

HERO'S QUILT PATTERN

Lap Quilt 40"W x 60"L

Designed by Cathy McIntee

Materials List:

1 yd. red fabric

1 ¼ yd. white or muslin fabric

¾ yd. navy blue fabric

½ yd. gold fabric

½ yd. fabric for binding, your choice

1 7/8 yd. backing fabric

quilt batting

1 yd. fusible web (for machine appliqué)

This quilt can be made from purchased fabrics or scraps. The cutting list is as follows:

Red fabric or scraps: 2 strips – 4" x 40 ½" or width of fabric

5 strips – 3 ½" x 40 ½" or width of fabric

White fabric or scraps: 6 strips – 3 ½" x 40 ½" or width of fabric

8 circles – template A, add seam allowance for hand appliqué.

Blue fabric or scraps: 8 squares – 10 ½" x 10 ½"

Gold fabric or scraps: 8 -5 pointed stars – template B, add seam allowance for hand appliqué.

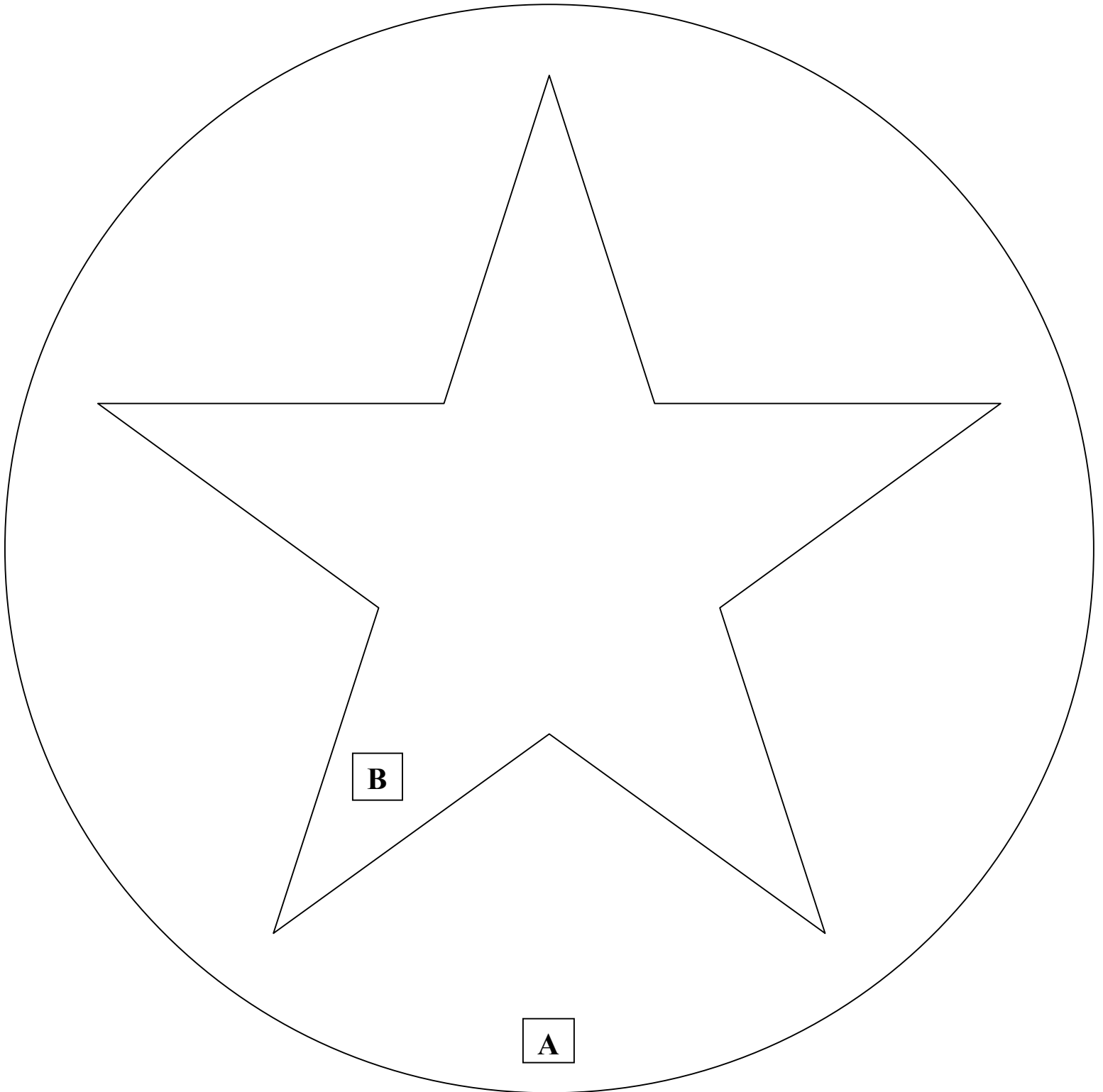
Star Blocks: The appliqué on these blocks is simple enough to use any method you prefer. Be sure to add seam allowance to the patterns if you choose hand appliqué. Fold a blue square and a white circle into quarters. Center the circle onto the square and stitch using your favorite appliqué method. Center a gold star on the white circle, it should 'float' in the middle. Align 2 of its 'arms' parallel with one side of the blue square and appliqué the star. Complete 8 five pointed star blocks. Piece blocks into 2 rows of 4 blocks each, aligning the tops of the stars. The rows should measure 10 ½" x 40 ½".

Stripes: Alternate the 13 red and white strips, with the larger, 4" red strips on the outside edges of the quilt center. Piece strips together, aligning one end of the strips. The actual length of this quilt can vary according to the width of your red and white fabrics. After all the strips are sewn together, trim the body of the quilt to the width of the shortest strip of fabric. This section should measure 40 ½" x your length.

Quilt Top: Piece the star block borders to the top and bottom of the striped section of the quilt, pointing the tops of the stars in opposite directions. The quilt top should now measure 40 ½"W x 60"L (approx. length). Layer the quilt top, batting and backing, pin or thread baste. Simple in-the-ditch quilting can be done along the stripes and around the stars and circles to finish this project. This can be by hand or machine.

This pattern was specifically designed to be made for injured soldiers returning from the conflict in Iraq. It is hoped that all quilts made using this pattern will be sent to the address below for distribution by the American Red Cross to Walter Reed Army hospital and Andrews AFB medical centers. Please send your finished quilt to:

*American Red Cross,
Attn: Thomas Whitrow
Walter Reed Army Medical Center
Heaton Pavilion
Third Floor
Room 3E05
Washington DC 20307*



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