



Peace & Love Quilt

(Caramel/blue colourway)

Peace and love are always pleasing sentiments and the words have been used in this quilt to create an attractive retro look. The quilt uses fabrics from the Wallflower collection, a range of fabrics loosely inspired by decorative design styles of the 1960s and 70s. This quilt uses predominantly caramels and blues on a sand-coloured Chambray background and there is another quilt in this design, with pretty green and pink fabrics on a restful sage-coloured background. There are also four Love pillows in different colourways – see tildasworld.com for the instructions.

Difficulty rating ***

Materials

- Fabric 1: 5yds (4.6m) – Chambray sand (160003) (background)
- Fabric 2: a fat eighth * – Lauren blue (100603)
- Fabric 3: ¼yd (25cm) – Lauren caramel (100604)
- Fabric 4: ¼yd (25cm) – Wallflower blue (100607)
- Fabric 5: ½yd (50cm) – Wallflower thistle (100608)
- Fabric 6: ½yd (50cm) – Beverly blue (100611)
- Fabric 7: ½yd (50cm) – Beverly caramel (100612)
- Fabric 8: ½yd (50cm) – Janice blue (100615)
- Fabric 9: ½yd (50cm) – Janice caramel (100616)
- Fabric 10: ½yd (50cm) – Bianca blue (100619)
- Fabric 11: ½yd (50cm) – Bianca thistle (100620)
- Fabric 12: a fat eighth * – Bellflower blue (110132)
- Fabric 13: a fat eighth * – Bellflower prussian (110133)
- Fabric 14: a fat eighth * – Bellflower sand (110134)
- Fabric 15: a fat eighth * – Bellflower mulberry (110135)
- Fabric 16: a fat eighth * – Bellflower mustard (110136)
- Fabric 17: a fat eighth * – Bellflower thistle (110137)
- Wadding (batting): 71in x 90in (180.5cm x 229cm)
- Backing fabric: 5yds (4.6m) – Bellflower mulberry (110135)
- Binding fabric: ⅝yd (60cm) – Chambray sand (160003)
- Piecing and quilting threads
- Quilter's ruler, rotary cutter and mat

Fabric Notes

Where a long quarter of a yard is given in the Materials list you could use a fat quarter instead, which is assumed to be a cut of approximately 21in x 18in (53.3cm x 45.7cm).

* Where a fat eighth is given in the Materials list, a long ⅛yd can't be used as the cut isn't deep enough. A fat eighth is assumed to be approximately 10½in x 18in (26.7cm x 45.7cm).

Finished Size

63in x 82½in (160cm x 209.5cm)

General Notes

- Fabric quantities are based on a usable width of 42in (107cm), unless otherwise stated.

- Measurements are in imperial inches with metric conversions in brackets – use only *one* system throughout (preferably inches). Width measurements are generally given first.
- Press fabric before cutting and trim as needed to square up the fabric pattern/weave, using a quilting ruler to cut the top raw edge at 90 degrees to the selvages.
- Use ¼in (6mm) seams unless otherwise instructed.
- Read all the instructions through before you start.
- Always make one complete block as a test before going on to make the remaining blocks.
- Abbreviations: RS = right side; WS = wrong side.
- Check that all patterns being used are printed at full size (100%).

Quilt Layout

1 The quilt layout shows the words ‘peace’ and ‘love’ and is made up of blocks of the eight letters needed – P, E, A, C, E, L, O and V, plus a heart block to separate the words. The blocks are made in different colourways. Vertical sashing pieces (S1 and S2) are used so each row of the quilt is the same width. Some additional sashing pieces (S3) are used between some of the letters to create a pleasing spacing between letters. Horizontal sashing (S4) is used between the quilt rows and at the top and bottom of the quilt. See **Fig A** for the fabrics used, **Fig B** for the quilt layout and **Fig C** for the positions of the various sashing pieces. Full-size patterns are supplied to create the curved seams in Letters P, C and O.

Fig A Fabric swatches (Peace & Love Quilt – caramel/blue)

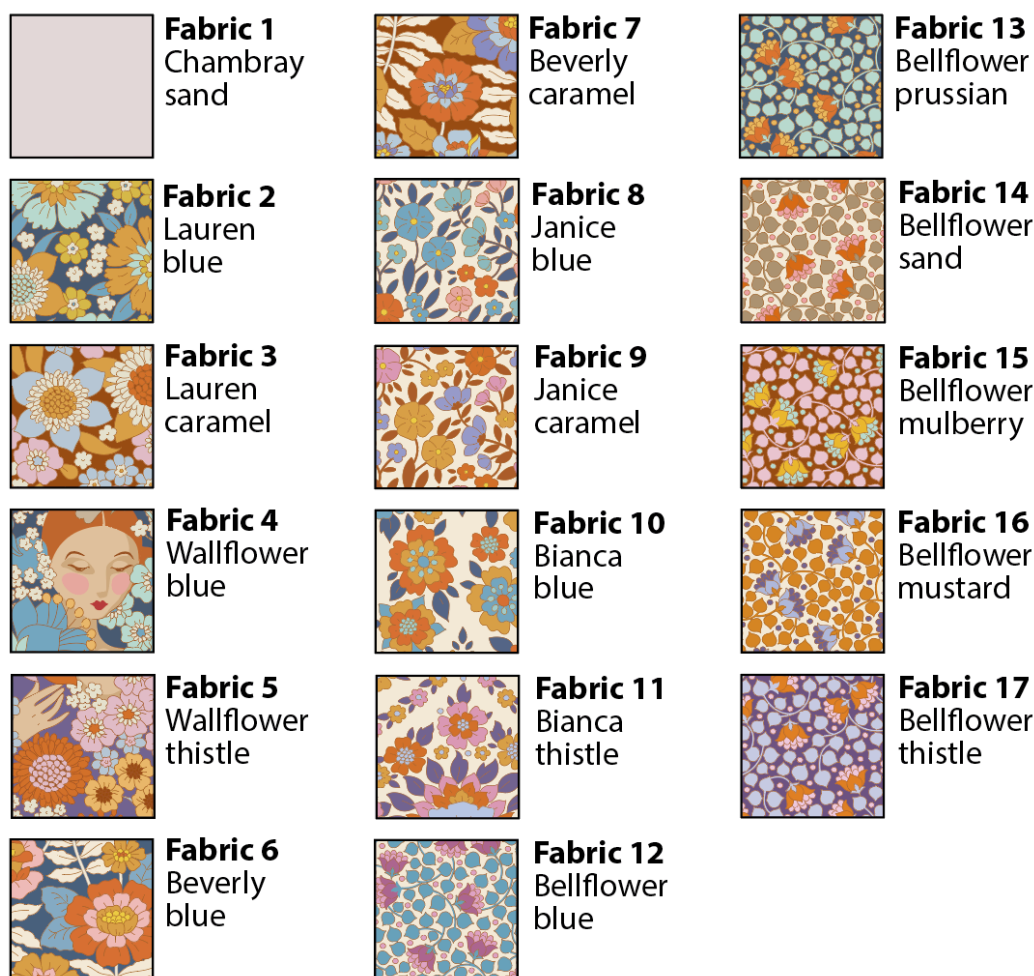
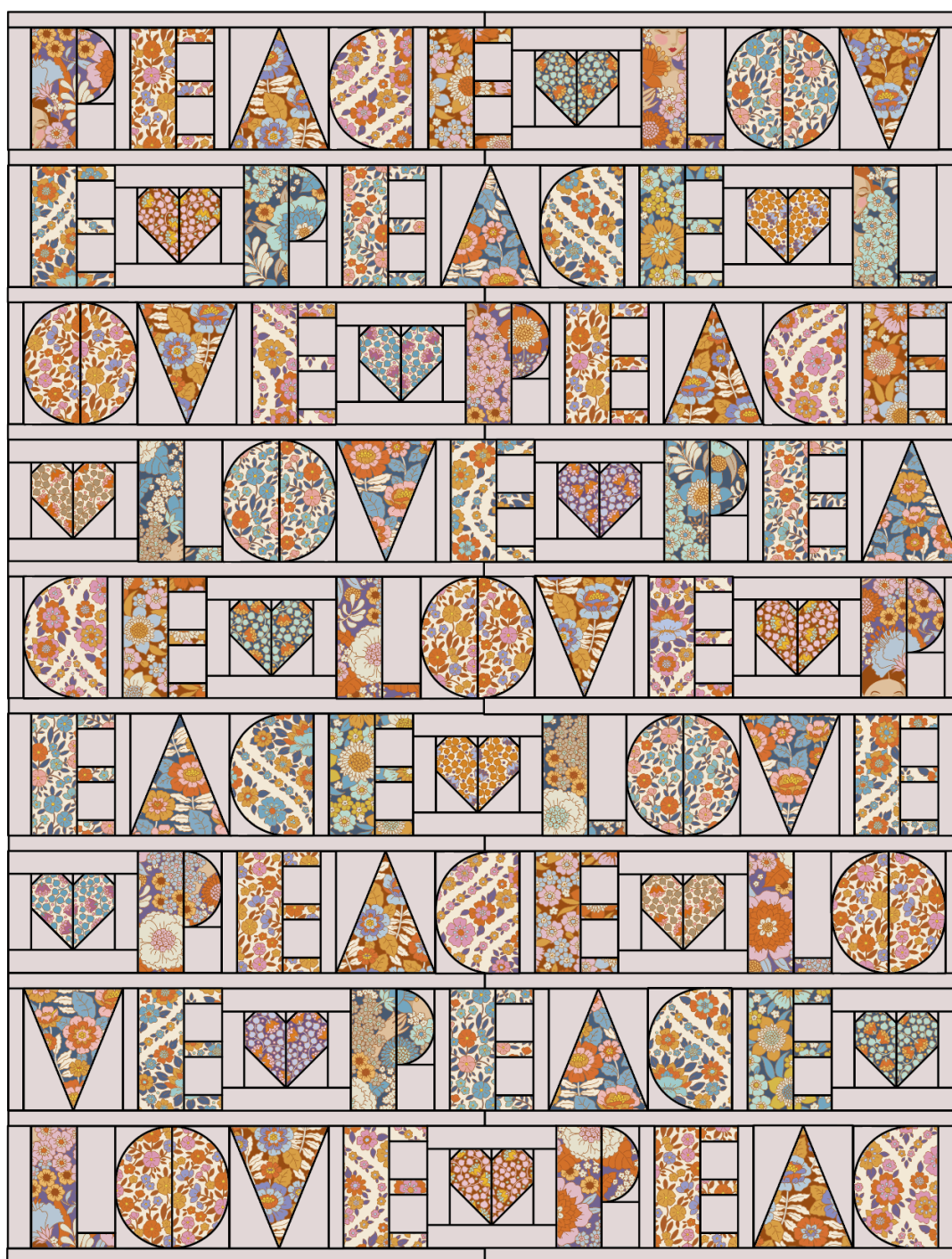


