

Stitch and Flip Baby Quilt

By Janine Bouyssounouse

This is a fast and easy quilt to make using the stitch and flip technique to machine quilt while creating the top of the quilt.

Materials: One yard of 44 inch wide backing fabric; eighteen 2 ½ inch by 44 inch strips of fabric (top of quilt); 36 by 44 inch piece of batting; spray adhesive that doesn't gum up the needle; sewing machine; thread; walking foot; tape measure; pins (optional); scissors or rotary cutter with mat; iron with ironing board

Step 1	<i>Iron the backing fabric and lay it out face down.</i>
Step 2	<i>Lay out the piece of batting on top of the backing fabric. Make sure there are no wrinkles.</i>
Step 3	<i>Lift up half of the batting, spray the adhesive onto the backing fabric and lay the batting back down, smoothing out any wrinkles. Repeat this step for the other half of the batting and backing</i>
Step 4	<i>Fold the batting and backing in half to find the center and open it back out, leaving a center fold.</i>
Step 5	<i>Lay out two strips of fabric facing each other along the center fold.</i>
Step 6	<i>Stitch a quarter inch seam through all layers of fabric on the right hand side of the strips of fabric using a walking foot to avoid puckering.</i>
Step 7	<i>Fold out the top strip of fabric so that the right side of both strips are showing and iron the fabric flat.</i>
Step 8	<i>Lay out another strip of fabric face down on top of the strip that was just flipped out and stitch a quarter inch seam along the right hand side of the strips of fabric using a walking foot to avoid puckering.</i>
Step 9	<i>Flip out the top strip of fabric so that the right side of the strips are showing and iron the fabric flat.</i>

Step 10	<i>Repeat steps 8 and 9 until the strips are sewn on the right half of the quilt. Rotate the quilt 180 degrees and continue with steps 8 and 9 until the quilt top is done.</i>
Step 11	<i>Use scissors or a rotary cutter and mat to even out the edges and cut off excess fabric and batting.</i>
Step 12	<i>Fold one edge of the backing over onto the top of the quilt about a half inch to an inch. Then fold it over again, so that no rough edges show.</i>
Step 13	<i>Using the walking foot, edge stitch along the inside edge of the folded backing with the top of the quilt showing.</i>
Step 14	<i>Iron the edge flat.</i>
Step 15	<i>Repeat steps 12 through 14 for the other three sides of the quilt. The quilt is now complete. The quilting was done while the top was being stitched together and will only show on the back of the quilt.</i>