

# Calming Tides

••• A Free Project Sheet •••  
••• NOT FOR RESALE •••

By Jessica Mundo



Quilt Design by Heidi Pridemore

Quilt 1

Skill Level: Intermediate

 Henry Glass & Co., Inc.



facebook

Finished Quilt Size: 55" x 55"  
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)

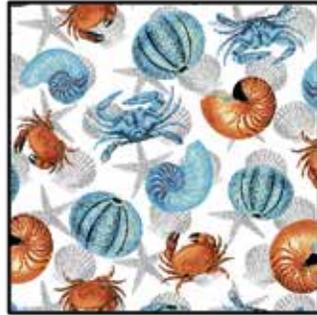
Please check our website for pattern updates before starting this project.

# CALMING TIDES Quilt 1

## Fabrics in the Collection



Crustacean on the Net - Blue  
1767-77



Tossed Crustaceans - White  
1768-19



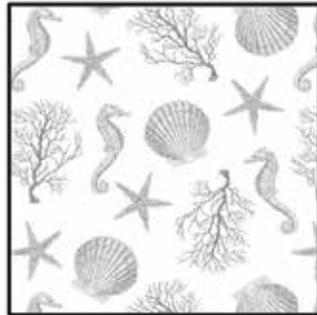
Crustacean in a Circle - Blue  
1769-71



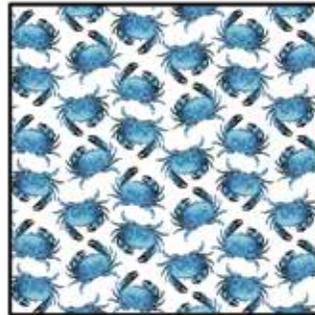
Border Stripe - Blue  
1770-17



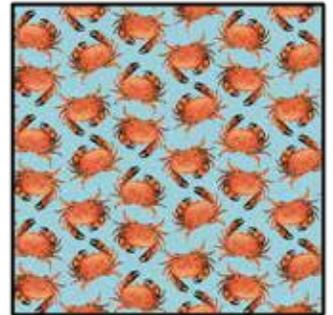
Tossed Shells - Blue  
1771-79



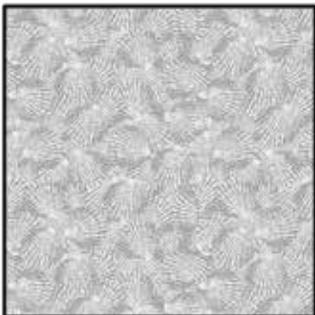
Seahorses - White  
1772-19



Tossed Crabs - White  
1773-1



Tossed Crabs - Blue  
1773-78



Packed Shells - Grey  
1774-19



Packed Shells - Blue  
1774-77



Sea Water - Blue  
1775-77



Fishing Net - White  
1776-19



Fishing Net - Blue  
1776-77

Select Fabrics  
from Modern  
Melody Basics



White  
1063-01W



Orange  
1063-34

### Materials

5/8 yard	Crustacean on the Net - Blue (A)	1767-77
7/8 yard	Packed Shells - Gray (B)	1774-19
1/2 yard	Modern Melody Basics - White (C)	1063-01W
2/3 yard	Packed Shells - Blue (D)	1774-77
1 1/8 yards	Modern Melody Basics - Orange (E)	1063-34*
3/4 yard	Seahorses - White (F)	1772-19
1/3 yard	Tossed Crabs - White (G)	1773-1
1/4 yard	Crustaceans in a Circle - Blue (H)	1769-71
1/3 yard	Tossed Crustaceans - White (I)	1768-19
1/3 yard	Fishing Net - Blue (J)	1776-77
1 1/2 yards	Border Stripe - Blue (K)	1770-17
1/4 yard	Tossed Shells - Blue (L)	1771-79
3 1/2 yards	Tossed Crabs - Blue (Backing)	1773-78

\*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 Crustacean on the Net - Blue (A), cut:

- (2) 8 1/2" x WOF strips. Sub-cut (5) 8 1/2" squares.