Fig B Quilt layout (Peace & Love Quilt – caramel/blue)



Cutting Out

2 Start by cutting the sashing pieces for the quilt from the background fabric (Fabric 1). **Fig C** shows the positions of the different sashing pieces. They are all cut from the background fabric but different shades of sage are shown on the diagram to make the different sizes easier to see. **Fig D** gives the cut sizes for the pieces.

- For vertical sashing 1 (S1), cut eight pieces 2in x 8½in (5.1cm x 21.6cm).
- For vertical sashing 2 (S2), cut five pieces 1½in x 8½in (3.8cm x 21.6cm).
- For vertical sashing 3 (S3), cut twenty-one pieces 1½in x 8½in (3.8cm x 21.6cm).
- For horizontal sashing 4 (S4) cut twenty strips 1½in x 31¾in (3.8cm x 80.6cm). Using ¼in (6mm) seams, sew together into ten pairs, each 63in (160cm) long. Press seams open.

Fig C Positions of the different sashings

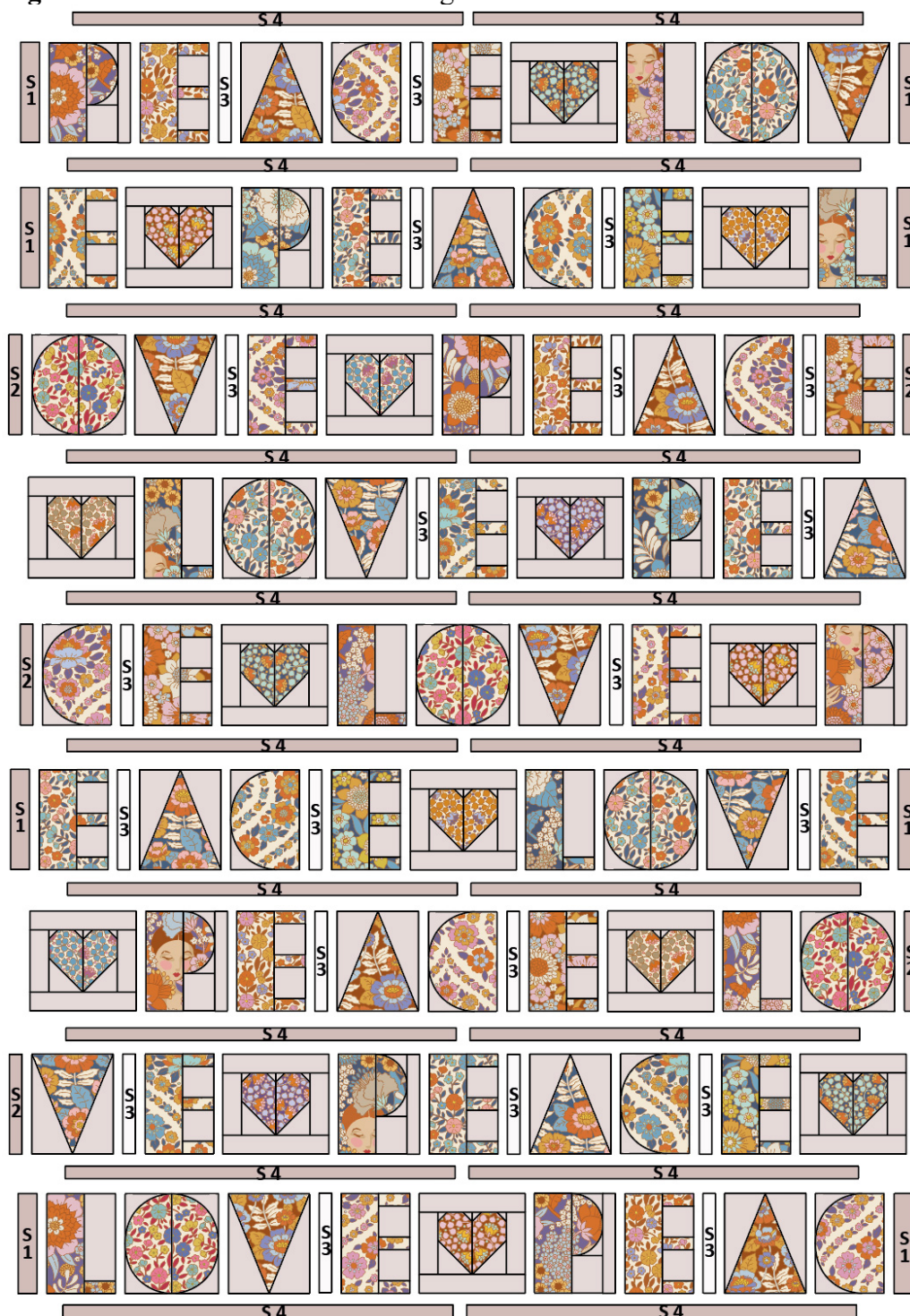
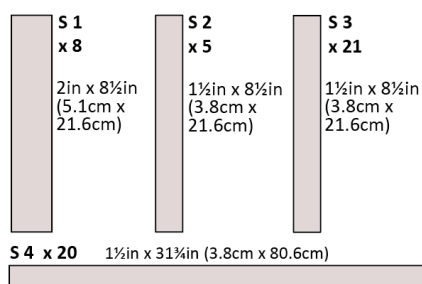


Fig D Sashing cut sizes



3 Cut the fabrics for the blocks using the following diagrams.

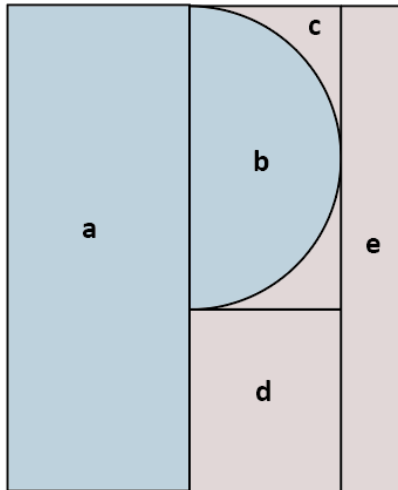
- Refer to **Fig E** for the cut measurements for Letter P and Letter E.
- Refer to **Fig F** for the cut measurements for Letter A and Letter C.
- Refer to **Fig G** for the cut measurements for Letter L and Letter O.
- Refer to **Fig H** for the cut measurements for Letter V and the heart block.

The different colourways used for the blocks are given in **Fig I**, so follow this diagram when choosing what fabrics to cut.

