



Exclusively
Quilters

Little Maiden

44" x 56" Quilt



"Pow Wow"
Exclusively Quilters
Style No. 4120



Designed for Exclusively Quilters
By Terry Albers
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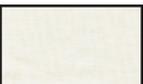
Please read all the instructions thoroughly before you begin.

If you are unsure of any of the methods or techniques described in this pattern, please contact your local quilt shop or visit www.quilting.about.com for help.

All seams are 1/4" unless otherwise noted and seam allowances are included in the cut sizes.

Fabric Requirements

Little Maiden Quilt "Pow Wow" Style No. 4120

A		61459-100 Panel	1	Sunbear Block & Teepee
B		61458-99 Tan Bandana Print	3/4 yard	Blocks, Frame & Binding
C		61458-1 Red Bandana Print	1/2 yard	Blocks & Frame
D		61457-99 Arrows	1-1/4 yards	Blocks & Borders
E		61456-7 Pink Chevron	3/8	Blocks & Frame
F		61455-7 Pink Teepees	1/2 yard	Third Border
G		61454-90 Scattered	5/8 yard	Blocks
H		400-608 Seafoam	1/4	Frames
I		400-902 Parchment	1-1/2 yards	Blocks & First Border
J		400-410 Soft Yellow	1/4 yard	Blocks
		Batting - 50" x62"	Backing - 3 yards	

Suggested Tools/Notions:

For machine applique - 1-1/4 yard Fusible Web

• An open-toe applique foot will be a big help to see where you are going.

For hand applique - Freezer Paper (Available in most grocery stores)

Threads for applique - invisible thread, black thread or matching threads

A note from Exclusively Quilters:

An extra 1/8 to 1/2 yard is added to all yardages to account for shrinkage, straightening, cutting errors and prints that may require special cutting to get the best results.

You should protect your investment in time and fabric by making sample blocks before cutting into your fabric because Exclusively Quilters will take no responsibility for replacing fabrics.

Shops who wish to kit this design are responsible for figuring yardage for their kits if they wish to reduce yardages.

Cutting instructions: WoF = Width of Fabric LoF = Length of Fabric

- Remove all selvages before cutting.
- LABEL AS YOU GO - Take a few moments to label your pieces as you cut them. It will save time when you begin to sew. I suggest using a scrap of paper and a straight pin. Avoid stickers...they tend to fall off or stick to the wrong pieces.

Cutting Instructions:

A. Panel

For Hand Applique: Cut out Sun Bear front and Pink front Teepee, leaving a 1/4" margin around the shapes

For Machine Applique using fusible web: You will cut these out later.

B. Tan Bandana print

Cut 1 strip - $3\frac{1}{2}$ " x WoF; from this, cut 5 - $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles for flying geese

Cut 2 strips - $1\frac{1}{4}$ " x WoF for block frame

Cut 6 strips - $2\frac{1}{4}$ " x WoF for binding

C. Red Bandana print

Cut 1 strip - $6\frac{1}{2}$ " x WoF; from this, cut 6 - $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles for flying geese

Cut 2 strips - $1\frac{1}{4}$ " x WoF for block frames

D. Arrow print

Cut 1 strip - 5" x WoF; from this, cut 1 - 5" x 11" rectangle and 2 - 5" squares

Cut 11 strips - $2\frac{1}{2}$ " x WoF for second and fourth borders

E. Pink Chevron print

Cut 1 strip - $6\frac{1}{2}$ " x WoF; from this, cut 7 - $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles for flying geese

Cut 1 strip - $1\frac{1}{4}$ " x WoF for block frame

F. Pink Teepees

Cut 5 strips - $2\frac{1}{2}$ " x WoF for third border

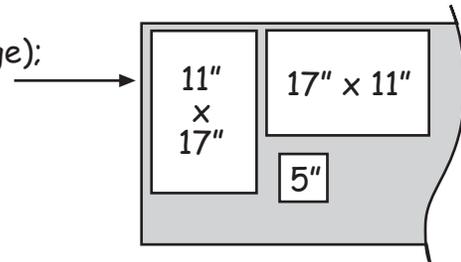
G. Scattered Teepee print (directional)

