Fresh & Fab
Patchwork Quilt and Throw Pillow
by Kim Diehl

Finished Quilt Size: 56½” x 64½”
A Free Project Sheet from

Henry Glass & Co., Inc.
**Fresh & Fab**

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**PROJECT NOTES**

This quick-to-stitch lap quilt brings an unexpected bonus to the table – the trimmed patchwork corner scraps can be saved and repurposed into coordinating throw pillows! (Pillow instructions begin on page 5.) For easy reference as you cut and stitch the projects, a swatch page is provided at the end of this handout.

**MATERIALS for LAP QUILT and TWO THROW PILLOWS**

Yardages are based upon a 42" width of useable fabric after prewashing and removing selvages.

- 1 yard of blue kaleidoscope print for patchwork, quilt binding, and pillow bindings* (1398-77)
- ¾ yard each of green pebbles print and peach southwestern stripe print for patchwork (1391-37; 1396-66)
- ½ yard each of 19 assorted prints for patchwork (1389-11, 22, 44; 1390-33, 66; 1391-33; 1392-66, 90; 1393-11, 33; 1394-11, 33; 1395-66, 90; 1396-33; 1397-33, 66; 1398-22, 44)

- 5 yards of fabric of choice for quilt and pillow backing**
  (Kim suggests gray boxes print, 1397-33)
- 1 rectangle, 63" x 71", of batting for the lap quilt
- ½ yard of muslin for pillow-front lining (will yield enough lining for 2 pillows)
- 1 square, 22" x 22", of batting for each pillow made
- 1 pillow form, 18" x 18", for each pillow made
- Liquid seam sealant, such as Fray Check, for the throw pillow
- Standard sewing and quiltmaking supplies

* If you plan to make the quilt only, without including the throw pillows, the blue kaleidoscope binding yardage can be reduced to ¾ yard.

** For the quilt only, without throw pillows, the backing yardage can be reduced to 4 yards

**CUTTING for the LAP QUILT**

Cut all pieces across the width of the fabric in the order given unless otherwise noted. For greater ease, cutting instructions for the throw pillows are provided separately and begin on page 5.

**From the blue kaleidoscope print, cut:**
- 2 strips, 4½" x 42"; crosscut into 5 rectangles, 4½" x 12½", and 2 rectangles, 4½" x 6½"
- 6 binding strips, 2½" x 42"
- Reserve the remainder of the blue kaleidoscope print for use in stitching the throw pillows.

**From the green pebbles print, cut:**
- 1 strip, 12½" x 42"; crosscut at 4½" intervals to yield 6 rectangles, 4½" x 12½". Trim away the end of 1 rectangle to reduce the size to 4½" x 6½".*

**From the peach southwestern stripe print, cut:**
- 1 strip, 12½" x 42"; crosscut at 4½" intervals to yield 6 rectangles, 4½" x 12½". Trim away the end of 2 rectangles to reduce the size to 4½" x 6½".*

**From the 19 assorted prints, cut a combined total of:**
- 84 rectangles, 4½" x 12½"
- 23 rectangles, 4½" x 6½"

* Please note that cutting these pieces as instructed will orient the direction of the prints differently than those cut from the 19 assorted prints, for added interest to the finished quilt.
PIECING the PATCHWORK ROWS

Sew all pieces with right sides together and a ¼” seam allowance unless otherwise noted. Press the seam allowances as indicated by the arrows or otherwise directed. If you plan to make the coordinating throw pillow on page 5, please reserve all corner scraps trimmed during the piecing steps that follow for the patchwork rows.

1. Choosing randomly from the blue kaleidoscope, green pebbles, peach southwestern stripe, and assorted prints, select one short rectangle, 4½” x 6½”, and one long rectangle, 4½” x 12½”. Layer the short rectangle onto the long rectangle on your work surface as shown, aligning the corners. Use a pencil and an acrylic ruler to draw a diagonal sewing line on the top rectangle, beginning at the position of the corner of the rectangle resting underneath, and extending to the corner of the top rectangle. Pin the layers along the drawn diagonal line. Stitch the pair along the drawn line. Use a rotary cutter and an acrylic ruler to trim away the corner layers of the stitched pair ¼” out from the stitched line. Press.

2. Select a long rectangle from another assorted print. Referring to the illustration for orientation of the rectangle, join it to the row unit from step 1 as previously instructed.

3. Continue building the unit, alternating the direction of the diagonal seam with each added rectangle, until seven long rectangles have been joined. Last, join a short rectangle to complete the row unit. Repeat for a total of seven pieced A rows measuring 4½” x 64½”, including the seam allowances.

Make 7 A rows, 4½” x 64½”.

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Repeat steps 1–3 to piece a total of seven mirror-image B rows measuring 4½” x 64½”, including the seam allowances.

PIECING the QUILT TOP

1. Referring to the illustration, join an A and B row. Press. Repeat for a total of seven pieced A/B strips measuring 8½” x 64½”, including the seam allowances.

