

Heart and Soul

ANDOVER FABRICS



Heart and Soul Projects
designed by: **Janet Houts**
Wall Hanging Size: **40" x 57"**
Table Topper Size: **40" x 40"**
Placemat Size: **12" x 16"**
Skill Level: **Intermediate**

Free Pattern Download Available

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Heart and Soul Projects

Introducing Andover Fabrics new collection: **HEART AND SOUL** by Andover Fabrics
Projects designed by Janet Houts

Wall Hanging finishes 40" x 57"

Table Topper: 40" x 40"

Placemat: 12" x 16"

Hearts aplenty will take the day when you display any or all of these projects in your dining area. The Table Topper and Quilt are also perfect sizes for baby blankets. This is a great project to practice stitching curves to make the hearts.

Cutting Directions for the Wall Hanging

Note: Read assembly directions before cutting patches. All measurements are cut sizes and include ¼" seam allowances. A fat ⅛ is a 9" x 20"-22" cut of fabric. A fat ¼ is an 18" x 20"-22" cut. Borders are cut the exact lengths required plus ¼" seam allowances. WOF designates the width of fabric from selvedge to selvedge (approximately 42" wide).

Fabric A

Cut (2) borders 3½" x 51½"

Cut (2) borders 3½" x 34½", cut lengthwise

Fabric B

Cut (10) squares 4½" for Frame Units

Cut (20) squares 1½" for Nine Patch Blocks

Fabric C

Cut (16) squares 1½" for Nine Patch Blocks

Cut squares 3½" for Heart Blocks as you desire

Fabric D

Cut (5) squares 12⅞", cut in half once diagonally to make 10 half-square triangles for Frame Units

Cut (28) T1 patches for Heart Blocks

Cut (7) squares 3½" for Heart Blocks

Cut (7) strips 2½" x 12½"

Cut (7) strips 2½" x 9½"

Cut (7) strips 1½" x 12½"

Cut (7) strips 1½" x 9½"

17 Brights From each: (Read Step 1 before cutting.)

Cut (3-4) squares 3½" for Heart Blocks as you desire
(a total of 63 squares)

Cut (1-2) T2 patches for Heart Blocks
(a total of 28 T2)

Binding

Cut (5) strips 2½" x WOF for binding

Backing

Cut (2) lengths 34" x 50", pieced to fit quilt top
with overlap on all sides

For the Quilt

Fabric Requirements	Yardage	Fabric	
*Fabric A border	1½ yards	1237-L	
Fabric B blocks	fat ¼	1237-R	
Fabric C corners	fat ⅛	1243-E	
Fabric D backgrd.	1¾ yards	1244-L	
*17 Brights blocks	fat ¼ each		
1237-K	1238-E	1238-K	1238-L
1239-K	1239-R	1240-E	1240-K
1240-L	1241-E	1241-K	1242-K
1242-L	1242-R	1243-R	1244-K
1244-R			
Binding	¾ yard	1244-R	
Backing	3 yards	1241-L	

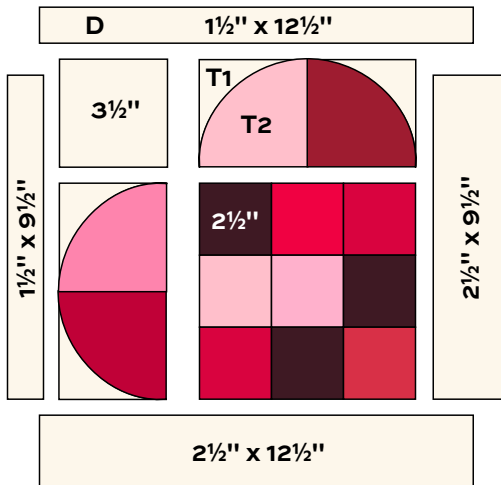
*Yardage of Fabric A and the 17 Brights is sufficient to make all 3 projects. See additional yardage needed for Table Topper and Placemat with the individual projects.

