

American Quilting Traditions

11 Free Quilt Designs,
Quilt Blocks, and
More Americana



FAVEQUILTS 



American Quilting Traditions: 11 Free Quilt Designs, Quilt Blocks, and More Americana

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Letter from the Editors

Hi Quilters,

Quilting is a tradition that has been passed down for generations around the world. Many countries can trace their quilting history to several styles and techniques that many use regularly today.

Whether you're looking for something to celebrate a patriotic holiday or just learn a little bit more about American quilting, this eBook has the patterns for you. We've brought together vintage-style patterns, traditional designs, and more classic American quilting traditions. You might be surprised what you'll find, so be sure to take a good look at all of these patterns!

Happy Quilting!

You can find more quilted bag patterns, techniques, and quilting tutorials at www.FaveQuilts.com.

Our eBooks, like all our quilting projects, are absolutely FREE to members of our quilting community. Please feel free to share with family and friends and ask them to sign up at our website for our [free e-mail newsletter](#).

Happy Quilting,

The Editors of FaveQuilts

www.FaveQuilts.com

American Quilting Traditions: 11 Free Quilt Designs, Quilt Blocks, and More Americana

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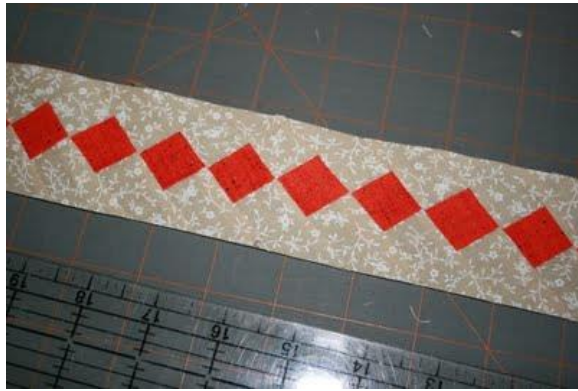
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Quilting Techniques

Seminole Patchwork Diamond Border

By: [Linda Winters](#) from [Buzzing and Bumbling](#)

Diamonds are among the many stunning geometric shapes included in the Seminole Native American quilting style. You can begin incorporating this patchwork classic into your own patterns with this quick and easy border.

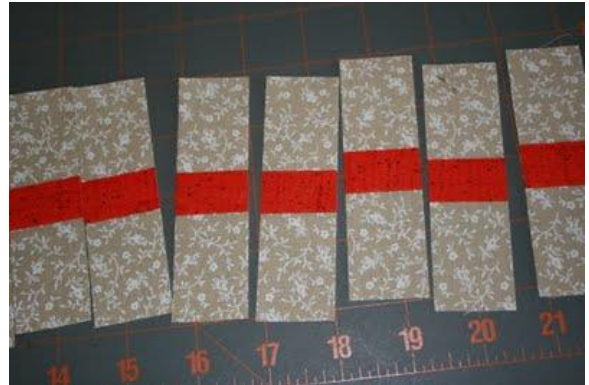


Instructions:

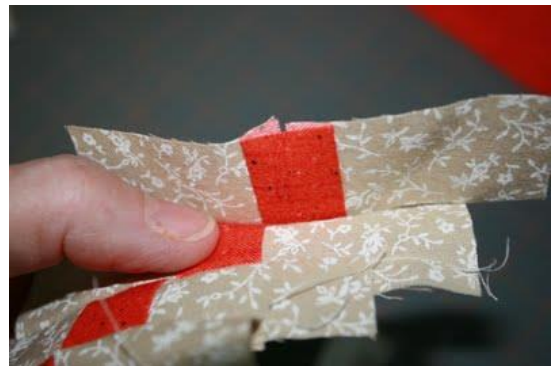
- 1) Cut strips crosswise (from selvage to selvage) in the width you want. I have cut my outer borders 2" wide and my center strip 1 1/2". This will give me a 2" border when I'm finished and before it is sewn into any seams.



- 2) Now cut your strip into strips the width of the center strip (with its seam allowance). So if you cut your center strip 1 1/2" to begin with, you will cut the strips into 1 1/2" segments.



- 3) Now sew these strips together, offsetting the center strip each time you sew the next strip. (Line up the 1st seam of each center strip you are sewing with the 2nd seam of the last strip you sewed.)



- 4) You now have a row of diamonds. You can make this as long or as short as you wish. (Although I don't have a photo of this, after making this I have decided it would be a good idea to mark and then sew a line of "stay stitching" on the inside of your cutting line in the next step as you will be left with a very stretchy bias edge!)



- 5) Trim the "dog ears" off the edges and you are ready to sew this fancy border on!



That's it! Easy, right? Just imagine how this little border can dress up and frame even a very simple little Nine Patch. Keep it in mind the next time you are trying to decide on a border. Imagine the center diamonds in different scraps! (Just make many strips with different center fabrics and mix them all up when you cut.)

Flower Petal Dresden Plates

By: Karen from [Listen to the Birds Sing](#)

Dresden plate patterns can be used for everything from applique to a full size quilt pattern. This flowery variation will fit in nicely with a vintage pattern.



MATERIALS:



- Fabric
- Scissors
- Iron
- Spray starch
- Two card templates: One for your fabric Dresden petals (we will call this the petal template) and one approx. 1/8" smaller than your Dresden template (we will call this the finishing template)

INSTRUCTIONS:

- 1) **Let's Cut:** Cut your Dresden petals using your petal template. Also, using the same petal template cut little top pieces (we will call them petal toppers) from any old material you have to hand (I used old curtain lining fabric).



For the petal toppers you will see that I just cut the curved part of the petal in my lining material so that when the curve stops, you just cut straight across to make a wee semi-circle (this is where this tutorial may differ from the method using interfacing).

