

“Fight Like a Girl”

Quilt Size: 36¾” x 43”
Designed by Rosemarie Lavin
Featuring the Pink Ribbons Collection
by Rosemarie Lavin

REVISED



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Words of encouragement—courage, strength, hope—are displayed in this fabric collection that pays tribute to the thousands of women who are fighting to end this disease.

MATERIALS

One fat-quarter each (squares):
31911-1 Black Words of Hope (center)
31911-2 White Words of Hope
31912-1 Black Damask (squares, ribbon center)
31912-3 Pink Damask
31913-1 Black with Pink Ribbons

1/2 yard each (squares, ribbon):
31913-3 Pink with Pink Ribbons
31914-3 Pink Stripe

3/4 yard (squares, border):
31914-1 Black/Pink Stripe

3/8 yard (setting triangles):
29003 Black 1930's Solid

3/8 yard binding (your choice)

1-1/2 yards backing (your choice)

Cutting chart for directional Prints



CUT

Before cutting the squares, read Step 1 about grain line and refer to Fig. 1 to cut multiple patches. To make the quilt using fabrics in a way that you choose, cut a total of (30) squares 5" x 5" (cut squares from directional prints on point), and (4) squares 7-5/8" x 7-5/8" cut on grain of fabric.

If you wish to make the quilt exactly as shown, follow these directions:

Black Words of Hope: Cut (1) 13-1/4" square on grain.

White Words of Hope: Cut (5) 5" squares on point, cut (1) 7-5/8" square on grain, cut in half diagonally to make 4 half-square triangles (cut over-sized for trimming).

Black Damask: Cut (1) 9-1/2" square on point, cut (4) 5" squares on point.

Pink Damask: Cut (1) 9-1/2" square on point, cut (4) 5" squares on point.

Black with Pink Ribbons: Cut (4) 5" squares on point.

Pink with Pink Ribbons: Cut 1 ribbon half, cut (6) 5" squares on point, cut (1) 7-5/8" square on grain, cut in half diagonally to make 4 half-square triangles (cut over-sized for trimming).

Black/Pink Stripe: Cut (5) strips 3" x 42" to make the following:
2 side borders 3" x 45-1/2" and 2 top/bottom borders 3" x 39-1/4" (borders include 2" extra plus seam allowances). Cut (2) 5" squares on point, cut (1) 7-5/8" square on grain.

Pink Stripe: Cut 1 ribbon half in reverse, Cut (5) 5" squares on point, cut (1) 7-5/8" square on grain, cut in half diagonally to make 4 half-square triangles (cut over-sized for trimming).

Black Solid: Cut (5) 8" squares, cut in half diagonally twice to make 20 quarter-square triangles (2 not needed). Note that these triangles are cut over-sized to be trimmed later.

Cut (2) 4-1/2" squares, cut in half diagonally to make 4 half-square triangles (cut over-sized for trimming).

Additional fabric required for backing: 1-1/2 yards

Additional fabric required for binding: 3/8 yard

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MAKE THE QUILT

1. Several of the fabrics are directional. If you want all motifs to be upright on the finished quilt, cut them on point as shown in the cutting diagram. With careful cutting, you can cut (5) 5” squares on point and (1) 7-7/8” square from a fat quarter. Note that the 7-7/8” square is cut on the straight of grain. When the 7-7/8” squares are cut twice on the diagonal, you get 2 quarter-square triangles with the directional print parallel to the long edge and 2 triangles with the print perpendicular to the long edge. This allows the directional prints to remain upright when the triangles are sewn around the center black square. You will cut 16 triangles from these squares and only 8 will be used. Because many of the 5” squares are cut on point, edges are bias, so handle the squares as little as possible.
2. Trace the ribbon halves (See template page 3) and center on fusible web and cut out roughly, leaving about 1/2” around the drawn lines. Press each motif to the back of the appropriate fabric. Cut the motifs on the drawn lines. Remove the backing paper, position ribbons and ribbon center on the 13-1/2” center square, and press in place. Finish the edges with a decorative or blind hemstitch.
3. Use a design wall or hang up a piece of flannel or batting to arrange the parts so that you can stand back and look carefully at the design. It is important that the directional print patches remain upright in the finished quilt. Handle bias edges carefully. Refer to the quilt assembly diagram to arrange the squares and triangles in diagonal rows as shown.
4. Sew a 3-patch unit made of a 5” square and (2) 7-5/8” quarter-square triangles. Make 4 units like this. Sew to each side of the center square.
5. Make the upper left unit with a 9-1/2” square and (4) 5” squares, adding the black triangles where needed. Note that the black triangles are cut over-sized and will be trimmed after the quilt is constructed. Sew this unit to the quilt. Repeat for the bottom right unit.
6. Construct the top right and lower left units following the diagram (See page 3). Sew to the quilt.
7. Use a large square acrylic ruler and long ruler to trim the edges of the quilt, keeping the corners of the quilt square. Be sure to leave generous 1/4” seam allowances all around.
8. Sew the borders to the sides of the quilt. Trim borders even with the top and bottom edges. Sew borders to the top and bottom and trim.

FINISH

Layer quilt with batting and backing. Quilt in the ditch around border, block patches, and appliquéd ribbon. Quilt around the motifs and stripes in each square, or quilt a ribbon shape that echoes the appliqué in each small square. Bind the quilt to finish.

ENJOY!

**Windham Fabrics is proud to support Breast Cancer Education.
A portion of the proceeds from the sale of this collection is donated
to the Maurer Foundation**



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breast health education

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and to download this and other Free Projects**

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Quilt Assembly Diagram

RIBBON TEMPLATE
1/2 SCALE

