selvage).

Designers Cherie Ralston and Alma Allen used a freezer-paper method to prepare pieces for machine appliqué. Instructions that follow are for this technique.

(Patterns are provided for this technique; if you're using another method, reverse patterns using a light box or sunny window.)

1. Lay freezer paper, shiny side down, over patterns. Trace each pattern the number of times indicated in cutting instructions. Cut out freezer-paper shapes on drawn lines.
2. Using a hot, dry iron, press freezer-paper shapes, shiny sides down, onto wrong sides of designated fabrics, leaving $\frac{1}{2}$ " between shapes; let cool. Cut out each shape, adding a $\frac{3}{16}$ " seam allowance to all edges. Cut seam allowances slightly narrower at tips of leaves; clip inner curves as necessary.
3. On each appliqué shape, run a glue stick along seam allowance wrong side, then finger-press seam allowance to back of freezer paper; let dry.

From light pink dot, cut:

- 1—21" square
- 20—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 40 triangles total

From purple stripe, cut:

- 1 of Pattern A

From green stripe, cut:

- 1—1 $\frac{1}{4}$ ×7 $\frac{1}{4}$ " bias strip
- 1—1 $\frac{1}{4}$ ×4" bias strip
- 2 of Pattern F

From green plaid, cut:

- 3 of Pattern F

From green floral, cut:

- 1—1 $\frac{1}{4}$ ×9" bias strip
- 1—1 $\frac{1}{4}$ ×7 $\frac{1}{4}$ " bias strip
- 1—1 $\frac{1}{4}$ ×4 $\frac{1}{4}$ " bias strip
- 7 of Pattern F

From assorted light prints, cut:

- 72—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 144 triangles total
- 3 of Pattern C

From assorted dark prints, cut:

- 72—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 144 triangles total
- 3 of Pattern B
- 1 of Pattern E

From purple tone-on-tone, cut:

- 3 of Pattern D

From red floral, cut:

- 7—6 $\frac{1}{2}$ ×42" strips for border No. 6
- 2—6 $\frac{1}{2}$ ×36 $\frac{1}{2}$ " border No. 2 strips
- 2—6 $\frac{1}{2}$ ×24 $\frac{1}{2}$ " border No. 2 strips
- 22—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 44 triangles total
- 1 of Pattern E

From light pink stripe, cut:

- 2—6 $\frac{1}{2}$ ×52 $\frac{1}{2}$ " border No. 4 strips
- 2—6 $\frac{1}{2}$ ×40 $\frac{1}{2}$ " border No. 4 strips
- 22—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 44 triangles total

From purple plaid, cut:

- Enough 2 $\frac{1}{2}$ "-wide bias strips to total 285" for binding
- 20—2 $\frac{7}{8}$ " squares, cutting each in half diagonally for 40 triangles total

prepare vine appliqués

Fold assorted green print strips in half lengthwise with wrong side inside; press. Sew together long edges, stitching a scant $\frac{1}{4}$ " from edges (**Diagram 1**). Trim seam allowance to $\frac{1}{8}$ ". Refold strip, centering seam in back; press. (To speed the process, Cherie and Alma recommend using a $\frac{3}{8}$ "-wide bias tape maker.)

appliqué center block

1. Fold light pink dot 21"-square appliqué foundation in half diagonally twice. Lightly finger-press folds to create appliqué placement guidelines; unfold.

