

Supply List

Keep the Heart Truth Growing

Created By: Jane Spolar of [Quilt Poetry](#)

Fabric Required:

- 1/2 yd. white on white background fabric
- 1/3 yd. cream and white fabric for long wavy appliqué shape
- Large scraps, fat eights or fat quarters of a variety of reds for appliqué (I used seven)
- 1/2 yd. red for outer border (use excess for applique)
- 1/4 yd. dark red for inner border (use excess for applique)
- 1/4 yd. dark red for binding
- 1 yd. backing

Cutting Instructions:

Background block:

Cut the block 16½" x 23½" --- the block will be trimmed to 15½" x 22½" once the appliqué is completely stitched.

Borders:

Inner border:

Cut three (3), 1½" strips across the width of the fabric.

From one strip, cut two (2), 15½" x 1½" pieces.

From the other two strips, cut from each, one (1) 24½" x 1½" pieces.

Outer border:

Cut three (3), 3¾" strips across the width of the fabric.

From one strip, cut two (2) 17½" x 3¾" pieces.

From the other two strips, cut from each, one (1) 31" x 3¾" piece.

Backing and Binding:

Cut backing and batting 28" x 35".

For double fold binding strips, cut three (3) strips, 2" to 2½" wide, depending upon the thickness of your batting and the width binding you desire to make.