Fig E Cut measurements for Letter P and Letter E

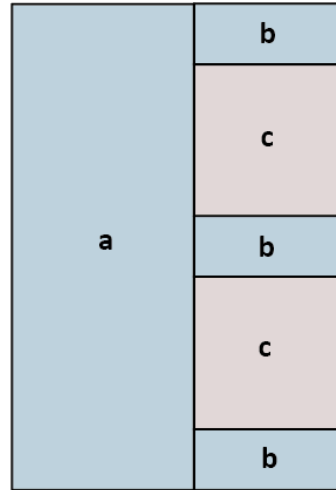
Sizes include ¼in (6mm) seam allowances

All pieces to be cut initially as squares or rectangles, unless using Curved Patterns



Letter P

- a** 3½in x 8½in (9cm x 21.6cm)
- b** Use Letter P Curved Patterns
- c** Use Letter P Curved Patterns
- d** 3in x 3½in (7.6cm x 9cm)
- e** 1½in x 8½in (3.8cm x 21.6cm)



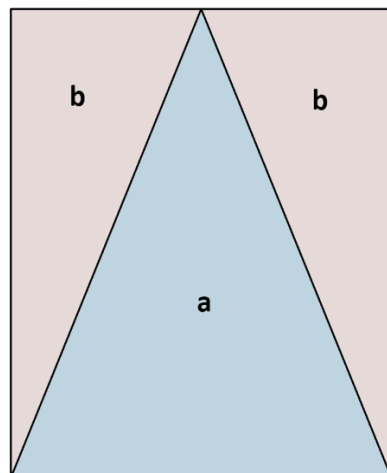
Letter E

- a** 3½in x 8½in (9cm x 21.6cm)
- b** 3in x 1½in (7.6cm x 3.8cm)
- c** 3in (7.6cm) square

Fig F Cut measurements for Letter A and Letter C

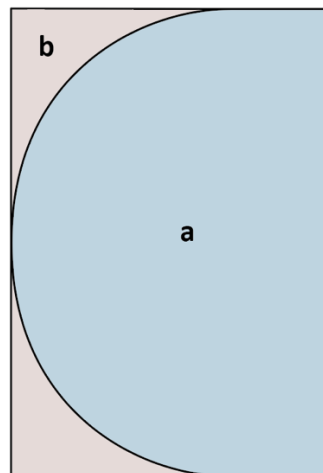
Sizes include ¼in (6mm) seam allowances

All pieces to be cut initially as squares or rectangles, unless using Curved Patterns



Letter A

- a** 7in x 8½in (17.8cm x 21.6cm)
- b** 3¾in x 8½in (9.5cm x 21.6cm)



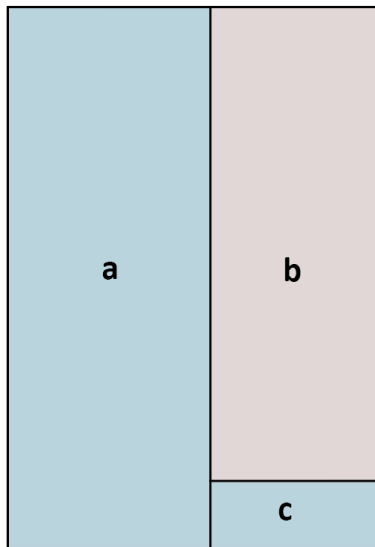
Letter C

- a** Use Letter C Curved Patterns
- b** Use Letter C Curved Patterns

Fig G Cut measurements for Letter L and Letter O

Sizes include ¼in (6mm) seam allowances

All pieces to be cut initially as squares or rectangles, unless using Curved Patterns

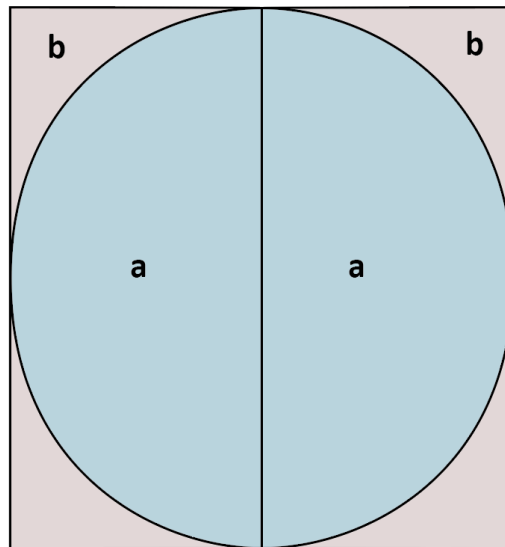


Letter L

a 3½in x 8½in (9cm x 21.6cm)

b 3in x 7½in (7.6cm x 19cm)

c 3in x 1½in (7.6cm x 3.8cm)



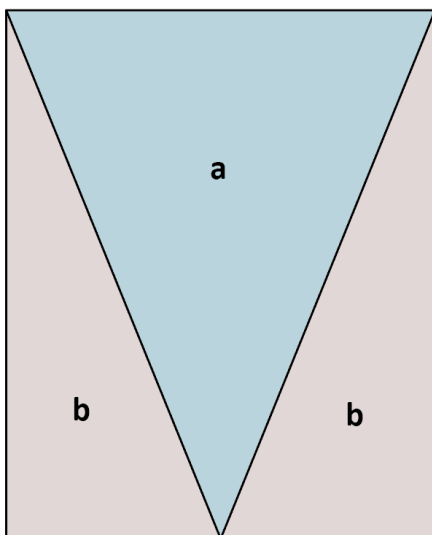
Letter O

a Use Letter O Curved Patterns

b Use Letter O Curved Patterns

Fig H Cut measurements for Letter V and Heart

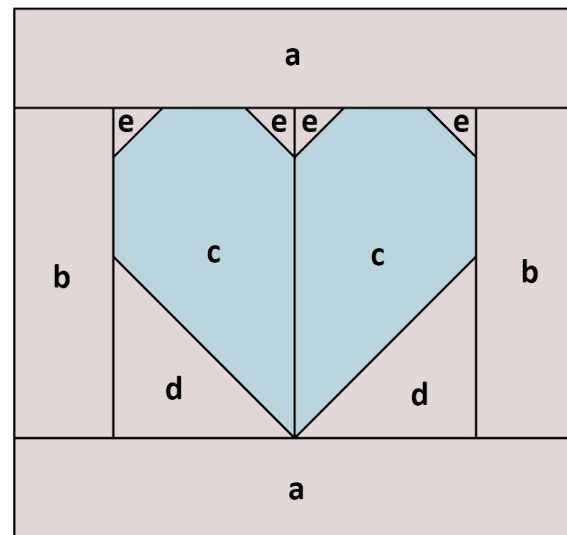
Sizes include ¼in (6mm) seam allowances. All pieces to be cut initially as squares or rectangles



Letter V

a 7in x 8½in (17.8cm x 21.6cm)

b 3¾in x 8½in (9.5cm x 21.6cm)



Heart

a 9in x 2in (23cm x 5.1cm)

b 2in x 5½in (5.1cm x 14cm)

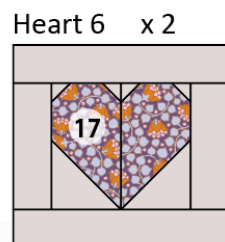
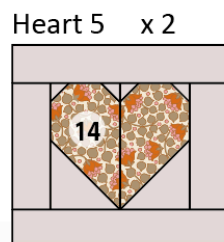
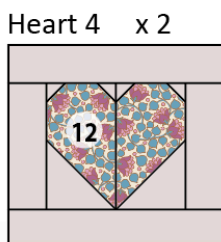
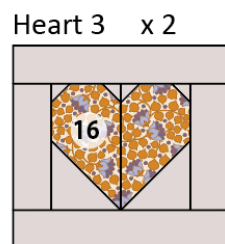
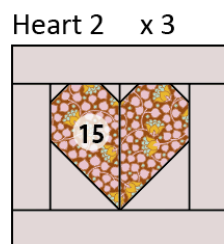
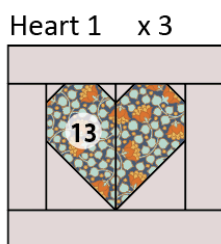
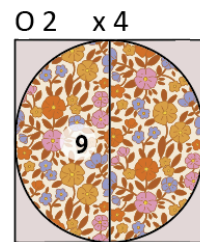
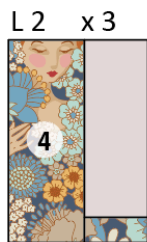
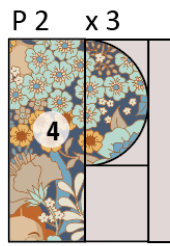
c 3¾in x 5½in (8.3cm x 14cm)

d 3¾in (8.3cm) square

e 1¼in (3.2cm) square

Fig I Colourways for the blocks

Bold numbers indicate the fabrics used (see Fig A). All background is Fabric 1. Make the number of blocks in the colourways shown



4 Cut the backing fabric across the width into two pieces. Sew together along the long side and press the seam open. Trim to a piece about 71in x 90in (180.5cm x 229cm). This is about 4in (10.2cm) larger all round than the quilt top, to allow for quilting and finishing.

