

# Heart & Soul

• A Free Project Sheet •  
• NOT FOR RESALE •

*By Barb Tourtillotte*

Quilt Design by Heidi Pridemore



Quilt 1

Skill Level: Advanced Beginner



Henry Glass & Co., Inc.



facebook

Finished Quilt Size: 57 1/2" x 73 1/2"  
49 West 37th Street, New York, NY 10018  
tel: 212-686-5194 fax: 212-532-3525  
Toll Free: 800-294-9495  
[www.henryglassfabrics.net](http://www.henryglassfabrics.net)  
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# HEART & SOUL Quilt 1

Finished Quilt Size: 57 ½" x 73 ½"

## Fabrics in the Collection



Heart Blocks Repeat  
Pink/Multi – 9435-22



Monotone Lacy Allover  
Aqua – 9436-11



Small Hearts Allover  
Red/Pink/White – 9437-8



Small Hearts Allover  
Pink/Red – 9437-22



Birds and Butterflies  
Aqua – 9438-11



Birds and Butterflies  
Pink – 9438-22



Packed Roses  
Pink – 9439-22



Monotone Geometric  
Pink – 9440-22



Monotone Geometric  
Red – 9440-88



Select Fabrics from  
Modern Melody & Folio Basics



Modern Melody Basics  
Pigment White  
1063-01W



Folio Basics  
Rose  
7755-23

### Materials

2/3 yard	Heart Blocks Repeat - Pink/Multi (A)	9435-22
1 7/8 yards	Modern Melody Basics - Pigment White (B)	1063-01W
7/8 yard	Monotone Geometric - Red (C)	9440-88
1/2 yard	Birds and Butterflies - Pink (D)	9438-22
2/3 yard	Packed Roses - Pink (E)	9439-22
1/3 yard	Small Hearts Allover - Pink/Red (F)	9437-22
5/8 yard	Monotone Lacy Allover - Aqua (G)	9436-11
3/8 yard	Folio Basics - Rose (H)	7755-23
1/4 yard	Birds and Butterflies - Aqua (I)	9438-11
1 yard	Tossed Large Hearts Allover - Red (J)	9441-88
5/8 yard	Monotone Geometric - Pink (K)	9440-22*
3 3/4 yards	Small Hearts Allover - Pink/Red/White (Backing)	9437-8

\*includes binding

### Cutting Instructions

*Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.*

#### From the Heart Blocks Repeat - Pink/Multi (A):

- Fussy cut (6) 10" squares, each centered on a block.

#### From the Modern Melody Basics - Pigment White (B), cut:

- (4) 3 1/2" x WOF strips. Sub-cut (17) 3 1/2" x 7 1/2" strips.
- (2) 2 3/8" x WOF strips. Sub-cut (24) 2 3/8" squares. Cut the squares across (1) diagonal to make (48) 2 3/8" triangles.
- (3) 2" x WOF strips. Sub-cut (12) 2" x 10" strips.
- (4) 2" x WOF strips. Sub-cut (12) 2" x 13" strips.
- (2) 2" x WOF strips. Sub-cut (24) 2" squares.
- (4) 2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 2" x 61 1/2" strips.
- (3) 2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 2" x 48 1/2" strips.
- (3) 1 1/2" x WOF strips. Sub-cut (12) 1 1/2" x 9 1/2" strips.
- (4) 1 1/2" x WOF strips. Sub-cut (12) 1 1/2" x 11 1/2" strips.

#### From the Monotone Geometric - Red (C), cut:

- (2) 2" x WOF strips. Sub-cut (24) 2" squares.
- (4) 1 1/2" x WOF strips. Sub-cut (12) 1 1/2" x 13 1/2" strips.
- (4) 1 1/2" x WOF strips. Sub-cut (12) 1 1/2" x 11 1/2" strips.
- (4) 1 1/4" x WOF strips. Sub-cut (12) 1 1/4" x 12" strips.
- (4) 1 1/4" x WOF strips. Sub-cut (12) 1 1/4" x 13 1/2" strips.

#### From the Birds and Butterflies - Pink (D), cut:

- (4) 3 1/2" x WOF strips. Sub-cut (48) 3 1/2" squares.

#### From the Packed Roses - Pink (E), cut:

- (1) 3 1/2" x WOF strip. Sub-cut (6) 3 1/2" squares.
- (34) Template 2 triangles.

#### From the Small Hearts Allover - Pink/Red (F), cut:

- (2) 3 1/2" x WOF strips. Sub-cut (24) 3 1/2" squares.

