

# Fight Like a Girl ITH

## Quilt as you Go Dedicated to My Mom a Survivor!



## Supplies:

Yardage is approximate

2 Yards Batting

2 yards Light Mesh cut a way stabilizer (stays in the quilt)

2 Yards front (main) background fabric for the front

2 Yards back fabric

1 Yard for sashing and borders for front

1 Yard for sashing and borders for back

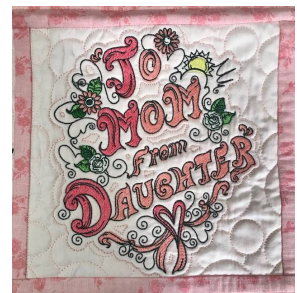
Assorted fabrics for appliques and strips. I used a jelly roll and a couple of fat quarters. You do not need that much fabric just a great assortment. I also used the jelly roll for the binding.

**All usual embroidery supplies including**

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**\*Optional Glue stick  
Fusible thread to use  
in lower looper of  
your serger**

**The easiest way to  
join blocks and bind  
the quilt!**

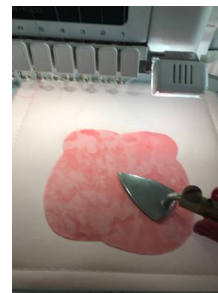
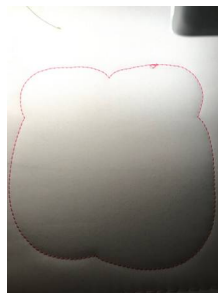
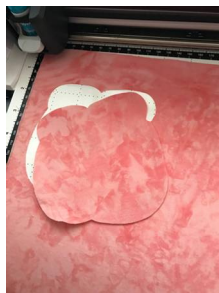




# Applique Blocks

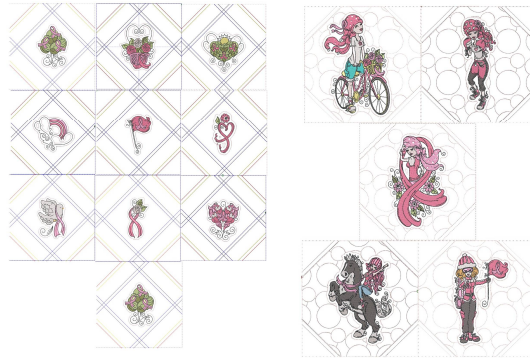


1. Hoop soft mesh stabilizer, batting and top fabric. \*Hint\* I use a spray starch on all layers and press. This will give an extra stabilization and temporarily fuse the layers together. There is an option to hoop only the Cut a way mesh stabilizer then float the batting and top fabric. Saves fabric but less stable.
2. You have two options for the applique fabric. The first option is precut using the SVG and DFX files on your cutting machine according to the manufactures directions. Or you can cut the fabric in the hoop by placing applique fabric covering the placement stitch line. Sew the tack down stitch, then with applique scissors or curved scissors, cut close to stitches without cutting the stitches themselves. For more applique instructions click on web address <https://sewswell.com/applique-tutorial/>
3. Finish sewing out applique design.
4. There will be a placement line stitched around the entire block. Remove hoop from machine and carefully tear away the extra stabilizer. Prepare the back fabric by spraying the wrong side with a temporary spray adhesive or use a temporary tape such as painters tape. Place backing fabric wrong side to the back side of the hoop covering entire stitch line.
5. After block is finished, Remove from hoop. The basting stitches is also the cut line. Cut on the stitch line squaring up as needed.





# Pieced Blocks



1. Hoop soft mesh stabilizer, batting and top fabric. \*Hint\* I use a spray starch on all layers and press. This will give an extra stabilization and temporarily fuse the layers together. There is an option to hoop only the Cut a way mesh stabilizer then float the batting and top fabric. Saves fabric but less stable.
2. Now is the time to add extra tear away stabilizer to the center where the design will stitch out. Stitch center design. Sew cute! Remove extra tear away before adding backing fabric.
3. There will be a placement line stitched around the entire block. Remove hoop from machine and carefully tear away the extra stabilizer. Prepare the back fabric by spraying the wrong side with a temporary spray adhesive or use a temporary tape such as painters tape. Place backing fabric wrong side to the back side of the hoop covering entire stitch line.
4. First placement stitch for the piecing is in the upper right hand corner. Place first strip right side down on the inside of the placement line. Stitch next color. Flip finger press or use small iron to press in place. Then next stitch line will tie down the first strip and be a placement line for the second strip.
5. Place next strip on placement line and stitch in place. Flip and press. Repeat for all for corners.
6. After block is finished, Remove from hoop. The basting stitches is also the cut line. Cut on the stitch line squaring up as needed.

