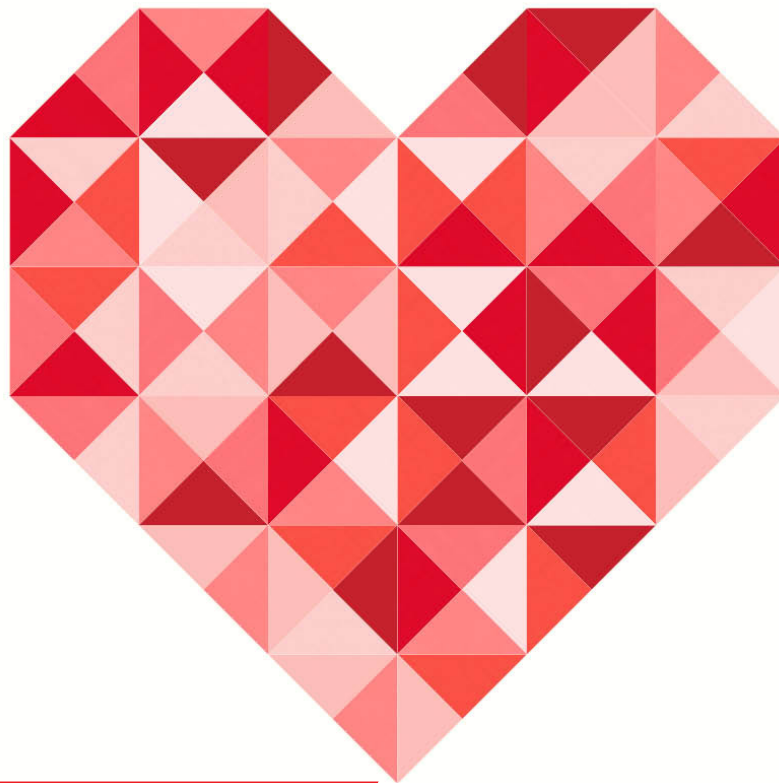


Stitches FROM THE Heart

QUILT PATTERN

Fat Quarter Shop Exclusive!



Includes instructions for a **mini** version
that finishes at 12" x 12" !

Finished Size: 35" x 35"



Check out the
Tutorial on 



#fqsstitchesfromtheheart

www.FatQuarterShop.com


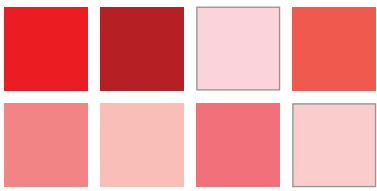


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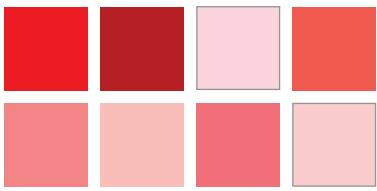

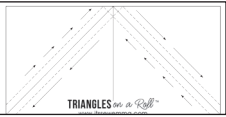
Stitches from the Heart



Mini Quilt - 12" x 12"

Fabric	Yardage	Letters	Sizes & Quantities
Background 	Fat Quarter	A	2 - 7" squares
		B	1 - 3 1/2" square
		C	3 - 2 1/2" x 4 1/2" rectangles
		D	1 - 2" x 12" strip
		E	2 - 1 1/2" squares
Heart Fabrics 	8 - 10" squares or scraps	F	4 - 2 1/2" x 4 1/2" rectangles (32 total)
Binding 	Fat Quarter	G	4 - 2 1/4" x 20" strips
Backing	Fat Quarter		
1" Precut Friendly Half Square Triangle Paper Triangles on a Roll #PC100			17 - one by two sections

Wallhanging Quilt - 35" x 35"

Fabric	Yardage	Letters	Sizes & Quantities
Background 	1 1/8 yards	A	2 - 18 3/4" squares
		B	1 - 9 1/2" square
		C	3 - 4 1/2" x 8 1/2" rectangles
		D	1 - 5" x 35" strip
		E	2 - 3 1/2" squares
Heart Fabrics 	8 - 1/4 yards	F	4 - 4 1/2" x 8 1/2" rectangles (32 total)
Binding 	1/2 yard	G	5 - 2 1/2" x width of fabric strips
Backing	1 1/4 yards		
3" Finished Half Square Triangle Paper Triangles on a Roll #H300			17 - one by two sections



Stitches from the Heart



Use 1/4" seams and press as arrows indicate throughout.
Fabric placement is intended to be scrappy.

