

Heart Rail Fence

(This pattern makes a 50" x 70" quilt)

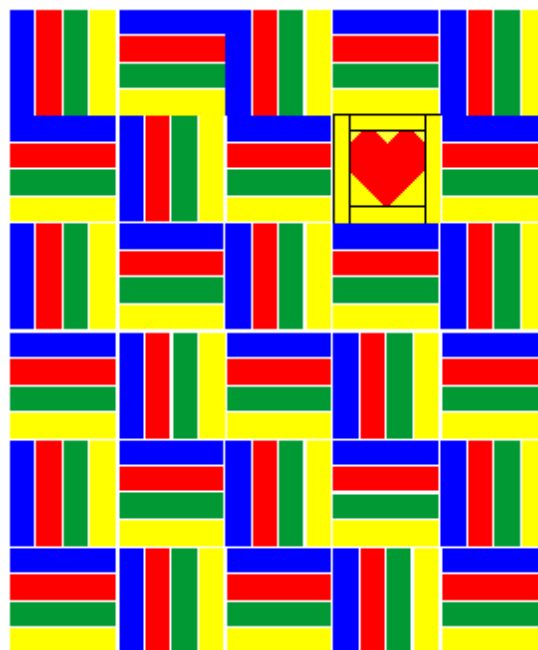
Libby DuBois Pettit

Things to know before continuing reading:

- WOF means Width Of Fabric This will be from the fold to the selvage.
- RST means Right Sides Together.
- WST means Wrong Sides Together.
- All materials should be prewashed before sewing.
- We highly recommend that you use good quality cotton fabrics and supplies.

You will need:

- 1 yard of 4 different colors
- 3 1/4 yards for backing
- 1 Twin size batting
- 1 light colored fat quarter to go around the heart. Preferably white or cream depending on the colors have in your quilt. **Or** you can also just use the scraps from the 4 1/2 inch strips.



Cutting:

- Cut nine 3 inch strips WOF from each color.
- Cut one 4 1/2 inch strip WOF from each color.
- See attached cutting and sewing instructions for the heart block that you can choose to add or not.

Sewing:

Sew the 3 inch strips RST. Use all four colors in one large strip. For this particular quilt, try to keep the same color sequence in order. You should end up with 9 large strips that have 4 colors in them. Press all strips in one direction. In most quilting you would iron to the darker fabric.



Press this direction

You get to cut again:

First straighten the edge that you will be cutting from. Be careful how much you take off because you need to get 4 blocks from each strip. This will make the rest of the cuts straight. To be sure you are cutting straight follow a seam line with a line on your ruler. Cut each 4 color strip into 10 1/2 inch blocks. You should end up with 36 blocks. You will only need 34 or 35 depending on if you use the heart or not. You can use the extra block to perhaps add to your pillow case or make a pillow.

Now you get to peek and see what it will look like:

Lay all parts out the way you will want them to be. There should be enough for 5 blocks wide and 7 blocks long. You will be able to place the heart block wherever you choose. We suggest that it be somewhere over where the soldier's heart may be. Again, be creative...put it where YOU want it. You can put in the heart or leave it out. That is your choice also. Now stack the rows starting with the first one, put it on top of the second one and so on. Keep stacks together but rows separated.

Sewing:

Now sew all the rows in strips, starting with the 5 across. Start the row with a horizontal pattern and the next block sewn to it will be in a vertical pattern. When you have sewn all 5 blocks together press the seams in one direction. Start the next row with a vertical pattern block and then a horizontal one, etc. Press the seams to the right on rows that start with a horizontal block and to the left when they start with a vertical row. When you have the 5 block strips done you can start sewing the 7 down together. Be careful about lining up the seams. Once you have it all sewn together press all seams in one direction.

Making the backing:

You will need to cut the backing piece in half WOF. You should end up with a piece that is about 44" x 58". Sew the 2 selvages together using a 1 inch seam. Then trim off the selvage to a 1/4" seam. You should end up with a piece of fabric about 58" by 88". This will be wider than you need but it makes it easier for the longarmer to put it together. Press the seam open and press the entire fabric.

