

*Free Pattern by Shirley Sandoz of Mystery Bay Quilt Design*  
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<b>Squared Hearts</b>	Quilt: 42 x 50 inches	32 blocks, 6 inch finished
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This pattern idea came from a fellow guild member, Carol Crump. Thanks to Carol for a very pretty pattern that has resulted in many guild charity quilts!

Fabric Requirements: Two fabrics (one light, one medium/dark). Scraps can also be substituted for the blocks if desired.



<b>Fabric Number and color</b> used in sample picture	<b>Yardage</b>	<b>Cutting Instructions.</b> All strips are assumed to be the full width of the fabric. All seam allowances ¼ inch.
1 - Light	<b>1 1/4 yd</b>	Blocks: Twelve 6 ½ in blocks; Four 10 in squares cut in quarters on the diagonal; Two 5 ¼ in squares cut once along the diagonal; Two 3 ½ in strips for strip sets
2 – Medium/Dark	<b>1 2/3 yd</b>	Outer border: Five strips 4 1/2 in wide. Binding: Six strips 2 ¼ in wide Blocks: Cut four 3 ½ in strips, then cut each strip into 6 ½ in wide strips for a total of 20 rectangles. Cut two 3 ½ in strips for strip sets

### BLOCKS.

Make two strip sets using one light strip and one dark strip for each set. Check strip sets to ensure total width is 6 ½ in. Cut strip sets into 3 ½ in wide rectangles. Join each of these rectangles with a dark rectangle to form a squared heart shape as shown on the picture. Repeat for 20 heart blocks. Square up all blocks to a true 6 ½ inch size.

### PIECED TOP.

Lay out the blocks and fill in triangles, alternating the solid light blocks with the heart blocks as shown in the picture. Join the blocks and triangles together in diagonal rows. Join the rows together to complete the pieced top. The light triangles, as cut, are slightly larger than needed. Position these triangles carefully as you complete the diagonal rows, centering the smaller triangles on the corners and lining up the long edge on the larger triangles. Trim off the excess after the top is pieced and before you put on the borders.

Add the border following the General Instructions below.

# General Quilt Assembly Instructions

Cut fabric as directed in this pattern. Cut off the selvedge edge (at least ¼ inch) on all strips. Please do not use the selvedge edge in any block pieces of the quilt.

Prepare blocks as directed. Sew all seams with fabrics right sides together unless otherwise specified. Be sure to sew with a scant ¼ inch seam. Check the block size after stitching to make sure it is large enough. Rip out the seams and restitch with a smaller seam allowance if necessary. Check that each block is square (use a square ruler if you have one, or your cutting mat grid) and trim to size.

Quilt top assembly: unless directed otherwise, lay out the blocks for the quilt top in the final arrangement and sew together in rows. Sew the rows to each other. Be sure to press each seam before stitching over it.

Another assembly method is to sew adjoining blocks together into pairs, then join two pairs to form a square. Repeat until all the quilt blocks are joined into groups of four blocks (there may be some leftover groups of two blocks). Join the four block groups together into larger squares or rectangles until all blocks are joined.

Borders. The following directions and the cutting instructions in the pattern are for borders without mitered corners or corner blocks. Use other border designs if you wish.

Including the seam allowances at the edges, measure the width of the pieced top across the middle. If this measurement is less than the width of your fabric, cut two strips of your first border fabric to the width of the quilt as measured. If the width of the quilt top is more than the width of your fabric, join fabric strips together until you have two pieces the width of the quilt as measured. Pin the strips to the top and bottom of the pieced top, easing in any excess. Sew the strips in place and press with the seam allowance to the outside.

Now measure the height of the pieced top including the two borders. Join strips together, as needed, to make two strips as long as this measurement. Sew them in place on each side of the quilt top, easing in any fullness. Repeat the process for additional borders.

“No Binding” Quilts. If you plan to tie the quilt, you may avoid binding by putting the quilt together “envelope” style. Layer the quilt top (right side down) on top of the backing (right side up) and the batting. Pin the edges together and sew all the way around using a ¼ inch seam, leaving an opening of about 10 inches in one side. Turn the quilt right side out by reaching into the opening between the quilt top and the backing. Grab one of the far corners, pulling the entire quilt through the 10” opening. Press the edges and corners neatly and top stitch all the way around the quilt. Make sure to close the opening you left for turning. Lay the quilt out flat and tie with yarn or heavy thread every 4 to 6 inches in both directions throughout the quilt.

Binding. All the cutting instructions in the patterns assume you will use a double fold binding. Each binding strip is cut to 2 ¼ inches. You may use a wider or narrower binding strip if you prefer.

Traditional “flip and fold” binding can be done either all by machine or by first attaching one edge of binding by machine and the second edge by hand. If you are not familiar with this method, you may wish

to consult books that cover general quilt making, where you will find drawings and photographs that show this technique in detail. For very detailed instructions and many other binding options, consult “Fast Fabulous Quilt Bindings” by Shirley Sandoz – available for sale through Amazon.

For machine finishing, attach the binding on the back of the quilt and fold it over to the front for finishing. The machine finishing can be done with a straight stitch or a decorative stitch. Otherwise, the method is the same as described below for hand finishing.

For hand finishing, attach the binding to the front of the quilt. Join enough binding strips to go all the way around the quilt plus about 18 inches. Use diagonal seams when joining binding to minimize bulk. Press the entire strip lengthwise so you have a double fold strip.

On the quilt front, attach the binding starting in the middle of one edge and leaving a 9 inch “tail”. Sew the raw edges of the binding strip to the raw edge of the quilt through all five layers (two of the binding, the quilt top, the batting, and the backing) with a ¼ inch seam. Use a walking foot to avoid puckering on the back, or pin carefully. Stop a generous ¼ inch before you reach the first corner and backstitch or stitch off the edge of the fabric to the side. Flip the fabric up so the raw edge lines up with the raw edge on the next edge of the quilt (the one you haven’t sewn yet). Align the 45 degree fold in the fabric, exactly with the corner of the quilt top. Pin that fold in place, keeping the pin away from the stitching line. Fold the loose end of the binding down along the raw quilt top edge, lining the fold up exactly with the raw edge of the previously sewn edge of the quilt top.

Stitch the next edge down. When you get to the end, stop ¼ inch before the corner and repeat the same flip and fold process. When you have completed all four corners, stop stitching about 8 inches from where you started stitching.

To join the ends, lay one end of the binding on top of the other and mark or pin the center fold of both strips where they overlap. Open up the fold of the two ends and pin the centers right sides together, rotating one by 90 degrees. Pin along the diagonal seam where you expect to sew, pinning directly on the seam line and not across the fold. Fold the binding in the middle and test the fit to the quilt top. When it looks good, unfold it and sew the diagonal seam. Then cut the seam allowance to a generous ¼ inch, and sew the last 10 inches of the binding in place.

Fold the loose edge of the binding to the back of the quilt, pin in place and hand sew the folded edge in place, covering the seam. The corners will miter naturally on the front, and you will have to use a pin or needle to create a miter on the back as you stitch the edge down.