5 Cut the binding fabric into eight 2½in (6.4cm) x width of fabric strips. Sew together end to end and press seams open. Press the binding in half along the length, wrong sides together.

Making the Blocks

6 Each of the blocks will be described. Once made, check the unfinished sizes (as given here) and label the blocks so you can identify them easily at quilt assembly stage.

- Letter P – 7in x 8½in (17.8cm x 21.6cm).
- Letter E – 6in x 8½in (15.2cm x 21.6cm).
- Letter A – 7in x 8½in (17.8cm x 21.6cm).
- Letter C – 6in x 8½in (15.2cm x 21.6cm).
- Letter L – 6in x 8½in (15.2cm x 21.6cm).
- Letter O – 8in x 8½in (20.3cm x 21.6cm).
- Letter V – 7in x 8½in (17.8cm x 21.6cm).
- Heart – 9in x 8½in (23cm x 21.6cm).

Making Letter P

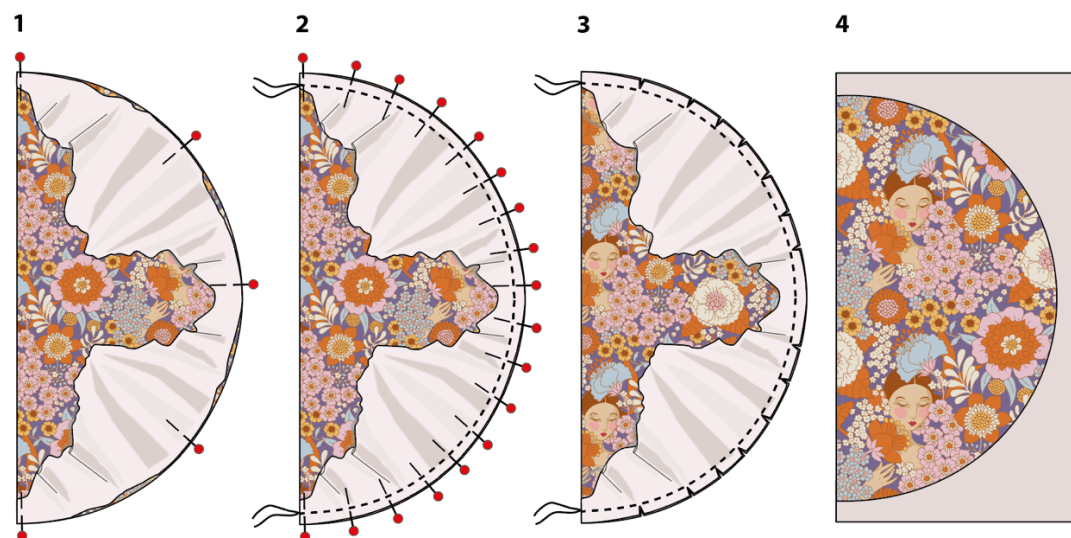
7 Sewing the curved seam for Letter P is described here in full. The method used for this curved seam is also used for Letter C and Letter O, changing to the appropriate Patterns.

8 Cut out the two shapes from fabric using the Patterns. Mark or crease the centre and quarter points on the curves of both shapes. Place the pieces right sides together aligning centre marks and pin. Align the outer edges and the quarter marks and pin (**Fig J 1**). Ease the remaining areas of curved edges together and pin, adding as many as needed to match the curves (**Fig J 2**). You may need to gently pull and slightly stretch the fabric edges into place.

9 Once the pieces are well aligned, sew the seam using a *scant* ¼in (6mm) seam (about one or two needle's width less than ¼in). You should be able to sew over the pins until the seam is sewn. Remove the pins and snip into the seam allowance at intervals using sharp-pointed scissors, with cuts about ⅛in (3mm) long (**Fig J 3**). Press the seam outwards, fully and smoothly. Take care not to distort the block's edges (**Fig J 4**). Check the unit's size is correct.

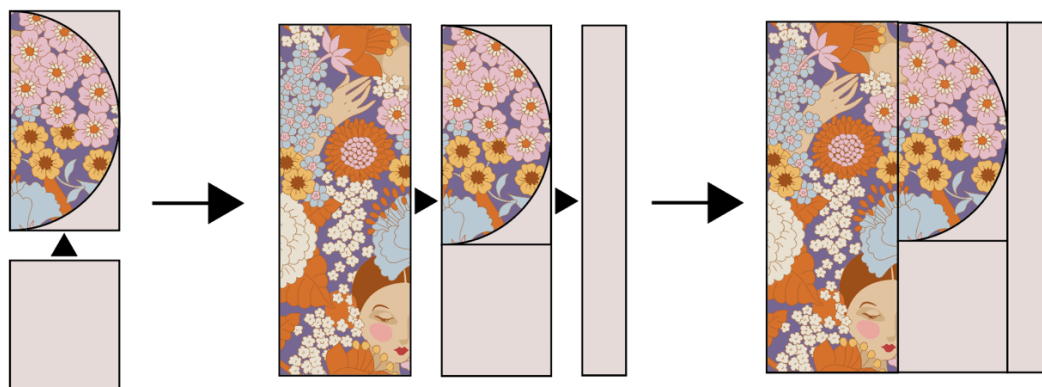
Fig J Sewing the curved seam for Letter P

P 1 block shown



10 Once the curved seam is sewn the block can be assembled in the stages shown in **Fig K**. Press seams open or to one side. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter P blocks (as shown in **Fig I**).

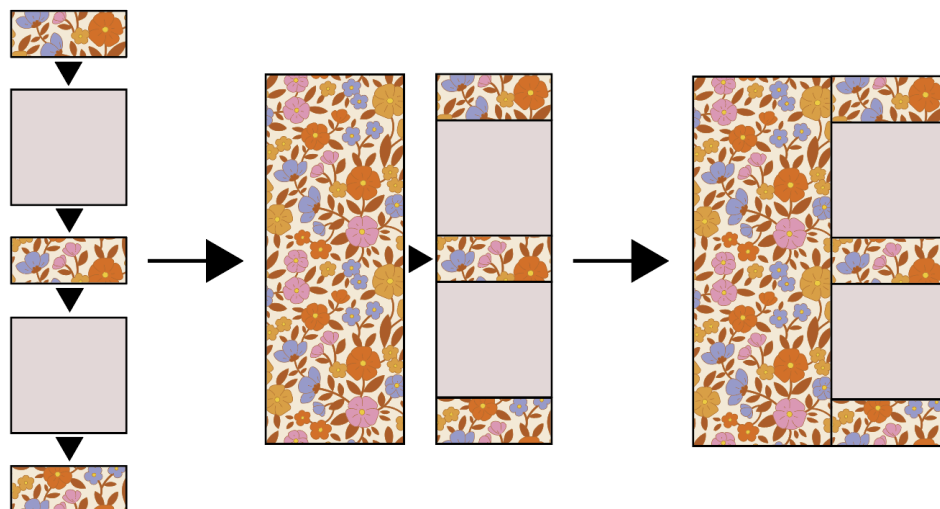
Fig K Assembling a Letter P



Making Letter E

11 This letter is easy. Follow the stages shown in **Fig L**. Press seams open or to one side. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter E blocks (as shown in **Fig I**).

