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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: 47" x 59"
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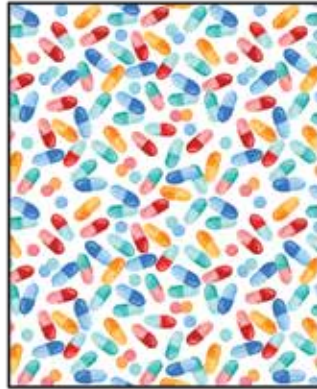
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DOCTORS ARE EVERYDAY HEROES Quilt 1

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



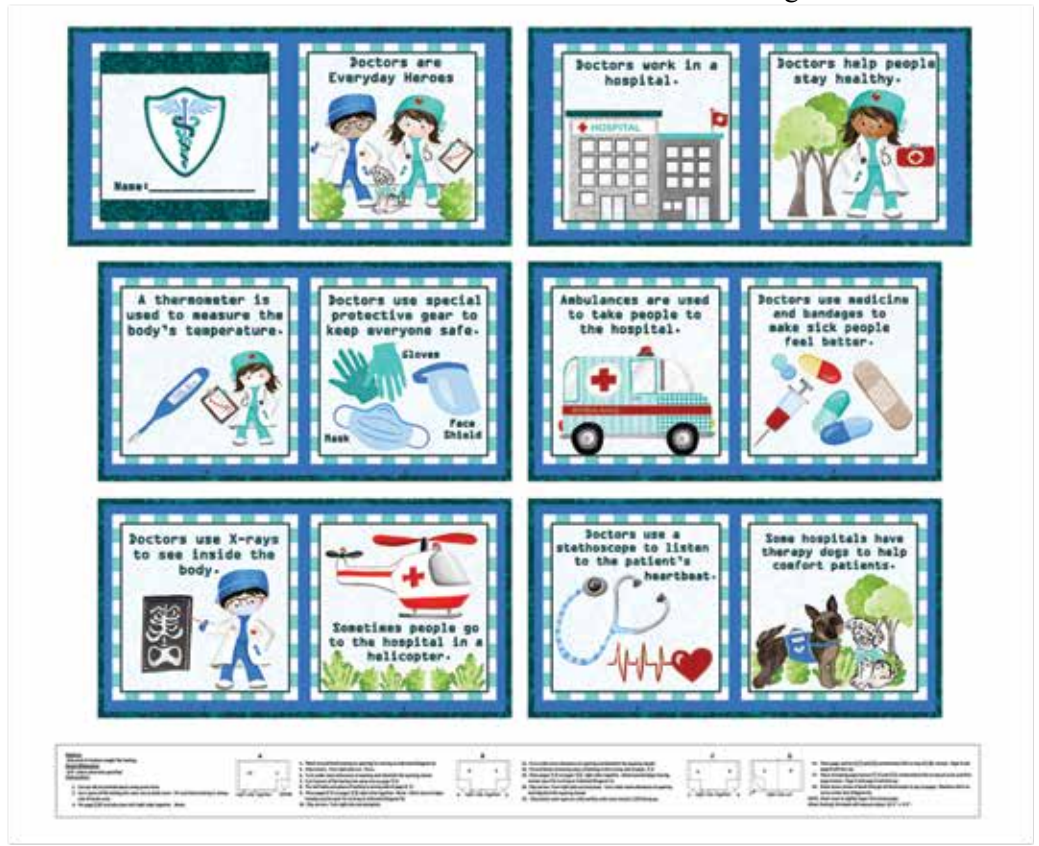
Doctors with Gear Allover
Light Blue – 1928-11



Band-aids
White – 1929-01



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

Quilt 1

Materials

1 panel	Book Panel - 36 inches - Blue (A)	1932P-75
1 3/4 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
3 1/4 yards	Scenic with Doctors and Hospitals - Blue (Backing)	1925-75

*Includes binding

Batting: 55" x 67"

(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 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.
- (6) 4 1/2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 4 1/2" x 51 1/2" strips and (2) 4 1/2" x 47 1/2" strips.
- (6) 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 Scenic with Doctors and Hospitals - Blue (Backing), cut:

- (2) 55" x WOF strips for the backing. Sew the strips together and trim to make the 55" x 67" 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.

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.

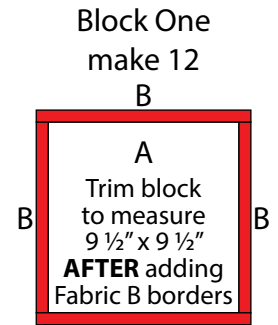


Fig. 1 B

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.

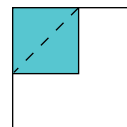


Fig. 2

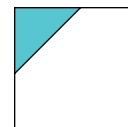


Fig. 3

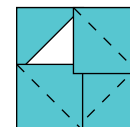


Fig. 4

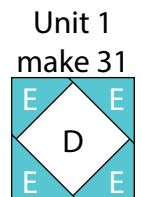


Fig. 5

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

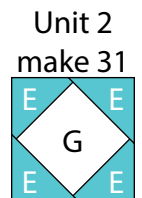


Fig. 6

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.

