



**Quilts  
for  
Kids**

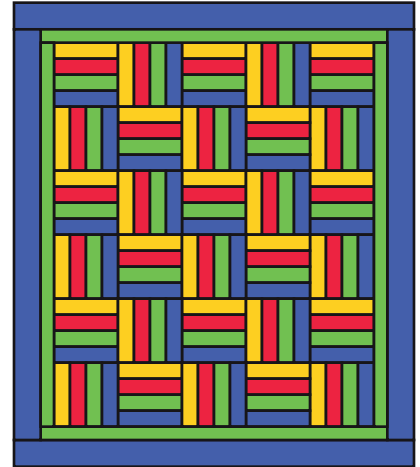
www.QuiltsforKidsSLC.org

**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](mailto:Sandy@QuiltsforKids.org)

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

# Rail Fence Quilt



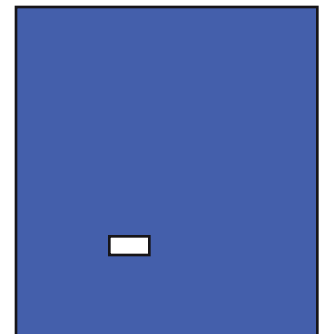
## 1. **Take an inventory**

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.

- ◆ 20 2" wide x 42" long strips of various fabrics for the field (Note: For 4 fabrics, this requires 1/3 yard each fabric.) \*Note: if this kit contains 120 short strips, skip step 3 and sew them into groups of 4 as illustrated for step 4.
- ◆ 4 1 1/2" wide x 42" long strips of Fabric A for inner borders. (Note: this requires 1/4 yard)
- ◆ 4 3 1/2" wide x 42" long strips of Fabric B for outer borders. (Note: this requires 1/2 yard)
- ◆ 1 42" wide x 50" long for the back of the quilt (Note: this requires 1 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-bleading marker, write only your first name on the label.



## 3. **Make 5 Strip-sets**

Sew together 4 of the 2" wide strips to form one strip-set as illustrated at right. Press seams down.



## 4. **Sub-cut the strip-sets**

Sub-cut all 5 strip-sets into 30 units called blocks that measure 6 1/2" x 6 1/2".



## 5. **Rows A, Sew 3**

Sew 5 blocks together as shown at right to make one row A. The 2nd and 4th blocks are turned once. Press seams to the right.



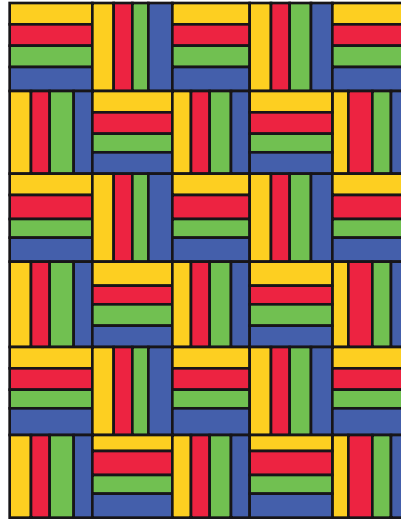
**6. Row B, Sew3**

Sew another row with 5 more blocks, but this time turn the 1st, 3rd, and 5th blocks as shown. This is row B. Press seams to the left.



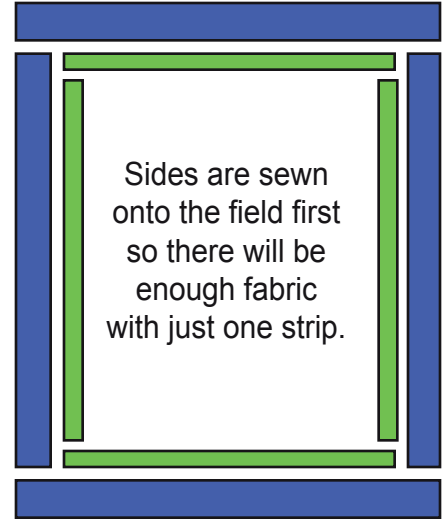
**7. Make the quilt top field**

Sew rows together alternating between group A and group B, then, press the seams all one direction.



**8. Attach the Borders**

Attach the inner borders (1 1/2" strips) by sewing the strips to the long 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.

**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 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.