Fig L Assembling a Letter E



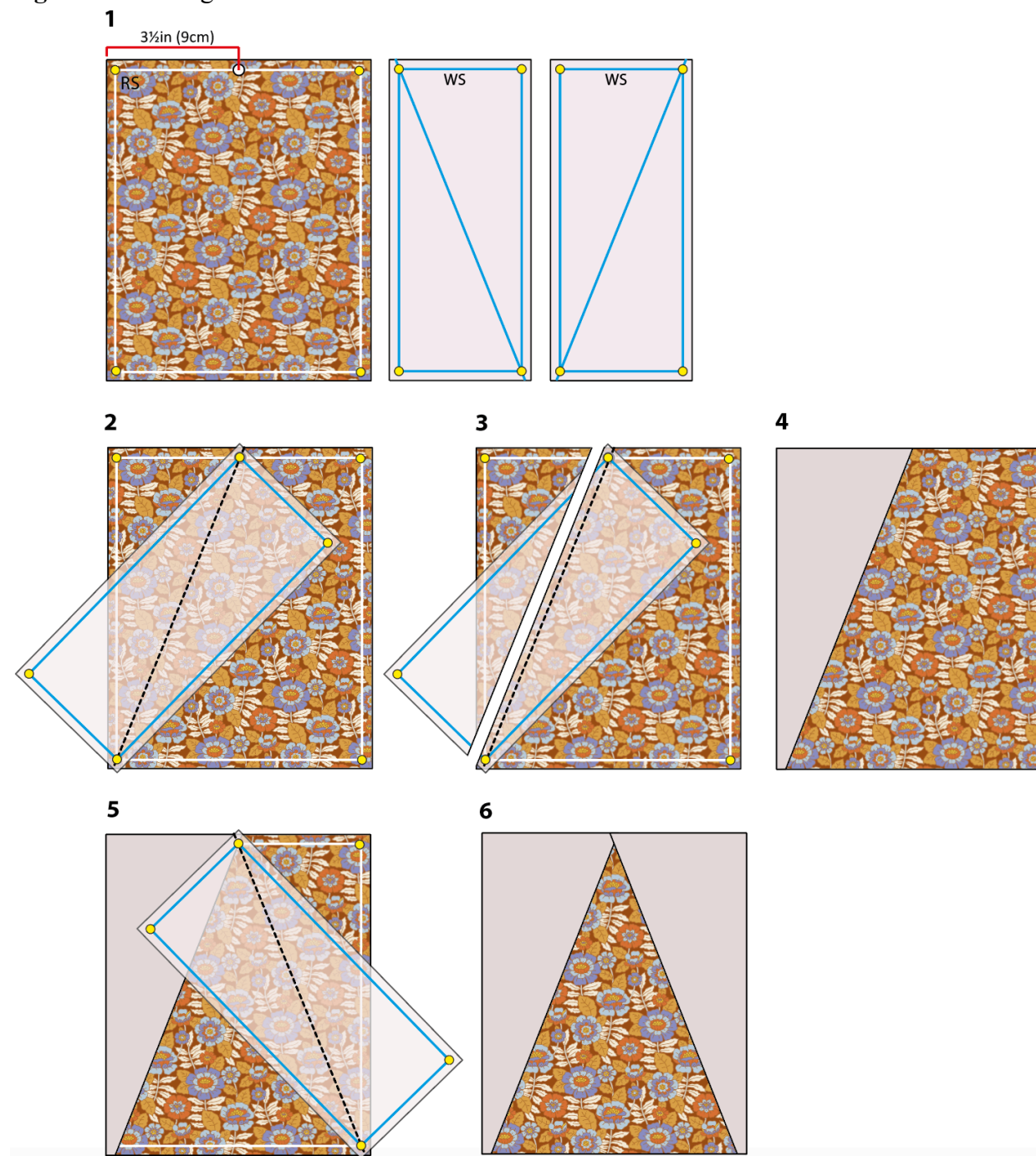
Making Letter A

12 This letter needs a special technique to create a pointed triangle and **Fig M** shows the process. This method is also used later for Letter V.

13 Take the three pieces of fabric for the letter and begin by following **Fig M 1**, marking the $\frac{1}{4}$ in (6mm) seam allowances and dots at the corners, marking on the right side (RS) of the print fabric and the wrong side (WS) of the two pieces of solid fabric. On the print fabric also mark a dot halfway across the marked seamline, at $3\frac{1}{2}$ in (9cm), shown by a white dot in the diagram. On the solid fabric pieces, mark a diagonal line from corner to corner of the seam allowance in the directions shown, noting that the lines go in opposite directions.

14 Place one of the solid pieces right sides together with the print fabric, angling the solid fabric so the dots on the diagonal line match the dots on the fabric beneath (**Fig M 2**). Pin in place and then sew along the diagonal line. Trim excess fabric $\frac{1}{4}$ in (6mm) from the sewn line (**Fig M 3**) and press the triangle outwards (**Fig M 4**). Repeat this process with the other piece of solid fabric, angling it in the opposite direction as shown in **Fig M 5**. Sew, trim excess fabric and press the triangle outwards, as before (**Fig M 6**). When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter A blocks (as in **Fig I**).

Fig M Assembling a Letter A



Making Letter C

15 This letter is created using a curved seam, as described before in Letter P. Use the same curved seam method but use the Patterns for Letter C. **Fig N** shows the completed block. Repeat the process to make the rest of the Letter C blocks (as shown in **Fig I**).

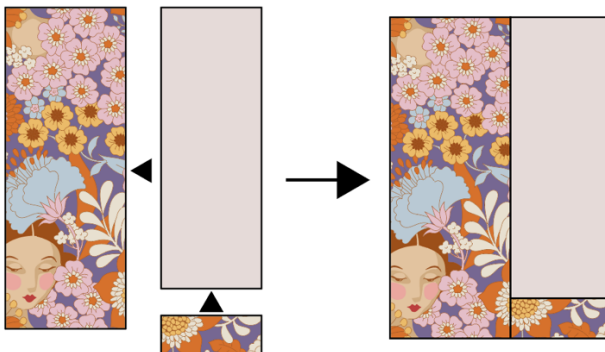
Fig N Assembling a Letter C



Making Letter L

16 This is another easy block. Follow the stages shown in **Fig O**. Press seams open or to one side. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter L blocks (as shown in **Fig I**).

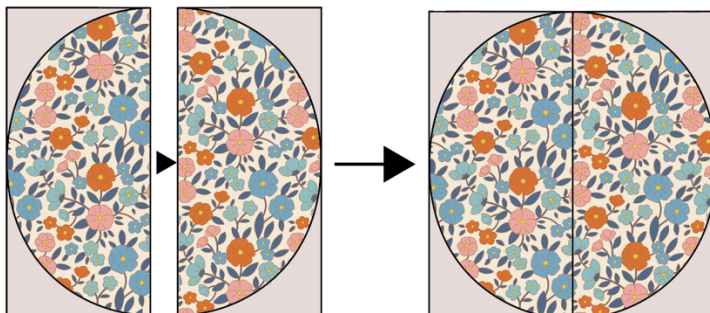
Fig O Assembling a Letter L



Making Letter O

17 This letter is created using a curved seam (as described before in Letter P and Letter C). Use the same curved seam method but use the Patterns for Letter O. Note that two curved units are needed, so reverse (flip) the patterns to make the second unit. **Fig P** shows the assembly of the block. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter O blocks (as shown in **Fig I**).

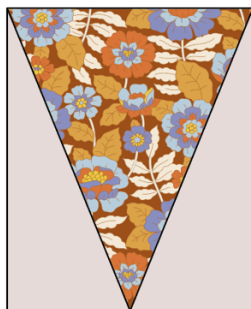
Fig P Assembling a Letter O



Making Letter V

18 Sewing a Letter V is exactly the same as Letter A but upside down (see **Fig Q**). If you want the print fabric pattern to be seen the right way up, simply rotate the fabric piece before you begin sewing. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Letter V blocks (as shown in **Fig I**).

Fig Q Assembling a Letter V



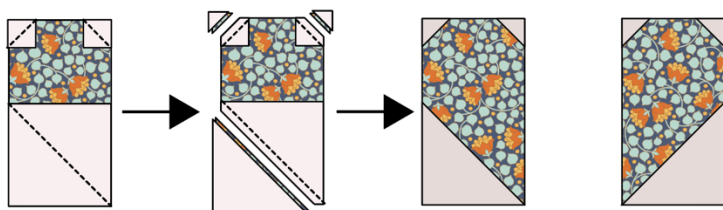
Making a Heart

19 The main technique for this block is creating corner triangle units and the process is shown in **Fig R 1**. Take the rectangle of print fabric and place it right side (RS) up. Take the two smaller solid fabric squares and the larger square and pencil mark a diagonal line on the wrong side of each square. Position the squares right sides together with the print rectangle, with the marked lines in the directions shown in the diagram. Pin in place and then sew along each marked line. Trim off excess fabric $\frac{1}{4}$ in (6mm) outside the sewn lines and press each triangle outwards. Make another unit like this but with the large triangle in the opposite corner, as shown.

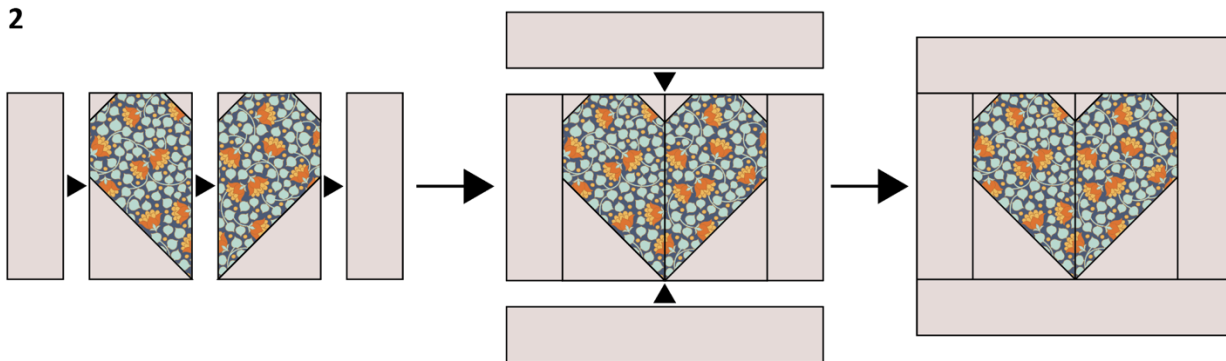
20 Now assemble the block as shown in **Fig R 2**, pressing seams open or to one side. When sewn, check the size of the unfinished block. Repeat the process to make the rest of the Heart blocks (as shown in **Fig I**).

