

# Heart and Soul

Fabric by Terri Degenkolb of Whimsicals

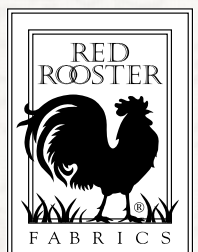
Quilt design and piecing by Cyndi Hershey

Machine quilting by Pat Burns



Finished Quilt Size: 66" x 66"

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## FABRIC REQUIREMENTS

A. Pattern #19890 – MUL1 .....	five rows (approximately $\frac{7}{8}$ yard)
B. Pattern #19891 – BE11 .....	$1\frac{3}{8}$ yards
C. Pattern #19892 – BE11 .....	$\frac{5}{8}$ yard
D. Pattern #19892 – BRO1 .....	$\frac{1}{2}$ yard
E. Pattern #19892 – DKBRO1 .....	$\frac{5}{8}$ yard
F. Pattern #19893 – LTBE11 .....	$\frac{5}{8}$ yard
G. Pattern #19893 – DKBRO1 .....	$\frac{5}{8}$ yard
H. Pattern #19894 – LTBE11 .....	$\frac{3}{8}$ yard
I. Pattern #19895 – LTBE11 .....	$\frac{2}{3}$ yard
J. Pattern #19895 – GRY1 .....	$\frac{2}{3}$ yard
K. Pattern #19895 – BRO1 .....	$\frac{2}{3}$ yard
L. Pattern #19898 – BE11 .....	$\frac{1}{2}$ yard
M. Pattern #19898 – GRY1 .....	$\frac{1}{2}$ yard
Backing of choice .....	4 yards
Batting .....	72" x 72"

## CUTTING INSTRUCTIONS

Please read all instructions carefully before beginning.  $\frac{1}{4}$ " seam allowance is included in measurements and all strips are cut across the width of the fabric unless noted otherwise. Cut fabrics in order given.

### A. Pattern #19890 – MUL1 (panel):

1. Cut thirteen 6" squares centering motifs within each one.

### B. Pattern #19891 – BE11 (stripe):

1. Cut four 6" x  $44\frac{1}{2}$ " strips along the length of the fabric. Center motif area within each one.

### C. Pattern #19892 – BE11 (butterflies):

1. Cut one 6" strip; subcut four 6" squares.
2. Cut two  $3\frac{1}{4}$ " strips; subcut (24)  $3\frac{1}{4}$ " squares.
3. Cut two  $1\frac{7}{8}$ " strips; subcut (32)  $1\frac{7}{8}$ " squares.

### D. Pattern #19892 – BRO1 (butterflies):

1. Cut three  $3\frac{1}{4}$ " strips.
2. Cut one  $2\frac{1}{4}$ " strip.

### E. Pattern #19892 – DKBRO1 (butterflies):

1. Cut six  $3\frac{1}{4}$ " strips; subcut (72)  $3\frac{1}{4}$ " squares.

### F. Pattern #19893 – LTBE11 (words):

1. Same as Fabric C.

### G. Pattern #19893 – DKBRO1 (words):

1. Cut five  $3\frac{1}{4}$ " strips.
2. Cut one  $2\frac{1}{4}$ " strip.

### H. Pattern #19894 – LTBE11 (geometric):

1. Cut five  $3\frac{1}{4}$ " strips.

### I. Pattern #19895 – LTBE11 (flower):

1. Cut three 6" strips; subcut (36)  $3\frac{1}{4}$ " x 6" rectangles.
2. Cut one  $2\frac{1}{4}$ " strip.

### J. Pattern #19895 – GRY1 (flower):

1. Cut one  $8\frac{3}{4}$ " strip; subcut two  $8\frac{3}{4}$ " x  $11\frac{1}{2}$ " rectangles and four  $3\frac{1}{4}$ " x 6" rectangles.

2. Cut two  $4\frac{3}{8}$ " strips; subcut eight  $4\frac{3}{8}$ " x 6" rectangles and sixteen  $1\frac{7}{8}$ " x  $3\frac{1}{4}$ " rectangles.

3. Cut one  $2\frac{1}{4}$ " strip.

### K. Pattern #19895 – BRO1 (flower):

1. Same as Fabric J.

### L. Pattern #19898 – BE11 (branches):

1. Cut two 6" strips; subcut eight 6" squares.
2. Cut one  $2\frac{1}{4}$ " strip.

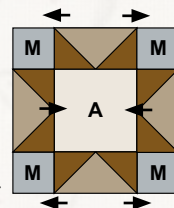
### M. Pattern #19898 – GRY1 (branches):

1. Cut three  $3\frac{1}{4}$ " strips; subcut (36)  $3\frac{1}{4}$ " squares.
2. Cut one  $2\frac{1}{4}$ " strip.

## PIECING INSTRUCTIONS

### Star Blocks:

1. Draw a diagonal line on the wrong side of each (E) square. With right sides together, place one marked square on one end of an (I) rectangle. Sew on the line and cut  $\frac{1}{4}$ " away from seam. Press toward the (E) triangle. Repeat for other end of rectangle to make one flying-geese unit. Repeat to make (36) units.