Project: Hope Grows

2. Referring to **Quilt Assembly Diagram** on page 44, arrange pattern pieces A–F on appliqué foundation; baste in place.
3. Using thread that matches appliqué shapes and working from bottom layer to top, machine-appliqué pieces to make the quilt center.
4. Soak quilt center in cold water to remove glue. Machine-dry with dry towel to help absorb excess water. Trim foundation fabric behind appliqués, leaving $\frac{1}{4}$ " seam allowances. Peel away freezer paper and discard. Press from wrong side and trim to $20\frac{1}{2}$ " square including seam allowances.
4. Sew short red floral border No. 2 strips to opposite edges of quilt center. Add long red floral border No. 2 strips to remaining edges. Press all seams toward border No. 2.
5. Referring to **Quilt Assembly Diagram**, sew together 18 triangle-squares to make a short border No. 3 strip. Repeat to make a second short border No. 3 strip. Join 20 triangle-squares to make a long border No. 3 strip. Repeat to make a second long border No. 3 strip. Press all seams in one direction.
6. Sew short border No. 3 strips to opposite edges of quilt center. Add long border No. 3 strips to remaining edges. Press all seams toward border No. 2.
7. Sew the short light pink stripe border No. 4 strips to opposite edges of quilt center. Add long light pink stripe border No. 4 strips to remaining edges. Press all seams toward border No. 4.
8. Referring to **Quilt Assembly Diagram**, sew together 26 triangle-squares to make a short border No. 5 strip. Repeat to make a second short border No. 5 strip. Join 28 triangle-squares to make a long border No. 5 strip. Repeat to make a second long border No. 5 strip. Press all seams in one direction.
9. Sew short border No. 5 strips to opposite edges of quilt center. Add long border No. 5 strips to remaining edges. Press all seams toward border No. 4.
10. Cut and piece red floral $6\frac{1}{2}\times 42$ " strips to make:
 - 2— $6\frac{1}{2}\times 68\frac{1}{2}$ " border No. 6 strips
 - 2— $6\frac{1}{2}\times 56\frac{1}{2}$ " border No. 6 strips
11. Sew short red floral border No. 6 strips to opposite edges of quilt center. Add long red floral border No. 6 strips to remaining edges to complete quilt top. Press all seams toward border No. 6.

finish quilt

assemble and add borders

1. Pair each light pink dot, light pink stripe, and assorted light print triangle with a red floral, purple plaid, or assorted dark print triangle. Sew together each pair to make 228 triangle-squares total (**Diagram 2**). Press seams toward darker print triangles. Each triangle-square should be $2\frac{1}{2}$ " square including seam allowances.
2. Referring to **Quilt Assembly Diagram**, sew together 10 triangle-squares in a row to make a short border No. 1 strip. Repeat to make a second short border No. 1 strip. Join 12 triangle-squares in a row to make a long border No. 1 strip. Repeat to make a second long border No. 1 strip. Press all seams in one direction.
3. Sew short border No. 1 strips to opposite edges of quilt center. Add long border No. 1 strips to remaining edges. Press all seams toward quilt center.
4. Sew short border No. 1 strips to opposite edges of quilt center. Add long border No. 1 strips to remaining edges. Press all seams toward border No. 2.
5. Bind with purple plaid bias binding strips.
2. Quilt as desired. Machine-quilter Lori Kukuk stitched a circular design on the appliqués and in the background of the quilt center, a feather motif on border No. 4, and a diamond grid on border Nos. 2 and 6. Veins were stitched into each leaf. In each triangle-square, she echo-quilted free-form triangles.

Project: Hope Grows

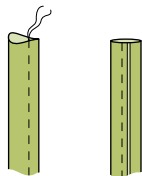
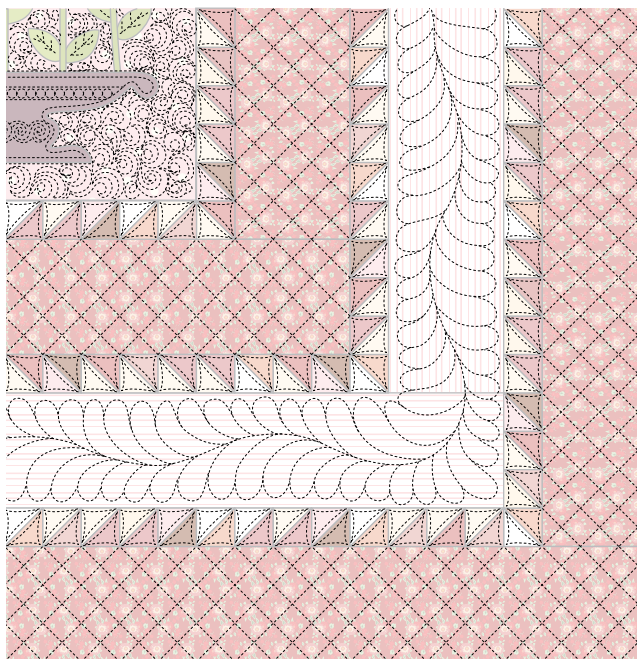


