

STANDING STRONG



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STANDING STRONG

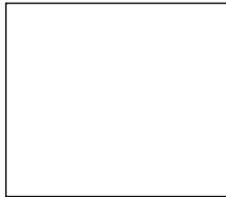
Finished Size: 59½" × 73½"

REQUIRED MATERIALS

You may wish to glue a small swatch of each fabric to this chart for reference.



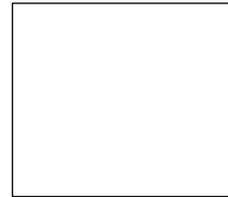
Blue 1: *1⅞ yard*
(Includes Outer Border)



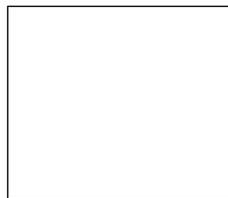
Blue 2: *¼ yard*



Blue 3: *¼ yard*



Blue 4: *¼ yard*



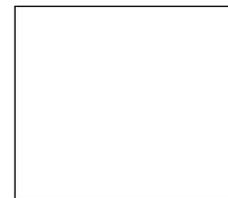
Cream 1: *½ yard*



Cream 2: *½ yard*



Cream 3: *½ yard*



Cream 4: *½ yard*



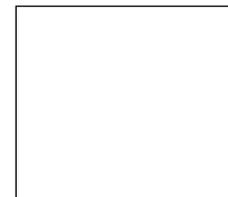
Red 1: *⅓ yard*



Red 2: *⅓ yard*



Red 3: *⅓ yard*



**Inner Border and
Binding:** *1⅞ yard*

Backing: *4 yards*

STANDING STRONG

Designed by Jennifer Bosworth
59½" × 73½"

NOTES

Please read through all instructions before beginning.

All seams are ¼" WOF = Width of Fabric

If you intend to send your quilt to the Quilts of Valor® Foundation, please review their Standards of Excellence at this site:

<http://www.qovf.org/content/basic-qov-requirements.html>

CUT THE FABRIC

From Blue 1, cut:

- (4) 5½" × 64" for **Outer Border**.
Cut Outer Border **first**. Cut the Outer Border down the Length of Fabric, not the WOF.
- (9) 2½" × 10½"
- (1) 2½" × 4½"
- (1) 2½" × 2½"

From Blue 2, cut:

- (9) 2½" × 10½"
- (1) 2½" × 4½"
- (1) 2½" × 2½"

From Blue 3, cut:

- (8) 2½" × 10½"
- (1) 2½" × 8½"
- (1) 2½" × 6½"

From Blue 4, cut:

- (6) 2½" × 10½"
- (1) 2½" × 8½"
- (1) 2½" × 6½"

From Cream 1, cut:

- (17) 2½" × 10½"
- (1) 2½" × 6½"
- (3) 2½" × 2½"

From Cream 2, cut:

- (15) 2½" × 10½"
- (2) 2½" × 8½"
- (3) 2½" × 4½"
- (1) 2½" × 2½"

From Cream 3, cut:

- (14) 2½" × 10½"
- (4) 2½" × 6½"
- (1) 2½" × 4½"
- (1) 2½" × 2½"

From Cream 4, cut:

- (13) 2½" × 10½"
- (3) 2½" × 8½"
- (1) 2½" × 4½"

From Red 1, cut:

- (10) 2½" × 10½"
- (1) 2½" × 8½"
- (1) 2½" × 4½"
- (1) 2½" × 2½"

From Red 2, cut:

- (10) 2½" × 10½"
- (1) 2½" × 8½"
- (1) 2½" × 4½"
- (1) 2½" × 2½"

From Red 3, cut:

- (9) 2½" × 10½"
- (2) 2½" × 6½"

From Inner Border and Binding fabric, cut:

- (7) 2" × WOF for **Inner Border**
Label these "Inner Border" and set aside.
- (8) 2½" × WOF for **Binding**
Label these "Binding" and set aside.

ASSEMBLE THE QUILT

Sew rectangles together, in vertical columns, as shown in the diagram below. Press seams toward dark fabrics. To help you stay organized, we have provided labels (*page 5*) that you can cut apart and pin to each column. This will assist you when moving the rows to the sewing machine for assembly.

Sew columns together, two at a time: Join A to B. Join C to D. Join E to F. Join G to H. Join I to J. Join K to L. Join M to N. Join O to P. Join Q to R. Join S to T. Join U to V. Press seams to one side.