Making the Wall Hanging

1. Choose 13 different fabrics for each heart, plus Fabric D for the background patches. Cut some patches from Fabric C if you wish.
2. Make acrylic or cardboard templates of the T1 and T2 patterns. Poke a hole through the templates at the dots. On the back side of a bright fabric, draw around the T2 template and cut fabric out. Mark the dots on the back of the patch. Repeat to cut 4 T2 patches for each heart. Cut 4 T1 patches from Fabric D for each heart, and mark the dots.
3. With right sides together and the T1 patch on top, align the marked dots and pin along the sewing line of the curved edges. Stitch the 2 patches together from raw edge to raw edge. Press the seam allowance toward the T2. The square should measure 3½". If it does not, adjust your sewing and pressing techniques. Make 4 of these curved units for each heart.

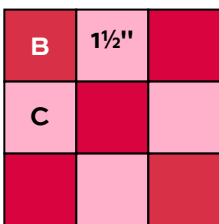
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4. Refer to the Heart Block diagram. Join 9 bright 2½" squares to make the heart body. Position this pieced square, 4 curved units from Step 3, and the other Fabric D patches as shown. Pay attention to the orientation of the T1/T2 units. Join the parts to make the Heart Block. Make 7 blocks.



**Heart Block – Make 7 for Wall Hanging
Make 4 for Table Topper
Make 1 for Placemat**

5. Join 5 Fabric B and 4 Fabric C 1½" squares to make a Border Nine Patch. Make 4 all alike.



**Border Nine Patch
Make 4 for Wall Hanging
Make 4 for Table Topper**

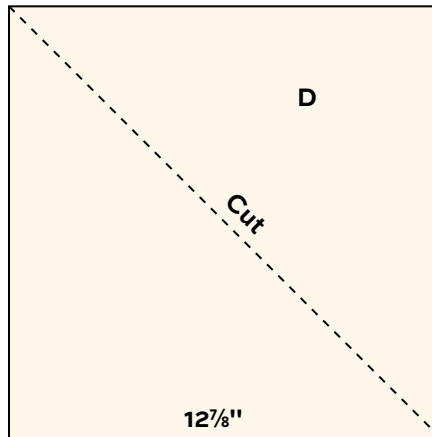
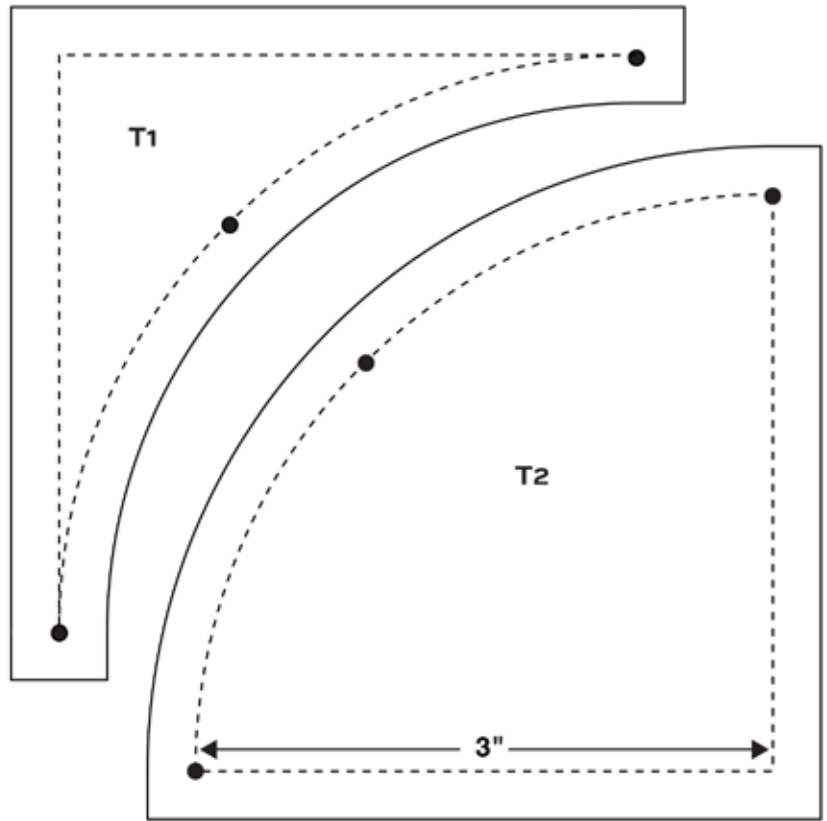


Diagram 1

6. Cut each Fabric D large square in half diagonally (Diagram 1). Mark a diagonal line on the back side of each Fabric B 4½" square. Position this marked square on the corner of the Fabric D triangle. Stitch along the marked line (Diagram 2). Trim the extra fabric from the corner, and press the red triangle out to make a Frame Unit. Make 10.