Using your lovely spray starch, starch each piece so that they keep their shape... it really will help you later on!

- 2) **Putting the Topper onto the Petal:** Set your sewing machine to a small stitch, I used 1.5. This will help you do a neater curve.



Place the wee petal topper on top of the right side of the fabric &, using a scant 1/4" seam (slightly less than 1/4"), slowly sew round the top of the curve. Start just before the petal topper & finish just after it. (If you do it this way, you won't need to worry about your thread ends, as they will be sewn in a seam a wee bit later on).



- 3) **Admire Your Work!:** OK you've just sewn as neatly as you can round a curve, so take it out of the machine & have a wee look at it to make sure you are happy with the curve. You can see here how I started sewing before the petal topper and finished after.



- 4) **Trim Back:** Using a sharp pair of scissors, trim back both the Dresden petal and the petal topper to help you get a smoother curve.



- 5) **Turn Through:** Do you remember the **finishing template** I mentioned at the beginning? This is where it comes in very handy!



Turn your fabric right side out and use the **finishing template** to help you achieve a nice clean curve at the top. The point at the bottom of the template helps you center the curve. If you are using cardboard you can iron this with the template in place, if you are using template plastic, take the template out & iron the curve carefully.



This is how it should look at the back:



- 6) **Putting the Petals Together:** OK you have the hard part done, its downhill all the way from here! Align carefully two petals right sides together and using a 1/4" seam, sew straight down from the point where the curve of the top meets the straight of the sides. (This way you will sew over the tails of your curve sewing, so less finishing off work for you at the end).

If you are making the whole circle flower thing, there should be 16 petals in your circle & it is good to sew them in sets of four, so that you keep things nice & neat ... but if you look closely at mine I have 17!!

So we started off with three petals and three petal toppers & we have ended up with this:

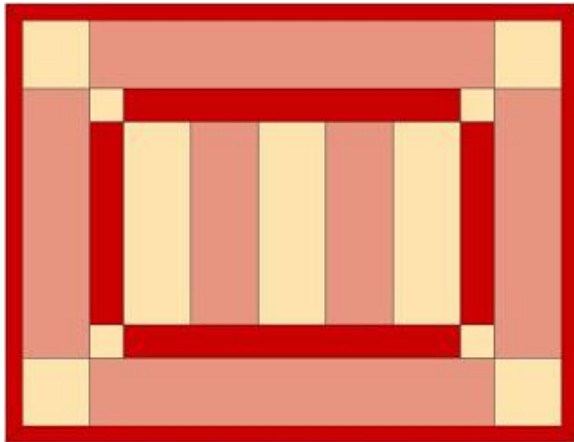


Small Vintage Quilt Patterns

[Amish Bar Rug Mug Pattern](#)

By: Michele Hester from [Quilting Tutorials](#)

Learn more about the simplistic beauty of Amish quilting within the American quilting tradition by starting out with a quaint mug rug pattern.



FINISHED SIZE: 8 ½" by 6 ½"

MATERIALS:

- 3 fabrics

Note: The quilt I used is an Amish Bars/Strippie quilt that is estimated to have been made 1890 and 1910 in Pennsylvania. Here is a link to the [photo of the original quilt](#), found on the International Quilt Study Center & Museum site and here is a link to the detailed [quilt information](#). I hope that you will enjoy making it.

So, here is my interpretation - albeit tiny in comparison and squinched in the middle to make a mug rug:

INSTRUCTIONS:

Cutting Instructions:

All measurements include 1/4" wide seam allowances.

From the Dark Red Fabric, cut:

- 1 strip 1" x 18" long
- Cross cut into:
- 2 strips 3 1/2" long
- 2 strips 5 1/2" long
- For the backing - One 9" x 7" rectangle
- For the binding - One 1-1/2" x 45" (or width of fabric)

From the Salmon Pink fabric:

- 1 strip 1 1/2" x 29"
- Cross cut into:
- 2 strips 6 1/2" long
- 2 strips 4 1/2" long
- 2 strips 3 1/2" long

From the off-white fabric, cut:

- 1 strip 1 1/2" x 16 1/2"
- Cross cut into:
- 3 strips 3 1/2" long
- 4 squares 1 1/2"
- 1 strip 1" x 4"
- Cross cut into:
- 4 squares 1"

Constructing the top:

Make center vertical bar block:

- 1) Using all 3 1/2" x 1 1/2" strips - starting and ending with off-white, alternate sewing off-white and salmon pink strips long-sides together.
- 2) Press toward salmon pink.

- 3) Block should measure 5 1/2" x 3 1/2"

Add inner border:

- 4) Add dark red 3 1/2" by 1" strips to each end of vertical bar block.
- 5) Construct top and bottom inner border pieces by sewing two off-white 1" squares to both ends of a dark red 1" x 5 1/2" strip.
- 6) Sew top and bottom inner border pieces to the top and bottom of the vertical bar block, which already has inner border attached at ends.
- 7) Top should now measure 4 1/2" x 6 1/2".

Add outer border:

- 8) Sew left and right end of outer border to left and right ends of inner border.
- 9) Construct top and bottom outer border pieces by sewing two off-white 1 1/2" squares to each end of 1 1/2" x 6 1/2" salmon pink
- 10) Attach top and bottom outer border pieces to middle section.
- 11) Top should now measure 8 1/2" x 6 1/2"

Finishing:

- 12) Sandwich, quilt and bind as desired.

Crazy Basket Quilt Block

By: Sujata Shah from [Basket Full of Scraps](#)

Did you know that crazy quilting has actually been around for centuries? It has obviously made a big impression, and you can see why with such fun patterns as this creative quilt block variation on the classic basket quilt pattern.



INSTRUCTIONS:

- 1) Start with the desired size and shape of a crazy patch to make the basket.
- 2) Place the patch on a background RIGHT SIDES UP

My basket patch was big enough which required to piece the background.