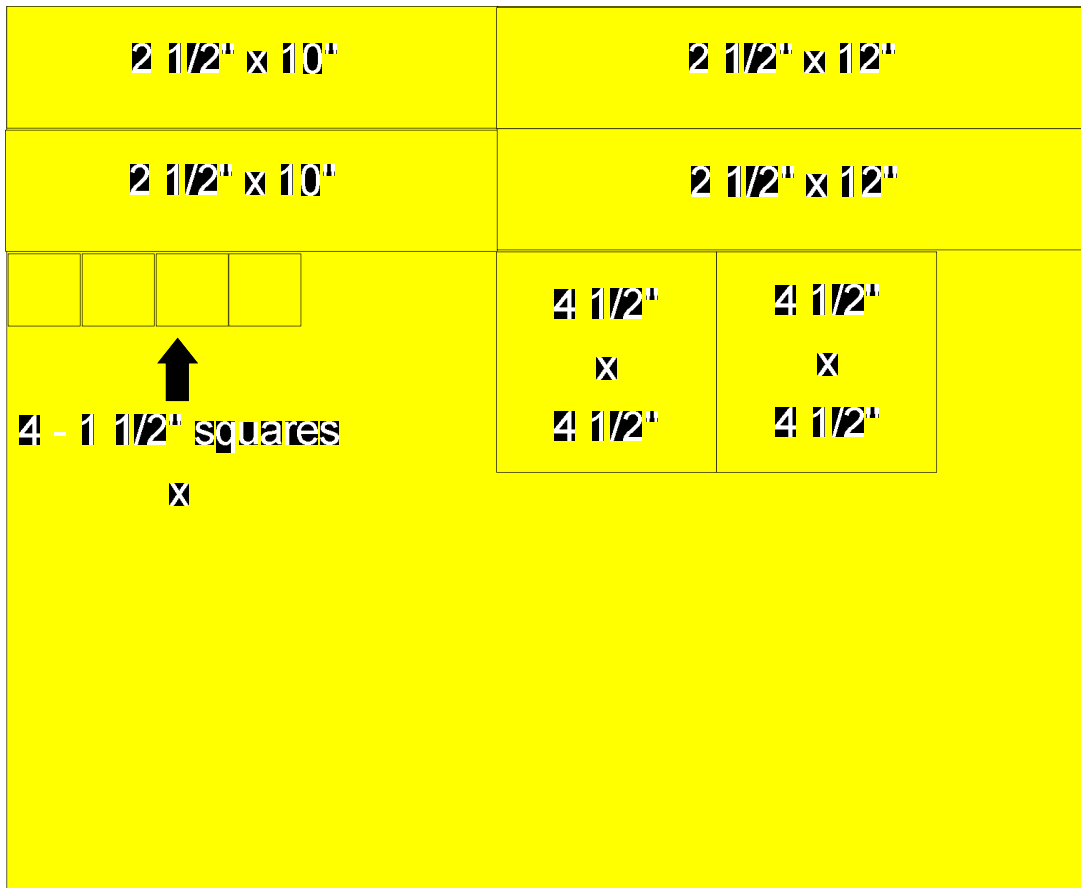
You can finish the quilt as you wish or send it on to be taken to a longarmer to finish.

Thank you for being a part of the Quilts of Valor project.

How to make the Heart Block

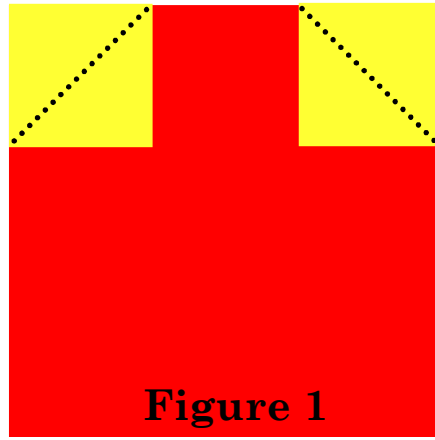
- Cut one – 4 ½ inch square from each 4 ½ inch strip. Total of 4 squares.
- Cut four – 1 ½ inch squares from light fat quarter
- Cut two – 4 ½ inch squares from light fat quarter
- Cut two – 2 ½ inch x 10 inch strips from light fat quarter.
- Cut two – 2 ½ inch x 12 inch strips from light fat quarter

Below is the cutting diagram if you decide to use the fat quarter of fabric. The 10 and 12 inch strips are approximate, if they are not long enough and not shorter than 9 inches and 10 inches respectively, then don't worry about it because you will be trimming it to size anyway.