#### From the Packed Shells - Gray (B), cut:

- (3) 4 1/2" x WOF strips. Sub-cut (20) 4 1/2" squares.
- (3) 2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 2" x 44 1/2" strips.
- (3) 2" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 2" x 47 1/2" strips.

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

- (5) 2 1/2" x WOF strips. Sub-cut (72) 2 1/2" squares.

#### From the Packed Shells - Blue (D), cut:

- (8) 2 1/2" x WOF strips. Sub-cut (72) 2 1/2" x 4 1/2" strips.

#### From the Modern Melody Basics - Orange (E), cut:

- (8) 2 1/2" x WOF strips. Sub-cut (120) 2 1/2" squares.
- (6) 2 1/2" x WOF strips for the binding.

#### From the Seahorses - White (F), cut:

- (3) 4 1/2" x WOF strips. Sub-cut (24) 4 1/2" squares.
- (3) 2 1/2" x WOF strips. Sub-cut (36) 2 1/2" squares.

#### From the Tossed Crabs - White (G), cut:

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

#### From the Crustaceans in a Circle - Blue (H):

- Fussy cut (4) 4 1/2" squares each centered on a circle.

#### From the Tossed Crustaceans - White (I), cut:

- (1) 8 1/2" x WOF strip. Sub-cut (4) 8 1/2" squares.

#### From the Fishing Net - Blue (J), cut:

- (2) 4 1/2" x WOF strips. Sub-cut (16) 4 1/2" squares.

#### From the Border Stripe - Blue (K), cut:

- (4) 4 1/2" x 47 1/2" Length of Fabric (LOF) strips.

#### From the Tossed Shells - Blue (L), cut:

- (1) 4 1/2" x WOF strip. Sub-cut (4) 4 1/2" squares.

#### From the Tossed Crabs - Blue (Backing), cut:

- (2) 63" x WOF strips for the backing. Sew the strips together and trim to make the 63" x 63" back.

### Block Assembly

Note: Pay attention to the unit orientations when assembling the various components.

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

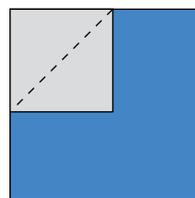


Fig. 1

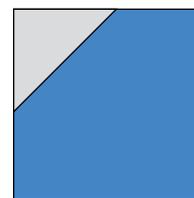


Fig. 2

2. Follow Figure 3 for the seam direction to add a 4 1/2" Fabric B square to each of the remaining corners of the 8 1/2" Fabric A square to make (1) Unit 1 square (Fig. 4).
3. Repeat Steps 1-2 to make (5) Unit 1 squares total.
4. Repeat Steps 1-2 and refer to Figure 5 for fabric identification, placement and seam direction to make (4) Unit 2 squares.

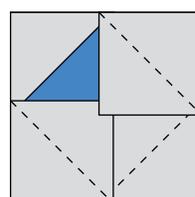


Fig. 3

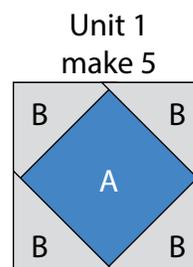


Fig. 4

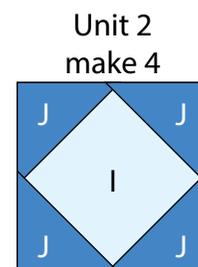


Fig. 5

# CALMING TIDES

## Quilt 1

5. Place (1) 2 1/2" Fabric E square on the left side of (1) 2 1/2" x 4 1/2" Fabric D strip, right sides together (Fig. 6). Sew across the diagonal of the square from the upper right corner to the lower left corner (Fig. 6). Flip open the triangle formed and press (Fig. 7). Trim away the excess fabric from behind the triangle, leaving a 1/4" seam allowance.



Fig. 6

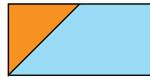


Fig. 7

6. Place (1) 2 1/2" Fabric C square on the right side of the 2 1/2" x 4 1/2" Fabric D strip, right sides together (Fig. 8). Sew across the diagonal of the square from the upper right corner to the lower left corner (Fig. 8). Flip open the triangle formed and press. Trim away the excess fabric from behind the triangle, leaving a 1/4" seam allowance to make (1) Unit 3 strip (Fig. 9).