#### From the Monotone Lacy Allover - Aqua (G), cut:

- (2) 3 7/8" x WOF strips. Sub-cut (12) 3 7/8" squares. Cut the squares across (1) diagonal to make (24) 3 7/8" triangles.
- (4) 1 1/4" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 1 1/4" x 64 1/2" strips.
- (3) 1 1/4" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 1 1/4" x 50" strips.

#### From the Folio Basics - Rose (H), cut:

- Cut (34) Template 1 triangles.
- Cut (34) Template 3 triangles.

#### From the Birds and Butterflies - Aqua (I), cut:

- (1) 3 1/2" x WOF strip. Sub-cut (6) 3 1/2" squares.

#### From the Tossed Large Hearts Allover - Red (J), cut:

- (4) 4 1/2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 4 1/2" x 66" strips.
- (3) 4 1/2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 4 1/2" x 58" strips.

#### From the Monotone Geometric - Pink (K), cut:

- (7) 2 1/2" x WOF strips for the binding.

#### From the Small Hearts Allover - Pink/Red/White (Backing), cut:

- (2) 66" x WOF strips for the backing. Sew the strips together and trim to make the 66" x 82" back.

### Block Assembly

*Note: The arrows in figures represent the fabric print direction. Pay attention to the fabric and unit orientations when assembling the various components.*

1. Sew (1) 2" x 10" Fabric B strip to each side of (1) 10" Fabric A square. Sew (1) 2" x 13" Fabric B strip to the top and to the bottom of the Fabric A square to make (1) Unit 1 square (Fig. 1). **Trim the square to measure 12" x 12".** Repeat to make (6) Unit 1 squares total.

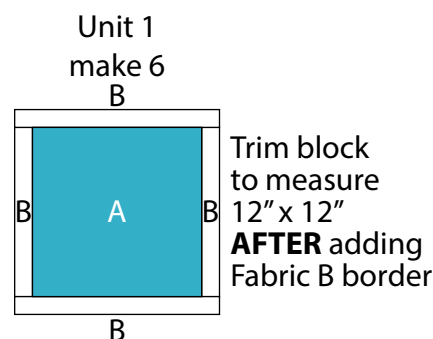
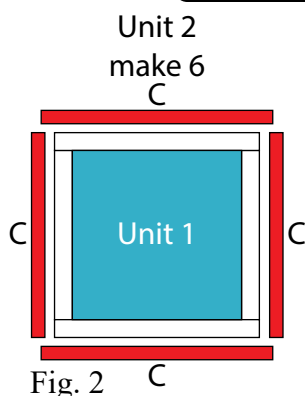


Fig. 1

2. Sew (1)  $1\frac{1}{4}$ " x 12" Fabric C strip to each side of (1) Unit 1 square. Sew (1)  $1\frac{1}{4}$ " x  $13\frac{1}{2}$ " Fabric C strip to the top and to the bottom of the Unit 1 square to make (1) Unit 2 square (Fig. 2). Repeat to make (6) Unit 2 squares total.



3. Place (1)  $3\frac{1}{2}$ " Fabric D square on the top left corner of (1) Unit 2 square, right sides together (Fig. 3). Sew across the diagonal of the smaller square from the upper right corner to the lower left corner (Fig. 3). Flip open the triangle formed and press (Fig. 4). Trim away the excess fabric from behind the triangle  $\frac{1}{4}$ " away from the sewn seam.

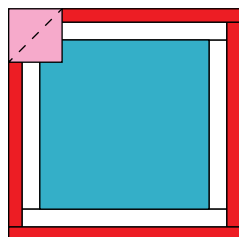


Fig. 3

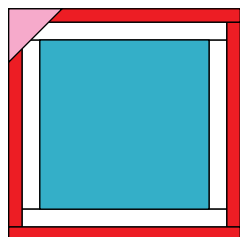


Fig. 4

4. Follow Figure 5 for the seam direction to add a  $3\frac{1}{2}$ " Fabric D square to each of the remaining corners of the Unit 2 square to make (1) Block One square (Fig. 6).

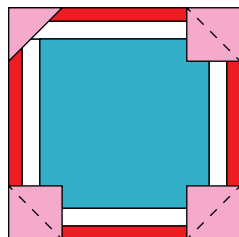
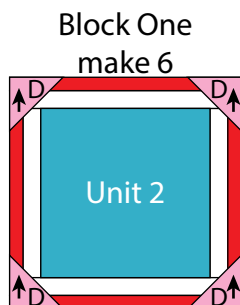
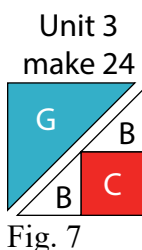


Fig. 5



6. Sew (1)  $2\frac{3}{8}$ " triangle to adjacent sides of (1) 2" Fabric C square to form (1) BCB triangle. Sew the BCB triangle to (1)  $3\frac{7}{8}$ " Fabric G triangle along their long side to make (1)  $3\frac{1}{2}$ " Unit 3 square (Fig. 7). Repeat to make (24) Unit 3 squares total.



