



This quilt is the perfect solution to wrap up in while you enjoy your current favorite book or watching the latest movie. Definitely a skilled beginner's quilting dream.

We used Minky Plush, Cuddle Fabric on the back for a soft cozy finish.

Open the link below to watch the **Waves of Chevrons** tutorial and learn how to make this quilt in a flash using our HSTSystem method.

[www.quiltnaflash.com/videos/](http://www.quiltnaflash.com/videos/)

## FABRIC REQUIREMENTS

- 1<sup>2</sup>/<sub>3</sub> Yards Off-White (Background)
- 1<sup>1</sup>/<sub>2</sub> Yards Dark Teal (HSTs and Border)
- 1<sup>2</sup>/<sub>3</sub> Yards Dark Brown (HSTs and Binding)
- 3 Yards (Backing)

## HIGHLY RECOMMENDED TOOLS

- HST550 Stencil (Makes 5" finished HST)
- Pounce Pad with iron off white chalk

**NOTE:** The instructions in this document are intended to supplement the online instructional tutorial. Please refer to the tutorial and this document to complete this quilt.

## CUTTING THE FABRIC

These instructions assume a 42" of usable fabric across the **W**idth-**o**f-**F**abric (WOF)



OFF-WHITE

Cut 1, 24" strip across the (WOF). Set this cut fabric strip and the remainder of this fabric aside for making the HSTs



DARK TEAL

**Cut:**

- 1, 24" strip across the (WOF) (HSTs)
- 8, 3.5" strips across the (WOF) (Borders)



DARK BROWN

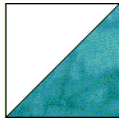
**Cut:**

- 1, 30" strip across the (WOF) (HSTs)
- 2.5" bias strips (enough to make 226" of double fold bias binding)

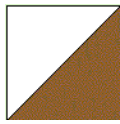
## MAKING THE HSTs

The HST blocks should measure:

- 5.5" square (unfinished)
- 5" square (finished)

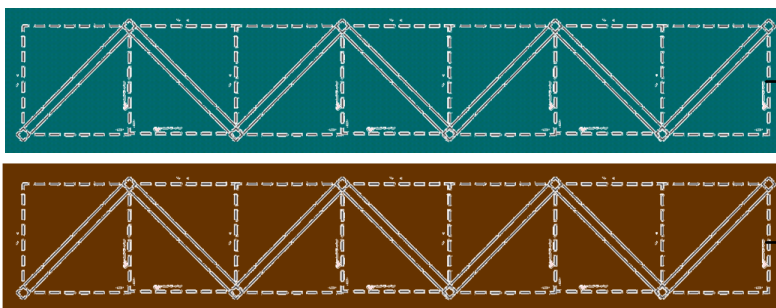


Make 36



Make 56

Each stenciled strip should fit 7 images across the WOF. Seven images are equal to 14 HSTs.



Transfer 18 total stencil images.  
Two rows of 7 images and one row of 4 images.

Transfer 28 total stencil images.  
Four rows of 7 images.

## ASSEMBLING THE QUILT ROWS

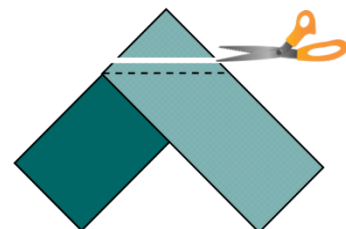
Below is a checklist to summarize the key points made in the video. See the **Quilt Layout** on page 3.

- ▲ Assemble the blocks into horizontal rows (top to bottom).
- ▲ As you complete each row, from left to right and 1 through 8, pin a numbered sticky note or small paper square to the top of the row.
- ▲ After sewing one row to the next, attach a clip or pin to the quilt top to identify where you ended your stitching for those rows. The clip or pin indicates where you will begin sewing when attaching the next row.

## ASSEMBLING THE BORDERS

Each border uses two 3.5" the strips that were cut across the WOF. All of the borders are made longer than the sides of the quilt top.

1. Using two fabric strips for each border, with right sides together, sew the strips together across the bias. See illustration.
2. Trim the seam allowance to  $\frac{3}{8}$ ".
3. Press seam open.



