

# Folk quilt *Fox and Chickens*

Even beginners can sew this great half-square triangle quilt! *By Catherine Waterfield*

## ABOUT THIS Pattern...

**DIFFICULTY LEVEL:**  
BEGINNER



### MATERIALS

0.5m/1/2yd Monaluna Anika 'Blossoms' fabric  
0.5m/1/2yd Monaluna Anika 'Polka' fabric  
0.5m/1/2yd Monaluna Anika 'Foxes' fabric  
0.5m/1/2yd Monaluna Anika 'Swedish Forest' fabric  
5m/5 1/2yd Monaluna Anika 'Geo Dot' fabric  
1.5m/1 1/2yd Monaluna Anika 'Hens' fabric  
4.75m/5 1/4yds plain white quilting cotton  
2.28x2.28m/90x90in batting



### NOTIONS

Sewing machine, or quilting hoop if hand-sewing  
White cotton thread  
Tailor's pencil  
Pins  
Basting safetypins  
Rotary cutter or scissors  
Quilter's rule or ruler  
1/4in sewing machine foot  
freemotion embroidery foot  
1/2in bias tape maker



**T**his impressive bed quilt was entirely sewn and quilted on a normal home sewing machine with minimal specialist equipment, making it a great project for budding quilters despite its size!

### STEP 1 • PRE-WASH FABRIC

Wash all the fabric the same way you intend to wash the finished quilt – this lessens the likelihood that you'll be left with a nasty surprise after your quilt's first wash, whether that be colour bleeding or unexpected shrinkage! Put all the fabric in your washing machine at 30 degrees and wash using your regular detergent and a colour catcher sheet if you like, then tumble dry on a low heat.

## Quilt Top

### STEP 2 • MARK SQUARES

Cut all your fabric according to the cutting list. Arrange your patterned fabric squares so they are facing wrong-side up. Using your tailor's pencil, draw a diagonal line stretching from the bottom left to the bottom right of the fabric.

### STEP 3 • SEW SQUARES

Pair each patterned square with a white square and place them right-sides together. Line the edge of your 1/4in sewing machine foot up with the diagonal line and sew down one side. Lift the needle on your sewing machine, but don't cut the thread – simply swivel the patch around, align your foot with your pencil-line



### CUTTING LIST

2 3x83in strips white fabric  
 2 8x68in strips white fabric  
 2 8x83in strips white fabric  
 81 23x23cm/9x9in squares from white fabric  
 13 23x23cm/9x9in squares from 'Blossoms' fabric  
 13 23x23cm/9x9in squares from 'Polka' fabric  
 13 23x23cm/9x9in squares from 'Foxes' fabric  
 14 23x23cm/9x9in squares from 'Swedish Forest' fabric  
 Cut .5m/1/2yd from your length of 'Geo Dot' fabric, and cut 14 23x23cm/9x9in squares from it - set the remainder aside.  
 Cut .5m/1/2yd from your 'hens' fabric, and cut 14 23x23cm/9x9in squares from it - set the remainder aside.  
 23 4x8in assorted rectangles cut from patterned leftovers

### FINISHED SIZE

99x99in/250x250cm

### PATTERN NOTES

All seams are 1/4in unless otherwise stated. All fabric allowances assume 115cm/45in wide.

### DESIGNER

When she's not editing Handmade Living, Catherine blogs at [www.canny-cat.com](http://www.canny-cat.com)!

again, and sew back down the other side. (Fig 1)

### STEP 4 • CUT INTO TRIANGLES

Cut along the diagonal pencil line and open the triangles up to reveal two half-triangle square patches! Repeat this step for all your squares, and press the seams open.

### STEP 5 • TRIM SQUARES

With the help of a quilter's rule if you have one, or a normal ruler if not, carefully trim down all your squares to 8x8in/20x20cm. Take your time with this step – the more precise you can be, the more easily you'll be able to piece the blocks and the more professional your beautiful, finished quilt will look!

### STEP 6 • ASSEMBLE BLOCKS

Using the flatshot as a guide, begin sewing your blocks together into strips. Work in rows from top to bottom, until you have 9 rows. Press all the seams open.

### STEP 7 • ASSEMBLE ROWS

Pin row 1 and row 2 right side together, lining up the seams, and sew. Continue in this manner until you've sewn all 9 rows together. Press the seams open.

### STEP 8 • ADD EDGING

Sew a 8x68in strip of white fabric to the top and bottom of the quilt and press your seams open. Sew an 8x83in strip of white fabric to each side. Press the seams open and set the finished quilt top aside.

### Quilt Back

#### STEP 9 • SEW DECORATIVE STRIPE

Sew your 10x20cm/4x8in pieces into one long strip. Add a 3x83in strip of white fabric along both long edges.

#### STEP 10 • CUT BACKING FABRIC

Cut your 4.5m/5yd length 'Geo Dot' fabric in half, making 2 220x114cm/90x45in pieces, and trim off the selvages. Cut one

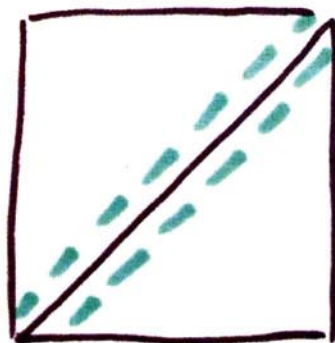


Fig 1

of the pieces down further, to 220cmx89cm/90inx35in.