**Star Blocks**  
Finished size:  
11" square. Make 9.

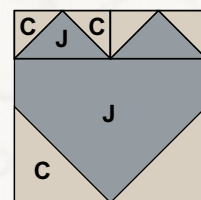


Figure 1  
**Flying geese units. Make 36.**

2. Refer to block diagram to combine four flying-geese units, four (M) squares and one (A) square. Sew into rows and press as shown. Join rows to complete one block. Press toward center row. Repeat to make nine star blocks.

### Large Heart Blocks:

1. Draw a diagonal line on the wrong side of eight (C)  $3\frac{1}{4}$ " squares. With right sides together, place one marked square on one end of a (J)  $3\frac{1}{4}$ " x 6" rectangle. Sew on the line and cut  $\frac{1}{4}$ " away from seam. Press toward the (C) triangle. Repeat for other end of rectangle to make one flying-geese unit. (Refer to Figure 1.) Repeat to make four units.



**Large Heart Blocks**  
Finished size:  
11" square. Make 2 of each fabric set.

2. Draw a diagonal line on the wrong side of four (C) 6" squares. With right sides together, place one marked square against one corner of a

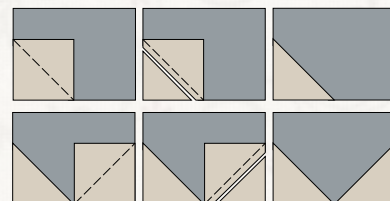


Figure 2  
**Heart bottom units. Make 2 of each fabric set.**



- (J)  $8\frac{3}{4}$ " x  $11\frac{1}{2}$ " rectangle. Sew on the line and cut  $\frac{1}{4}$ " away from seam. Press toward the (C) triangle. Repeat for adjacent corner of rectangle. Repeat to make two heart bottom units.
- Refer to Figure 3 and sew two flying-geese units together. Press seam open. Sew this to a heart bottom unit and press seam open. Repeat to make two heart blocks.
  - Repeat steps 1-3 using same size pieces of fabrics (F) and (K).

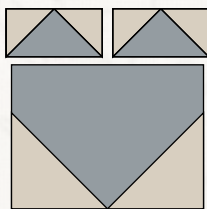
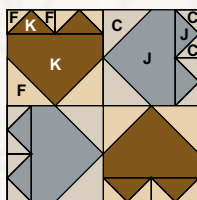


Figure 3

### Four-Heart Block:

- Draw a diagonal line on the wrong side of (32) (C)  $1\frac{7}{8}$ " squares. With right sides together, place one marked square on one end of a (J)  $1\frac{7}{8}$ " x  $3\frac{3}{4}$ " rectangle. Sew on the line and cut  $\frac{1}{4}$ " away from seam. Press toward the (C) triangle. Repeat for other end of rectangle to make one flying-geese unit. (Refer to Figure 1.) Repeat to make sixteen units.
- Draw a diagonal line on the wrong side of sixteen (C)  $3\frac{3}{4}$ " squares. With right sides together, place one marked square against one corner of a (J)  $4\frac{5}{8}$ " x 6" rectangle. Sew on the line and cut  $\frac{1}{4}$ " away from seam. Press toward the (C) triangle. Repeat for adjacent corner of rectangle. (Refer to Figure 2.) Repeat to make eight heart bottom units.
- Sew two flying-geese units together. Press seam open. Sew this to a heart bottom unit and press seam open. Repeat to make eight small heart blocks.
- Repeat steps 1 – 3 using same size pieces of fabrics (F) and (K).
- Refer to Figure 4 for proper placement to combine two C/J hearts with two F/K hearts. Sew into sets and press seams in opposite directions. Join sets together to complete block. Repeat to make four blocks.



**Four Heart Blocks**  
**Finished size:**  
**11" square. Make 4.**

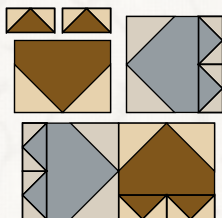
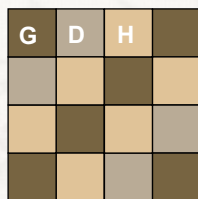


Figure 4

### Chain Blocks:

- Sew a (G)  $3\frac{1}{4}$ " strip to an (H)  $3\frac{1}{4}$ " strip. Press seam toward the (G) strip. Repeat to make three strip sets. Cut sets into (32)  $3\frac{1}{4}$ " segments. Join two segments together to make a four-patch unit. Repeat to make sixteen units.
- Cut one each of (D), (G) and (H)  $3\frac{1}{4}$ " strips in half.