DIAGRAM 1

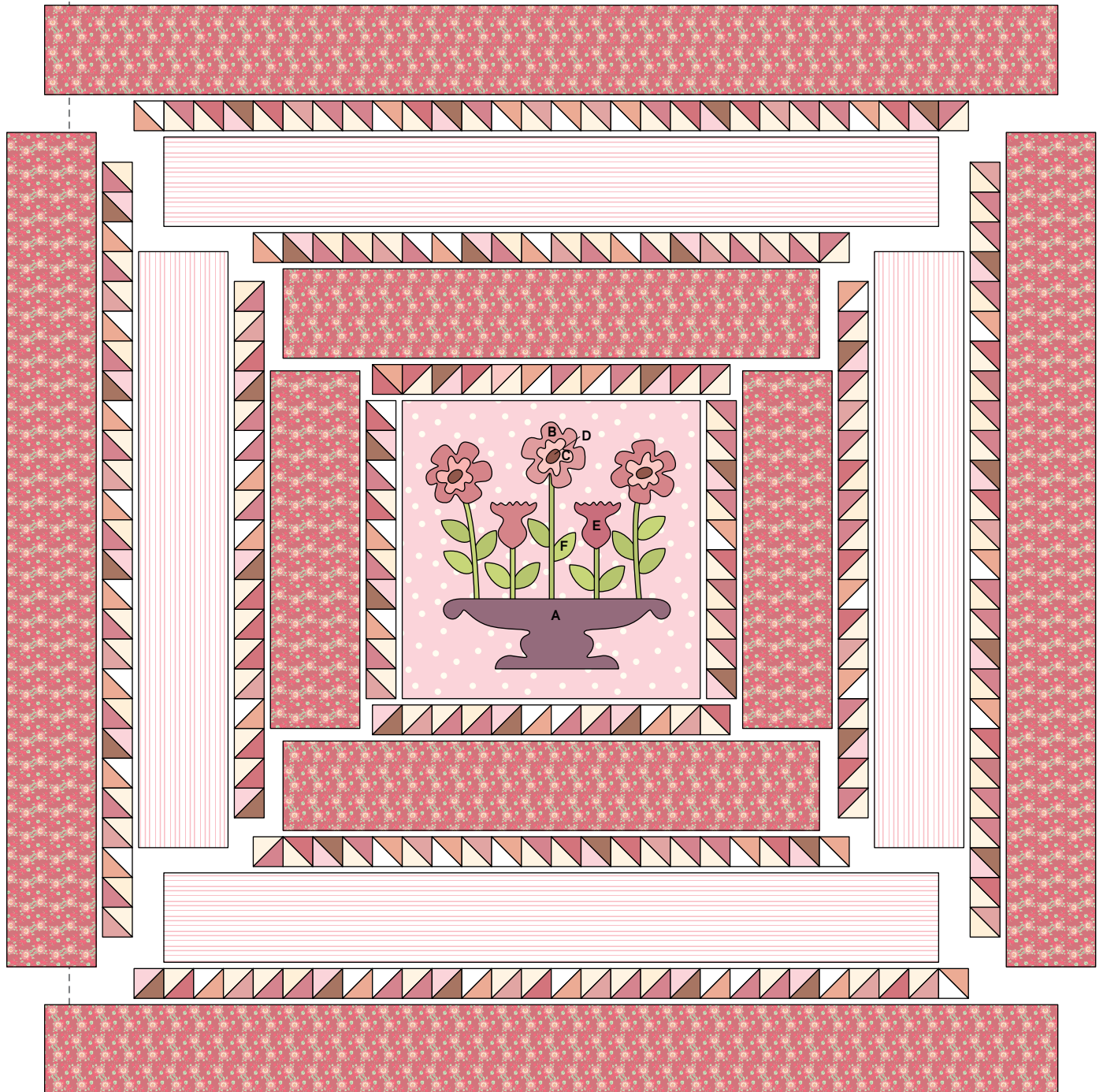


DIAGRAM 2



QUILTING DIAGRAM

Project: Hope Grows



