



Have A Heart

A Piece O' Cake Pattern from the book, *Covered With Love*, by Becky Goldsmith and Linda Jenkins.

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Finished block size: 8" x 8"

Finished size: 31" x 31"

Materials

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This is a scrappy quilt. You will need small amounts of a variety of fabrics. Use the yardage listed below as a guide.

Block and Border Backgrounds - 1 1/4 yard

Border Fabrics:

A wide variety of small pieces of fabric

Applique fabric: A wide variety of large scraps

Binding - 7/8 yard

Backing and Sleeve: 2 5/8 yards

Batting: 44" x 44"

Notions: 1 self-laminating sheet for templates, 1/2 yard of Quilter's Vinyl (or upholstery vinyl) for overlays



Cutting Instructions

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Block Backgrounds:

Cut 16 squares 10" x 10".

Borders:

Cut 36 squares 4 1/2" x 4 1/2".

Applique: Cut pieces from a variety of large scraps.

Binding: Make 2 1/2" wide continuous bias binding from a 23" x 23" square.

General Applique Instructions

NOTE: For complete applique instructions refer to our book, *The New Applique Sampler*, and/or to our DVD, *Learn to Applique the Piece O' Cake Way!*

Preparing Your Fabric

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Prewash your fabric before using it. Prewashing is a good way to test for colorfastness and shrinkage.

Different fabrics shrink at different rates. It's better if the fabric bleeds or shrinks before it is sewn into the quilt.

Prewashed fabric has a better hand and it smells better. But the best reason to prewash is that it makes the fabric easier to appliqué.

Prepare the Patterns

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Be sure that the square on the pattern page measures 1" x 1". If it does not, your printer may have reduced the page for printing. Enlarge the pattern to make the square the correct size.

Making the Appliqué Templates

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1. You can use the heart and leaf on the bottom of the pattern page to make your templates or you can use a photocopier to make 1 copy of that page. Shapes that are repeated require only one template.
2. Cut out the appliqué shapes from these copies. Group them when you can – it

saves on the laminate. Leave a little paper allowance around each shape or group. You need one paper shape for each piece that requires a template.

3. Place a self-adhesive laminating sheet shiny side down on the table. Peel off the paper backing, leaving the sticky side of the sheet facing up.
4. If you are doing hand appliqué, place the templates drawn side down on the self-laminating sheet. For fusible appliqué, place the blank side down. Use more laminating sheets as necessary.
5. Cut out each shape. Try to split the drawn line with your scissors. Keep edges smooth and points sharp.

Make the Positioning Overlay

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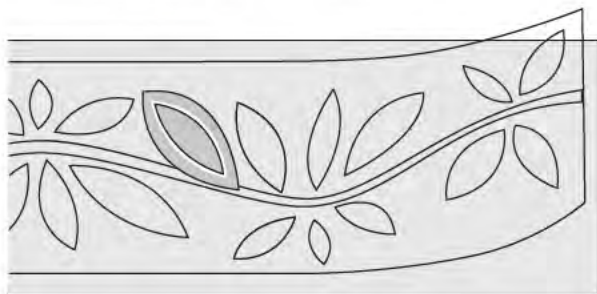
The positioning overlay is a piece of clear medium-weight vinyl that is used to position each appliqué piece accurately on the block. The overlay is easy to make and use, and can be used with just about any appliqué method.

1. Cut a piece of the vinyl, with its tissue paper lining, to finished size of each block. Set the tissue paper aside until you are ready to fold or store the overlay.
2. Tape the pattern onto a table.
3. Tape the upholstery vinyl over the pattern. Use a ruler and a Sharpie Ultra Fine Point Marker to draw the pattern's horizontal and vertical centerlines onto the vinyl.
4. Accurately trace the lines from the pattern onto the vinyl. The numbers on the pattern indicate stitching sequence - include these numbers on the overlay.

They also tell you which side of the overlay is the right side.