7. Place (1) 2" Fabric B square on the top left corner of (1)  $3\frac{1}{2}$ " Fabric E square, right sides together (Fig. 8). Sew across the diagonal of the smaller square from the upper right corner to the lower left corner (Fig. 8). Flip open the triangle formed and press (Fig. 9). Trim away the excess fabric from behind the triangle  $\frac{1}{4}$ " away from the sewn seam.

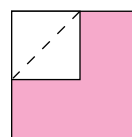


Fig. 8

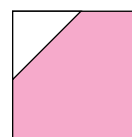


Fig. 9

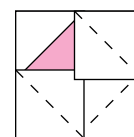
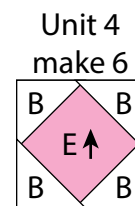


Fig. 10



8. Follow Figure 10 for the seam direction to add a 2" Fabric B square to each of the remaining corners of the Fabric E square to make (1)  $3\frac{1}{2}$ " Unit 4 square (Fig. 11).

9. Repeat Steps 7-8 to make (6) Unit 4 squares total.

10. Sew (1) Unit 3 square to each side of (1)  $3\frac{1}{2}$ " Fabric F square to make the top row. Repeat to make the bottom row. Sew (1)  $3\frac{1}{2}$ " Fabric F square to each side of (1) Unit 4 square to make the middle row. Sew the (3) rows together to make (1) Unit 5 square (Fig. 12). Repeat to make (6) Unit 5 squares total.

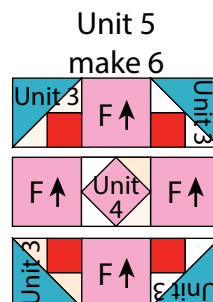


Fig. 12

11. Sew (1)  $1\frac{1}{2}$ " x  $9\frac{1}{2}$ " Fabric B strip to each side of (1) Unit 5 square. Sew (1)  $1\frac{1}{2}$ " x  $11\frac{1}{2}$ " Fabric B strip to the top and to the bottom of the Unit 5 square to make (1) Unit 6 square (Fig. 13). Repeat to make (6) Unit 6 squares total.

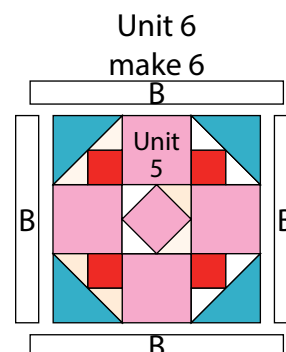


Fig. 13

12. Sew (1) 1 ½" x 11 ½" Fabric C strip to each side of (1) Unit 6 square. Sew (1) 1 ½" x 13 ½" Fabric C strip to the top and to the bottom of the Unit 6 square to make (1) Unit 7 square (Fig. 14). Repeat to make (6) Unit 7 squares total.

13. Repeat Steps 3-4 to add (1) 3 ½" Fabric D square to each corner of (1) Unit 7 square to make (1) Block Two Square (Fig. 15). Repeat to make (6) Block Two squares total.

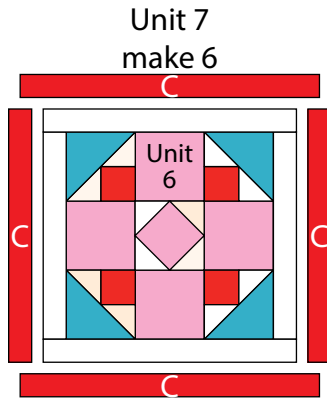


Fig. 14

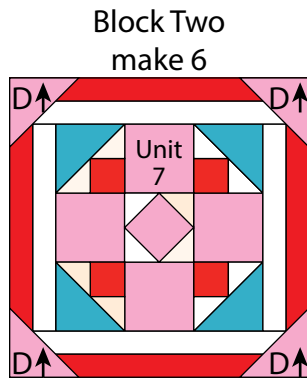


Fig. 15

14. Place (1) Fabric H-Template 1 triangle on top of (1) Fabric E-Template 2 triangle right sides together, aligning the left sides (Fig. 16). Sew the (2) triangles together along the left side. Press the smaller triangle open.