Fig R Assembling a Heart

1



2



Assembling the Quilt

21 The quilt is assembled into nine block rows first. Follow **Fig S** and lay out all of the blocks in the correct positions. Note, too, the positions of the vertical sashing pieces, especially the S3 pieces between some of the letters. Sew each row together and press the seams open or towards the sashing. Each row should measure 63in (160cm) long. Now add the horizontal sashing strips (S4) between each row and at the top and bottom of the quilt (**Fig T**). Press the seams open or towards the sashing. Your quilt top is now finished.

Fig S Sewing the block rows together

H = Heart

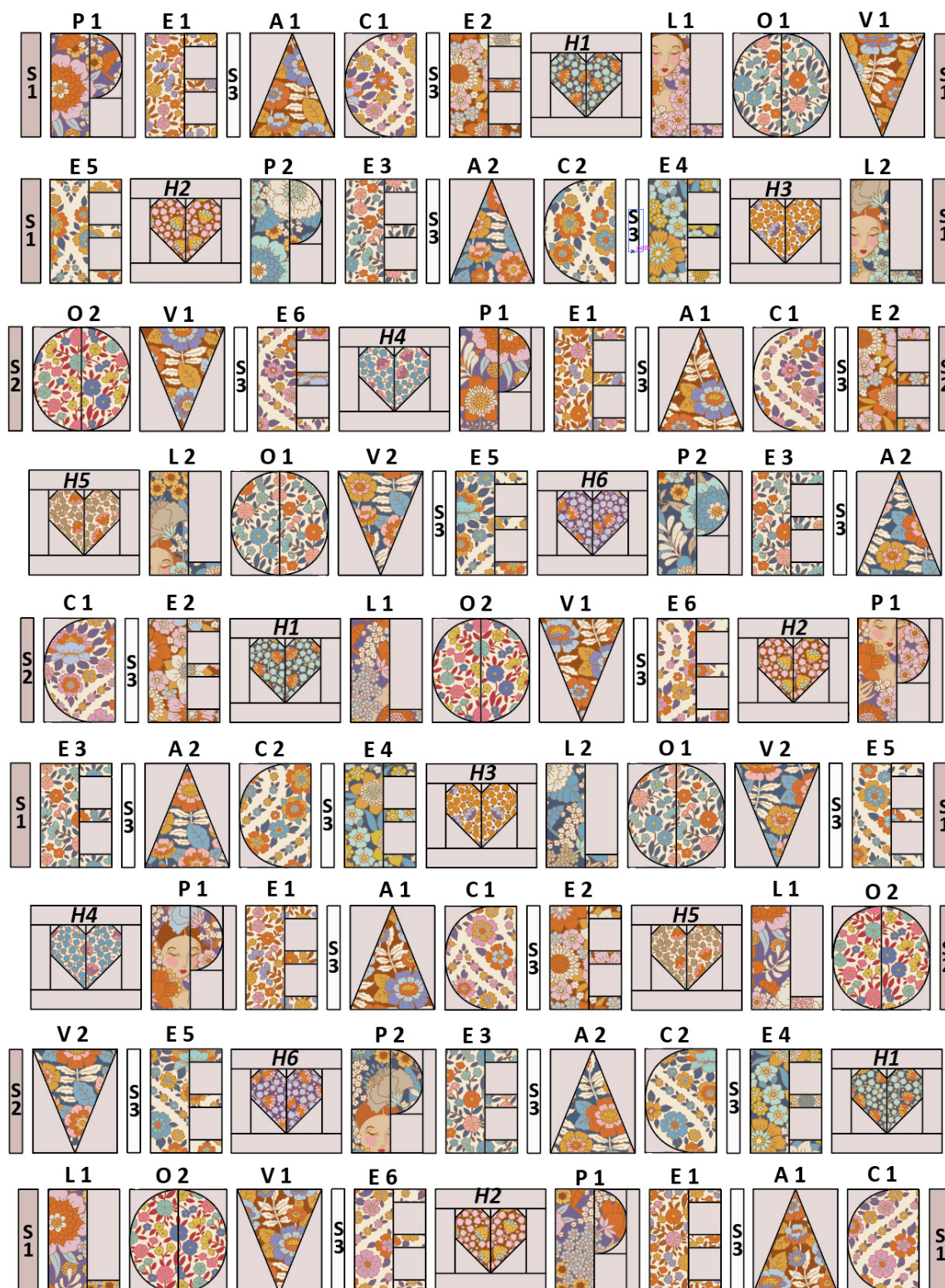


Fig T Adding the horizontal sashing



Quilting and Finishing

22 If you are quilting the quilt yourself you now need to make a quilt sandwich – you can do this in various ways, as follows.

- Use large stitches to tack a grid through the layers of the quilt in both directions, with lines about 4in (10cm) apart.
- Use pins or safety pins to fix the layers together.

- Use fabric glue, sprayed onto the wadding to fix the layers together.

If you are sending the quilt off to be commercially long-arm quilted you won't need to make a sandwich, as this is done when the quilt is mounted on the machine. When the layers of the quilt are secured you can quilt as desired.

23 Use the prepared double-fold binding strip to bind your quilt. Sew the binding to the quilt by pinning the raw edge of the folded binding against the raw edge of the quilt. Don't start at a corner. Using a $\frac{1}{4}$ in (6mm) seam, sew the binding in place, starting at least 6in (15.2cm) away from the end of the binding. Sew to within a $\frac{1}{4}$ in (6mm) of a corner and stop. Take the quilt off the machine and fold the binding upwards, creating a mitred corner. Hold this in place, fold the binding back down and pin it in place. Begin sewing the $\frac{1}{4}$ in (6mm) seam again from the top of the folded binding to within $\frac{1}{4}$ in (6mm) of the next corner and then repeat the folding process. Do this on all corners. Leave a 6in (15.2cm) 'tail' of unsewn binding at the end.

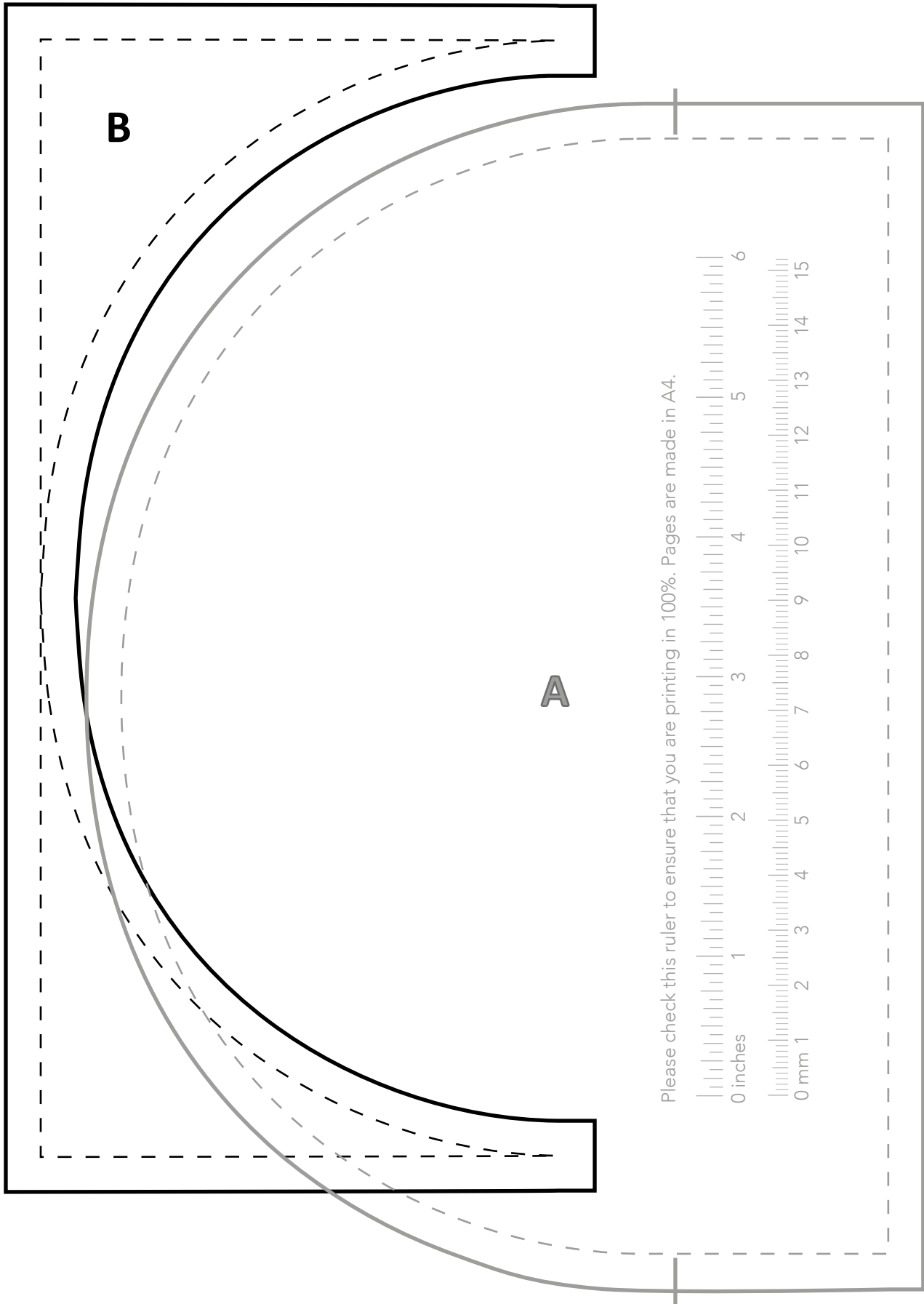
24 To join the two ends of the binding, open up the beginning and end of the binding tails, lay them flat and fold the ends back so the two ends touch. Mark these folds by creasing or with pins – this is where your seam needs to be. Open out the binding and sew the pieces together at these creases. Trim off excess fabric and press the seam. Re-fold the binding and finish stitching it in place on the front of the quilt.