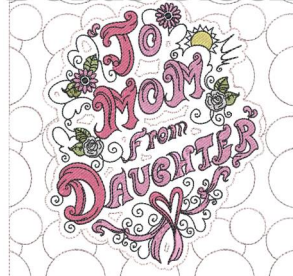


# Embroidery Only Blocks



1. Hoop soft mesh stabilizer, batting and top fabric. \*Hint\* I use a spray starch on all layers and press. This will give an extra stabilization and temporarily fuse the layers together. There is an option to hoop only the Cut a way mesh stabilizer then float the batting and top fabric. Saves fabric but less stable.
2. This is a large design with lots of stitches over a large area. My suggestion is use smallest hoop the design fits in. Use extra tearaway stabilizer. I used 4 layers. Why? Because it works! and stabilizer is cheaper and easier than starting over.
3. There will be a placement line stitched around the entire block. Remove hoop from machine and carefully tear away the extra stabilizer. Prepare the back fabric by spraying the wrong side with a temporary spray adhesive or use a temporary tape such as painters tape. Place backing fabric wrong side to the back side of the hoop covering entire stitch line.
4. After block is finished, Remove from hoop. The basting stitches is also the cut line. Cut on the stitch line squaring up as needed.

## Bonus Block

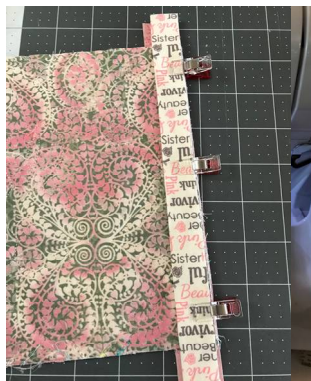
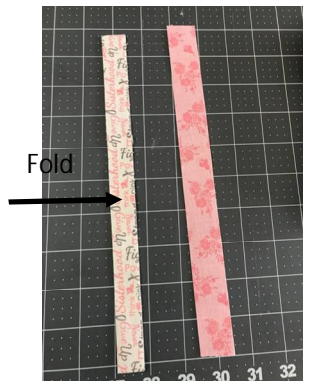


# Quilt Construction

1. Gather all your beautiful blocks and lay them out in the configuration of your choice. Use small notes marking row and block numbers. Post notes work well but you may need to pin in place so they don't fall off.
2. Cut strips for sashing. You will need 13- 1" Strips for front sashing (pink) and 13- 1 5/8" strips (white) for the back.
3. Fold the 1 5/8" back strips in half lengthwise and press.
4. You will only be adding the sashing to the right side of blocks 1 thru 4 of each row. Layer first the backing sashing that is folded in half with the quilt block right edge. Match the raw edges of folded sashing with the back of the block. (White sashing). Now add the 1" strip right sides together and place on top of block on the right hand edge. (Pink sashing)
5. Sew the layers together with a 1/4" seam allowance. I used the Serger! Thread Serger for a 3 thread overlock. Thread a fusible thread into the lower looper. It is important to always serge everything with the right side of the block up. That will ensure the fusible thread will be in the correct place.