Should measure sizes listed as (Mini) Wallhanging.

Heart Block:

With right sides facing, layer a Fabric C rectangle with a Fabric F rectangle.

Place a one by two section of 3" Finished Half Square Triangle Paper on top and pin in place.

Set stitch length to 1.5 and sew on the dotted lines.

Cut apart on the solid lines.

Background Half Square Triangle Unit should measure (1 1/2" x 1 1/2") 3 1/2" x 3 1/2".



Make 12.

With right sides facing, layer a Fabric F rectangle with a different Fabric F rectangle.

Place a one by two section of 3" Finished Half Square Triangle Paper on top and pin in place.

Set stitch length to 1.5 and sew on the dotted lines.

Cut apart on the solid lines.

Heart Half Square Triangle Unit should measure (1 1/2" x 1 1/2") 3 1/2" x 3 1/2".

You will not use all Fabric F rectangles.

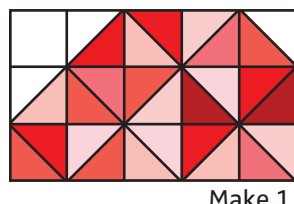
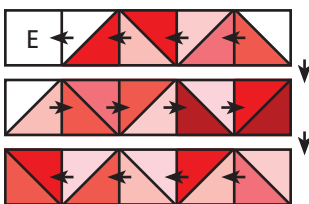


Make 56.

Assemble Unit.

Rotate every other Half Square Triangle Unit.

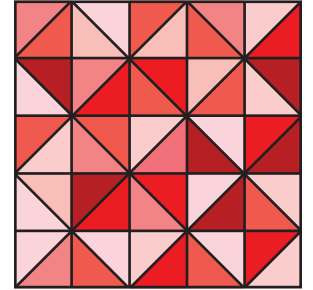
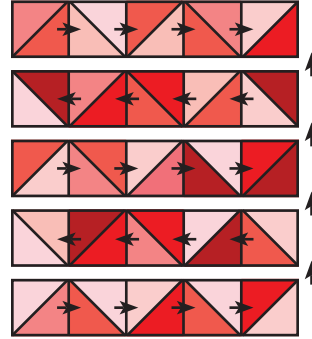
Top Heart Unit should measure (3 1/2" x 5 1/2") 9 1/2" x 15 1/2".



Assemble Unit.

Rotate every other Half Square Triangle Unit.

Bottom Heart Unit should measure (5 1/2" x 5 1/2") 15 1/2" x 15 1/2".

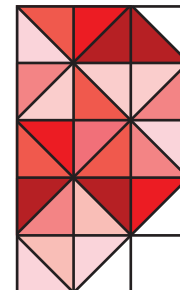
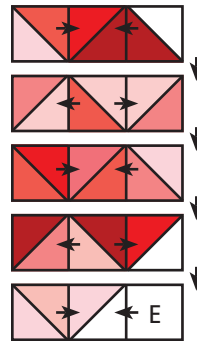


Assemble Unit.

Rotate every other Half Square Triangle Unit.

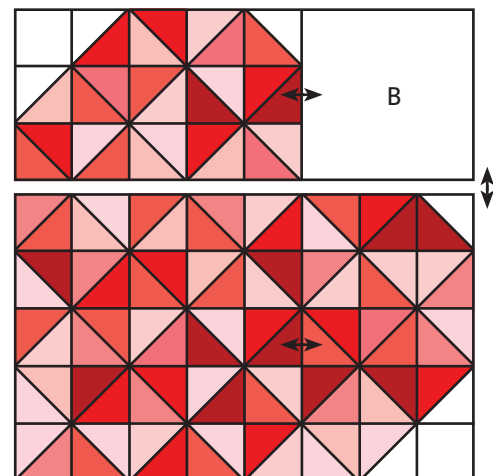
Side Heart Unit should measure (3 1/2" x 5 1/2") 9 1/2" x 15 1/2".

