



**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.

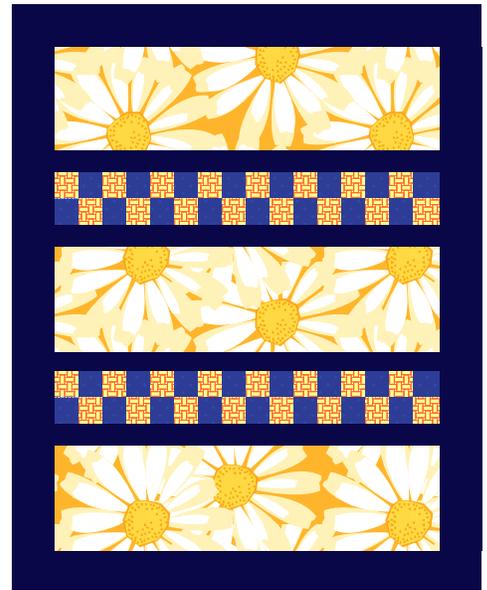
Sandy Schut

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!

# Checkmate



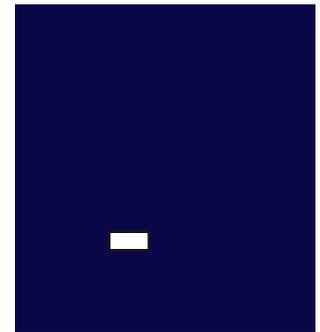
## 1. Take an inventory

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.

- ◆ 2 2 1/2" strips (**WOF**) of Fabric "A" to make the 4-patch blocks (Note: this is 1/4 yard)
- ◆ 2 2 1/2" strips (**WOF**) of Fabric "B" to make the 4-patch blocks (Note: this is 1/4 yard)
- ◆ 3 8 1/2" strips of Fabric "C" which has very large high contrast motifs (Note: This requires a minimum of 3/4 yard. More fabric may be needed if the motifs are fussy cut.)
- ◆ 4 2" strips (**WOF**) for sashing (Note: This requires 1/4 yard)
- ◆ 4 3 1/2" wide strips for the border (Note: This requires 1/2 yard)
- ◆ 50" length of full width of bolt backing fabric
- ◆ Official Quilts for Kids Label

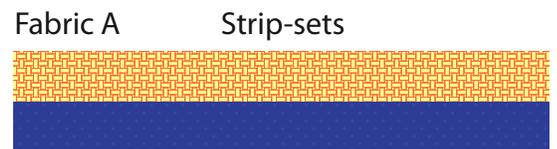
## 2. Official Quilt Label

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 marker, write only your first name on the label.



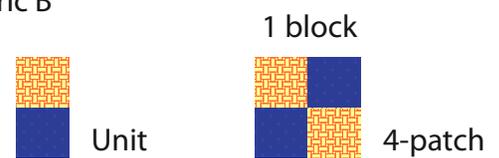
## 3. Make 2 strip-sets

Sew one Fabric A and one Fabric B strip together to make a single strip set. Repeat for the 2nd strip-set. Press seams for both strip-sets the exact same direction.



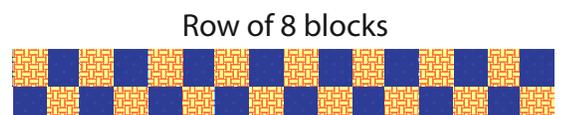
## 4. Make 16 blocks

Sub cut the strip-sets into 32 units measuring 2 1/2" x 4 1/2". Sew two units together to make a single 4 1/2" square 4-patch block as shown. Spiral press the seams.



## 5. Make 2 rows

Sew 8 blocks into 1 row. Press seams the same direction.



**6. Cut Fabric C and Sashing Strips to Length**

Trim off any remaining selvage edges from the Fabric C and sashing strips. Measure the total length of one row of 4-patch blocks. Cut all focus Fabric C and sashing strips to this length.

**7. Assemble the quilt field**

Sew together Fabric C, sashing, and 4-patch rows alternating them as shown. Press seams.

**8. Attach the Border to the Quilt Field**

Align, pin and then sew the borders to the quilt field by first sewing the strips to the long sides of the quilt. Trim off any excess extending beyond the quilt field. In the same way, sew the border strips to the top and bottom edges. Borders are sewn onto the long sides of quilt field first so there will be enough fabric to sew on the top borders with just one strip.

**9. 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.

**10. 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>

**11. Finishing touches**

**REMOVE ALL PINS 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 instruction sheet to be reused with the next kit. Thank you for your partnership to bring comfort and joy to traumatized children.