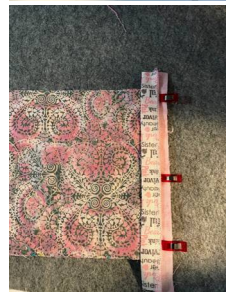


R1	R1	R1	R1	R1
B1	B2	B3	B4	B5
R2	R2	R2	R2	R2
B1	B2	B3	B4	B5
R3	R3	R3	R3	R3
B1	B2	B3	B4	B5
R4	R4	R4	R4	R4
B1	B2	B3	B4	B5
R5	R5	R5	R5	R5
B1	B2	B3	B4	B5
R6	R6	R6	R6	R6
B1	B2	B3	B4	B5
R7	R7	R7	R7	R7
B1	B2	B3	B4	B5



# Joining Blocks

6. Finger press the front 1" sashing open on Row 1 Block
7. Place Row 1 Block 2 on top of Row 1 Block 1. Line the edge with the raw edge of the top (pink) sashing.
8. Turn over making sure the top sashing (pink) is on top to ensure the fusible thread is positioned correctly. If using a sewing machine it just makes it easier.
9. Open the blocks up and the two serged seams come together perfectly in the middle, filling under sashing with the batting. If using fusible thread in serger, all you have to do is carefully press the back sashing covering the seam. The thread will fuse the sashing in place. If using a sewing machine you can now just glue in place or use a double sided tape to position the back sashing.
10. Turn over and stitch in the ditch. This will secure the back sashing.
11. Continue to add blocks to finish the row.
12. Repeat until all seven rows are finished.



# Joining Rows

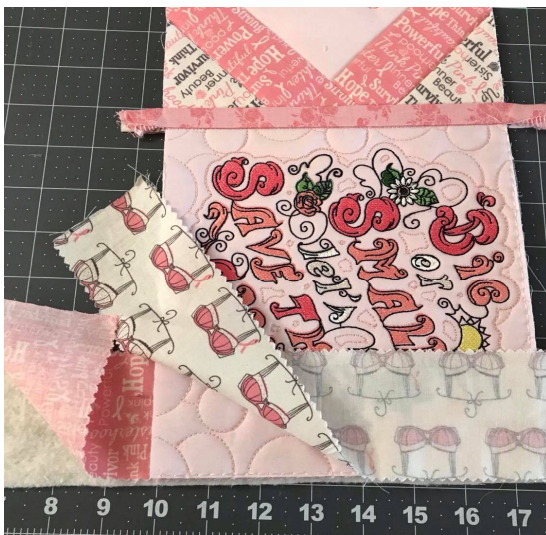
13. Take your ruler and rotary cutter to cut off the extra sashing from the top and the bottom of each row

14. Repeat steps that you did for joining blocks except you are going to add the sashing to the bottom of row 1 thru 6. Carefully lining up the sashing from the previous row.



# Borders

15. Cut 5- 2 1/2 Strips of Border Fabric for front Cut 5- 2 1/2 Strips for Border back fabric. Cut Batting 2 1/2" strips
16. Take one strip of the border fabric and Cut it in half and add it to another Border Strip increasing the length to make it enough for the side border. Repeat for the opposite side.
17. Repeat last step for the back border strips. You may need to join batting strips as well. When joining batting but the short ends of batting together and do a zigzag over the join.
18. Layer in this order from bottom to top. Lay down the batting strip. Next layer the back border strip right side up. Next you will layer your quilt then lastly the top border. Do this on the sides of quilt first . Stitch your 1/4" seam allowance all the way down the side of your quilt attaching all 4 layers.
19. Open out your layers and press.
20. Repeat on the opposite side then again for the top and lastly the bottom of the quilt.
21. You can choose to Quilt those borders or not, I did simple 2 equidistant straight lines.



# Binding

22. Cut binding fabric 2 1/2" and join together until you have the Bind in your usual manner but I used the serger with the fusible thread again. I know it is scary, but it is easier than you may think.
23. Fold your binding in half lengthwise and press
24. Starting on the side of your quilt somewhere midway to make the stop start place not a place that will catch your eye.
25. Leave a few inches of binding loose at the beginning. Match up the raw edges of quilt and binding and sew.
26. STOP 1/4 from the corner of the quilt. Needles up! Turn the quilt to the back and stitch off the quilt.
27. Fold the binding back on itself then fold again lining up with the next quilt edge. Continue stitching until the next corner until you get to where you started.
28. When you get to the beginning open the beginning of binding that you left open and stuff the end inside. (Cut off excess) Continue sewing. Sewing off when finished
29. Fold binding over the edge covering the backside. Press in place. Pin or clip if necessary. Those using fusible thread it is fused into place.
30. Stitch in the ditch from the front of quilt to tie down the back of binding.