You will not use all Half Square Triangle Units.



Assemble Block.

Side Heart Unit should measure (8 1/2" x 8 1/2") 24 1/2" x 24 1/2".



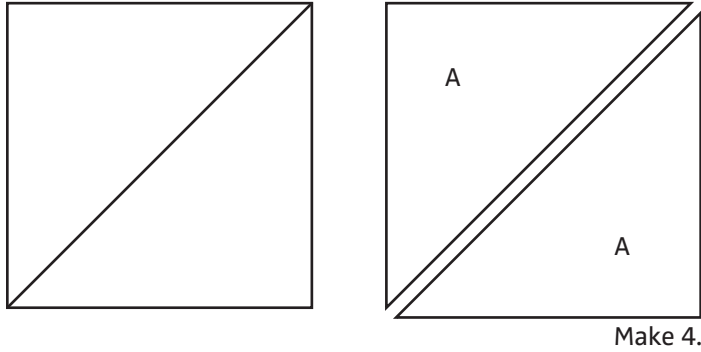
Make 1.



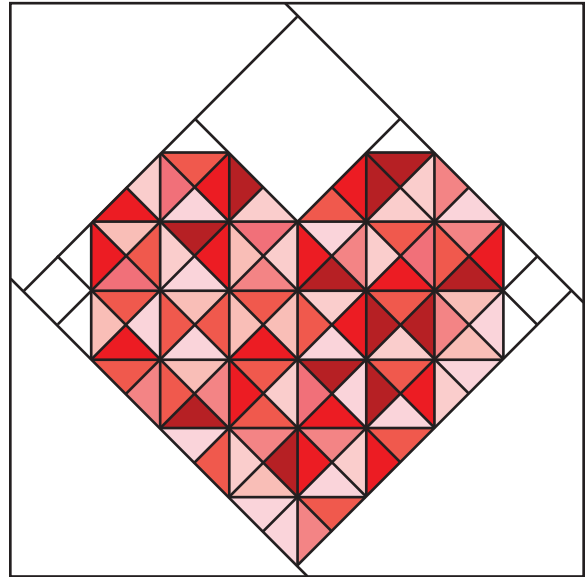
Stitches from the Heart



Cut the Fabric A squares on the diagonal once.



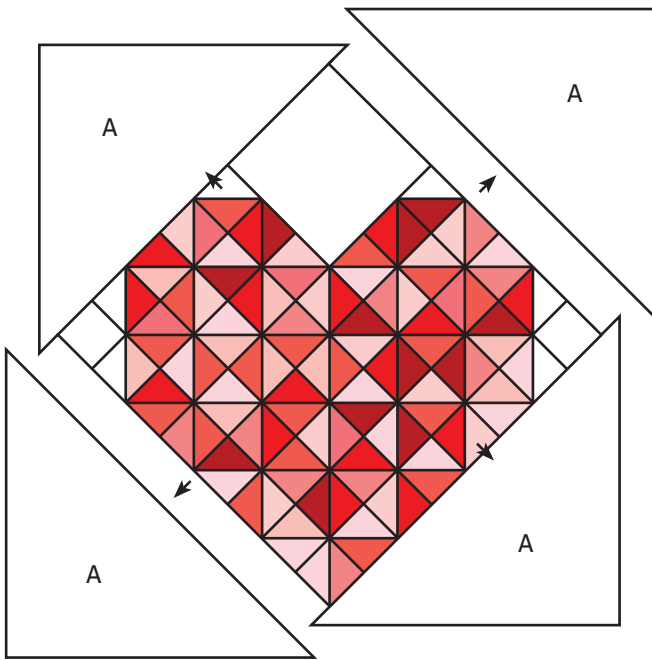
Trim Quilt Center to measure (12" x 12") 35" x 35".