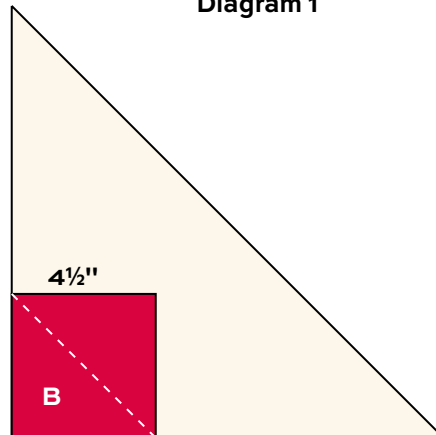
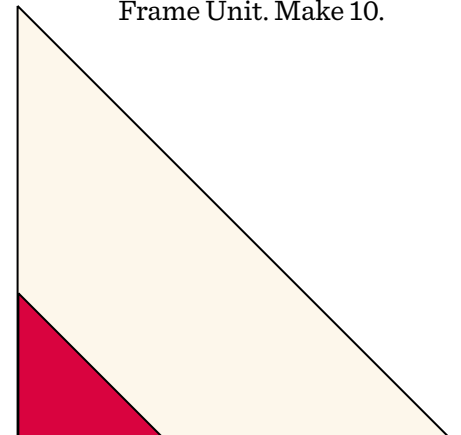


Diagram 2



**Frame Unit – Make 10 for Wall Hanging
Make 8 for Table Topper**

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- Referring to the Quilt Assembly, position and join the Heart Blocks and Frame Units in diagonal rows. Stand back to be certain the Heart Blocks are oriented correctly. Join the parts into rows, and then join the rows. Sew 2 Frame Units together to make each corner, and sew to the corners.
- Sew long Fabric A borders to the sides. Join Border Nine Patch blocks to the ends of short Fabric A borders and sew to the top and bottom.

Finishing the Wall Hanging

- Layer the quilt with batting and backing and baste. Quilt in the ditch around borders and patches. Quilt the background patches as you wish. Bind to finish the quilt.



Wall Hanging Assembly

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Cutting Directions for the Table Topper

Fabric A

Cut (4) borders $3\frac{1}{2}$ " x $40\frac{1}{2}$ ", cut crosswise (Hint: If you are making the Wall Hanging also, cut the Table Topper borders lengthwise from the leftover Fabric A.)

Fabric B

Cut (8) squares $4\frac{1}{2}$ " for Frame Units
Cut (20) squares $1\frac{1}{2}$ " for Nine Patch Blocks

Fabric C

Cut (16) squares $1\frac{1}{2}$ " for Nine Patch Blocks
Cut squares $3\frac{1}{2}$ " for Heart Blocks as you desire

Fabric D

Cut (4) squares $12\frac{7}{8}$ ", cut in half once diagonally to make 8 half-square triangles for Frame Units
Cut (16) T1 patches for Heart Blocks
Cut (4) squares $3\frac{1}{2}$ " for Heart Blocks
Cut (4) strips $2\frac{1}{2}$ " x $12\frac{1}{2}$ "
Cut (4) strips $2\frac{1}{2}$ " x $9\frac{1}{2}$ "
Cut (4) strips $1\frac{1}{2}$ " x $12\frac{1}{2}$ "
Cut (4) strips $1\frac{1}{2}$ " x $9\frac{1}{2}$ "

17 Brights From each:

(Read Step 1 before cutting.)