- 3) Start cutting from the upper right corner moving counter clockwise to the left of the patch.

This is required if you have angled top to the basket top.



- 4) When piecing the background to the basket patch, start sewing the last cut piece first.

In other words, clockwise from the bottom right corner moving towards left.



- 5) Sew the bottom left corner of the background to the basket.



- 6) The left upper edge and then the right top corner piece.



- 7) Place the handle and base for eyeballing the size of each piece.



- 8) Trim the extra background fabric from the bottom edge of the basket. You will use this to sew the base of the basket.



- 9) Place the base of the basket on top of the background base fabric RIGHT SIDES UP matching the top edges and trim off the top tip of the triangle base.



- 11) You should have a piece that looks like this. Trim off top and bottom to finish the edges.



- 10) Sew both sides of background to each side of the triangle base of the basket.



- 12) I sewed another strip of background fabric at the base of the base!



- 13) With Right sides together, stitch the base to the bottom edge of the basket.



- 14) Cut a desired size handle from the freezer paper for template. Iron it on the right side of the fabric. Add 1/4" seam allowance and cut out the handle.



- 15) Machine or hand applique the handle on to the top of the basket.



Vintage Flower Mug Rug

By: [Joanne Mitchell](#) from [Thread Head](#)

1930s American quilting is often recognized for its colorful use of floral applique. This mug rug pattern will show you how to make a pattern that looks just like it's from the past, giving any room an old fashioned flair.



MATERIALS:



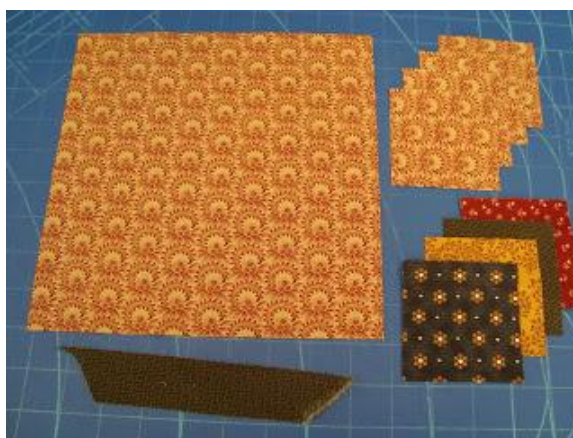
- **Fat Quarter of fabric** for the background and binding (a directional print fabric works fine)
- **Scraps of 4 different fabrics** for the applique and half square triangles
- Roughly 12" x 14" piece of fabric for **backing** and piece of **batting** (I prefer

the heat resistant batting for mug rugs but any low loft batting will work – not so “tippy” for mugs)

- **Freezer Paper** (available at the grocery store)
- **Glue** (glue stick and liquid school glue or [Roxanne Glue-Baste-It](#))
- Tools include [pressing bars](#) (not necessary but it does make stems easier), open toe embroidery foot for your sewing machine, small, sharp scissors.

INSTRUCTIONS:

- 1) From the background fabric cut a 9" square (it will be trimmed to 8½" when the applique is finished) and cut 4 - 3" squares for the half square triangles (HST).
- 2) From each of the 4 scraps cut one 3" square for the HST
- 3) From the green cut a 1¼" wide bias strip (roughly 4" long) for the stem



For the Applique -

- 4) Trace the three applique pieces (not the stem) on the dull side of the freezer paper. I also traced around some nickels and quarters to make some circles. Carefully cut all the pieces out.



- 5) Using the glue stick, apply a small amount of glue on the dull side of the freezer paper and stick the paper to the wrong side of the fabric.



- 6) Trim the fabric to ¼" around the shape (notice the shiny/wax side of the paper is up).

Repeat for all the shapes.



- 7) Run a small basting stitch around all the **circular shapes** and gather the fabric around. This makes pressing the seam allowance much easier for any circular shapes.



- 8) With the tip of a hot, **dry iron**, carefully press the seam allowance over the edge of the paper. The heat will melt the wax of the freezer paper and allow the seam allowance to stick to the paper.



All the pieces are ready for applique, plus the 1¼" wide strip has been pressed in half (these instructions are for an applique stem without pressing bars. If you have them use the 9mm one to make the stem).



9) For the leaf, press the points first,



10) Place and pin the stem where you would like it,

then the sides. You can clip the inner curve to make pressing easier.



I laid the other pieces down to give me an idea of where it should go.



- 11) Sew with a straight stitch, ¼" from the raw edge.

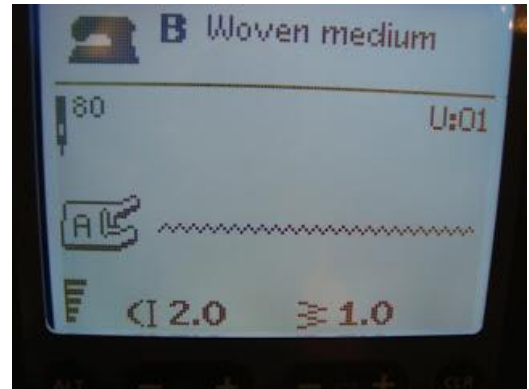


- 12) Press the stem over.



Now the sewing machine needs to be set up for machine applique.

- 13) Using a very small zig-zag stitch, with the tension slightly tight so that the top thread goes to the back slightly. I have a Husqvarna sewing machine and this is my setting. The stitch length is just slightly shorter than normal.



I use a 100wt thread (very fine) for applique. [Invisafil by Wonderfil](#) and [YLI Silk](#) are my favorite, but you can also use an invisible thread (in clear or smoke) or fine thread. With the fine thread, I use a #70 Microtex needle. The top thread should match the applique piece and the bobbin thread should match the background fabric (I use [Aurifil 50wt](#) for the bobbin).