Now, sew these units together: Join A/B to C/D. Join E/F to G/H. Join I/J to K/L. Join M/N to O/P. Join Q/R to S/T. Join U/V to W. Press seams to one side.

Sew A/B/C/D to E/F/G/H. Sew I/J/K/L to M/N/O/P. Sew Q/R/S/T to U/V/W. Press seams to one side.

Finally, join all three sections together to complete the quilt top. Press seams to one side.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1
C1	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2
C2	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3
C3	C4	Blue 4	Cream 4	Red 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4
C4	C1	Blue 1	Cream 1	Red 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1
R1	Blue 2	Cream 2	Red 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2
R2	Blue 3	Cream 3	Red 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3
R3	Blue 4	Cream 4	Red 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4
B1	Blue 1	Cream 1	Red 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1
B2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2
C1	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3
C2	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4
C3	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1
C4	C2	Red 2	Cream 2	Blue 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2
R2	C3	Red 3	Cream 3	Blue 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3
R3	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1
R4	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2
R5	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3
R6	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4	Cream 4	Red 4	Cream 4	Blue 4
R7	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1	Blue 1	Cream 1	Red 1	Cream 1
R8	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2	Blue 2	Cream 2	Red 2	Cream 2
R9	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3	Blue 3	Cream 3	Red 3	Cream 3

ADD INNER BORDER

Sew two Inner Border strips (2" × WOF), end to end or on the diagonal, as you prefer, to make one long strip. Press seams open. This is your **Left Inner Border**. Repeat for **Right Inner Border**.

Cut one of the remaining Inner Border strips in half at the fold. Sew one half strip to each of the two remaining Inner Border strips. These are your **Top and Bottom Inner Borders**.

Sew Left and Right Inner Borders to the left and right sides of the quilt. Press seams toward border. Trim to be even with the quilt.

Sew Top and Bottom Inner Borders to the top and bottom of the quilt. Press seams toward border. Trim to be even with the quilt.

ADD OUTER BORDER

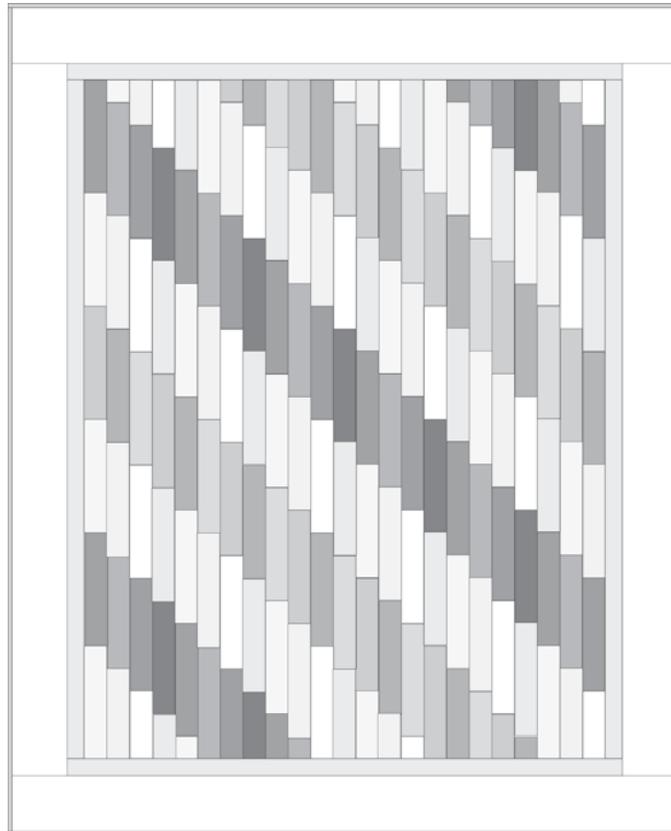
Sew Left and Right Outer Borders to the left and right sides of the quilt. Press seams toward border. Trim to be even with the quilt.

Sew Top and Bottom Outer Borders to the top and bottom of the quilt. Press seams toward border. Trim to be even with the quilt.

FINISH THE QUILT

Layer quilt top, batting, and backing. Quilt as desired.

Sew the binding strips into one long strip. Fold binding in half lengthwise with wrong sides together and press. Sew the binding to the front side of the quilt starting at any side. Turn the binding over the edge and hand stitch to the back of the quilt.



With these convenient labels, you'll be able to keep track of which column you're on, even if you walk away from your project or have limited layout space. Pin the appropriate label to the row as soon as you've sewn it together!

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	Inner Border
			Outer Border