Using the Positioning Overlay

1. Press your background fabric in half in both directions. Place the background right side up on top of your sandpaper board. The sandpaper keeps the background from shifting as you position appliqué pieces on the block.
2. Place the overlay right side up on top of the background.
3. Line up the center grid in your background with the center grid of the overlay. Pin the overlay if necessary to keep it from shifting out of position.
4. Before placing appliqué pieces on the block, finger-press the turn-under allowances. This is a very important step. As you finger-press, make sure that the drawn line is pressed to the back. You'll be amazed at how much easier this one step makes needle-turning the turn-under allowance.



5. Place appliqué pieces under the overlay but on top of the background.
6. Fold the overlay back and pin the appliqué piece in place using 1/2" sequin pins. We usually position and stitch only a few pieces at a time. Remove the vinyl overlay before stitching.

7. Appliqué the pieces in place.
8. When you are ready to put away the overlay, place the saved tissue paper over the drawn side before you fold it. The tissue paper keeps the lines from transferring from one part of the vinyl to another.

Applique the Blocks

Refer to the General Applique Instructions.

1. Be sure that the square on the pattern measures 1" x 1". If it does not, your printer may have reduced the page for printing. Enlarge the pattern to make the square the correct size. Make templates and overlays.
2. The excitement in this quilt comes from the color and fabric choices that you make. Whether it is an I Spy quilt or a quilt full of color, it's a good idea to mock the entire quilt up on your design wall before you begin to stitch.
3. Applique the blocks. Press the blocks on the wrong side.
4. Trim the blocks to 8 1/2" x 8 1/2".