2. Using the pictured quilt as a guide, join the seven pieced A/B strips to finish the quilt top patchwork. Press the seam allowances open.

COMPLETING the QUILT

Layer and baste the quilt top, batting, and backing. Quilt the layers. Join the blue kaleidoscope strips to make one length and use it to bind the quilt. Reserve the remainder of the backing print for the throw pillow, if desired.
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THROW PILLOW

Coordinating throw pillow size: 18½" x 18½"

THROW PILLOW PROJECT NOTES

The instructions that follow will produce one throw pillow using the reserved corner scraps from the pieced lap quilt - there are enough scraps to stitch two pillows, so if desired, simply repeat the instructions to make two!

ADDITIONAL CUTTING for ONE THROW PILLOW

From the reserved remainder of the blue kaleidoscope print, cut:
2 binding strips, 1½” x 42”

From the muslin, cut:
1 square, 22” x 22”

From the reserved remainder of the backing print, cut:
1 strip, 13¼” x 42”; crosscut into 2 rectangles, 13¼” x 18½”

PIECING the HALF-SQUARE-TRIANGLE UNITS

Choosing the prints randomly, select two triangles trimmed and reserved from the lap quilt. Join the pair along the long diagonal edges. Press. Repeat for a total of 36 pieced half-square-triangle units measuring approximately 3¾” square, including the seam allowances. Do not trim away the dog-ear points this time. Please note that if the size of your pieced units varies slightly from the given measurement, no worries! They’ll be trimmed to the needed size in the next step.

1 Using a rotary cutter and an acrylic ruler, trim each pieced half-square-triangle unit from step 1 to measure 3½” square, including the seam allowances. (The dog-ear points will be removed as each unit is trimmed.)

PIECING the PILLOW FRONT

1 Using the pictured quilt as a guide (or orienting the half-square-triangle units as desired to create your own design), lay out six half-square-triangle units end to end. Join the units. Press the seam allowances open. Repeat to piece six half-square-triangle rows measuring 3½” x 18½”, including the seam allowances.

2 Join the half-square-triangle rows to complete the pillow front. Press the seam allowances open.

COMPLETING the THROW PILLOW

1 Layer and baste the pieced pillow front with the 22” squares of batting and muslin. Quilt the layers. Trim away the excess batting and muslin, leaving a quilted pillow front unit measuring 18½” square, including the seam allowances.

2 To make the pillow back, apply liquid seam sealant to one 18½” edge of each of the two 13¼” x 18½” backing rectangles. Fold the sealed end of each rectangle over 2”, wrong sides together; press the fold.

3 Lay the step 2 rectangles right side up on your work surface, overlapping the folded ends to produce a square measuring 18½” x 18½”. Pin the overlapped edges in place and machine stitch the overlaps approximately ¼” in from the top and bottom raw edges.
4. Layer the quilted pillow front unit from step 1 and the back unit from step 3 wrong sides together (you should see the “pretty” sides of the pillow front and backing print); pin the edges. Stitch around the perimeter of the pinned unit, ⅛" in from the raw edges.

5. Join the blue kaleidoscope print strips to make one length. Press the seam allowances to one side. Position the pieced length on your pressing surface, wrong side up. Beginning at one end, fold the outer raw edges to the center; press with a hot iron. Continue working along the length to press the entire strip.

6. Unfold the top fold of the binding; fold the raw end over approximately ⅛” as shown, wrong sides together, and press the fold. Beginning on one side of the pillow front, not at a corner, align the unfolded raw edge of the binding with the raw edge of the pillow; pin the binding in place. Stitch the binding to the pillow front using a ¼” seam allowance, working your way around the perimeter as you would when binding a quilt.

7. Fold the machine-stitched binding over to the back of the pillow and hand-stitch it in place, mitering the corners. Insert the pillow form, and your throw pillow is complete!
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Fabrics in the Collection

1389-11 Trumpet Flower – Aqua
1389-11 Trumpet Flower – Salmon
1389-44 Trumpet Flower – Gold
1390-33 Hexie Ovals – Peach

1390-66 Hexie Ovals – Green
1391-33 Southwestern Stripe – Gray
1391-37 Southwestern Stripe – Peach
1392-66 Dots and Diamonds – Aqua

1392-90 Dots and Diamonds – Gray
1393-11 Aspen Leaves – Aqua
1393-33 Aspen Leaves – Peach
1394-11 Feathered Herringbone – Aqua

1394-33 Feathered Herringbone – Peach
1395-66 Fleur De Lis – Green
1395-90 Fleur De Lis – Gray
1396-33 Pebbles – Peach

1396-66 Pebbles – Green
1397-33 Boxes – Gray
1397-66 Boxes – Green
1397-22 Kaleidoscope – Salmon

1397-44 Kaleidoscope – Gold
1397-77 Kaleidoscope – Blue