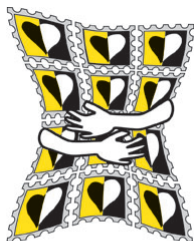


Alternate Squares Quilt



**Quilts
for
Kids**

www.QuiltsforKidsSLC.org

Drop off finished projects within 4-6 weeks

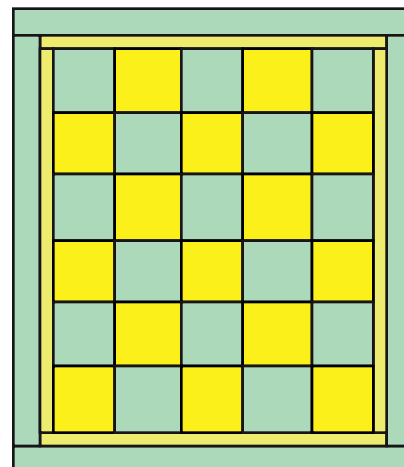
at workshops or at official drop off locations. See our website for current lists. OR, contact Sandy for special arrangements.

Sandy Schut

Call or Text: 801-597-1298

Email: Sandy@QuiltsforKids.org

Please include your FULL NAME & EMAIL address / PHONE NUMBER with all returned kits to keep our tracking list updated. Thank you!



1. Take an inventory

Please make sure this kit contains the following items. Yardages are provide strictly for your convenience should you wish to make another quilt from your own stash of fabric. Instructions provide for machine self-binding so no binding fabric is included. Remember to use a 1/4" seam allowance for all seams. DO NOT use monofilament thread as it melts in industrial driers.

◆ 15 6 1/2" squares of the focus fabric (Note: This require 5/8 yards.)

◆ 15 6 1/2" squares of a contrast fabric (Note: This requires 5/8 yards)

If this kit contains a lot more smaller blocks, alternate all the blocks to fit a width of 30" and a hight of 36".

◆ 4 1 1/2" wide strips for the inner border (Note: This requires 1/4 yard)

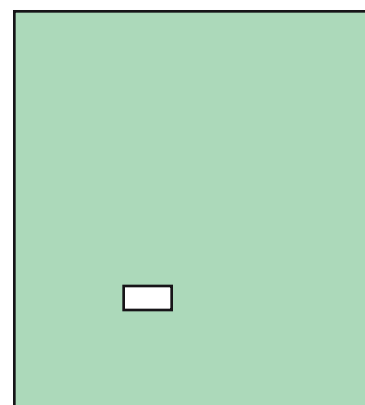
◆ 4 3 1/2" wide strips for the outer border (Note: This requires 1/2 yard)

◆ 50" length of full width of bolt backing fabric

◆ Official Quilts for Kids Label

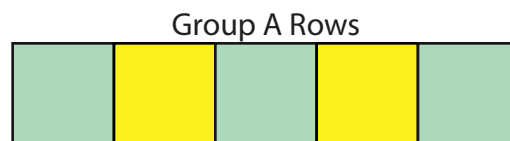
2. Official Quilt Label

With right sides showing, place the official QFK label on the backing fabric at least 12" away from all sides of the backing fabric. Sew the label to the backing around all 4 sides of the label. With a permanent, non-bleeding markker, write only your first name on the label.



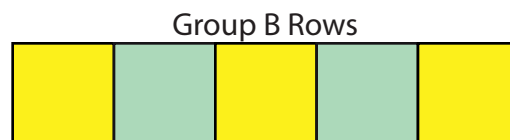
3. Sew 3 rows of group A

Sew 3 rows using 5 squares alternating each square as shown. This is group A. Press all the seams to the darker square.



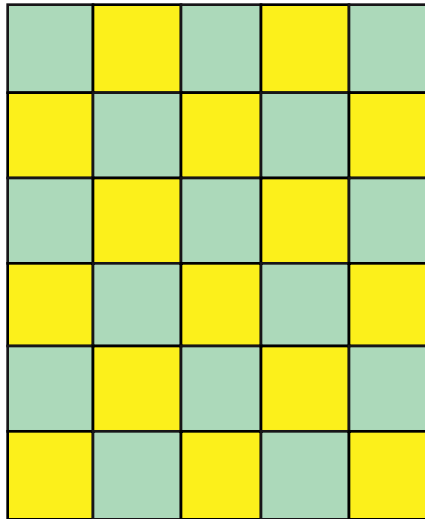
4. Sew 3 rows of group B

Sew 3 rows using 5 squares alternating each square as shown. This is group B. Press all the seams to the darker square.



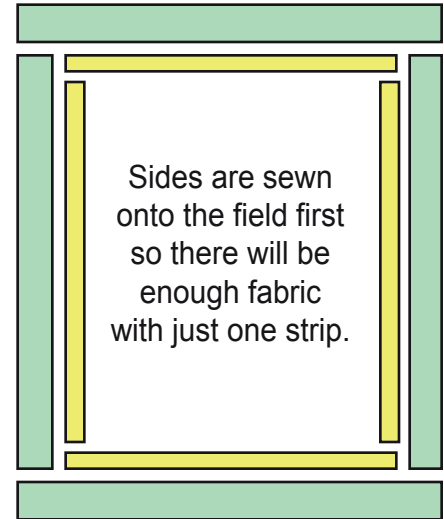
5. Make the Quilt Top Field

Sew rows together alternating groups as shown. Press the seams in one direction.



6. Attach the Borders

Attach the inner borders (1 1/2" strips) by sewing the strips to the longs sides of the quilt first. Then, sew the 1 1/2" strips to the top and bottom edges. Now attach the outer borders (3 1/2" strips) in the exact same way.



7. Quilt

Sandwich the quilt top, batting and backing fabric patting out all the wrinkles on both sides and aligning the centers of all three pieces. Check to see that there is enough batting under the entire quilt top. Make sure there is enough backing fabric under all the batting. Baste the layers together. **KEEP ALL QUILTING STITCHES 1" AWAY FROM THE RAW EDGE OF THE QUILT TOP.** Quilting stitches should be no more than 3" apart. **NO HAND-TIED or HAND-QUILTED** quilts.

8. Binding

To machine self-bind, cut the batting even with the quilt top. **Do NOT cut the backing fabric.** Once the batting is cut, trim the backing fabric 1" larger than the quilt top on all four sides. Fold the raw edge of the backing over to kiss the raw edge of the quilt top. Press. Fold the backing again this time to fully cover the raw edge of the quilt top. Press. Begin sewing through all layers at the middle of one side. At each corner, open the pressed folds of the side not yet sewn. Fold a triangle to kiss the raw edge of the side not yet sewn. Refold the pressed backing into place to form a mitered corner. Continue sewing. This URL has photos of this technique: <http://cluckclucksew.com/2014/01/binding-quilt-with-quilt-back.html>

9. Finishing touches

REMOVE ALL PINS and CLIP STRAY THREADS! Return the finished quilt and scraps using the directions on the top of these instructions.

These instructions can be found on our website, so please help us save money by sending back this plastic bag and instructions to be reused with the next kit. Thank you for your partnership to bring comfort and joy to traumatized children.