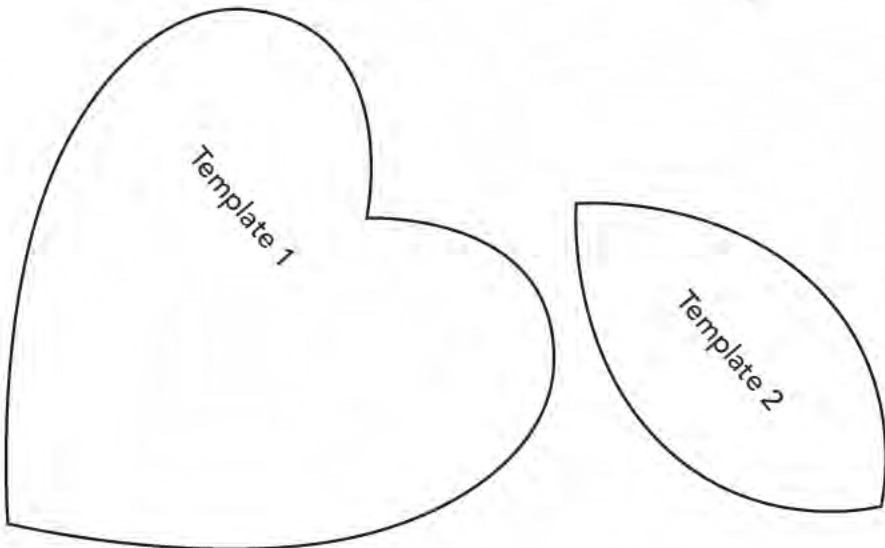
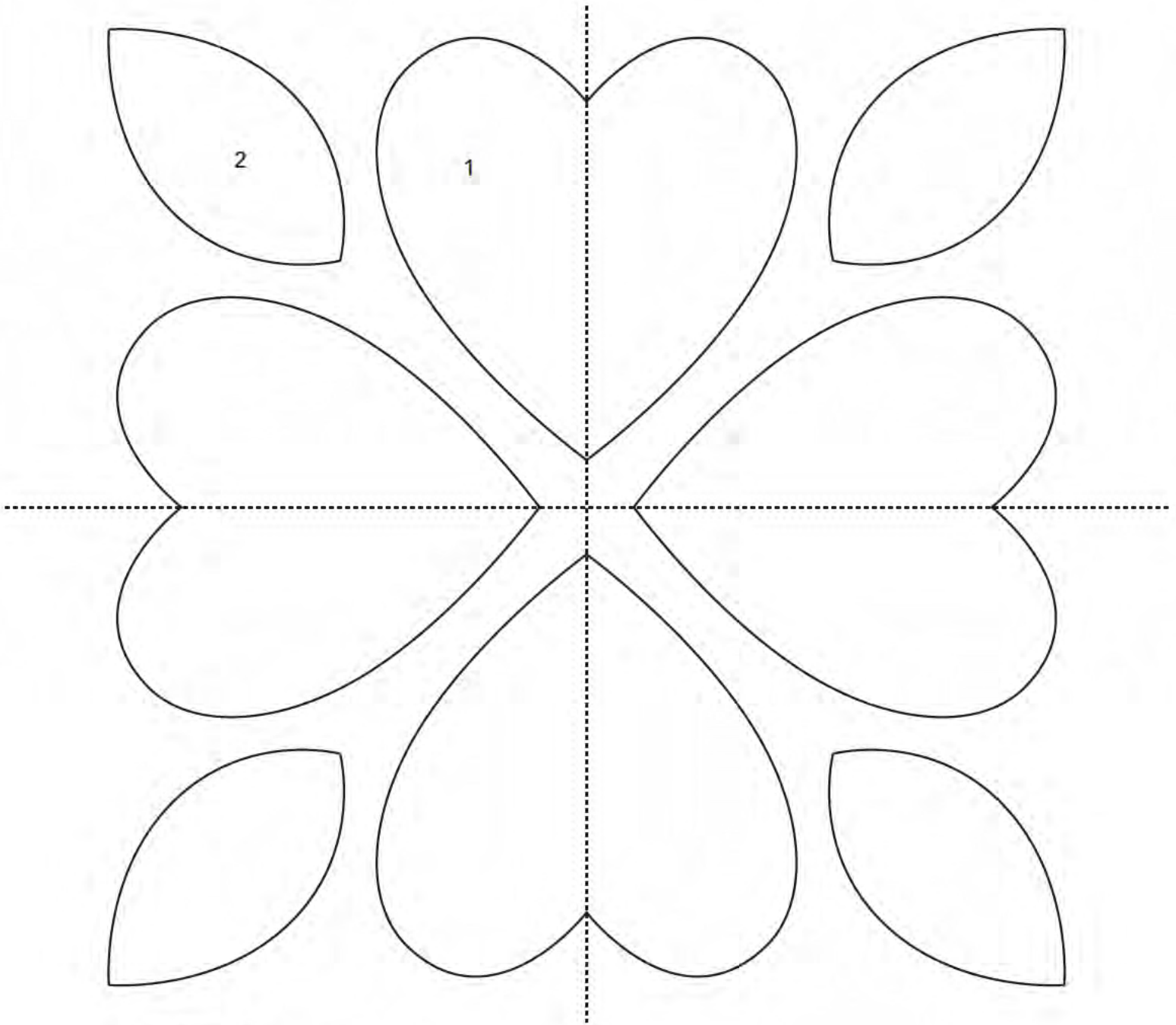
Make the Borders

Refer to the General Applique Instructions.

1. Sew 8 border squares together for the left side border. Repeat for the right side
2. border. Press seams up.
3. Sew 10 border squares together for the top border. Repeat for the bottom border.

Finishing the Quilt

1. Sew blocks together into horizontal rows.
2. Press seams in alternate directions.
3. Sew the rows together.
4. Press seams down.
5. Sew the side borders to the quilt. Press
6. seams to the blocks.
7. Sew the top and bottom borders to the
8. quilt. Press seams to the blocks.
9. Place the backing right side down on a firm surface. Tape it down to keep it from moving around while you baste.
10. Place the batting over the backing and pat out any wrinkles.
11. Center the quilt right side up over the batting.
12. Baste the layers together.
13. Quilt by machine or by hand.
14. Trim the outer edges. Leave 1/4"–3/8" of backing and batting extending beyond the edge of the quilt top. This extra fabric and batting will fill the binding nicely.
15. Finish the outer edges with continuous bias binding.
16. Make and attach a sleeve and documentation patch.



This square
should
measure
1" x 1"

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