## ATTACHING THE BORDERS

Both side borders are attached to the quilt top before the top and bottom borders. Attach each border as follows.

1. Align the seam line you made in the border strip with the center of the edge of the quilt top,
2. Align the edges.
3. Starting in the center and working toward the quilt top corner, pin the border strip in place.
4. Sew the border onto the quilt top.
5. Press the seam toward the border.
6. Trim off the excess border strip to square the corners.

## QUILT LAYOUT



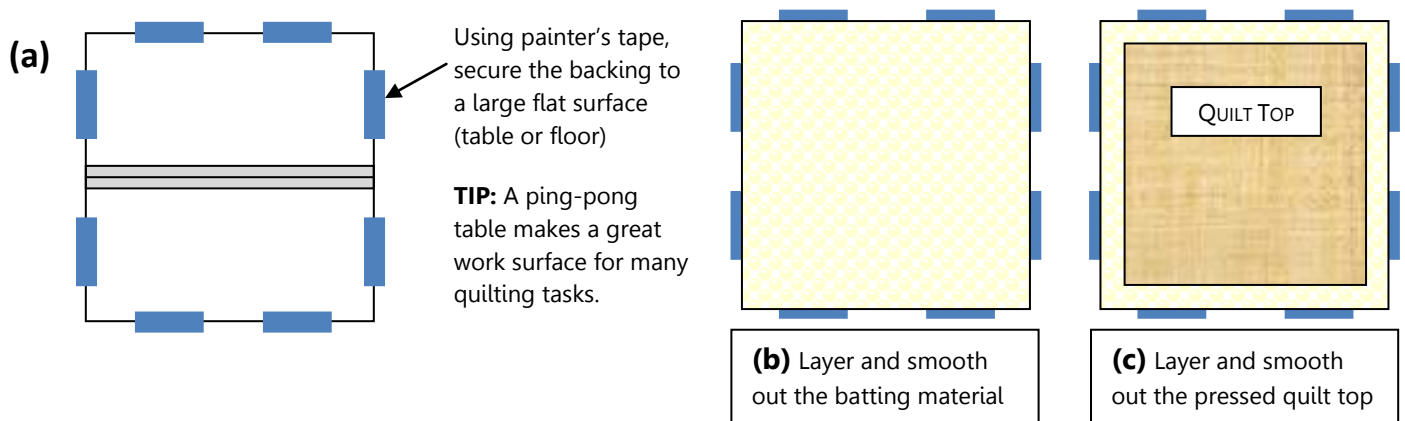
**Quilting Suggestion**

## COMPLETING THE QUILT

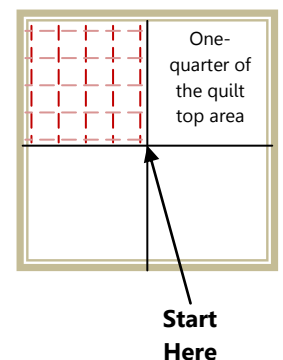
This section provides general information about sandwiching your quilt, also referred to as layering, and finally binding and labeling your quilt!

### Sandwiching

There are multiple methods of sandwiching quilt tops with the batting and backing. Typically, cut the backing and batting 4" to 6" longer and wider than the quilt top. Where piecing is needed for the backing, use uniform sized pieces and horizontal seams pressed open. (See a.)



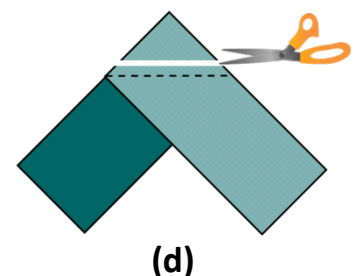
Working in one-quarter of the quilt top area at a time, pin or baste from the quilt center to the quilt edges. Space the basting or pinning 6" apart forming a grid pattern. When **hand quilting**, using the thread you plan to quilt with, hand baste the layers together using a 1" running stitch. Pull stitches snug so layers will not shift. Insert a backstitch at the beginning and ending of each thread used. Avoid basting through marked quilting lines or seams. When **machine quilting**, pin the layers together using safety pins especially made for quilting. Quilt your quilt!