- 14) Stitch the stem down using the applique stitch. It should "zig" over a couple of threads on the applique piece, and "zag" off the applique piece. The sewing machine foot is an "open toe embroidery foot".



With matching thread and the tiny stitches, it is very hard to see, but it is a very secure applique.



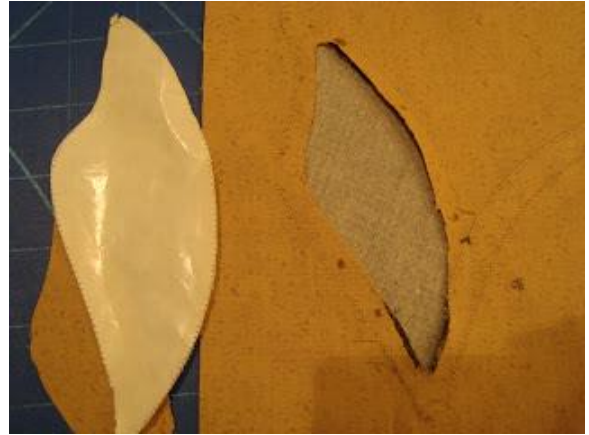
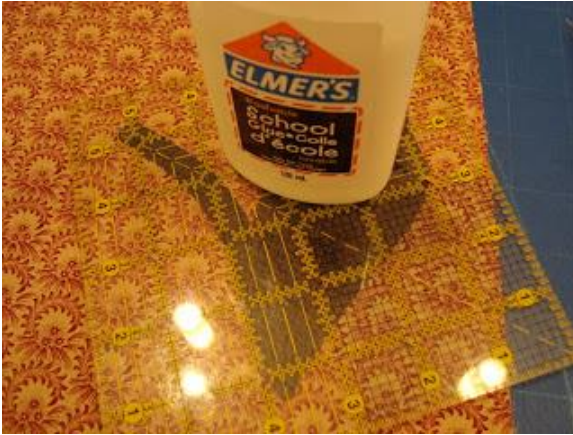
Next is placing the other applique pieces (the large circle and the leaf).



- 15) Using the liquid glue, place small dots around the piece on the seam allowance (I use a large pin or toothpick dipped in the glue).



- 16) Place the applique piece on the background (I use a ruler to weight it down and let it dry a few moments - this is usually when I change the thread on my machine). You can use pins instead of glue, but the glue allows the applique piece to lie flat and it doesn't move.



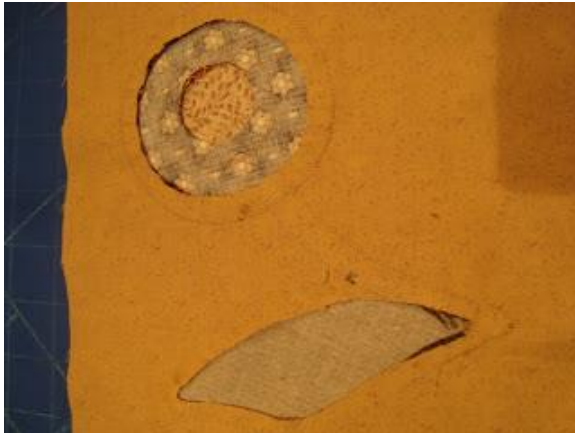
17) On the back, carefully cut out the background fabric behind the applique, leaving a ¼" seam allowance.

19) Glue the small circle (flower center) and stitch around.



18) Gently remove the paper (use tweezers if there are small pieces left). Repeat for the large circle.

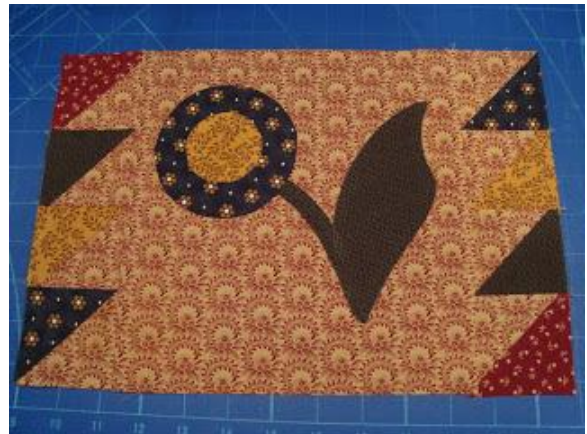
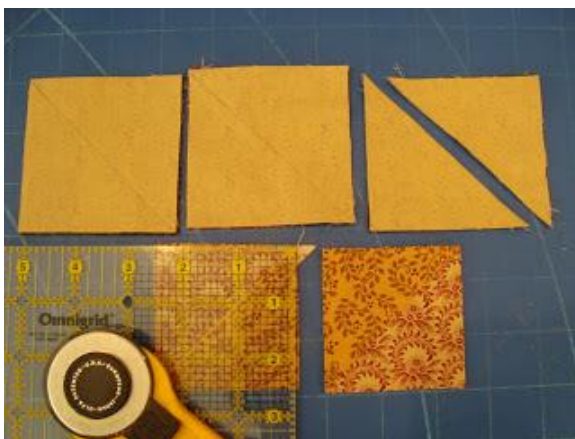
20) Remove the paper. When doing the applique method it is important to work the pieces in sequence (from the back pieces to the front applique pieces) and to remove the paper as you go. Trim the block to 8½" square.



For the Mug Rug -

21) With the 3" squares make half square triangles. Using one background fabric and one scrap fabric for every HST set. Draw a diagonal line on the back of the lighter fabric (with correct placement you can match directional fabric) and stitch $\frac{1}{4}$ " on either side. Cut on the line. Press the HST open. Trim these blocks to $2\frac{1}{2}$ " squares.

23) and stitch on either side of the block.



