

Hourglass Quilt

By Janine Bouyssounouse

This is a fun project that can be completed in a weekend. People will enjoy receiving a snuggly warm hand-made quilt.

Materials: 25 ten inch squares of fabric (any combination of fabric of your choice will work); Ten 2 ½ by 21 inch strips of fabric which can be made with a couple of fat quarters; 60 x 60 piece of backing fabric; 60 x 60 inch piece of batting; embroidery floss (to tie the quilt); embroidery needle; sewing machine with a walking foot; thread; safety pins; tape measure; scissors or rotary cutter with mat; iron with ironing board

Step 1	<i>Cut each one of the squares diagonally both ways to make four triangles. If using a rotary cutter, then a handful of squares can be cut at the same time. Make sure to leave all of the cut triangles in the same configuration to make a square. Stack the triangles arranged like the full square on top of each other, so it looks like there is still a stack of squares.</i>
Step 2	<i>Move two of the top triangles to the bottom of the piles. Pick two that are opposite each other to make the hourglass design. Once the two from the top are on the bottom, all of the quilt blocks are ready to be sewn in the order they are in the stack.</i>
Step 3	<i>Sew the triangles for one block in pairs. Press the seams to one side and sew the two halves together to make the block. Continue this for the whole pile of cut squares to make twenty-five quilt blocks.</i>
Step 4	<i>Arrange the blocks in a five by five pattern the way it will be for the final quilt. Spend as much time as needed to move around the blocks to be the pattern you want it to be.</i>
Step 5	<i>Sew the blocks together one row at a time. Press the seams to one side making sure they are pressed the opposite direction on every other row. This will help line the rows up when sewing them together because the seams will lock together.</i>
Step 6	<i>Sew the rows together to make the center of the quilt.</i>
Step 7	<i>Sew the 2 ½ inch strips together end to end to make one long strip of fabric. Press the seams all one direction. This will be the border around the center of the quilt.</i>

Step 8	<i>Sew the strip of fabric onto one side of the quilt. Trim the strip a half an inch past the edge of the quilt. Press the seam towards the strip.</i>
Step 9	<i>Turn the quilt and sew the strip onto the next side. Press as before and continue until all four sides have the border strip. This provides a frame to set off the center design.</i>
Step 10	<i>Lay out the batting. Lay out the backing fabric FACE UP on top of the batting. Lay the quilt top FACE DOWN on top of the backing fabric. Pin in place with safety pins. This forms the sandwich of the quilt. The quilt will be sewn inside out, then turned. This is the easiest way to handle finishing off the edges of a quilt.</i>
Step 11	<i>Use the walking foot to sew all three layers together. Use the edge of the quilt top as the guide of where to sew the seam. Sew around all four sides, leaving a gap about eight inches wide to turn the quilt. It is alright to use the edge of the walking foot as the guide for how wide the seam should be.</i>
Step 12	<i>Trim around the stitching and clip the corners off. There should be around half and inch of fabric around the stitched lines, except the corners should be cut very close to the stitching to make shaper corners when the quilt is turned.</i>
Step 13	<i>Turn the quilt inside out, so the batting ends up on the inside of the quilt.</i>
Step 14	<i>Press the opening of the quilt so the rough edges are folded in so that the quilt looks done, even though there is still an opening. Press the entire quilt so it lays flat.</i>
Step 15	<i>Continue using the walking foot to edge stitch around the entire quilt top starting by closing the eight inch gap left for turning the quilt. This hides the opening as well as making a decorative edge to the quilt.</i>
Step 16	<i>Use the embroidery floss to tie the quilt in random places or at the center and corners of each block. Thread the needle and pull the floss from the top of the quilt through to the back, leaving a tail on the top of the quilt. Pull about five inches of floss through to the back of the quilt. Then pull the floss back up to the top of the quilt. Go back to the back and front one more time. Clip the end of the floss so the ends are the same length and tie a square knot on top of the quilt with the ends. Tying a quilt is an easy way to finish off the quilt and gives it an old fashioned look.</i>