

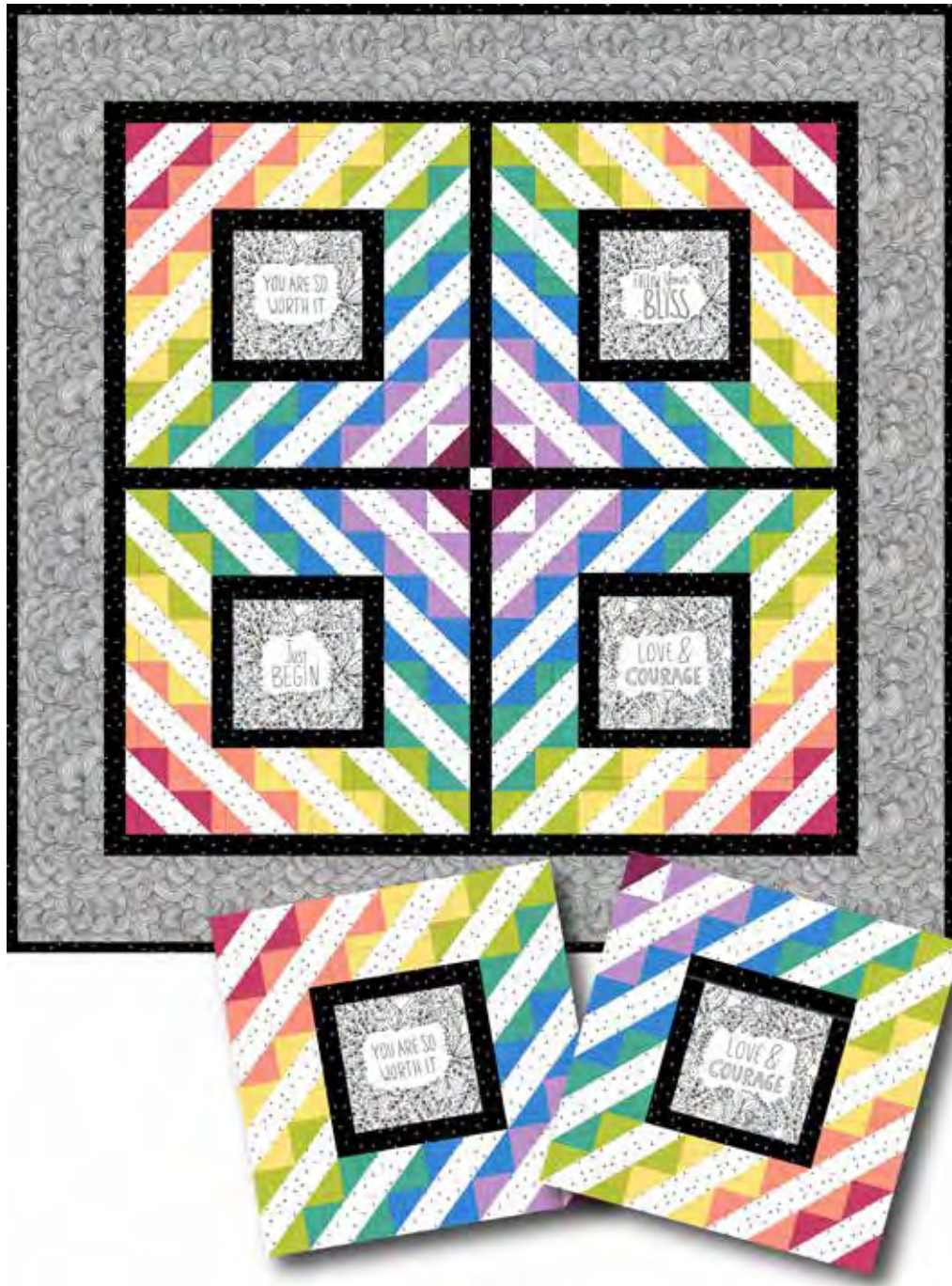
BEGINNER
SKILL

Follow Your Bliss

designed by Lisa Swenson Ruble
featuring *Bliss*

SIZE: 43" SQUARE QUILT; (2) 16" SQUARE PILLOWS

FREE
PROJECT



THIS IS A DIGITAL REPRESENTATION OF THE QUILT TOP, FABRIC MAY VARY.