22) The squares make 8 HST. Sew them in two sections,

24) Randomly applique the remaining small circles.



25) The mug rug is ready for quilting with the batting and backing. Bind with 2¼" wide strips of the fat quarter.



Another variation. Mug rugs are a great size to practice free motion machine quilting on,



and make great gifts.

I hope you find this tutorial helpful.♥

Here is the pattern-



This is on a regular sheet of paper. (Save the image and print it on a full size piece of paper - either with "Word" or a Print Shop type program - or ask a teenager/young adult for help - that's what I always do.) If you have trouble getting this pattern, please [contact me](#) and I will email you a word document with the pattern.

If you are looking for an easy way to make a light table - [instructions can be found here](#).

Classic American Quilt Patterns

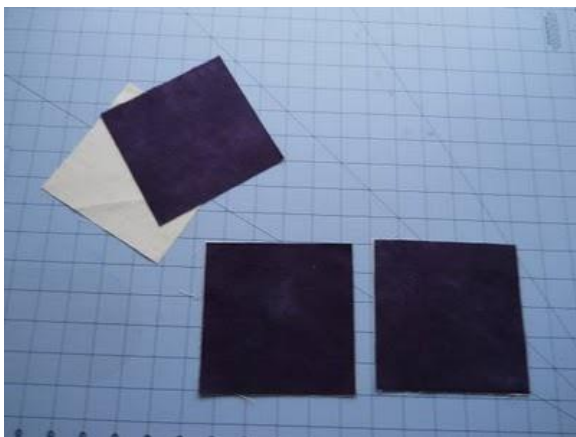
Golden Hunter's Star Quilt

By: Karin from [Cascade Quilts](#)

Star quilts come in all shapes and sizes, and this particular star quilt pattern gives the classic Hunter's Star a unique look.



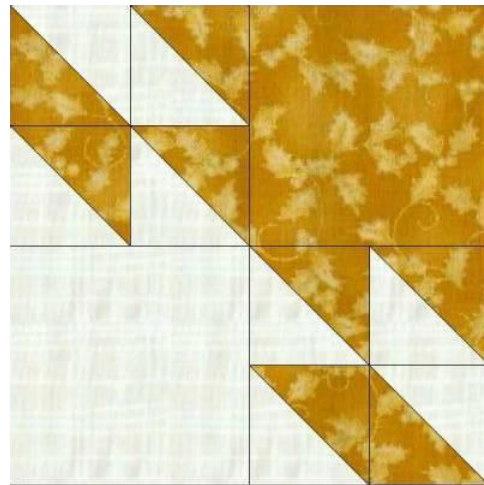
MATERIALS:



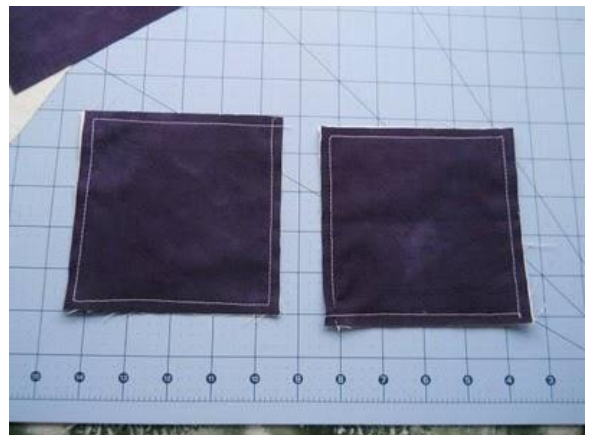
- Six 5" charm squares for each block (the block will be 9 1/2" after assembly with a finished size of 9" in your quilt) – 3 charms need to be the same print/color and 3 charms need to be the same solid

INSTRUCTIONS:

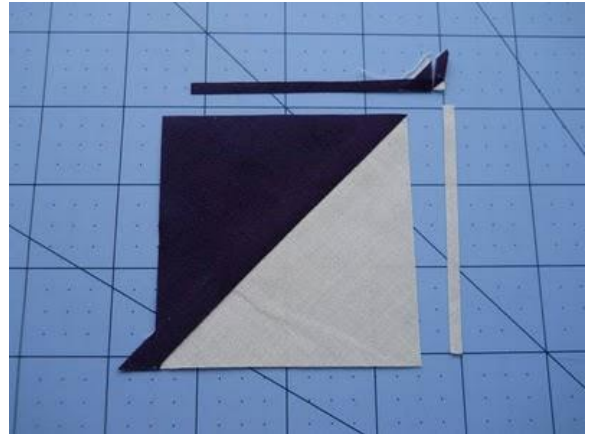
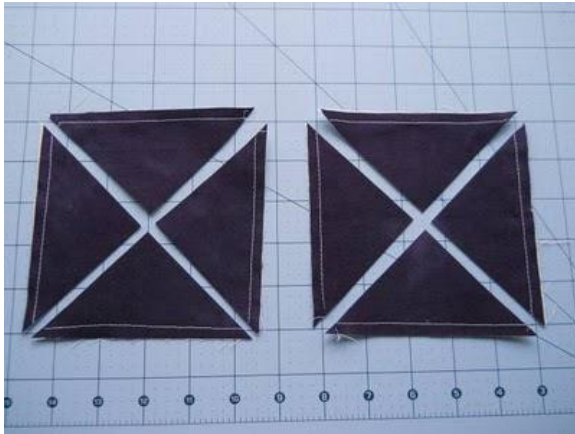
Note: First, I highly suggest you print out this pic that I created in EQ - the arrangement of the little HST's can be confusing! (HST's = half square triangles)



