

Doctors are Everyday Heroes

A Free Project Sheet
NOT FOR RESALE

By Pam Branch

Quilt 1

Quilt Design by Heidi Pridemore



Skill Level: Advanced Beginner

facebook



Finished Quilt Size: 55" x 67"
49 West 37th Street, 14th floor, New York, NY 10018
Toll Free: 800-294-9495
fax: 212-679-4578
www.blankquilting.net

Please check our website for pattern updates before starting this project.

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DOCTORS ARE EVERYDAY HEROES Quilt 1

Fabrics in the Doctors are Everyday Heroes Collection



Scenic with Doctors and Hospitals
Blue – 1925-75



Pills
White – 1926-01



Doctor's Surgical Gear
White – 1927-01



Doctors with Gear Allover
Light Blue – 1928-11



Band-aids
White – 1929-01



Doctors & Hospital Stripe
White – 1930-01



Ambulances
Blue – 1931-75



Book Panel - 36 inches
Blue – 1932P-75

Select Fabrics from the
Starlet Collection



Red
6383-Red



Teal
6383-Teal

DOCTORS ARE EVERYDAY HEROES

Page 1

Quilt 1

Materials

1 panel	Book Panel - 36 inches - Blue (A)	1932P-75
1 3/8 yards	Starlet - Red (B)	6383-Red*
1/4 yard	Ambulances - Blue (C)	1931-75
3/8 yard	Pills - White (D)	1926-01
3/4 yard	Starlet - Teal (E)	6383-Teal
3/8 yard	Doctors with Gear Allover - Light Blue (F)	1928-11
3/8 yard	Doctor's Surgical Gear - White (G)	1927-01
2 1/8 yards	Doctors & Hospital Stripe - White (H)	1930-01
4 1/4 yards	Scenic with Doctors and Hospitals - Blue (Backing)	1925-75

*Includes binding

Batting: 63" x 75"

(Recommended: Air Lite® Colour Me 100% Cotton)

Cutting Instructions

Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.

From the Book Panel - 36 inches - Blue (A):

- Fussy cut (12) 8 1/2" squares, each centered on a block.

From the Starlet - Red (B), cut:

- (6) 1 1/2" x WOF strips. Sub-cut (24) 1 1/2" x 8 1/2" strips.
- (6) 1 1/2" x WOF strips. Sub-cut (24) 1 1/2" x 10 1/2" strips.
- (3) 1 1/2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 1 1/2" x 51 1/2" strips.
- (2) 1 1/2" x 41 1/2" WOF strips.
- (7) 2 1/2" x WOF strips for the binding.

From the Ambulances - Blue (C), cut:

- (2) 3 1/2" x WOF strips. Sub-cut (20) 3 1/2" squares.

From the Pills - White (D), cut:

- (3) 3 1/2" x WOF strips. Sub-cut (31) 3 1/2" squares.

From the Starlet - Teal (E), cut:

- (12) 2" x WOF strips. Sub-cut (248) 2" squares.

From the Doctors with Gear Allover - Light Blue (F), cut:

- (3) 3 1/2" x WOF strips. Sub-cut (31) 3 1/2" squares.

From the Doctor's Surgical Gear - White (G), cut:

- (3) 3 1/2" x WOF strips. Sub-cut (31) 3 1/2" squares.

From the Doctors & Hospital Stripe - White (H), cut:

- (2) 7 1/2" x 71" Length of Fabric (LOF) strips.
- (2) 7 1/2" x 59" LOF strips.

From the Scenic with Doctors and Hospitals - Blue (Backing), cut:

- (2) 75" x WOF strips for the backing. Sew the strips together and trim to make the 63" x 75" back.

Block Assembly

Note: The arrows figures represent the fabric print direction. Pay attention to the fabric and unit orientations when assembling the various components. Use a 1/4" seam allowance with right sides together (RST) unless otherwise noted.

Block One

make 12

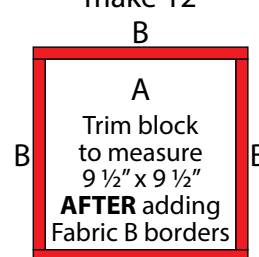


Fig. 1 B

1. Sew (1) 1 1/2" x 8 1/2" Fabric B strip to each side of (1) 8 1/2" Fabric A square. Sew (1) 1 1/2" x 10 1/2" Fabric B strip to the top and to the bottom of the Fabric A square to make (1) Block One square (Fig. 1). **Trim the block to measure 9 1/2" x 9 1/2"**. Repeat to make (12) Block One squares total.