PLEASE NOTE: BEFORE MAKING YOUR PROJECT, CHECK FOR ANY PATTERN UPDATES AT WINDHAMFABRICS.COM'S FREE PROJECTS SECTION.



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KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
A		53982-1 White	2/3	Fussy cut (6) 6-1/2" squares.
B		53984-2 Black	2/3	(4) 4-1/2" x WOF strips; sew short ends together and subcut (2) 4-1/2" x 43-1/2" and (2) 4-1/2" x 35-1/2" strips.
C		53986-1 White	1-1/4	(11) 3" x WOF strips, subcut (144) 3" and (1) 1-1/2" squares.
D		53986-2 Black	1-2/3	(2) 11" x WOF strips, subcut (4) 11" x 16" rectangles. (10) 1-1/2" x WOF strips, subcut (2) 1-1/2" x 35-1/2", (2) 1-1/2" x 33-1/2", (4) 1-1/2" x 16-1/2", (12) 1-1/2" x 8-1/2" and (12) 1-1/2" x 6-1/2" strips. FOR BINDING: (5) 2-1/4" x 42" strips, sew short ends together.
E		ARTISIAN SOLIDS 40171-9 Blue Aqua	1/4	(2) 3" x WOF strips, subcut (24) 3" squares.
F		ARTISIAN SOLIDS 40171-21 Orchid White	1/4	(2) 3" x WOF strips, subcut (15) 3" squares.
G		ARTISIAN SOLIDS 40171-37 Red Royal	1/8	(1) 3" x WOF strip, subcut (3) 3" squares.
H		ARTISIAN SOLIDS 40171-44 Yellow Turquoise	1/4	(2) 3" x WOF strips, subcut (24) 3" squares.
I		ARTISIAN SOLIDS 40171-46 Turquoise Jade	1/4	(2) 3" x WOF strips, subcut (24) 3" squares.

WOF=WIDTH OF FABRIC

PROJECT DISCLAIMER: Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however, no warranty can be given nor results guaranteed. Therefore, we assume no responsibility nor damages that may occur when referring to this pattern. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. We suggest you check windhamfabrics.com for pattern updates and to test the pattern prior to making the project. Test templates first, before cutting all the pieces. Free projects are not for resale.



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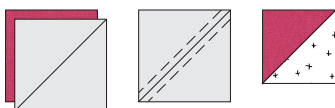
KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
J		ARTISIAN SOLIDS 40171-93 Raspberry Light Pink	1/8	(1) 3" x WOF strip, subcut (9) 3" squares.
K		ARTISIAN SOLIDS 40171-100 Dark Coral White	1/4	(2) 3" x WOF strips, subcut (21) 3" squares.
L		ARTISIAN SOLIDS 40171-115 Light Gold Light Pale	1/4	(2) 3" x WOF strips, subcut (24) 3" squares.
		Backing	3	Batting: 51" square; (2) 18" squares for pillows

ADDITIONAL SUPPLIES: (2) 16" square pillow inserts; (2) 18" squares muslin for pillows (optional)

MAKE THE BLOCKS

1. Draw a diagonal line on the wrong side of (94) **C** 3" squares. Layer a marked square right sides together with (1) **J** 3" square. Stitch 1/4" on both sides of the drawn line, cut on the line and press units open. Square up each unit to measure 2-1/2" square. Make a total of (18) **J-C** units.