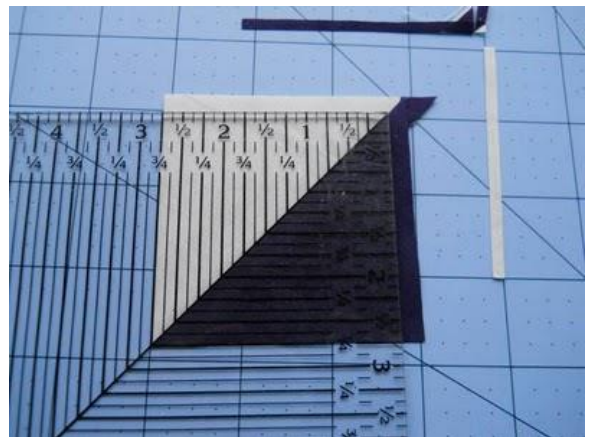
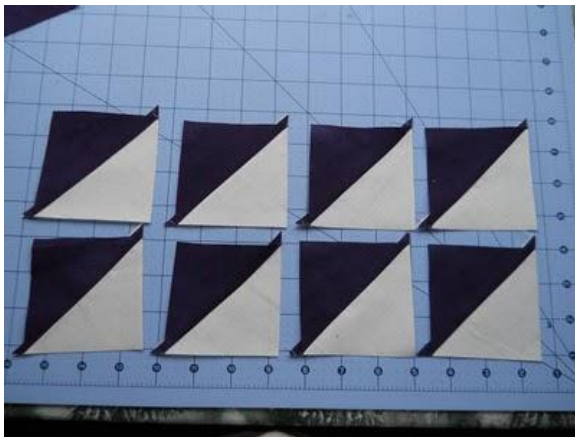
- 1) I highly recommend that you spray starch these blocks before you start sewing/cutting. Take one of each charm and set them aside for now. Take two pairs of charms and layer one print/dark on top of the light/solid. Stitch around on all 4 sides of the charms with a 1/4" seam.



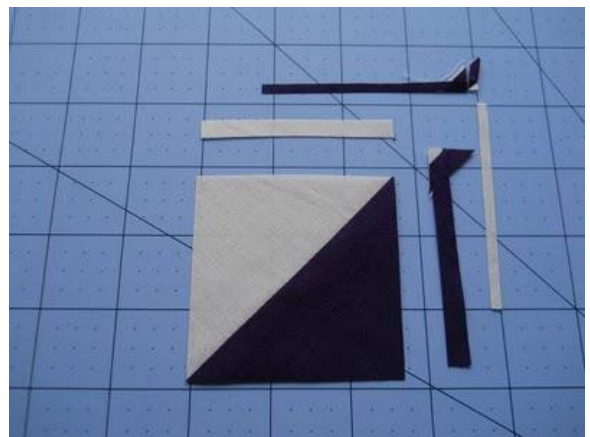
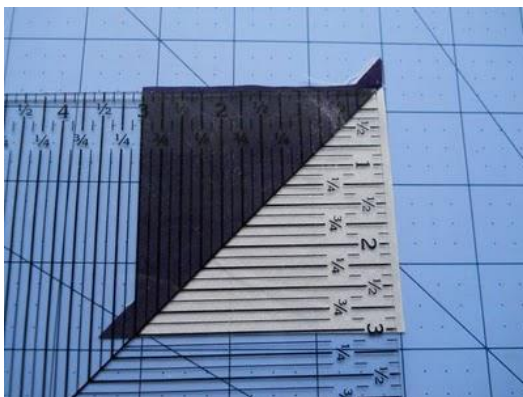
- 2) Now, cut diagonally both ways to create 4 triangles on these squares



- 3) Then, take each triangle and open them up and press carefully to create 8 HST's.



- 4) Now comes the trimming! Square each little triangle up so they end up 2 3/4" square.



- 5) Now arrange them so you can assemble your block!



- 6) Refer to the picture you printed out. Notice that the 3 'inner' on each corner all point in the same direction. Dark toward the dark block, light toward the light block. The outer corners are the only ones that are rotated. Sew the little HST's into pairs and then into the 4 patches. Then, sew the triangle patches to each solid charm and then the two pairs together.



And now you have your finished Hunter's Star block! You should be able to get 36 of these from 3 charm packs to create a 54x54" quilt top with a 6x6 block layout. Or, add a 4th charm pack and border the 36 Hunter's Star blocks with the whole charm squares to create a 63x63" quilt top like I did below. You will have leftovers for

piecing a backing as well if you do it this way. If you wanted to use all 40 charms from each pack on the front, you could do a 5x8 block layout and end up with a 45"x72" quilt top without the 4th charm pack. You could then add the 4th charm pack and bring that up to 54"x81", which could be a single bed size or a nice size couch/lap quilt.



Old Money Quilt

By: Diane from [Butterfly Threads Quilting](#)

A popular quilting style that found its place in American quilting during the Civil War is the stacked coin quilt. Break out your favorite fabrics and put your own twist on this classic.



FINISHED SIZE: 55" x 82 ½"

MATERIALS:

- 1 yard scraps for coins
- 2 yards for sashing
- 2 yards border & binding
- 3 ½ yards for backing

INSTRUCTIONS:

Cutting Directions:

Coins- Cut 270 scraps into 5½" x 2" rectangles

Sashing- Cut 7 strips 2½" wide x 67½" long

Top and bottom sashing- Cut 2 strips 2½" wide x 44½" long

Borders- Cut the side borders 6" wide x 71½" long. cut the top and bottom borders 6" wide x 55" long

Sewing Directions:

- 1) Sew the coins into 6 rows of 45 each.
- 2) Sew rows of coins and sashing side by side referring to the photo.
- 3) Sew the top and bottom sashing to the top and bottom.
- 4) Sew the side borders on, and press toward the borders.
- 5) Sew the top and bottom borders on, and press towards the borders.

Finishing the Quilt:

- 6) Layer the quilt top, batting and backing and baste.