Cut 1 strip - 11" x LoF (parallel to the selvage edge);

from this cut 1 rectangle - 11" wide x 17" high

Cut 1 rectangle - 17" wide x 11" high

Cut 1 square - 5" x 5"



H. Seafoam solid

Cut 4 strips - $1\frac{1}{2}$ " x WoF for blocks frames

I. Parchment solid

Cut 1 strip - 11" x WoF; from this, cut 1 - 11" x 17" rectangle

Cut 5 strips - $3\frac{1}{2}$ " x WoF; from this, cut 48 - $3\frac{1}{2}$ " squares for flying geese corners

Cut 5 strips - $1\frac{1}{2}$ " x WoF for first border

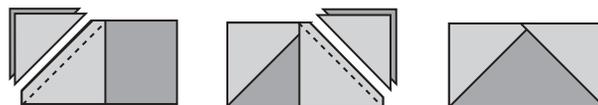
J. Yellow solid

Cut 1 strip - $6\frac{1}{2}$ " x WoF; from this cut 6 - $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles for flying geese

Make Flying Geese Units:

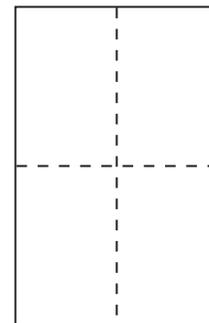
Draw a diagonal line on the wrong side of $3\frac{1}{2}$ " Parchment squares. Using $3\frac{1}{2}$ " x $6\frac{1}{2}$ " color rectangles. pin and sew flying geese blocks together into units as shown.

Units should measure $3\frac{1}{2}$ " x $6\frac{1}{2}$ ".



Sun Bear Block:

Using a water-soluble marker, lightly mark the centerlines of the Parchment rectangle as shown.



Hand-Applique Sun Bear:

Stitch on the line on all the inside curves to stabilize the shape.

Clip seam allowance up to stitching on all inside curves.

Clip remaining seam allowance to within 2 or 3 threads of the outside lines.

Press seam allowance to back of bear, working carefully to keep rounded edges smooth.

If desired, use a fabric glue stick to baste seam allowance in place.

Fold bear applique in half, lengthwise, and center bear on block, matching center lines. Pin or hand baste around the edges of the bear to keep it lined up. Hand stitch bear to background using very small stitches. Put extra stitches at inside points and deep curves to reinforce.

For more detailed instruction on hand applique techniques, I suggest you ask at your local quilt shop or go to one of the many videos on Youtube.com.

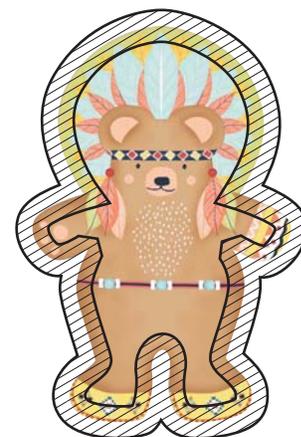
Machine Applique Sun Bear:

With fabric panel underneath, trace the bear shape onto paper side of fusible web. Cut away the fusible web from inside and outside bear shape, leaving a 1/4" - 1/2" margin of fusible web on both sides of the line. This will reduce bulk and stiffness.

Following the manufacturer's directions, fuse product to wrong side of fabric, covering the bear shape and allowing at least 1/4" around the edges. When fusible has cooled, cut out bear on the lines.

Remove paper backing.

Fold bear applique in half, lengthwise, and center bear on block, matching center lines. Fuse bear applique in place.



Make a practice piece to choose stitch and thread color:

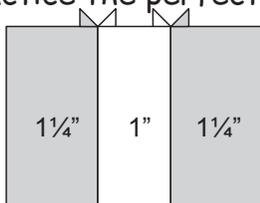
(This is a very important step; I do it for every project, every time.)

Fuse several shapes (circle, square, etc.) to an extra piece of your background fabric. Load your bobbin with thread that matches your background fabric. Load your choice of thread into your machine. Using a narrow zig-zag or blind hem setting, stitch the practice shapes, adjusting your machine as you go until you have the look you want. Make a note of your machine settings right on your pattern.