J-C unit

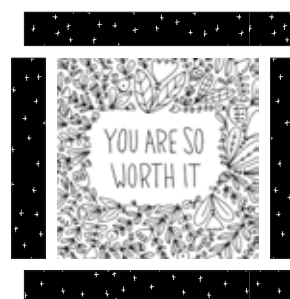


Make 18

2. In the same way, make the indicated number of each unit shown.

K-C unit	L-C unit	H-C unit	I-C unit	E-C unit	F-C unit	G-C unit
Make 42	Make 48	Make 48	Make 48	Make 48	Make 30	Make 6

3. Sew **D** 1-1/2" x 6-1/2" strips to opposite sides of (1) **A** 6-1/2" square. Sew **D** 1-1/2" x 8-1/2" strips to the top and bottom. Make a total of (6) block centers, measuring 8-1/2" square.



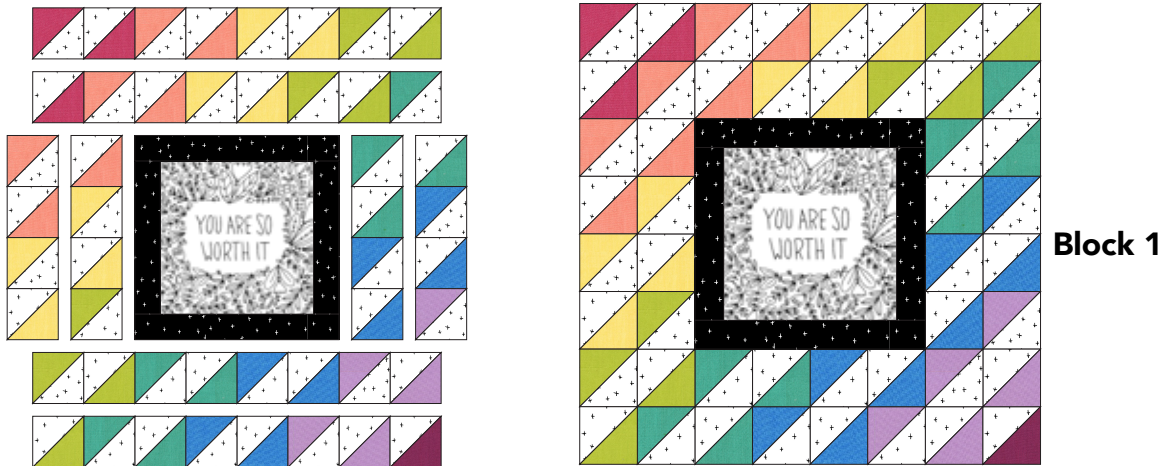
Block center

Make 6

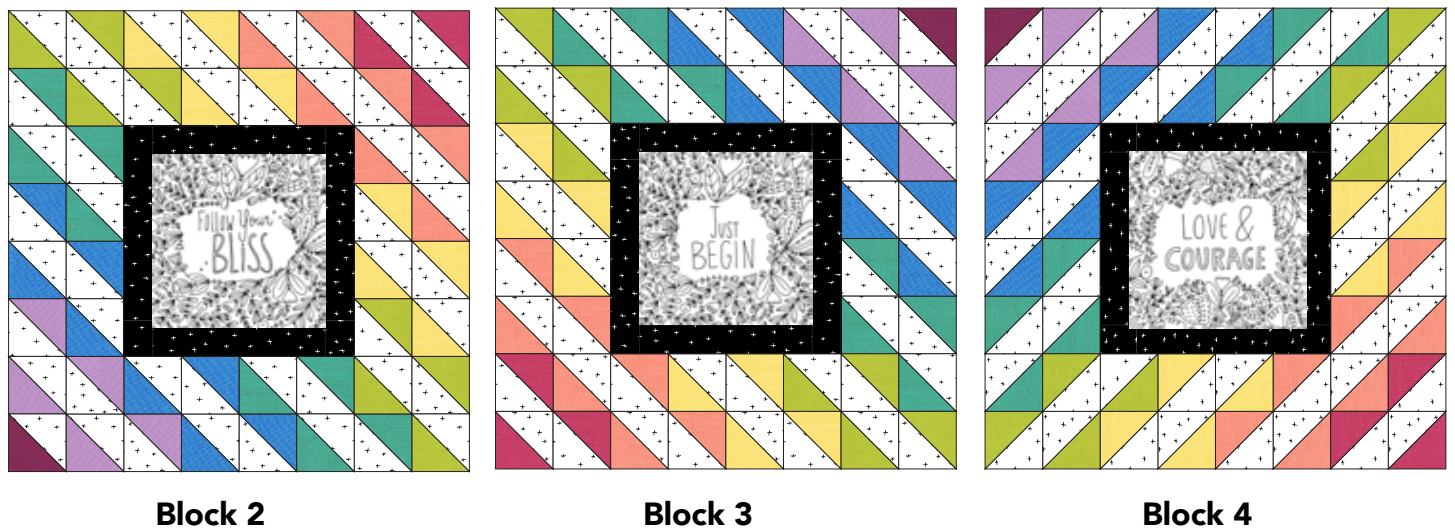


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4. Lay out (3) **J-C** units, (7) **K-C** units, (8) each **L-C**, **H-C**, **I-C** and **E-C** units, (5) **F-C** units and (1) **G-C** unit around a block center as shown, noting orientation