Country Cabin Lap Quilt

By: [John Adams](#) from [Quilt Dad](#)

Another quilt pattern that became an American classic during the Civil War was the log cabin quilt. With some bright fabrics, you can add a new freshness to your home with this eye-catching design.



FINISHED SIZE: 40" x 44"

MATERIALS:

You'll need a few cuts of fabric that span the full 44" width of a bolt of fabric. (In other words, fat quarters wouldn't work too well here.)

Depending on how many different fabrics you want to use, 4-6 1/2 yard cuts of fabric should suffice. A few 1/4 or 1/3 yard cuts would work, too. Again, just be sure you have at least a few

cuts that have the full 44" width of the fabric intact.

INSTRUCTIONS:

Cutting: The quilt is constructed of a single center square and 32 strips, or "logs". I cut my fabrics as I went, but I know that some people like to cut all of their fabrics up front. If that is the case, here are all of the cutting directions:

Center square: 4.5" square

A1: 2.5" x 4.5"

A2: 2.5" x 6.5"

A3: 2.5" x 6.5"

A4: 2.5" x 8.5"

B1: 3.5" x 8.5"

B2: 3.5" x 11.5"

B3: 3.5" x 11.5"

B4: 3.5" x 14.5"

C1: 1.5" x 14.5"

C2: 2.5" x 15.5"

C3: 1.5" x 16.5"

C4: 2.5" x 16.5"

D1: 2.5" x 18.5"

D2: 3.5" x 18.5"

D3: 2.5" x 21.5"

D4: 3.5" x 20.5"

E1: 4.5" x 24.5"

E2: 4.5" x 24.5"

E3: 4.5" x 28.5"

E4: 4.5" x 28.5"

F1: 2.5" x 32.5"

F2: 2.5" x 30.5"

F3: 2.5" x 34.5"

F4: 2.5" x 32.5"

G1: 1.5" x 36.5"

G2: 1.5" x 33.5"

G3: 1.5" x 37.5"

G4: 1.5" x 34.5"

H1: 3.5" x 38.5"

H2: 3.5" x 37.5"

H3: 3.5" x 41.5"

H4: 3.5" x 40.5"

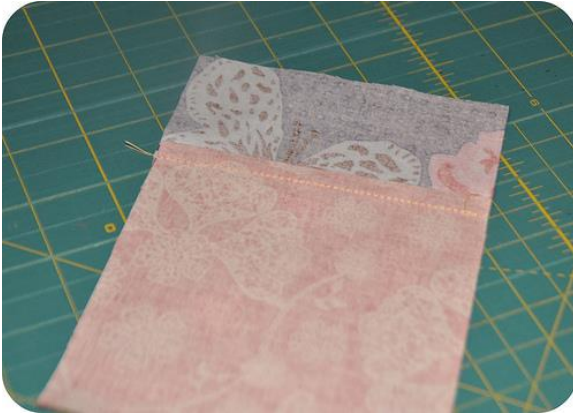
Quilt Assembly:



- 1) Starting with your center square, attach piece A1 to the right side of the square. Sew the pieces together with a 1/4" seam.



- 2) Once the pieces are sewn together, press the seam away from the center square. For the remainder of the quilt, you will always press the seam towards the piece that you just added.



- 3) Moving counter-clockwise around the center square, add piece A2 next. It should be sewn to the top of the center square, with the seam pressed towards piece A2.



- 4) Moving counter-clockwise again, piece A3 should be sewn on to the center square next.



- 5) Piece A4 should complete the first round of logs. Now you can see that the 'A' pieces represent the first round of logs, the 'B' pieces represent the second round of logs, etc.



Here is the quilt top with the second ('B') round of logs attached:



With the third ('C') round added:



You get the idea! Here's a picture of my completed quilt top, before the basting, quilting, and binding steps:



I free-motion quilted the entire quilt in an all-over meandering stipple. I am a huge fan of using striped fabrics as binding, so I made sure I had set aside enough of Bari's stripe print to bind my quilt.

As I mentioned earlier, I joined a few of my leftover 44" wide pieces of fabric to create a really nice pieced backing. This quilt has already been claimed by my 6 year-old daughters as a cuddly movie-watching blanket.

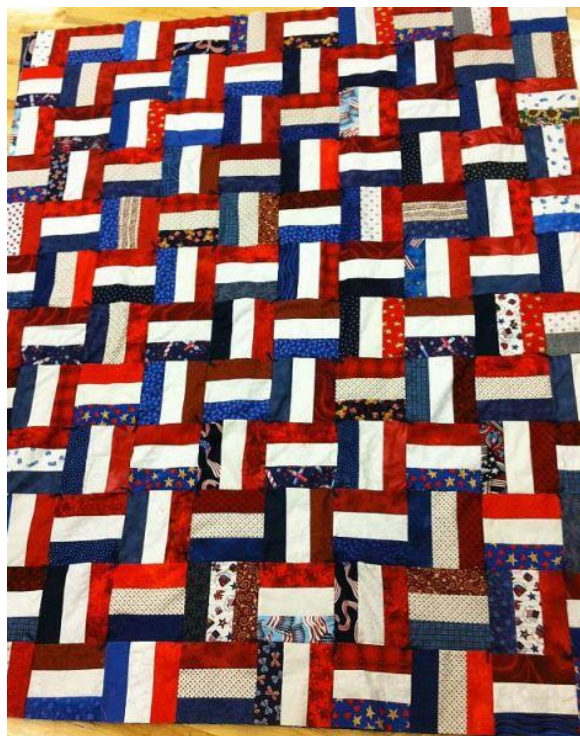


Patriotic Quilt Patterns

American Rails Quilt

By: [Christa Watson](#) from [Christa Quilts](#)

Use those iconic colors in a different way by making a variation of a rail fence quilt that looks like mini flags. The message behind it is just as special as the pattern itself.