2. Place (1) 2" Fabric E square on the top left corner of (1) 3 1/2" Fabric D square, right sides together (Fig. 2). Sew across the diagonal of the smaller square from the upper right corner to the lower left corner (Fig. 2). Flip open the triangle formed and press. Trim away the excess fabric from behind the triangle 1/4" away from the sewn seam (Fig. 3).

3. Follow Figure 4 for the seam direction to add a 2" Fabric E square to each of the remaining corners of the 3 1/2" Fabric D square to make (1) Unit 1 square (Fig. 5).

4. Repeat Steps 2-3 to make (31) Unit 1 squares total.

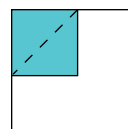


Fig. 2

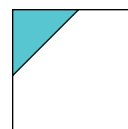


Fig. 3

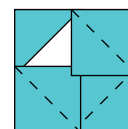


Fig. 4

Unit 1

make 31



Fig. 5

5. Repeat Steps 2-3 and refer to Figure 6 for fabric identification, placement, seam direction and orientation to make (31) Unit 2 squares.

Unit 2

make 31

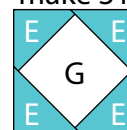


Fig. 6

6. Sew together (1) Unit 1 square, (1) 3 1/2" Fabric F square and (1) Unit 2 square, in that order from left to right, to make (1) Unit 3 strip (Fig. 7). Repeat to make (31) Unit 3 strips total.

Unit 3

make 31

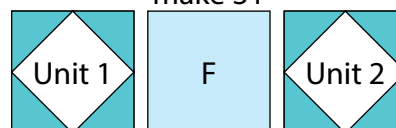


Fig. 7

7. Sew together (4) 3 1/2" Fabric C squares and (3) Unit 3 strips, end to end and alternating them from left to right, to make (1) Block Two row (Fig. 8 below). Repeat to make (5) Block Two rows total.

8. Sew together (4) Unit 3 strips and (3) Block One squares, alternating them from left to right, to make (1) Pieced Row (Fig. 9). Repeat to make (4) Pieced Rows total.

9. Sew together the (5) Block Two rows and (4) Pieced Rows, lengthwise and alternating them from top to bottom, to make the Center Block (Fig. 9). The block should measure 39 1/2" x 51 1/2".

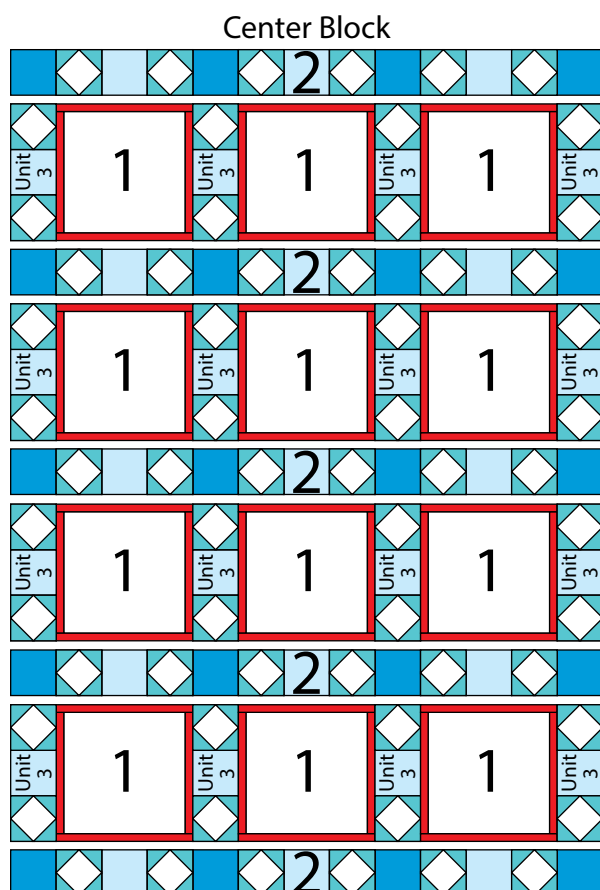


Fig. 9

Quilt Top Assembly

(Follow the Quilt Layout while assembling the quilt top.)

10. Sew (1) 1 1/2" x 51 1/2" Fabric B strip to each side of the Center Block. Sew (1) 1 1/2" x 41 1/2" Fabric B strip to the top and to the bottom of the Center Block.