of each. Sew units in vertical rows on each side of the block center and sew to the block center. Sew remaining units into horizontal rows and sew to top and bottom of block center row to make Block 1 measuring 16-1/2" square.



5. In the same way, assemble (1) each of Blocks 2, 3 and 4 for the quilt, noting orientation of units. Make (2) additional blocks for throw pillows, using the unit orientation(s) you prefer for each.



ASSEMBLE THE QUILT

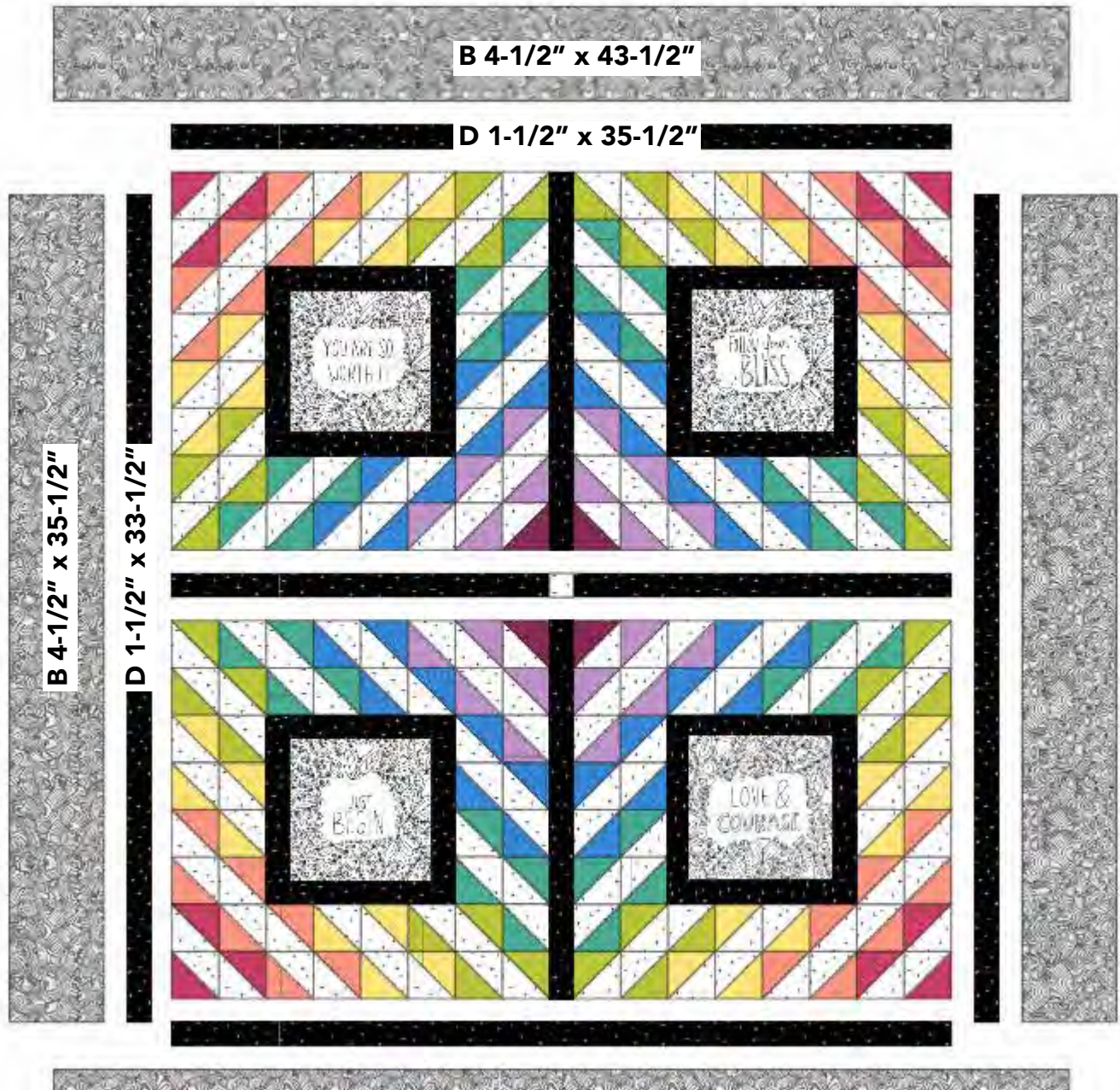
6. Noting block placement, sew blocks to opposite sides of (1) **D** 1-1/2" x 16-1/2" strip. Make (2) block rows. Sew **D** 1-1/2" x 16-1/2" strips to opposite sides of (1) **C** 1-1/2" square to make a sashing row. Sew block rows to opposite sides of the sashing row to complete the quilt center.