FINISHED SIZE: 60" x 72"

Note: The quilt is basically a modified rail fence version with 3 strips of color instead of 4. Since it's made from red, white, and blue strips with the white strip in the middle, the design forms sort of a woven look. It would make a perfect signature quilt, too!

[Find out more about the inspiration with the Wounded Warriors Quilt](#)

INSTRUCTIONS:

- 1) Our lap size quilt finished at 60" x 72" and consisted of 120 blocks set 10 x 12. Each block finished 6 inches square. So you would need about a 1.5 yards of each color. Use scraps for variety – I used several prints of each color. Cut each fabric into 20 – 2.5" strips.

Subcut those into 120 rectangles each of red, white and blue, measuring 2 1/2" by 6 1/2".



- 2) Sew all of the rectangles into sets of three with the same red-white-blue color orientation. For best variety, mix up the pieces while sewing as much as you can.



- 3) The tricky part – lay out all of your blocks so that they form an interesting zig-zag pattern. This was probably the hardest part of making the whole quilt and keeping the colors going the right way! If you look closely at the picture you will see continuous streaks of red and blue on either side. Constantly refer to your layout to keep it going the right way.



If you are wanting to make a signature quilt you can either piece all of the blocks and have people sign them ahead of time. Or finish the quilt and bring it to your party or wedding reception and have the guests sign directly on the quilt!

- 4) When all of the blocks are laid out in the correct orientation, you can join the blocks into rows. Then join all of the rows to make your top. We tied our quilt, but it would look great quilted in the ditch with a decorative stitch!



Ohio Stars and Rails Quilt

By: [Bonnie Hunter](#) from [Quiltville](#)

No patriotic quilt pattern has quite the charm as this star quilt pattern. It seamlessly combines classic American quilting styles with the good old red, white, and blue.



FINISHED SIZE: 69" x 69"

[Click here for the printer-friendly version](#)

INSTRUCTIONS:

For each star cut:

White:

TWO 3 1/4" squares. Cut these squares diagonally twice with an X to give you 8 star points.

ONE 2 1/2" square for the star center.

Navy:

TWO 3 1/4" squares. Cut these squares diagonally twice with an X to give you 8 star background triangles.

FOUR 2 1/2" squares for block corners.

Piece blocks in this manner:

Make four hourglass squares:

- 1) Place a white triangle with a blue triangle with right sides together..and seam along one SHORT side. This will make one HALF of your hour glass square. Continue chain feeding triangle pairs through your machine until you have 8 identical triangle pairs.



- 2) Lay these out on your pressing board and press the seam allowances to the DARK. trim points and snip threads between triangles.



- 3) Make two piles of 4 triangles each.....and place them with long sides facing each other. Pair these up with right sides together to stitch them into hour glass squares. Trim threads between squares, and trim excess points.
- 4) Lay out all your star pieces to form the block..... Make sure that your white points are forming the star points...and place your 4 blue background squares in the corners, and the white square in the center.



- 5) Stitch the block in rows across, as in sewing a 9 patch block.

Rail Blocks:

I am digging through my scraps for this quilt. My rail blocks are made with assorted red fabrics.....the white in the quilt is the one "constant" that I have going. It is a bleached muslin.

- 6) Cut red fabric into 2 1/2" strips. Cut white center fabric into 2 1/2" strips.
- 7) Stitch a red on either side of the white....pressing seams towards the dark.



- 8) Sub-cut these long strips into 6 1/2" rail blocks.

Assembly:

- 9) Lay out your stars alternating with the rail blocks for the quilt center.
- 10) Stitch blocks into rows, and then sew the rows into the quilt center.
- 11) To frame the quilt, I added a 2.5" cut inner border of white and framed the whole quilt with a 5" cut outer border of navy blue.

Quilting Detail:



Americana Diamonds Doll Quilt

By: Ann from [Maggie Quilts](#)

Combine some of the other traditional American quilting styles you've learned to make the perfect little pattern to decorate your home.



Note: Pre cut fabric scraps are 1.5" squares



INSTRUCTIONS:

- 1) First I sewed them together in little 4-patch units - very scrappy, just tried to make sure each 4-patch was made of four different fabrics. I made 21 little units.



- 2) I wanted to put the little 4-patch units on point, so I got out my iPhone and used a sweet little app called QuiltRef to calculate what I needed for side triangles and corner triangles. Finished size of the 4-patch units was 2", so I entered that in and found I needed 4.25" squares for the side triangles (cut in 4 diagonally) and 2.5" squares for the end triangles (cut in half diagonally). I needed 12 corner triangles, so I cut 6 squares 2.5"x2.5" and cut them in half once diagonally. I needed 36 side triangles, so I cut 9 squares 4.25" x 4.25" and cut them in half diagonally and again on the other diagonal.

If you need more of a visual, Quiltbug.com has a page showing setting triangles. Lay these out on your design wall or on your sewing table and carefully sew together.

There will be some bias edges, so if you want to use your walking foot to minimize stretch as I did, go for it. Trim the sides so you have a quarter inch seam from the 4-patch points to the outside edges.



- 3) I only had limited amounts of the prints large enough for borders and sashing, so I auditioned what I had and came up with this layout. I didn't have enough red for another border, so I had to be satisfied with using it for the binding. The strips are cut the width and length of the 4-patch units, so measure up and match what you have. Pin at both ends and the middle before sewing to avoid the nasty stretchies of the bias edges.



- 4) Then, just find a great backing fabric. I used a little piece of matching stripe that I had quite a large piece of. Layer with your choice of batting, quilt as desired and attach binding.



***American Quilting Traditions: 11 Free Quilt Designs, Quilt Blocks, and More
Americana***

FAVEQUILTS 
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