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Quilt Center:

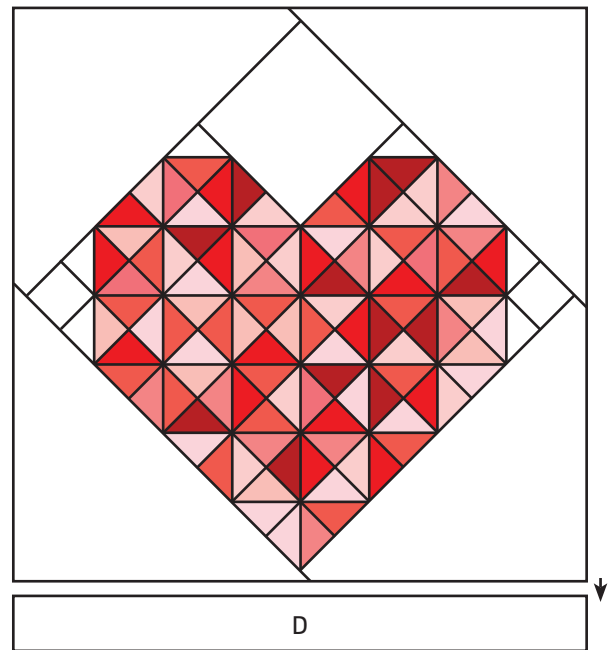
Assemble Quilt Center.



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Border:

Attach bottom border using the Fabric D strip.



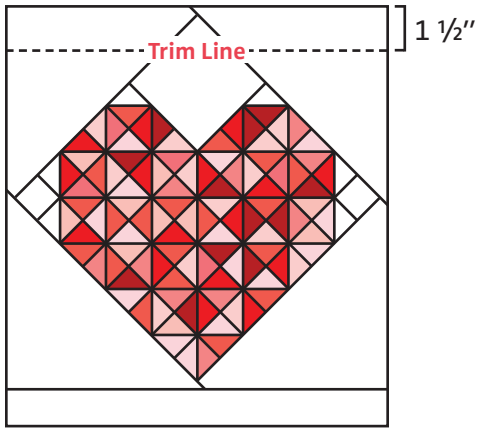


Stitches from the Heart



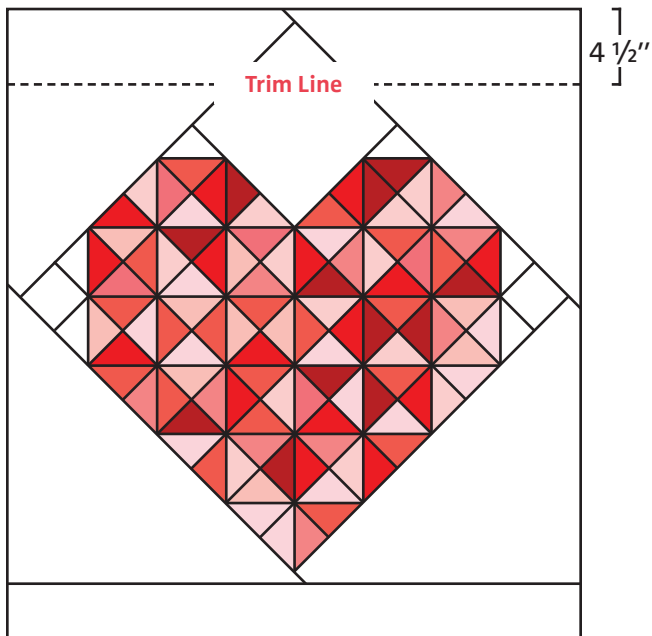
Trim 1 1/2" from the top of the quilt.

Mini Trimmed Quilt Top should measure 12" x 12".



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Trim 4 1/2" from the top of the quilt.

Wallhanging Trimmed Quilt Top should measure 35" x 35".



Finishing:

Piece the Fabric G strips end to end for binding.

Quilt and bind as desired.