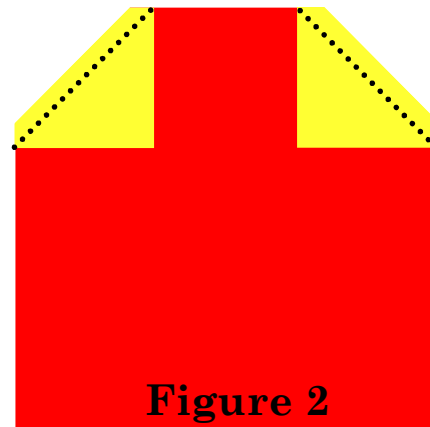


Sew two of the 1 ½ inch squares to the corners of the 4 ½ inch square as in Figure 1. Follow these same instructions for 2 blocks.

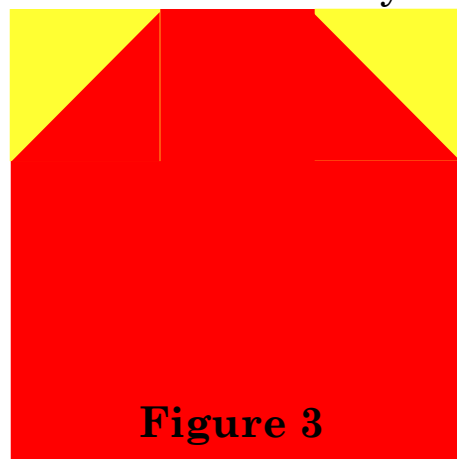
Take note of the direction of the sewing lines. (Dotted lines)



Trim off corners, leaving a ¼ inch seam.



Press corners out to make a square. This should be a 4 ½ inch square.
Trim if necessary.



Put a light colored 4 ½ inch square on top of one of the colorful squares with right sides together.

Sew across diagonally from corner to corner as in Figure 4.

Do this to both of the 4 ½ inch squares.

Trim to ¼ inch as in Figure 5 and press out as in Figure 6.

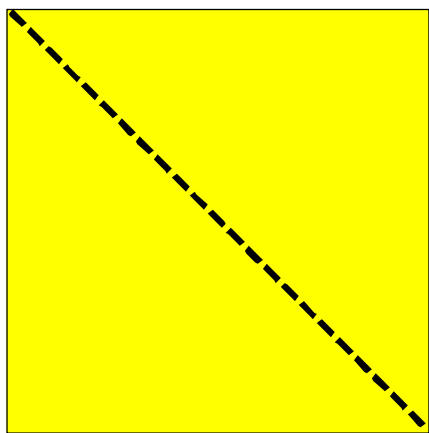


Figure 4

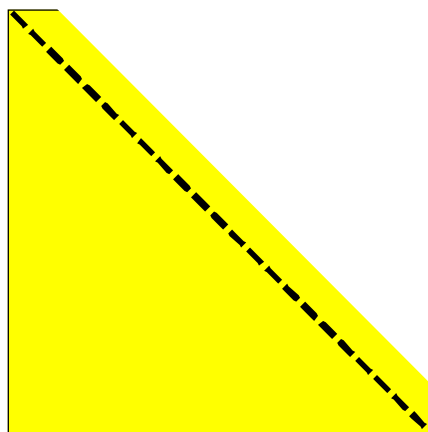


Figure 5

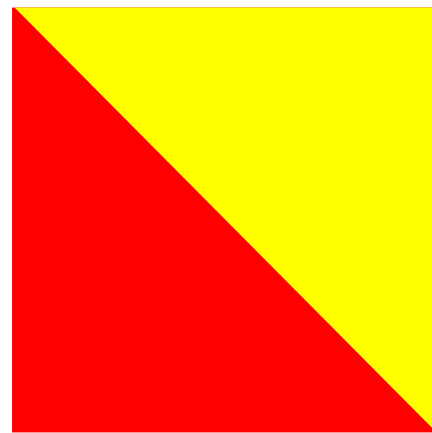


Figure 6

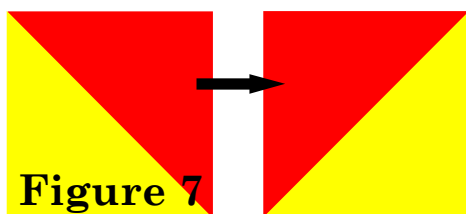
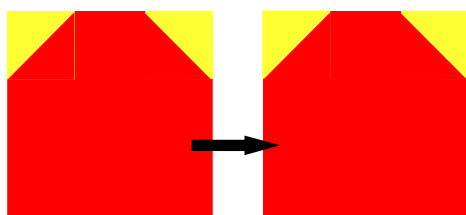