Cut (2-3) squares $3\frac{1}{2}$ " for Heart Blocks as you desire (a total of 36 squares)
Cut (1) T2 patch for Heart Blocks (a total of 16 T2)

Binding

Cut (5) strips $2\frac{1}{2}$ " x WOF for binding

Backing

Cut (2) lengths 25 " x 50 ", pieced to fit quilt top with overlap on all sides

Making the Table Topper

1. Read directions for the Wall Hanging. Make 4 Heart Blocks, 4 Frame Units, and 4 Nine Patch blocks.
2. Referring to the Table Topper Assembly, join 4 Heart Blocks to make the center. Sew 2 Frame Units to each side as shown.
3. Sew borders to the sides. Join a Nine Patch to each end of remaining borders and sew to the top and bottom.
4. Quilt and bind.

For the Table Topper

Fabric Requirements	Yardage	Fabric	
*Fabric A border	$\frac{1}{2}$ yard	1237-L	
Fabric B blocks	fat $\frac{1}{4}$	1237-R	
Fabric C corners	fat $\frac{1}{8}$	1243-E	
Fabric D backgrd.	1 yard	1244-L	
*17 Brights blocks	fat $\frac{1}{8}$ each		
1237-K	1238-E	1238-K	1238-L
1239-K	1239-R	1240-E	1240-K
1240-L	1241-E	1241-K	1242-K
1242-L	1242-R	1243-R	1244-K
1244-R			
Binding	$\frac{3}{8}$ yard	1244-R	
Backing	3 yards	1241-L	

*Yardage for Fabric A and 17 Brights needed for the Wall Hanging is sufficient to also make the Table Topper and 4 Placemats

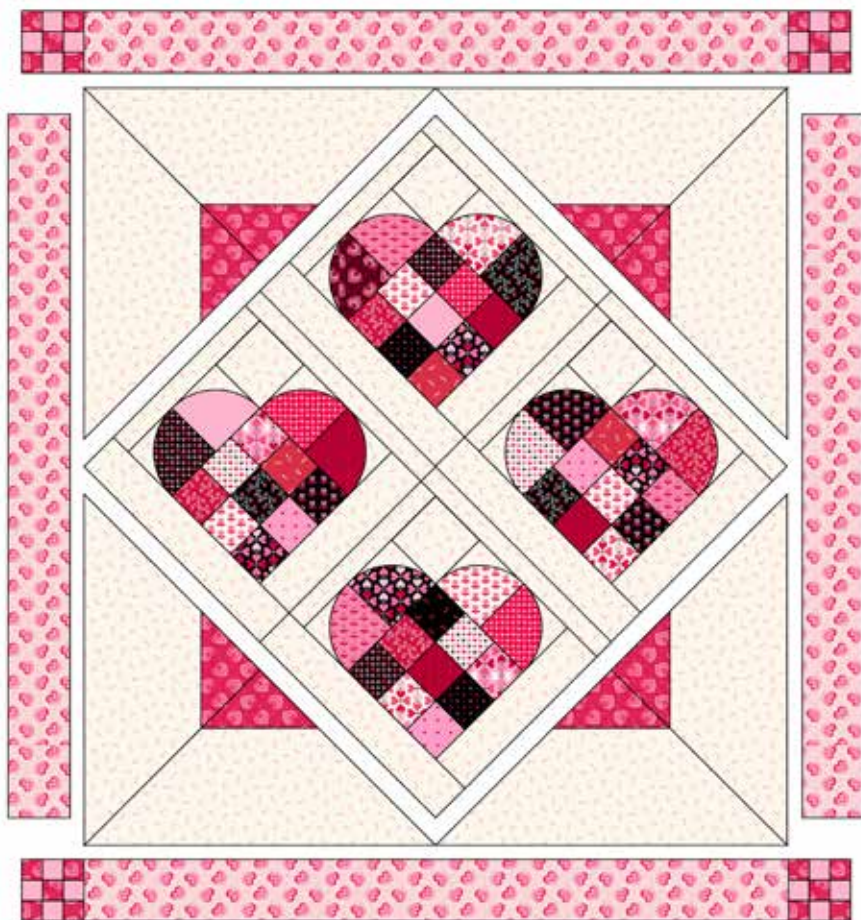


Table Topper Assembly

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Cutting Directions for ONE Placemat

Fabric A

Cut (2) borders $2\frac{1}{2}$ " x $12\frac{1}{2}$ "

Fabric B

Cut (4) squares $2\frac{1}{2}$ "