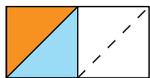


Fig. 8

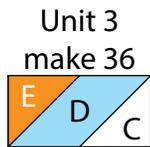


Fig. 9

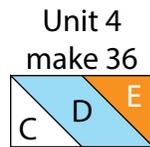


Fig. 10

7. Repeat Steps 5-6 to make (36) Unit 3 strips total.

8. Repeat Steps 5-6 and refer to Figure 10 for fabric identification, placement and seam direction to make (36) Unit 4 strips.

9. Sew (1) Unit 3 strip to the left end of (1) Unit 4 strip to make (1) Unit 5 strip (Fig. 11). Repeat to make (36) Unit 5 strips total.

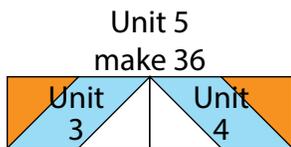


Fig. 11

10. Sew (1) 2 1/2" Fabric F square to each end of (1) Unit 5 strip to make the top row. Repeat to make the bottom row. Sew (1) Unit 5 strip to each side of (1) Unit 1 square to make the middle row. Sew the (3) rows together to make (1) Block One square (Fig. 12). Repeat to make (5) Block One squares total.

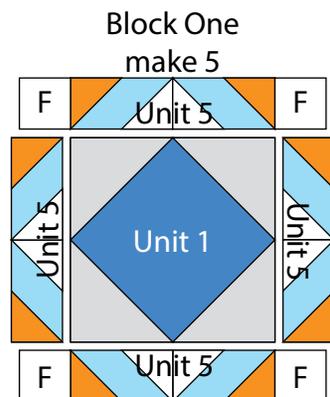


Fig. 12

11. Repeat Step 10 and refer to Figure 13 for component identification, placement and orientation to make (4) Block Two squares.

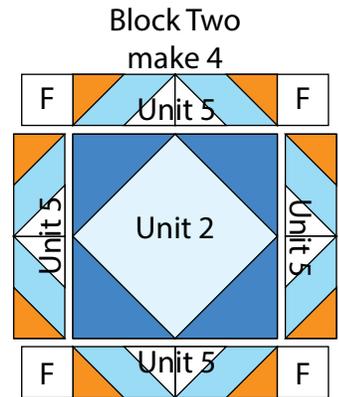


Fig. 13

12. Place (1) 2 1/2" Fabric E square on the bottom left corner of (1) 4 1/2" Fabric F square, right sides together (Fig. 14). Sew across the diagonal of the smaller square from the upper left corner to the lower right corner (Fig. 14). Flip open the triangle formed and press (Fig. 15). Trim away the excess fabric from behind the triangle 1/4" away from the sewn seam.

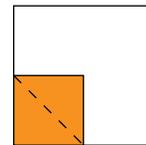


Fig. 14

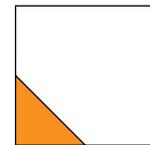


Fig. 15

13. Follow Figure 16 for the seam direction to add a 2 1/2" Fabric E square to the lower right corner of the 4 1/2" Fabric F square to make (1) Unit 6 square (Fig. 17).

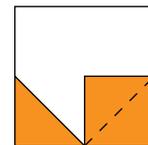


Fig. 16

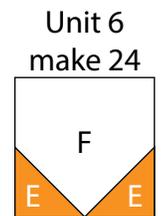


Fig. 17

14. Repeat Steps 12-13 to make (24) Unit 6 squares total.

15. Sew (1) Unit 6 square to the top and to the bottom of (1) 4 1/2" Fabric G square to make (1) Block Three strip (Fig. 18). Repeat to make (12) Block Three strips total.