11. Center (1) 7 1/2" x 71" Fabric H strip on (1) side of the Center Block and pin in place. Start sewing the strip a 1/4" from the top edge of the block and stop a 1/4" from the bottom edge. **DO NOT TRIM THE EXCESS.** Repeat with the opposite side.

12. Repeat Step 11 to sew (1) 7 1/2" x 59" Fabric H strip to the top and to the bottom of the Center Block, making sure to stop and start 1/4" away from each end of the block. To miter each corner, fold the Center Block on a diagonal, wrong side together. This should line up the strips from adjacent sides (Fig. 10).

13. Starting at the sewn seam (represented by the arrow in Figure 10), draw a 45-degree line to the edge of the fabric. Sew on the drawn line. Trim the excess fabric leaving a 1/4" seam. Repeat this step with the remaining corners to make the quilt top.

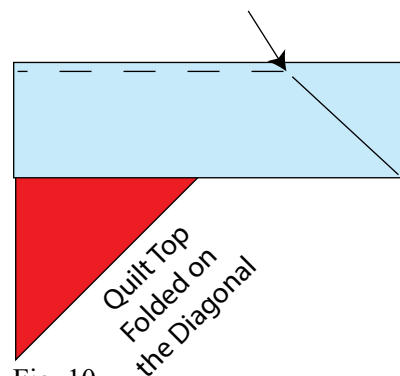


Fig. 10

14. Layer and quilt as desired.

15. Sew the (7) 2 1/2" x WOF Fabric B strips together, end to end with 45-degree seams, to make the binding. Fold this long strip in half lengthwise with wrong sides together and press.

16. Bind as desired.

Block Two make 5

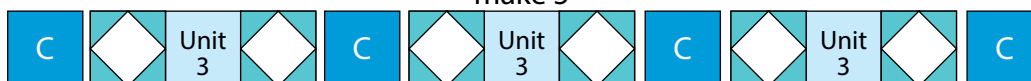
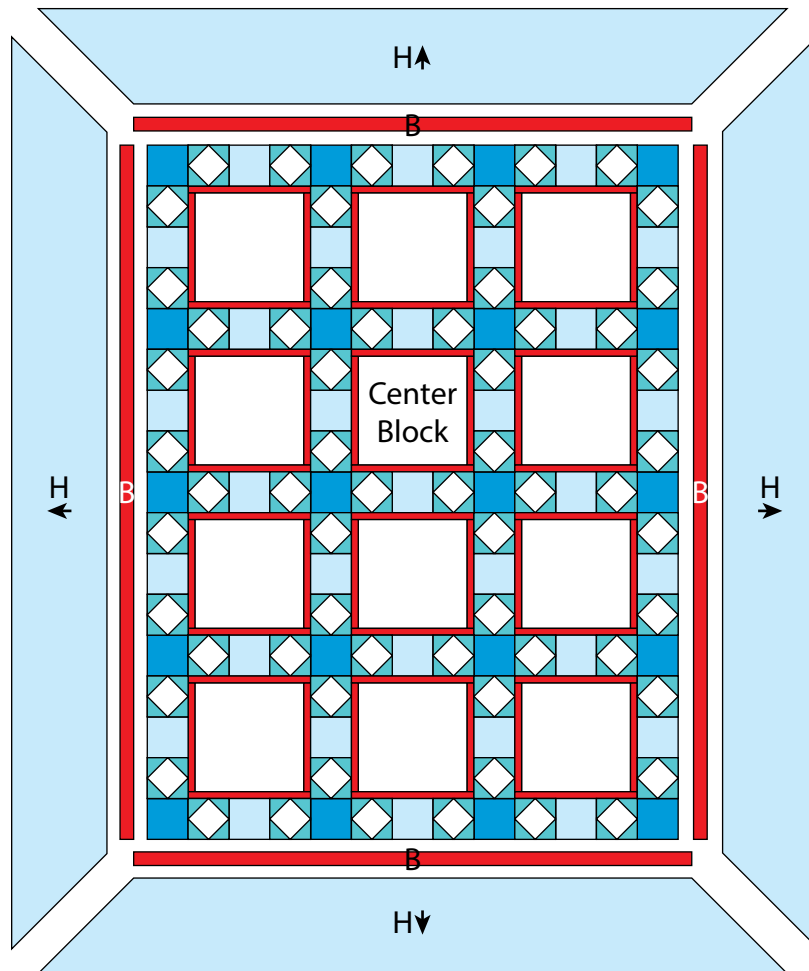


Fig. 8

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Quilt 1



Quilt Layout

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