Figure 7

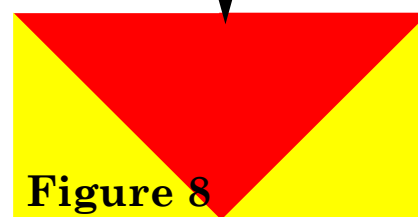
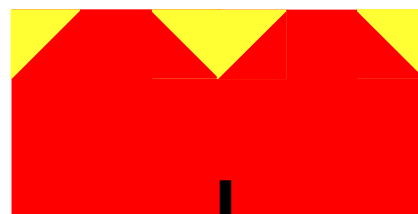


Figure 8

Sew these two pieces together according to the arrows.

Now sew those two sections together.

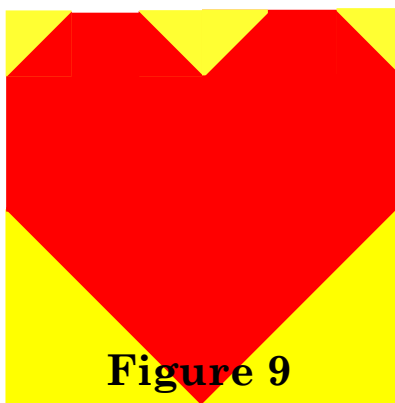
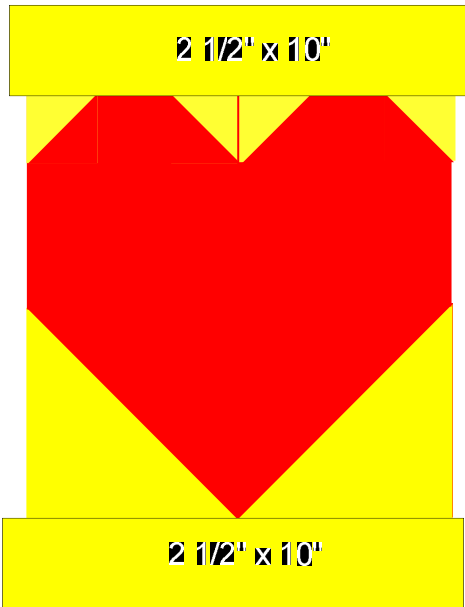


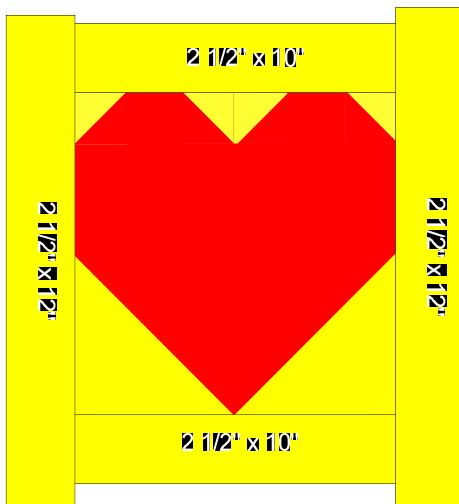
Figure 9

You will now have the center heart. Now on to the sashing!



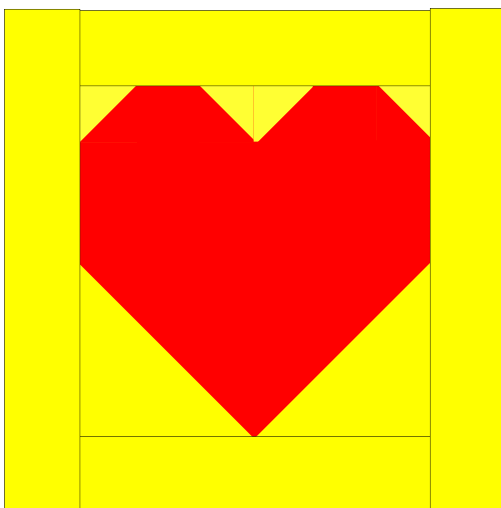
Sew on the 2 ½ inch x 10 inch strips to the top and bottom of the heart block. Trim sides to match the sides of the heart.

Figure 10



Sew on the 2 ½ inch x 12 inch strips to the sides of the heart block. Center the strips on the edges. Trim off the excess and square up the whole block to 10 ½ inches.

Figure 11



The heart block is now complete. You can insert the heart block anywhere that you please. Some prefer to put it in the second row, fourth block from the right. This is totally up to you!

Figure 12