25 With the quilt right side up, use a medium-hot iron to press the binding outwards all round. Now begin to turn the binding over to the back of the quilt, pinning it in place. Use matching sewing thread and tiny stitches to slipstitch the binding in place all round, creating neat mitres at each corner. Press the binding and your lovely quilt is finished.

Peace & Love Patterns A4

Letter C – Curved Patterns

Sizes include ¼in (6mm) seam allowances

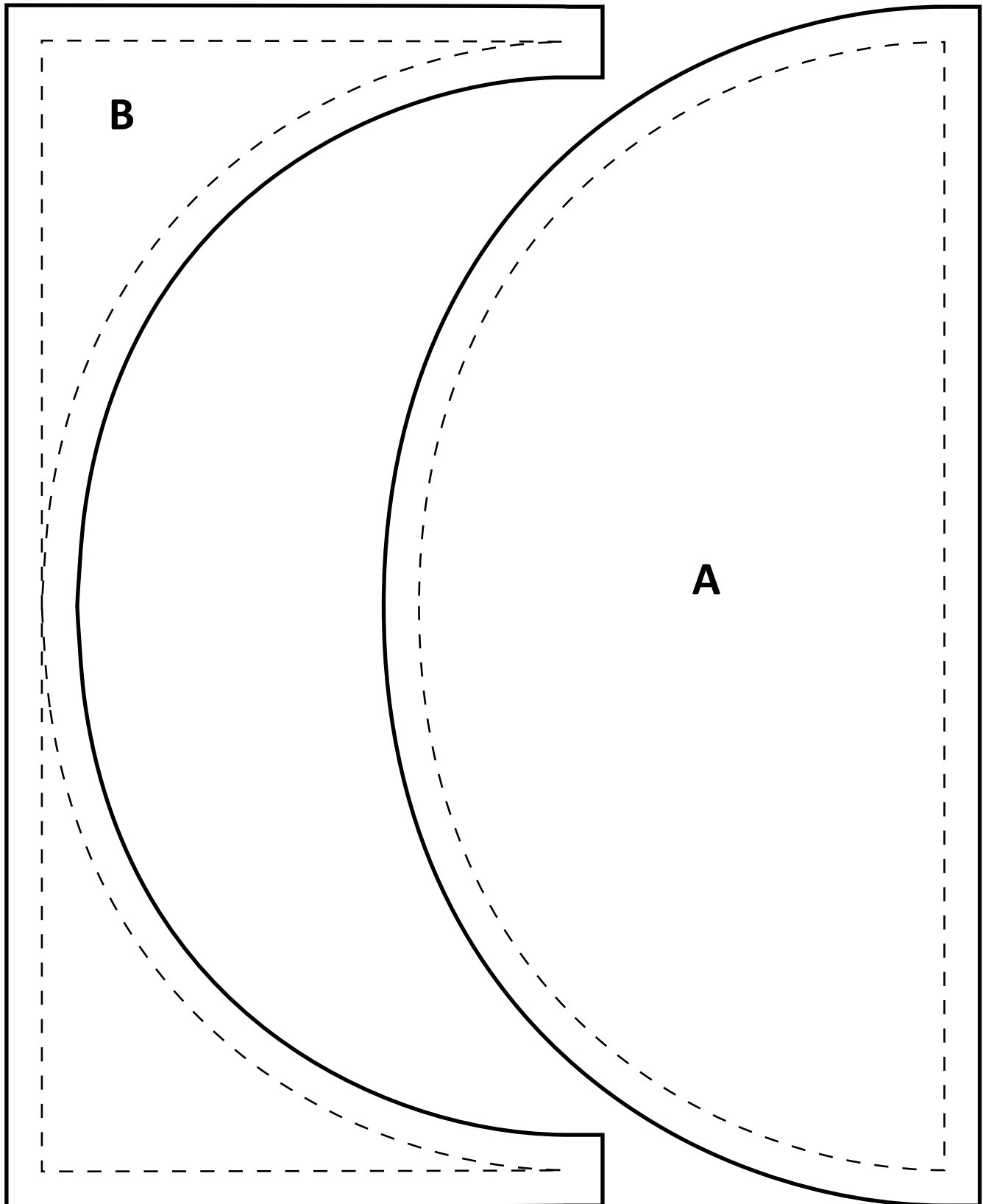


Peace & Love

Letter O – Curved Patterns

Sizes include ¼in (6mm) seam allowances

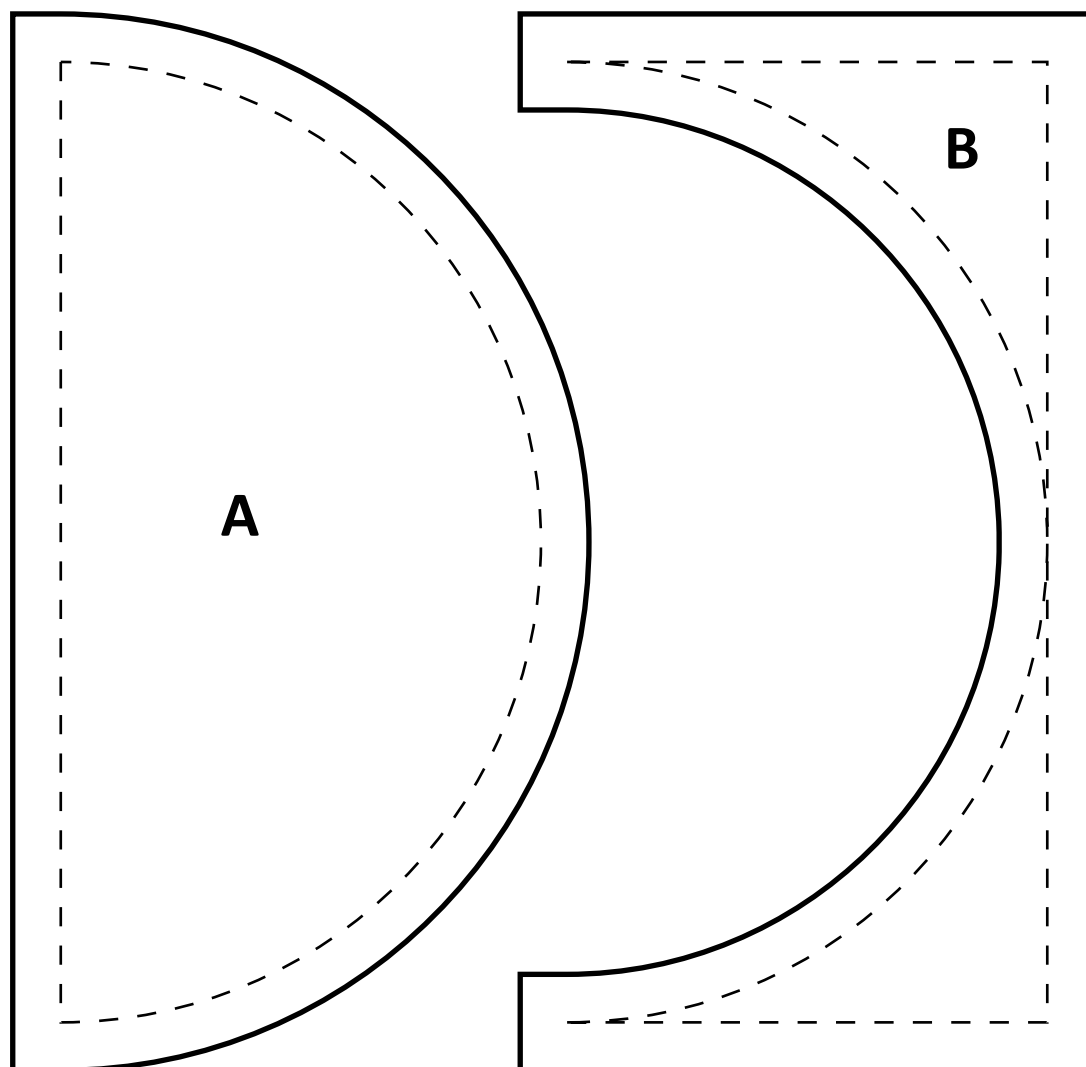
For the other half of the letter, reverse (flip) the patterns