QUILT ASSEMBLY DIAGRAM

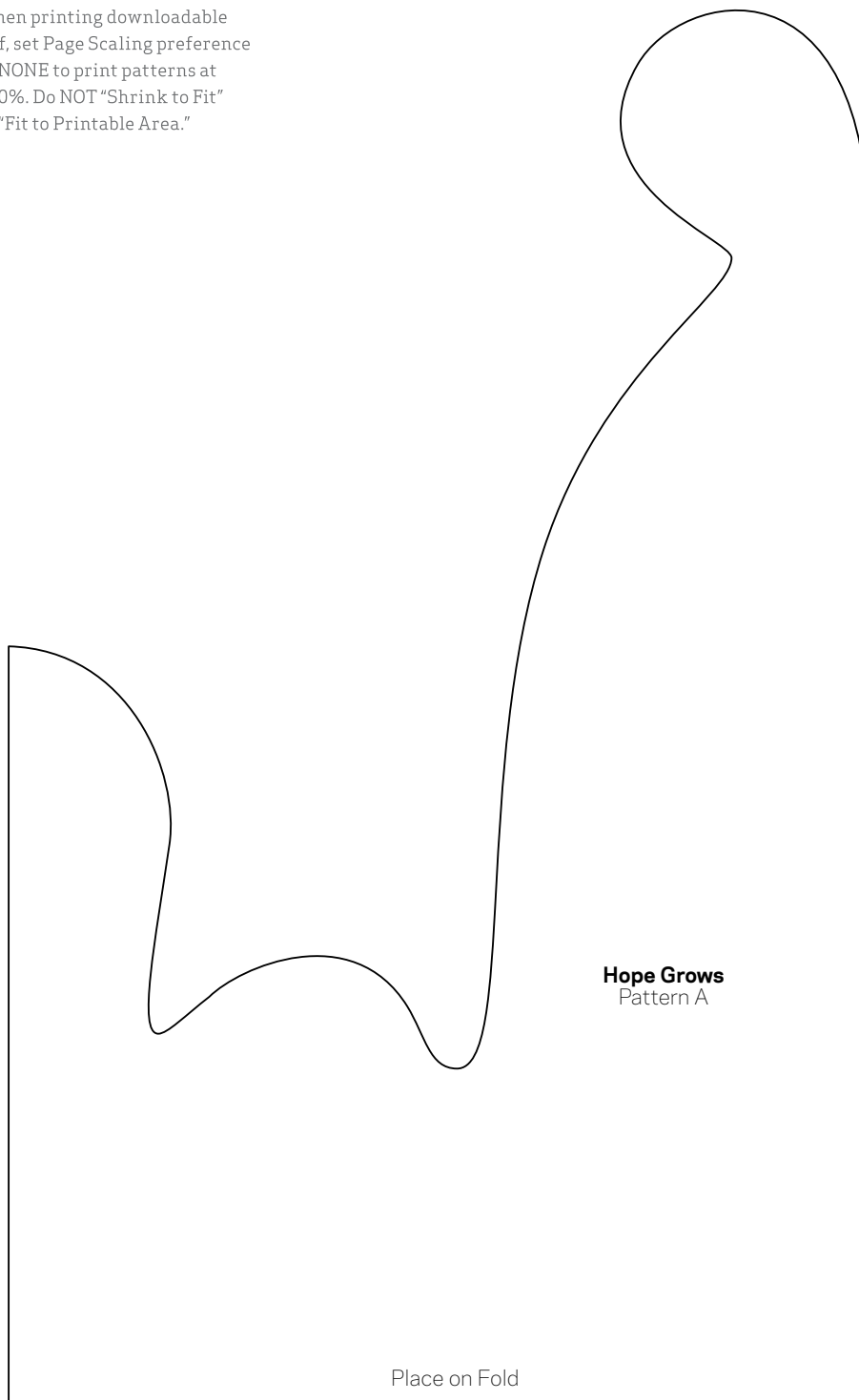
Project: Hope Grows

This box should
measure 1".