Fabric D

Cut (4) T1 patches for Heart Block

Cut (1) square $3\frac{1}{2}$ " for Heart Block

Cut (1) strip $2\frac{1}{2}$ " x $12\frac{1}{2}$ "

Cut (1) strip $2\frac{1}{2}$ " x $9\frac{1}{2}$ "

Cut (1) strip $1\frac{1}{2}$ " x $12\frac{1}{2}$ "

Cut (1) strip $1\frac{1}{2}$ " x $9\frac{1}{2}$ "

13 Brights

Cut (9) squares $3\frac{1}{2}$ " for Heart Block (your choice)

Cut (4) T2 patch for Heart Block (your choice)

Binding

Cut ($1\frac{1}{2}$) strips $2\frac{1}{2}$ " x WOF for binding

Backing

Cut (1) length 17 " x 21 "

Making ONE Placemat

1. Read directions for the Wall Hanging. Make 1 Heart Block.
2. Mark a diagonal line on the back side of each Fabric B $2\frac{1}{2}$ " square. Position a marked square on a corner of the Heart block and stitch along the marked line (Diagram 3). Trim the extra fabric from the corner, and press the red triangle out. Repeat on each corner.
3. Sew the Fabric A strips to the sides.
4. Quilt and bind to finish.

For FOUR Placemats

Fabric Requirements	Yardage	Fabric
*Fabric A border	fat $\frac{1}{4}$	1237-L
Fabric B blocks	fat $\frac{1}{8}$	1237-R
Fabric D backgrd.	$\frac{1}{2}$ yard	1244-L
*13 Brights blocks	fat $\frac{1}{8}$ each	

Choose 13 from the list of 17 Brights in Wall Hanging

Binding $\frac{1}{2}$ yard 1244-R

Backing 1 yard 1241-L

*Yardage for Fabric A and 17 Brights needed for the Wall Hanging is sufficient to also make the Table Topper and 4 Placemats

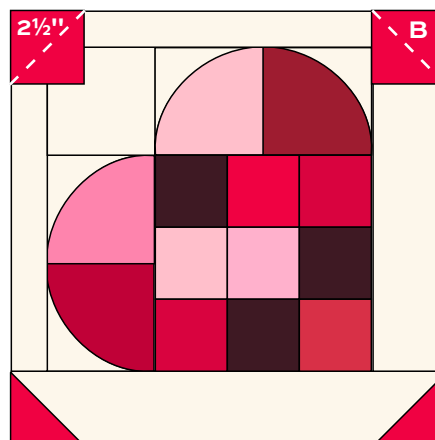
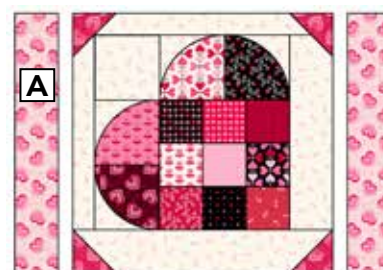


Diagram 3



Placemat

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1237-K



1237-L



1237-R



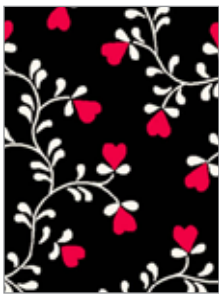
1238-E



1238-K



1238-L



1239-K



1239-LE*



1239-R



1240-E



1240-K



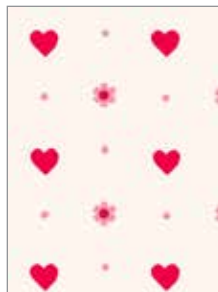
1240-L



1241-E



1241-K



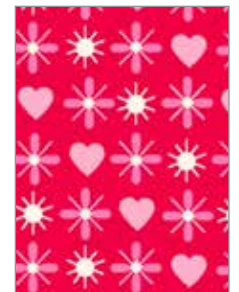
1241-L



1242-K



1242-L



1242-R



1243-E



1243-L*



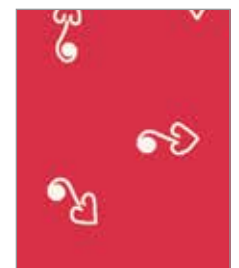
1243-R



1244-K



1244-L



1244-R

*Indicates fabrics not used in quilt pattern. Fabrics shown are 100% of actual size.

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