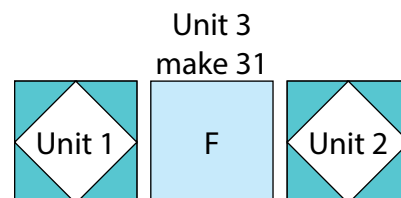


Fig. 7

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".

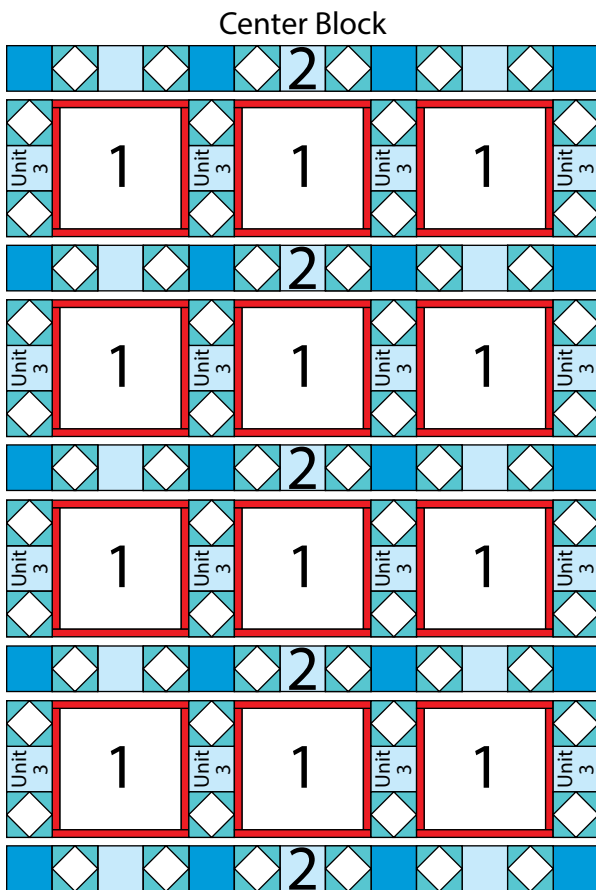


Fig. 9

Quilt Top Assembly

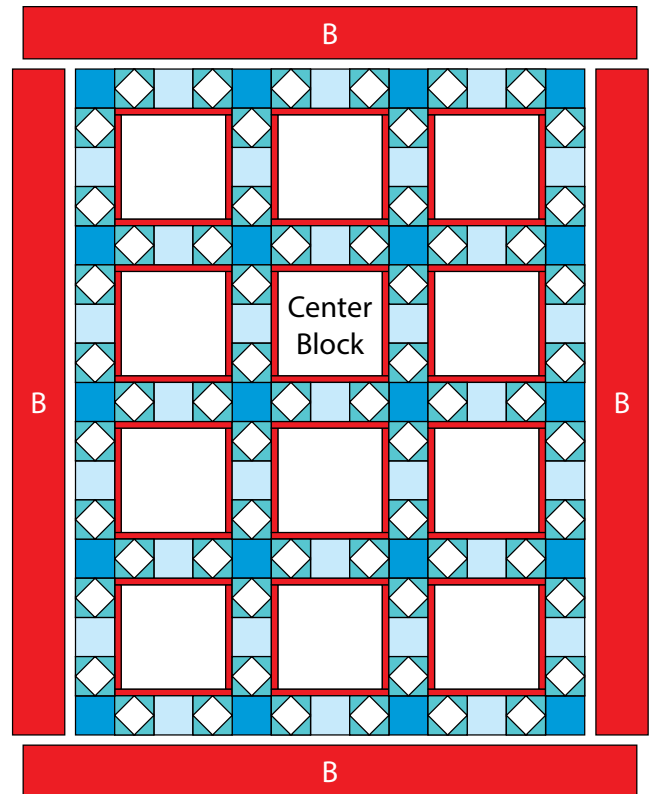
(Follow the Quilt Layout while assembling the quilt top.)

10. Sew (1) 4 1/2" x 51 1/2" Fabric B strip to each side of the Center Block. Sew (1) 4 1/2" x 47 1/2" Fabric B strip to the top and to the bottom of the Center Block to make the quilt top.

11. Layer and quilt as desired.

12. Sew the (6) 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.

13. Bind as desired.



Quilt Layout

Block Two make 5

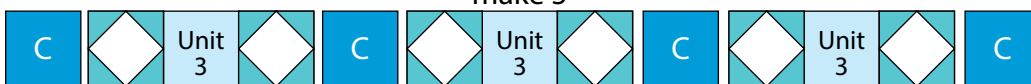


Fig. 8

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