

Sleepy Time ITH Quilt as you Go



Supplies:

Yardage is approximate

2 Yards Batting

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

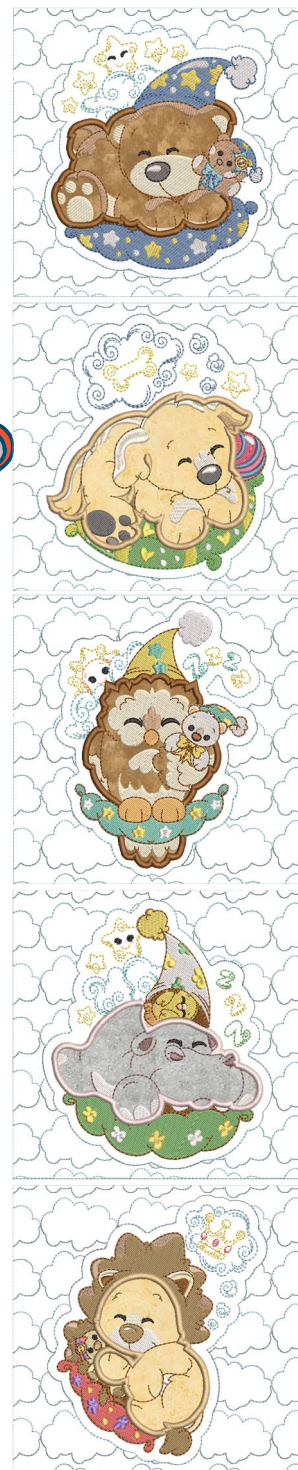
1.5 Yards front (main) background fabric for
front

2 Yards back fabric

1.25 Yards for sashing binding

Approximant 3- 2.5" Strips for pieced blocks
(5 Assorted colors)

Assorted fabrics for appliques.



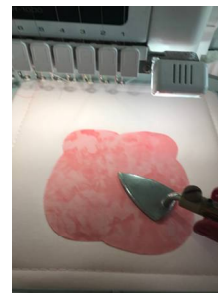
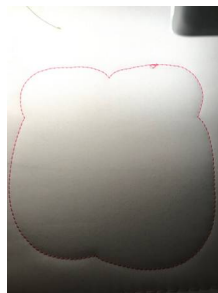
*Optional

Directions Fusible thread in lower
looper in the serger. The easiest
way to join blocks and bind the
quilt! [https://sewswell.com/wp-
content/uploads/2021/04/Fight-
Like-a-Girl-ITH-Quilt-Directions.pdf](https://sewswell.com/wp-content/uploads/2021/04/Fight-Like-a-Girl-ITH-Quilt-Directions.pdf)

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.



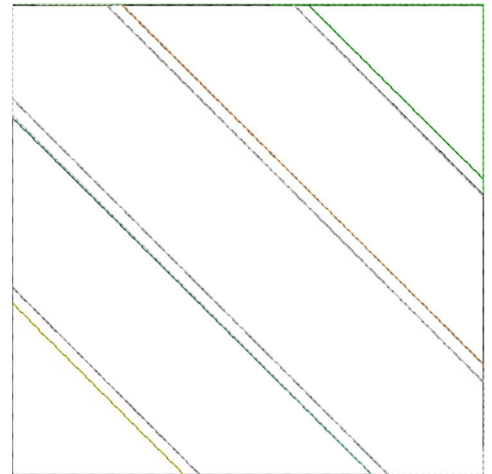
Pieced Blocks



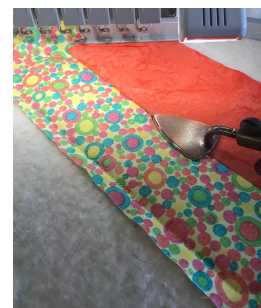
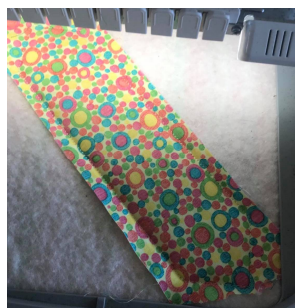
Option 1



Option 2



1. Hoop soft mesh stabilizer, batting and bottom fabric. **Hint** 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.
2. There will be a placement line stitched around the center strip. Lay the first strip with right sides up covering the entire placement line. Stitch next color that will tie down the strip.
3. Next is placement strip for the second strip. Place second 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 second strip and be a placement line for the third corner strip. After first corner is finished a tie down stitch will hold the corner in place.
4. Do the same for the bottom half of the block
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.



Quilt Construction

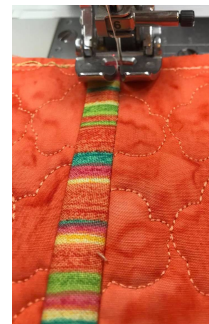
1. Gather all your beautiful blocks and lay them out in the configuration of your choice. Use small notes marking row and block numbers. Post notes work well but you may need to pin in place so they don't fall off.
2. Cut strips for sashing. You will need 8– 1" Strips for front sashing and 8– 1 5/8" strips 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 3 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. Now add the 1" strip right sides together and place on top of block on the right hand edge.
5. Sew the layers together with a 1/4" seam allowance.



Joining Blocks

(Some pictures are from previous projects that demonstrate the steps easier)

1. Finger press the front 1" sashing open on Row 1 Block 1
2. Place Row 1 Block 2 on top of Row 1 Block 1. Line the edge with the raw edge of the top sashing.
3. Turn over making sure the top sashing is on top it just makes it easier.
4. Open the blocks up and the two seams come together perfectly in the middle, filling under sashing with the batting, turn over. Use washable fabric glue to the folded edge of back sashing. Push the folded edge covering the back seam and finger press in place. Turn over and stitch in the ditch. Securing the back sashing.
5. Continue to add blocks to finish the row. Repeat until all rows are finished.



Joining Rows

(Some pictures are from previous projects that demonstrate the steps easier)

1. Take your ruler and rotary cutter to cut off the extra sashing from the top and the bottom of each row
2. 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.
3. Bind in the usual fashion. For serger binding instructions refer to next page



Binding with serger and fusible thread

(Pictures from previous project)

1. 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.
2. Fold your binding in half lengthwise and press
Starting on the side of your quilt somewhere midway to make the stop start place not a place that will catch your eye.
3. Leave a few inches of binding loose at the beginning. Match up the raw edges of quilt and binding and sew.
4. STOP 1/4 from the corner of the quilt. Needles up! Turn the quilt to the back and stitch off the quilt.
5. 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.
6. 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
7. 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.
8. Stitch in the ditch from the front of quilt to tie down the back of binding.