**Chain Blocks**  
**Finished size:**  
**11" square. Make 8.**

- Sew a (D)  $3\frac{1}{4}$ " strip to an (H)  $3\frac{1}{4}$ " strip. Press seam toward the (D) strip. Repeat using a half-strip of each fabric. Cut sets into sixteen  $3\frac{1}{4}$ " segments.
- Sew a (G)  $3\frac{1}{4}$ " strip to a (D)  $3\frac{1}{4}$ " strip. Press seam toward the (G) strip. Repeat using a half-strip of each fabric. Cut sets into sixteen  $3\frac{1}{4}$ " segments.
- Sew one segment from both steps 3 and 4 to make a four-patch unit. Repeat to make sixteen units.
- Refer to Figure 5 for proper placement to combine two of each four-patch unit. Sew into sets and press seams in opposite directions. Join sets together to complete block. Repeat to make eight blocks.

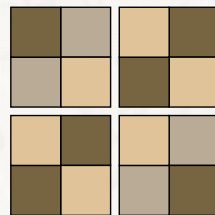


Figure 5

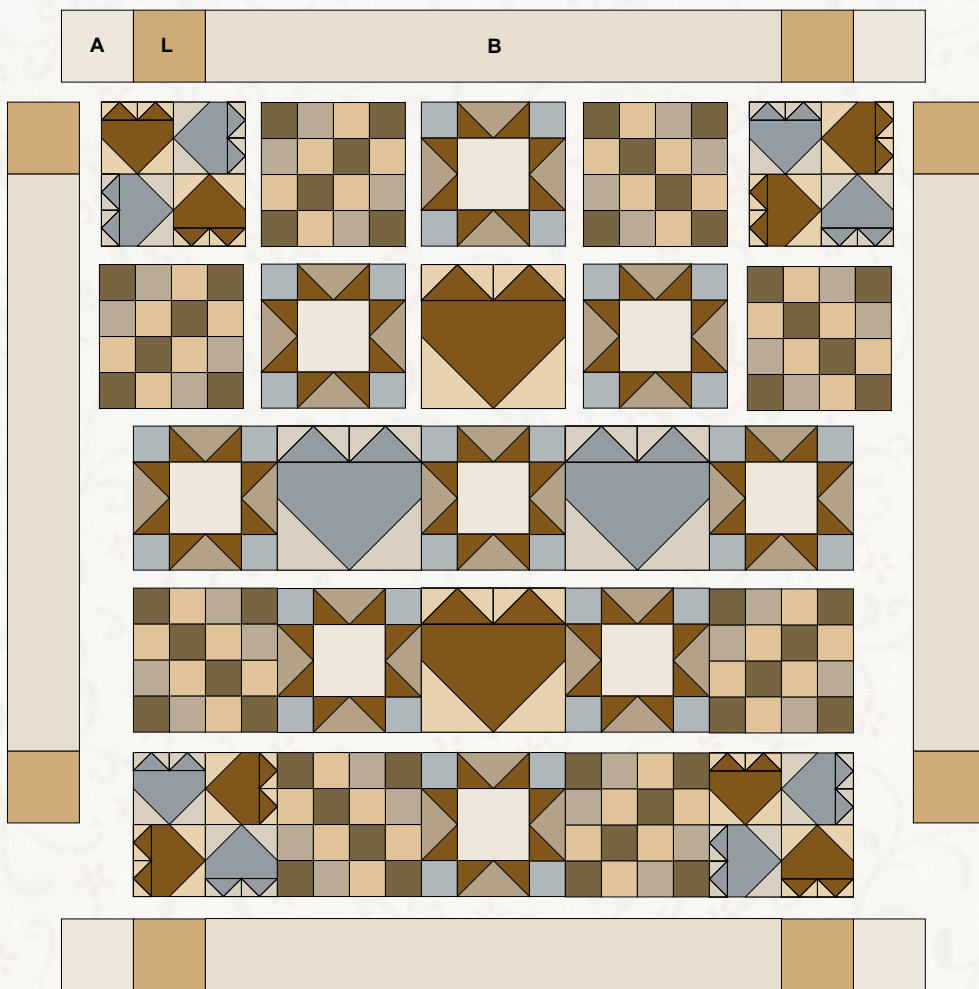
## QUILT ASSEMBLY

- Refer to quilt diagram on the following page to sew all blocks into rows. Press seams toward the chain and large heart blocks. Sew rows together. Pressing row seams open will help quilt to lay flat and clear all points.
- Sew an (L) square to both ends of each (B) border strip. Press toward borders. Sew an (A) square to both ends of two border strips for top and bottom borders. Press toward borders. Sew side borders to quilt and press toward borders. Repeat with top and bottom borders.

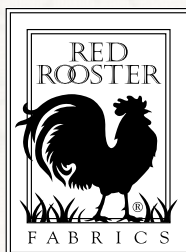
## FINISHING

- Prepare backing and press seams open.
- Layer quilt top, batting and backing. Quilt as desired.
- Trim layers even with quilt top.
- Binding: Arranging as you choose, sew the seven  $2\frac{1}{4}$ " strips together end to end at an angle; press. Fold in half with wrong sides together and press. Sew binding to the quilt using your favorite method.
- Make a hanging sleeve and label if desired.





Quilt Diagram



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