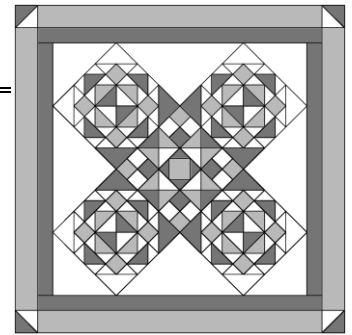




## Practice What I Preach



Quilt size approx 43" x 43"

### Workshop Supply List



Dear Quilting Friend,

I am happy that you are attending the Practice What I Preach workshop and sincerely hope that you will learn lots of good and useful tips, hints, and information that will aid you for years to come!

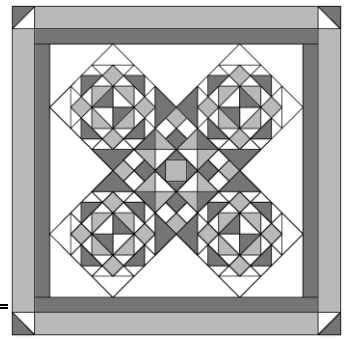
We will be covering the Make it Larger~Trim it down techniques for Half Square Triangles, Quarter Square Triangles, Flying Geese, and Square-in-a-Square unit. We will make Cat's Cradle, make Four-Patch units and try the Four-Patch press technique. We will cover how to properly sew a Connector Corner (aka flip & sew) for perfect results, how best to hide flaws in your seam allowances and briefly cover the basics of quilting math. In addition, I will demonstrate how to test yourself on the accuracy of your 1/4" seam, cover good pressing techniques including how to do the Four Patch Press to Pinwheels and Quarter Square Triangles and my recommendations for fabric preparation which aids you with accuracy! You are welcome to ask questions on any subject related to quilting, and I will do my very best to help you!

Here are the cutting instructions and supply list for our class project. When choosing three fabrics for your quilt, **choose three high contrasting fabrics**. I made my quilt from a **light print fabric**, red fabric for the **medium tone**, and dark blue for the **darkest tone**. Combinations such as light, red and dark green, for example, or light, pink and dark brown will also work. Actually there are plenty of combinations that will work....just pick your favorite colors and start cutting!

Please come to class with all fabrics cut and ready to go. (It is not a bad idea to bring extra fabric with you just in case!!) I **highly recommend that you treat your fabric with spray sizing or starch before cutting them**. This is not mandatory but I highly recommend this as it truly helps with accuracy!

Please have a zip-loc bag or large envelope labeled for each of the following categories and put all of the pieces for that unit in these bags. This will be **very helpful** the day of class!!





## Practice What I Preach



**Short Cut Cutting Instructions:** Follow these yardage & cutting instructions if you will not be making the entire quilt project. You will be able to make one of each of the units and perform the techniques along with the class. You will probably have some down time though, so you may want to bring some hand-work along as well.

### ♥Yardage Requirements:

You will need a **Fat Eighth of each:** light print, medium print & dark print.

### ♥Cutting Instructions

✂ From your light fabric:

- \*Cut (1)  $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- \*Cut (1)  $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #2
- \*Cut (1)  $3\frac{3}{4}$ " square for Half Square Triangle unit
- \*Cut (1)  $3\frac{1}{4}$ " square for Flying Geese Unit #1
- \*Cut (2)  $2\frac{1}{2}$ " squares for Flying Geese Unit #2
- \*Cut (2)  $2\frac{1}{2}$ " x  $3\frac{1}{4}$ " rectangles for Cat's Cradle Block
- \*Cut (1)  $2\frac{1}{2}$ " x 6" strip for Four Patch Unit

✂ From your medium fabric:

- \*Cut (1)  $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- \*Cut (1)  $4\frac{1}{2}$ " x  $2\frac{1}{2}$ " rectangle for Flying Geese Unit #2
- \*Cut (1)  $3\frac{3}{4}$ " square for Half Square Triangle unit
- \*Cut (1)  $3\frac{1}{4}$ " square for Square-in-a-Square unit
- \*Cut (2)  $2\frac{1}{2}$ " squares for Cat's Cradle Block
- \*Cut (1)  $2\frac{1}{2}$ " x 6" strip for Four Patch Unit

✂ From your dark fabric:

- \*Cut (1)  $5\frac{1}{2}$ " square for Flying Geese Unit #1
- \*Cut (2)  $3\frac{1}{2}$ " squares for Square-in-a-Square unit
- \*Cut (1)  $4\frac{1}{2}$ " x  $5\frac{1}{4}$ " rectangle for Cat's Cradle Block
- \*Cut (1)  $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- \*Cut (1)  $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #2



# Practice What I Preach



**Full Quilt Cutting Instructions:** Follow these yardage & cutting instructions if you are going to make the quilt project. Quilt size 43" x 43"

## ♥Yardage Requirements:

1 $\frac{1}{4}$  yards of light print fabric for blocks and side & corner triangles.


$\frac{3}{4}$  yard of medium print fabric for blocks and outer border.


1 yard of dark print fabric for blocks, inner border and binding.

1 $\frac{7}{8}$  yard of backing

## ♥Cutting Instructions:

✂ From your light print fabric:

\*Cut (1) 20" square; crosscut twice  for side triangles.

\*Cut (2) 11" squares; crosscut once  for corner triangles.

\*Cut (3) 5 $\frac{1}{2}$ " squares for Quarter Square Triangles:

~(1) square for Quarter Square Triangle unit #1

~(2) squares for Quarter Square Triangle unit #2

\*Cut (2) 3 $\frac{3}{4}$ " squares for Half Square Triangles.

\*Cut (16) 3 $\frac{1}{4}$ " squares for Flying Geese unit #1.

\*Cut (16) 3 $\frac{1}{4}$ " x 2 $\frac{1}{2}$ " rectangles for Cat's Cradle Block

\*Cut (2) 2 $\frac{1}{2}$ " x 11" strips for Four Patch units.

\*Cut (32) 2 $\frac{1}{2}$ " squares for Flying Geese unit #2.

\*Cut (4) 4 $\frac{1}{2}$ " x 5 $\frac{1}{4}$ " rectangles for Cat's Cradle Block

✂ From your medium print fabric:

\*Cut (16) 4 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ " rectangles for Flying Geese #2.

\*Cut (16) 2 $\frac{1}{2}$ " squares for Cat's Cradle Block

\*Cut (2) 5 $\frac{1}{2}$ " squares for Quarter Square Triangles

~(2) square for Quarter Square Triangle unit #1

\*Cut (1) 3 $\frac{1}{4}$ " square for Square-a-Square unit.

\*Cut (1) 2 $\frac{1}{2}$ " x 11" strip for Four Patch units.

\*Cut (4) 3 $\frac{1}{4}$ " x WOF strips for outer border.

✂ From your dark print fabric:

\*Cut (7) 5 $\frac{1}{2}$ " squares~ (1) square for Quarter Square Triangle unit #1.

~ (2) squares for Quarter Square Triangle unit #2.

~ (4) squares for Flying Geese unit #1.

\*Cut (4) 4 $\frac{1}{2}$ " x 5 $\frac{1}{4}$ " rectangles for Cat's Cradle Block

\*Cut (2) 3 $\frac{3}{4}$ " squares for Half Square Triangles.

\*Cut (2) 3 $\frac{1}{2}$ " squares for Square-in-a-Square unit.

\*Cut (1) 2 $\frac{1}{2}$ " x 11 strip for Four Patch units.

\*Cut (4) 2" x WOF strips for inside borders.

\*Cut (5) 2 $\frac{1}{4}$ " x WOF strips for binding