#### STEP 11 • SEW TOGETHER BACKING

Sew your two large pieces of 'Geo Dot' to either side of the decorative stripe. Press all seams open and set aside. Once it is finished, your backing will be slightly larger than the quilt top.

### Basting

You'll need a large floor-space or table for the next couple of steps. Make sure it's clean!

I basted this quilt in two steps, which is much easier on large quilts or for beginners. Once you're more accomplished, or if it's a smaller quilt, you can simply pin through all the layers in one step.

#### STEP 12 • SANDWICH BACK

Lie your batting on the floor and place the quilt back on top of the batting right-side up. Starting in the centre of the quilt and working outwards, smooth the quilt back with your hands and pin it to the batting as you go. Work first to the top and bottom, then to left and right, and then work diagonally outwards. The more crease-free you can get the backing, the better your finished quilt will look. (Fig 2)

#### STEP 13 • SANDWICH FRONT

Turn the sandwich over so the batting is on top. Place your quilt top on top of the batting and smooth it out as before. This time, pin in place as you go, using basting safety pins

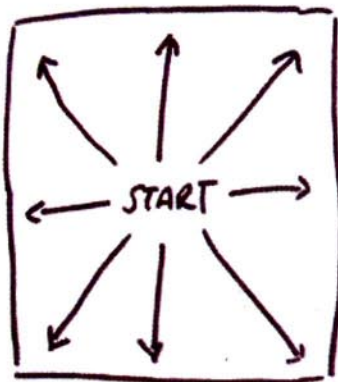


Fig 2



– 1 per square should do – ensuring the pins go all the way through the batting and backing. Once this has been done, you can remove the pins you put in place in step 12.

## Quilting

Freemotion quilting is easier than it sounds and the meandering, non-linear design hides a multitude of sins – including less than perfect basting! If you've never tried it before, practise by drawing your pattern on paper first, and then test it out on some pieces of scrap fabric sandwiched with some leftover batting before tackling your quilt.

If you find the prospect of freemotion quilting daunting, you could quilt in straight lines using a special 'walking foot' instead.

## STEP 14 • SET UP YOUR WORKPLACE

Make sure you use a fresh needle, preferably a special quilting needle. You will quilt from the centre out, in the same manner as you basted. Scrunch half of your quilt into the opening in your sewing machine, or fold it into a concertina-like arrangement – this way, you can move the quilt about easily as you sew. The remainder of the quilt can be left to lie on the sewing machine table and in your lap.

## STEP 15 • QUILTING

Work from the centre of the quilt outwards towards the right, as this reduces the bulk of the quilt scrunched into your machine and makes it easier to handle and move it. Make a point of criss-crossing the seams as you meander, to create a sense of flow and unity. Be sure to

quilt right to the edge of the quilt top. (Fig 3)

## Finishing

### STEP 16 • FINISHING

Once quilted, trim the backing and batting to the same size of the quilt top. Sew in any thread ends.

### STEP 17 • CREATE BINDING

Cut your remaining 'hens' fabric into 5cm/2in wide strips – either diagonally (on the bias) or straight – and sew them into one long strip using mitred edges. To do this, place the strips at right angles to one another, right-sides together, and sew across at a 45 degree angle as shown. Trim the seams down to 1/4in and use your bias binding maker to iron a 1/2in edge down each long side. (Fig 4)

### STEP 18 • BIND YOUR QUILT

Open up the binding tape. Starting in the middle of one edge of your quilt, position the tape down the edge of your quilt, right-sides together. Leaving the first 15cm/6in unsewn, sew the binding in place using a scant 1/2in seam allowance. Stop sewing when you're 1/2in from the edge of the quilt.

### STEP 19 • MITRED CORNERS

To make mitred corners, fold the binding upwards so it folds at a 45-degree angle. Keeping this fold in place, fold it again so that the raw

edge lines up with the next edge of the quilt. Begin sewing 1/2in from the top edge. Continue in this manner around the quilt. (Fig 5 & 6)

### STEP 20 • FINISH BINDING

Stop sewing the binding about 30cm/12in shy of the starting point. Lie the end of the binding under the beginning piece on a flat surface, and trace the 45 degree angle on to the binding. Add 1/2in and trim. Place the binding edges right side together, and sew with a 1/4in seam allowance.

### STEP 21 • TACK BINDING IN PLACE

Turn your quilt over. Fold the binding over and, using a hand sewing needle and thread, tack in place all the way around the quilt, this time using a scant 1/2in seam.

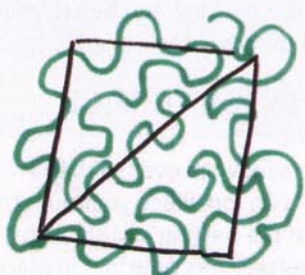


Fig 3

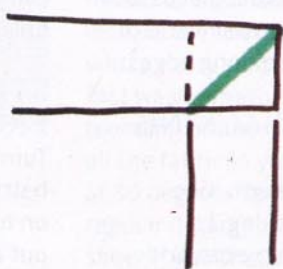


Fig 4

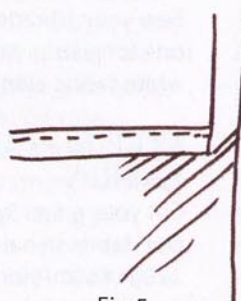


Fig 5



Fig 6