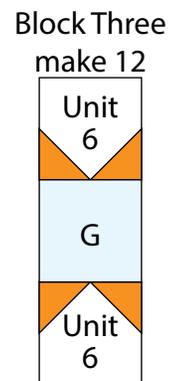


Fig. 18

### Quilt Top Assembly

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

16. Sew (1) Block Three strip to each side of (1) Block Two square. Sew (1) Block One square to each end of the new strip to make Pieced Row One. Repeat to make Pieced Row Three.

17. Sew (1) Block Three strip to each side of (1) Block One square. Sew (1) Block Two square to each end of the new strip to make Pieced Row Two.

18. Sew (3) Block Three strips and (2) 4 1/2" Fabric H squares together, alternating them, to make (1) Sashing Row. Repeat to make a second Sashing Row.

19. Sew the together (3) Pieced Rows, in numerical order, and the (2) Sashing Rows, alternating them, to make the Center Block.

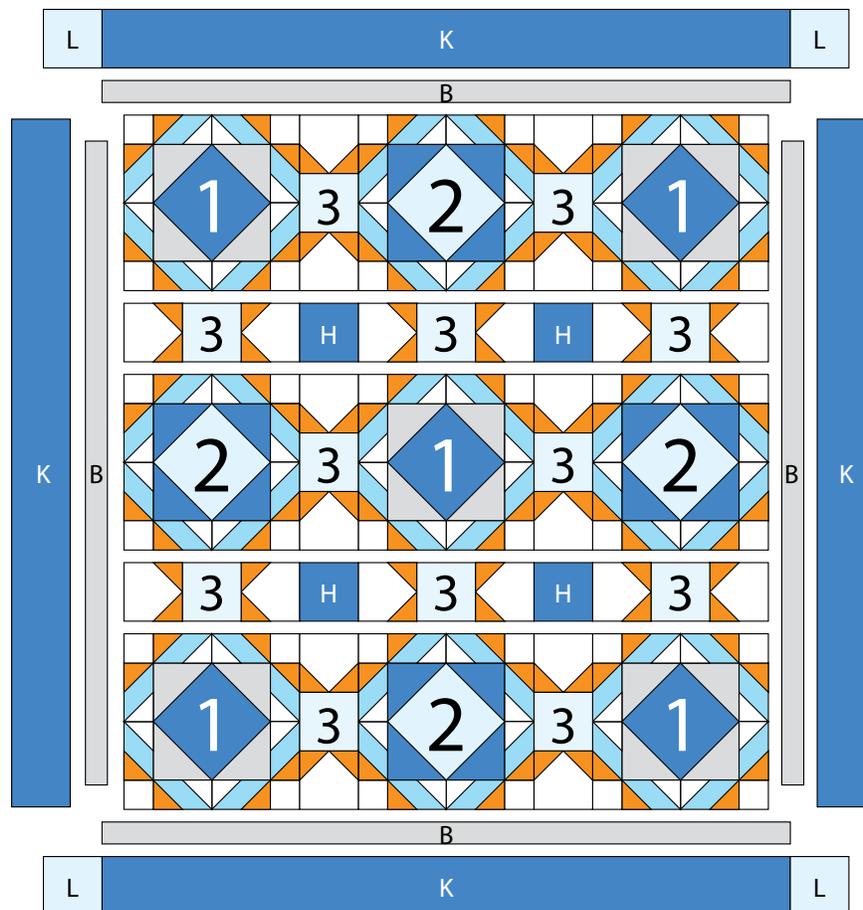
20. Sew (1) 2" x 44 1/2" Fabric B strip to each side of the Center Block. Sew (1) 2" x 47 1/2" Fabric B strip to the top and to the bottom of the Center Block.

21. Sew (1) 4 1/2" x 47 1/2" Fabric K strip to each side of the Center Block. Sew (1) 4 1/2" Fabric L square to each end of (1) 4 1/2" x 47 1/2" Fabric K strip. Repeat to make a second strip. Sew the strips to the top and to the bottom of the Center Block to make the quilt top.

22. Layer and quilt as desired.

23. Sew the (6) 2 1/2" x WOF Fabric E 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.

24. Bind as desired.



Quilt Layout

*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.*