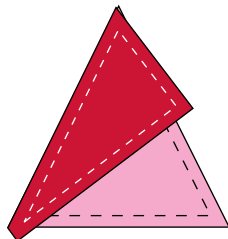


Fig. 16

15. Place (1) Fabric H-Template 3 triangle on top of the Fabric E-Template 2 triangle right sides together, aligning the right sides (Fig. 17). Sew the (2) triangles together along the right side. Press the smaller triangle open to make (1) 3 ½" Unit 8 square (Fig. 18).

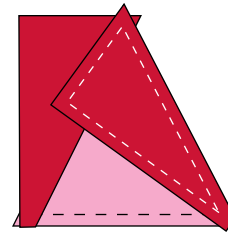


Fig. 17

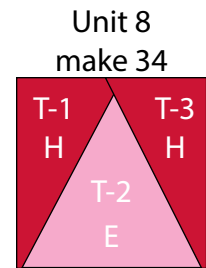


Fig. 18

17. Sew (1) Unit 8 square to the top and to the bottom of (1) 3 ½" x 7 ½" Fabric B strip to make (1) Unit 9 strip (Fig. 19). Repeat to make (17) Unit 9 strips total.

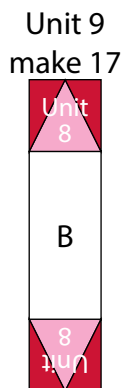


Fig. 19

18. Sew together (3) Unit 9 strips and (2) 3 ½" Fabric I squares, alternating them, to make (1) Unit 10 strip (Fig. 20). Repeat to make (3) Unit 10 strips total.

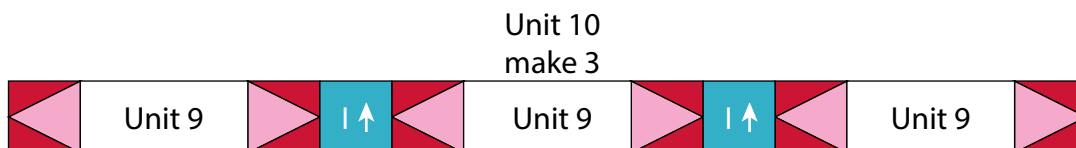


Fig. 20

# HEART & SOUL

## Quilt 1

## Page 4

### Quilt Top Assembly

*(Follow the Quilt Layout while assembling the quilt top.)*

19. Sew together (1) Block One square, (1) Unit 9 strip, (1) Block Two square, (1) Unit 9 strip and (1) Block One square, in that order from left to right, to make Row One. Repeat to make Row Three.

20. Sew together (1) Block Two square, (1) Unit 9 strip, (1) Block One square, (1) Unit 9 strip and (1) Block Two square, in that order from left to right, to make Row Two. Repeat to make Row Four.

21. Sew the (4) Rows together, in numerical order and alternating them with (3) Unit 10 strips, to make the Center Block.

22. Sew (1) 2" x 61 1/2" Fabric B strip to each side of the Center Block. Sew (1) 2" x 48 1/2" Fabric B strip to the top and to the bottom of the Center Block.

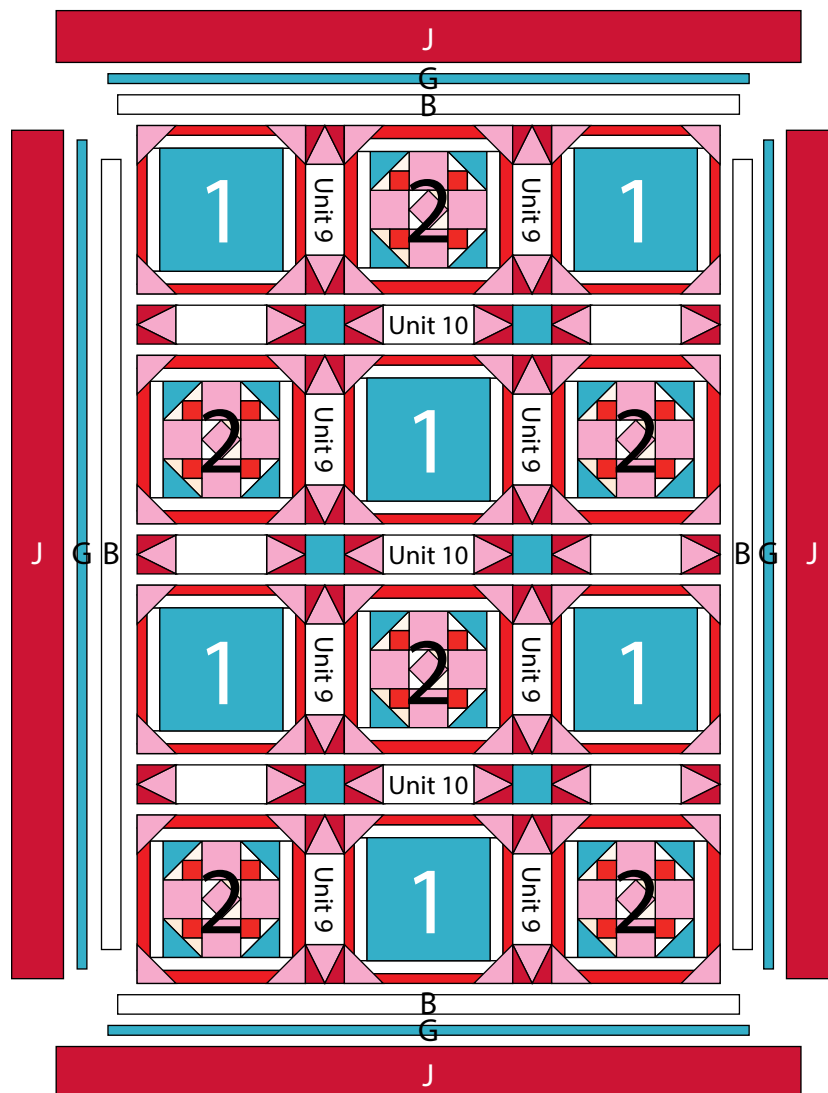
23. Sew (1) 1 1/4" x 64 1/2" Fabric G strip to each side of the Center Block. Sew (1) 1 1/4" x 50" Fabric G strip to the top and to the bottom of the Center Block.