Stitch Sun Bear edges to background.

Practice the perfect 1/4" seam allowance

Consistent seam allowances are very important to keep your finished quilt straight and square. This exercise will improve your results.



Start with three strips of fabric exactly 1 1/2" wide. Sew together as shown and press seams open. Finished "block" should measure exactly 3 1/2" with individual strips measuring 1 1/4", 1" and 1 1/4". Adjust your technique until you can get consistent results.

Frame Blocks:

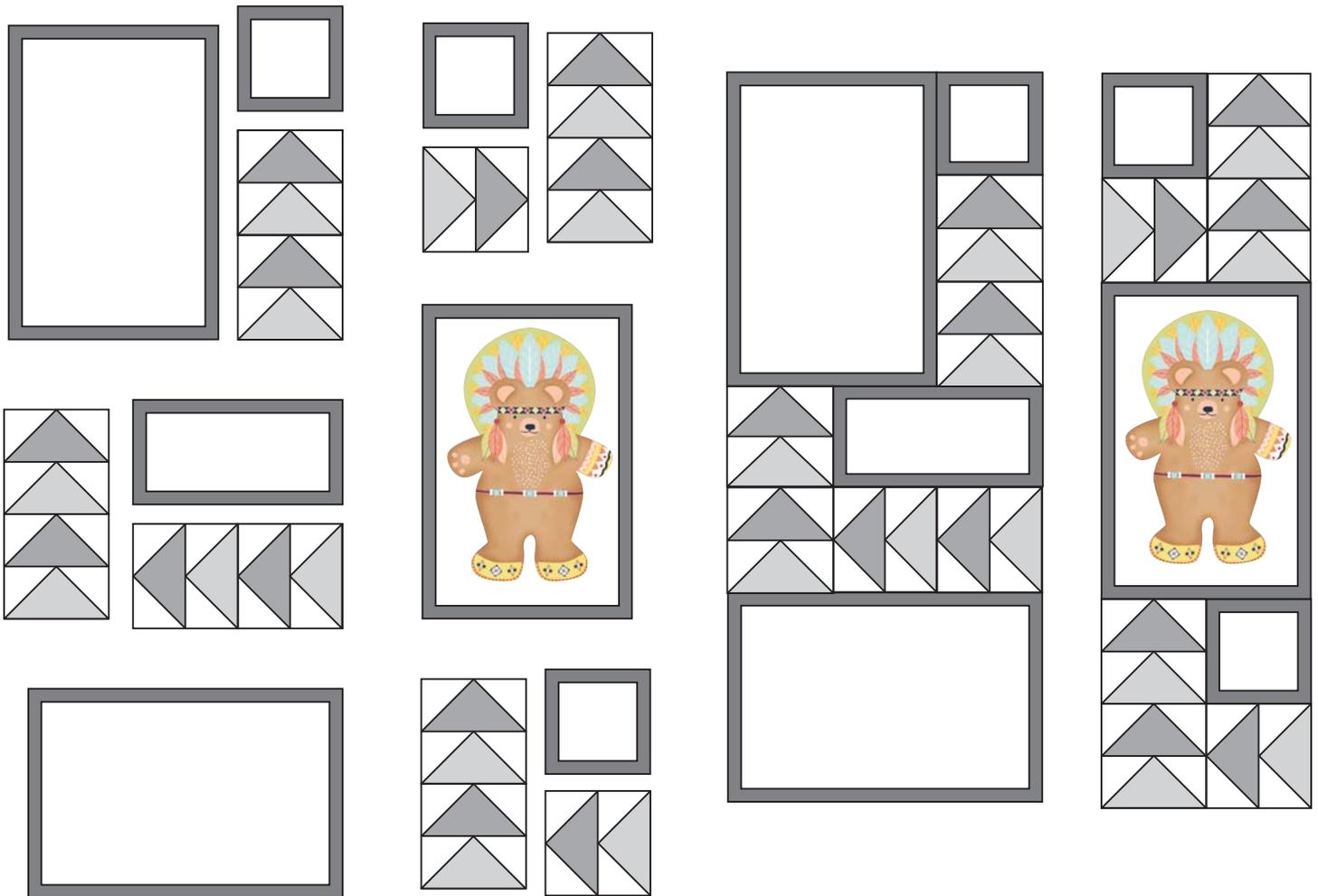
Referring to quilt picture, pin and stitch the appropriate color frame strips to sides of blocks. Press seams away from center. Pin and stitch frame strips to remaining edges of blocks and press.