Peace & Love

Letter P – Curved Patterns

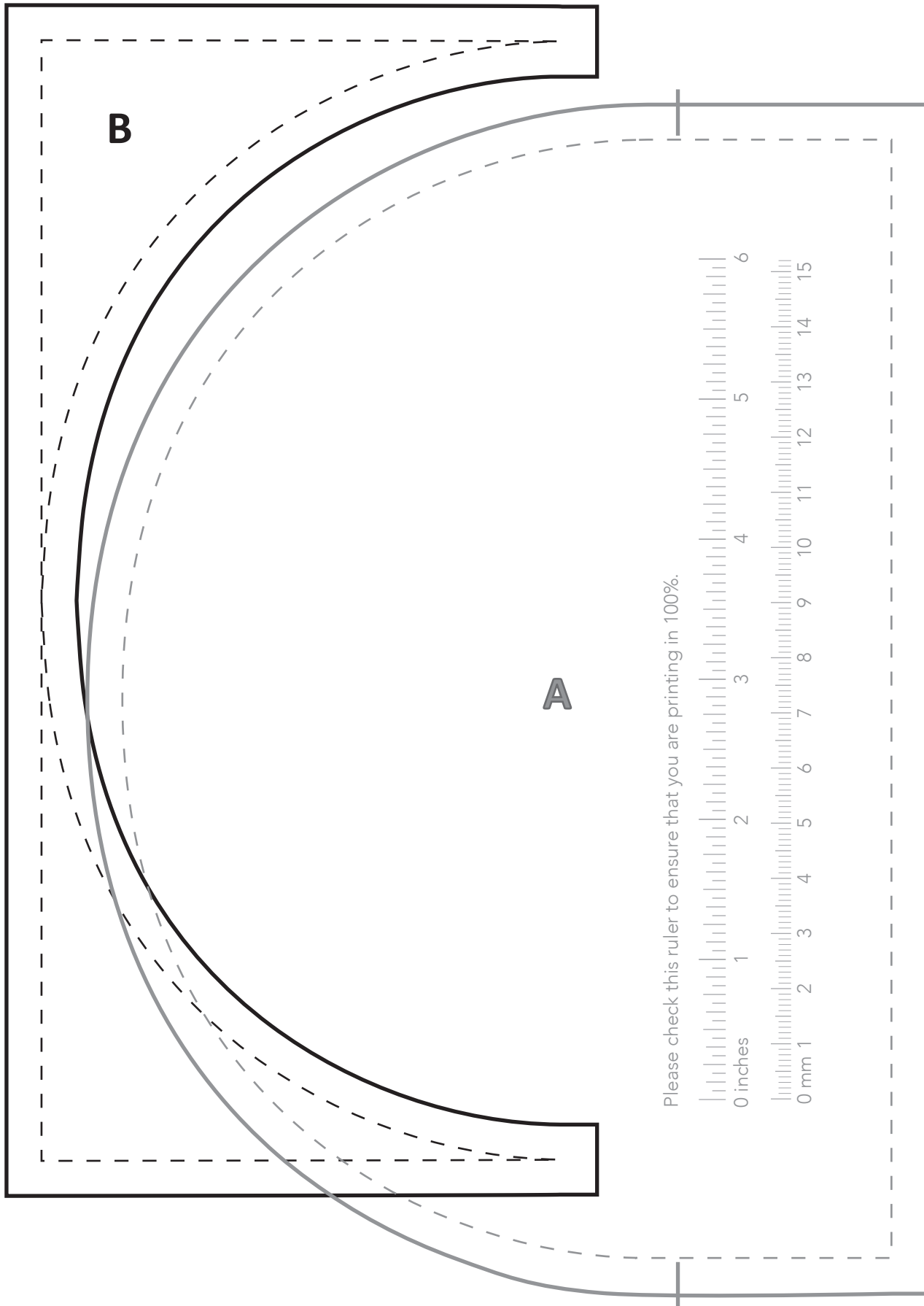
Sizes include ¼in (6mm) seam allowances



Peace & Love Patterns US letter

Letter C – Curved Patterns

Sizes include ¼in (6mm) seam allowances

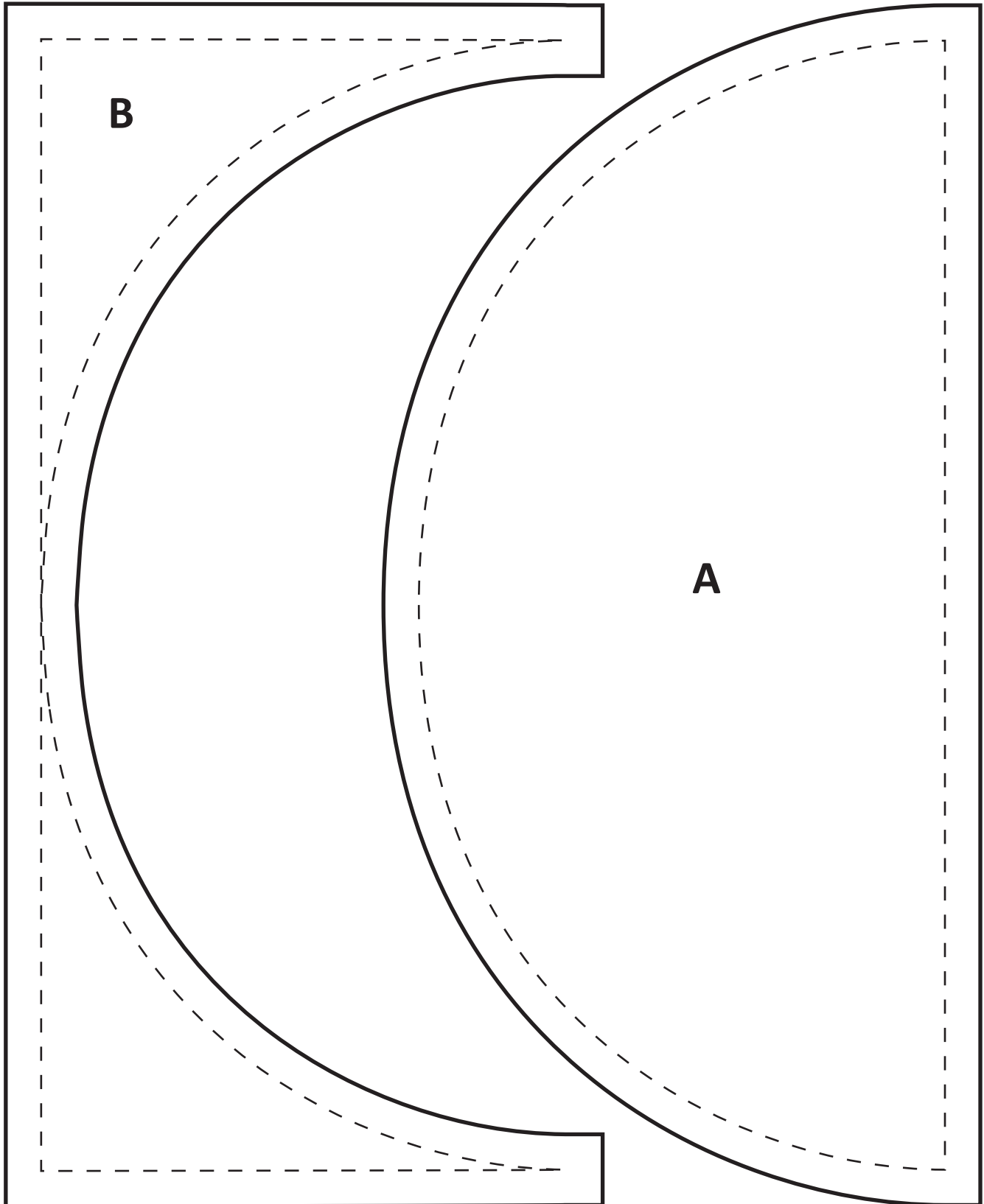


Peace & Love

Letter O – Curved Patterns

Sizes include ¼in (6mm) seam allowances

For the other half of the letter, reverse (flip) the patterns



Peace & Love

Letter P – Curved Patterns

Sizes include ¼in (6mm) seam allowances