24. Sew (1) 4 1/2" x 66" Fabric J strip to each side of the Center Block. Sew (1) 4 1/2" x 58" Fabric J strip to the top and to the bottom of the Center Block to make the quilt top.

25. Layer and quilt as desired.

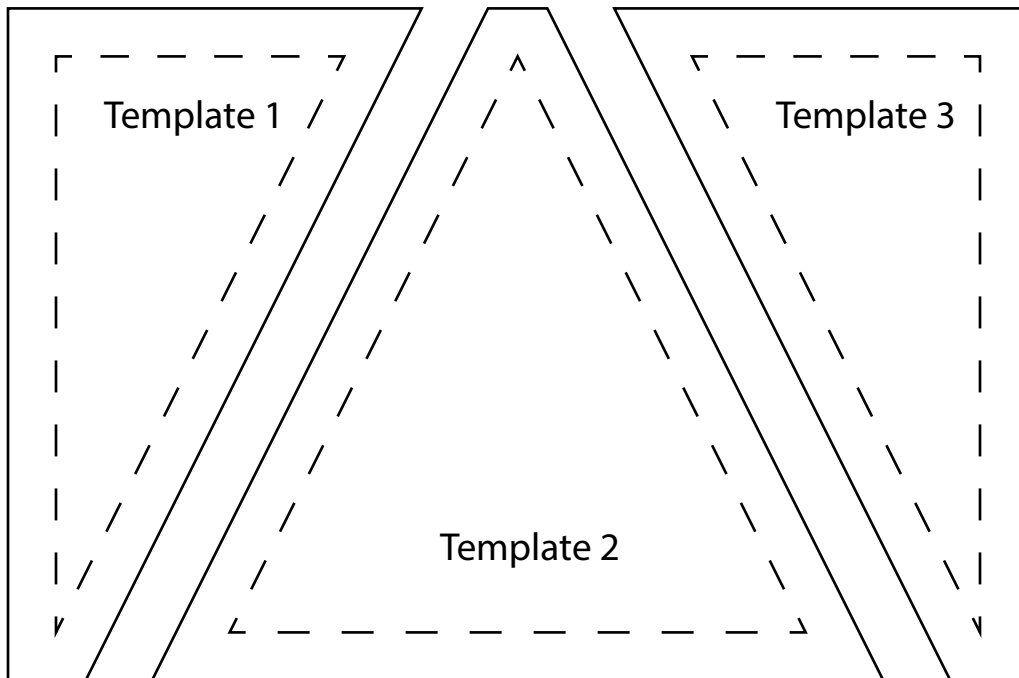
26. Sew the (7) 2 1/2" x WOF Fabric K strips together, end to end with 45-degree seams, to make the binding. Fold this long strip in half lengthwise with wrong sides together and press.

27. Bind as desired.



Quilt Layout

### 100% Templates



1" square  
for scale

**NOTE: All templates  
should be cut from a  
single layer of fabric.**

*Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given nor results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. Please make sure to check [www.henryglassfabrics.net](http://www.henryglassfabrics.net) for pattern updates prior to starting the project. We also recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are **not for resale**.*