7. **INNER BORDER** Sew **D** 1-1/2" x 33-1/2" strips to opposite sides of the quilt center. Sew **D** 1-1/2" x 35-1/2" strips to the top and bottom.

8. **OUTER BORDER** Sew **B** 4-1/2" x 35-1/2" strips to opposite sides of the quilt center. Sew **B** 4-1/2" x 43-1/2" strips to the top and bottom.



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QUILT LAYOUT

FINISHING

Layer quilt top, batting and backing together to form quilt sandwich. Baste and quilt as desired. Bind using **D 2-1/4"** strips.



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MAKING THE PILLOW

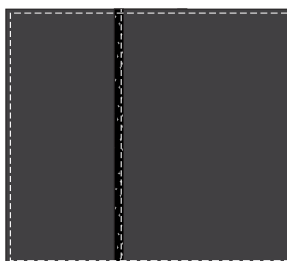
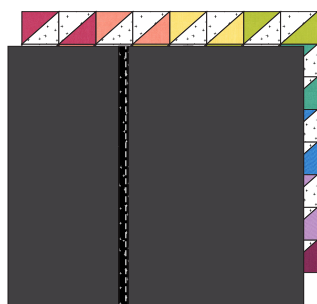
1. Fold (1) **D** 11" x 16" rectangle in 1/2" along (1) long edge and press, wrong sides together. Fold in another 1/2" and press, creating a pressed edge. Topstitch down the folded edge to create (1) pillow backing rectangle. Make (4).



Make 4

2. If desired, layer each pillow block with (1) each 18" square of muslin and batting and quilt as desired. Trim quilted pillow blocks to measure 16-1/2" square.

3. Lay the pillow block right side up and position (2) pillow backing rectangles on top, right sides together. Align backing rectangles so raw edges match with pillow block edges, and hemmed edges overlap in the center. Pin in place and stitch around outside edge using a 1/4" seam allowance. Repeat to make second pillow.



4. Turn pillows right side out and stuff with inserts.