← 1" →

*** NOTE:**

When printing downloadable pdf, set Page Scaling preference to NONE to print patterns at 100%. Do NOT "Shrink to Fit" or "Fit to Printable Area."



Hope Grows
Pattern A

Place on Fold

Project: Hope Grows



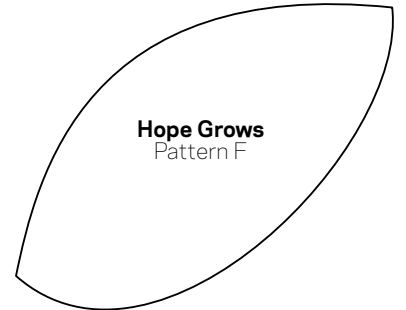
Hope Grows
Pattern E



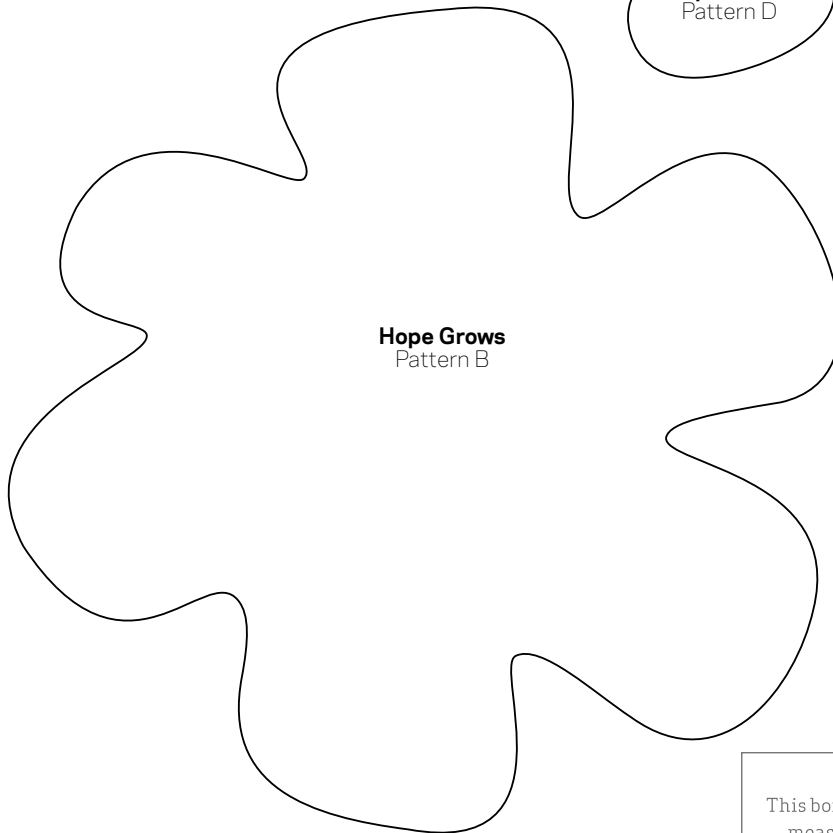
Hope Grows
Pattern C



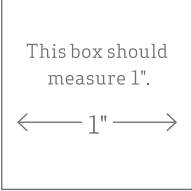
Hope Grows
Pattern D



Hope Grows
Pattern F



Hope Grows
Pattern B



*** NOTE:**

When printing downloadable pdf, set Page Scaling preference to NONE to print patterns at 100%. Do NOT "Shrink to Fit" or "Fit to Printable Area."