Assemble Center:

Referring to layout below, assemble into six sections. Pin and stitch the three left side sections together, pressing carefully. Pin and stitch the three right side sections together.

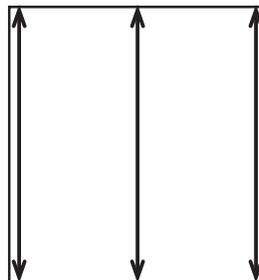
Being careful to match seams, pin and stitch the two halves together and press.

Quilt should measure $30\frac{1}{2}$ " x $42\frac{1}{2}$ ".



Well-behaved Borders . . .

A word about borders: It is very important that you measure properly, trim the borders to size and pin in place before stitching. This will keep the quilt square and flat as you go and avoid stretching, distorting or rippling in the border. When you sew the first border to the quilt, sew with quilt on top and border strip against the bed of the machine so that you can see and control the block seams.



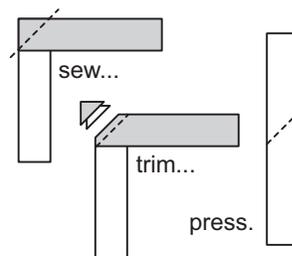
Get the Borders right!

Measure from top to bottom through center of the quilt and both outside edges. Add these measurements together and divide by 3 to figure the average length for the side borders. In the same manner, measure from side to side through the center, top and bottom to find the average width.

First Border: Parchment solid (I)

Stitch 5 - 1½" strips together, end to end on the diagonal, as shown. Trim seam allowances and press seams open. Measuring as described on page 4, trim side borders to size. Pin, stitch and press toward border. Measure and trim top and bottom borders to size. Pin, stitch and press toward border.

Quilt should measure 32½" x 44½".



Second Border: Arrow Print (D)

Stitch 5 - 2½" strips together, end to end on the diagonal. Trim seam allowances and press seams open. Measure length of quilt and trim side borders to size. Pin, stitch and press toward first border. Measure width of quilt and trim top and bottom borders to size. Pin, stitch and press toward first border.

Quilt should measure 36½" x 48½".

Third Border: Pink Teepees (F)

Stitch 5 - 2½" strips together, end to end on the diagonal. Measure length of quilt and trim side borders to size. Pin, stitch and press toward new border. Measure width of quilt and trim top and bottom borders to size. Pin, stitch and press toward new border.

Quilt should measure 40½" x 52½".

Fourth Border: Arrow Print (D)

Stitch 5 - 2½" strips together, end to end on the diagonal. Trim seam allowances and press seams open. Measure length of quilt and trim side borders to size. Pin, stitch and press toward third border. Measure width of quilt and trim top and bottom borders to size. Pin, stitch and press toward third border.

Quilt should measure 44½" x 56½".

Adding the Teepee to the Quilt Top:

Prepare the Teepee for applique using the same techniques you used on the Sun Bear. Referring to photo, pin the Teepee into place and stitch. I used black thread and a short blanket stitch to provide definition to the teepee shape.

Assembling the Binding: Tan Bandana Print (B)

Sew binding strips together end to end on the diagonal. Trim seam allowances to ¼" and press seams open to reduce bulk. Fold and press entire length of binding in half, wrong sides together.

Assembling the Backing:

Remove selvages and cut backing pieces into 2 - 52" lengths. Pin and sew together along one long edge, using a 1/2" seam allowance. Press seam open to reduce bulk. Trim edges evenly so that the backing measures 52" x 64".

Finishing:

Layer, baste and quilt as desired. Bind quilt, using your favorite method.

