

STITCH and FLIP Quilt

39" x 62"

Materials Needed:

One (1) Jelly Roll: You will use Thirty (30) 2 ½" x Width of Fabric (WOF) strips for the quilt top

Background Fabric: ½ yard background fabric

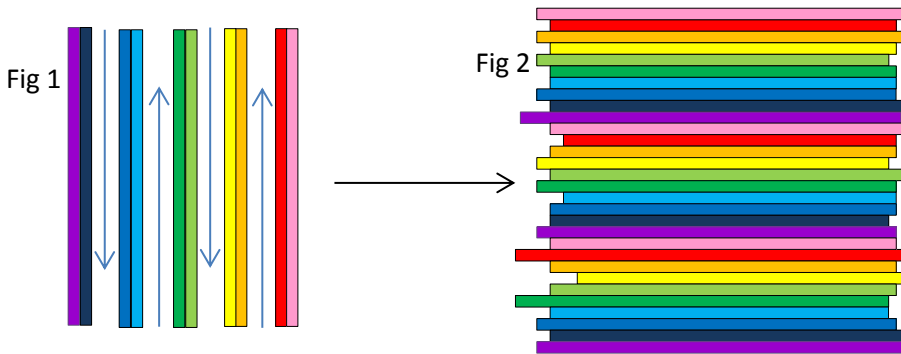
Backing: 1 ¾ yards

Binding: ½ yard

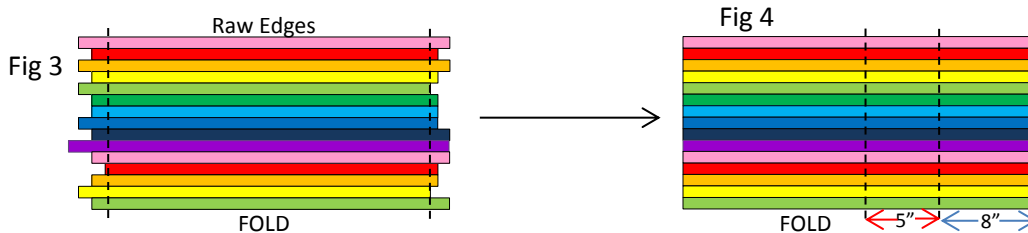
Batting: 39" x 62"

Directions:

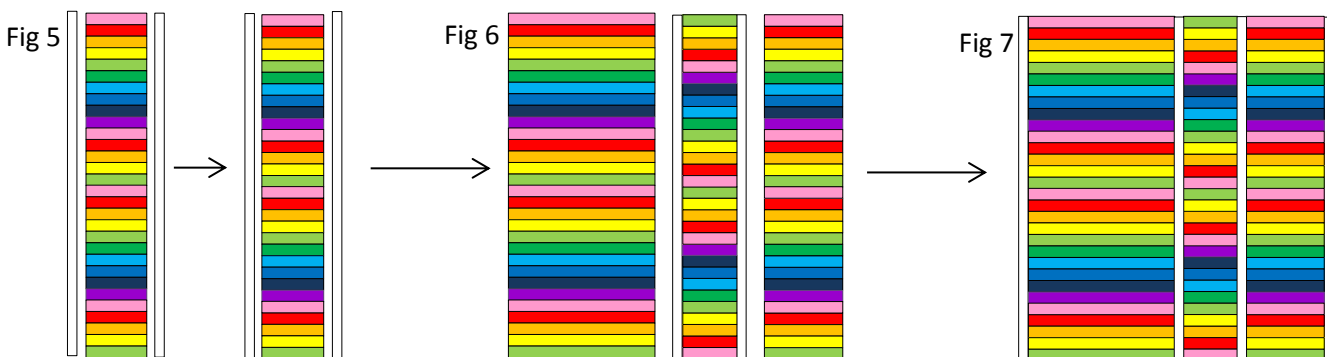
1. Select thirty (30) 2 ½" strips from your jelly roll.
2. Sew the strips together in pairs, along the long edge. (Fig 1) Then sew the pairs together. (Fig 2)
 - a. **Tip:** To avoid the "bowing to one side" of your quilt top as you add strips, be sure to alternate the sewing of each pair of strips from the top and the next pair of strips from the bottom. That way, the bowing of one strip in one direction would be counteracted by the bowing of the next strip in the other direction. In addition, some quilters also use a walking foot when sewing strips together to help eliminate additional stretch that can also add to bowing.



3. Once you have all 30 strips sewn together, fold the length of the quilt top in half as pictured and align it carefully on the cutting mat. Trim the edges straight (dashed lines). (Fig 3)



4. With the quilt still on the cutting table, make a cut 8" in from the right side. Make another cut 5" in from the last cut. (Fig 4)
5. Unfold and sew a 2" background strip onto each side of the 5" strip. Press towards the background strips. (Fig 5)



6. Flip the 5" strip upside down, and sew the strip back in between the larger pieces to make the quilt top. Press towards the background strips. (Fig 6)
7. Add a 2" background strip to each vertical side of the quilt top (strip will need to be pieced). (Fig 7)
8. Quilt as desired and bind.