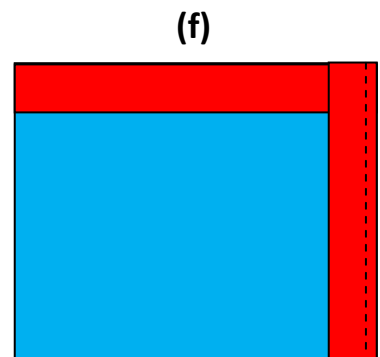
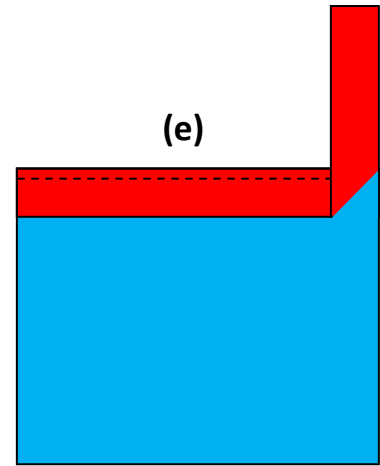
### Binding

This quilt is an optimal choice for a double fold bias binding. The step instructions below describe how make and sew the binding on to form double mitered corners (miters front and back of quilt). And finally, connect the binding ends for a perfect fit. Use the 2<sup>1</sup>/<sub>2</sub>" wide bias strips, and:

1. With the right sides facing, sew strips together across to straight of grain to make in one continuous strip. (See d.)
2. Trim the seam allowances to <sup>3</sup>/<sub>8</sub>" and press the seams open. (See d.)
3. Once your strip is the length needed for your quilt (226"), with the wrong sides facing, fold the binding strip in half lengthwise, and press. Your pressed strip should measure 1.5" wide.
4. Beginning in the center of one side of the quilt, position, and pin the binding on the topside of the quilt with the raw edges of both together.



5. Through all of the quilt layers, begin sewing 12" from the pinned binding's end. This leaves a 12" tail (first tail).
6. Stop sewing  $\frac{1}{4}$ " from the corner. Then:
  - a. Backstitch
  - b. Remove the quilt from the machine
  - c. Clip the threads
7. Fold the unattached portion of the binding strip upward creating a diagonal fold, and finger-press. (See **e.**)
8. With your finger hold the diagonal fold in place, and bring the raw edges together on the next side of the quilt making a horizontal fold in the binding strip that aligns with the sewn edges. (See **f.**)
9. Start sewing again at the top of the horizontal fold. (See **f.**) Again, stop sewing  $\frac{1}{4}$ " from the next corner.
10. Repeat steps 6 through 9 for the remainder of the top.
11. After the last corner is complete, sew the last binding strip until you are within 12" to 15" away from the 12" tail.
12. Stop sewing. Leave a straight-cut 8" tail (second tail) beyond the position where you stopped sewing.
13. To reduce the bulk and to connect the binding ends for a perfect fit, use the overlapped binding method. You can watch a tutorial video on our website at [www.quiltnaflash.com](http://www.quiltnaflash.com), or download complementary instructions for this method on the **Tips** or **Blog** page.
14. After completing step 13, fold the pressed fold of the binding strip over onto the back of the quilt top and blind stitch it in place. As you stitch around the quilt, take a couple of stitches in the mitered corners to secure them in place.



### Labeling

Your quilt deserves a label. Quilt labels should contain the name of the quilt, your name, month/year completed, and the city/state where you lived when you finished your quilt.

For your name, if you have a different last name than you were born with (maiden), hyphenate your birth name with your current last name. This provides historical tracking for your quilt.

**NOTE:** Make sure you get a great picture of your quilt, and enter the quilt's information with the picture in your quilt journal.



## NOTES:

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**DISCLAIMER:** Even though every attempt has been made to communicate clearly and to ensure the accuracy of these instructions, we cannot completely guarantee either. Please let us know of any errors you may find or how we might improve the information at [info@quiltnaflash.com](mailto:info@quiltnaflash.com). Your opinion and satisfaction is very important to us. Thank you and have a lovely quilting day.

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