SMILE AND STAND TALL
By Suzan Pons

Size: 44" x 50"

Main Fabric: about 40 assorted strips of batik fabric 2 ½ inches x 44 inches
Inner Border: about 10 inches of contrasting fabric, WOF

- Side borders are 1 ½ inches x 36 ½ inches
- Top and bottom borders are 1 ½ inches x32 ½ inches

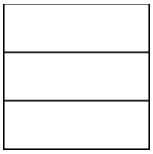
Outer Border: Cut 82 rectangles 2 ½ x 6 ½
Applique Pieces:

- Leaves and stems: assorted scraps of light and medium green fabric
- Letters: ½ yd. of orange fabric
- Sunflower: four or five different yellow fabrics for the petals
- Sunflower center: One 10-inch square of brown fabric

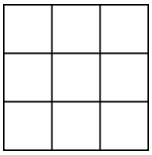
Other Notions:

- 1 yd. of "Steam a Seam" or your favorite fusible adhesive product for the appliques
- ½ yd. of fabric for bias binding or 6 strips cut 2 inches x 44 inches

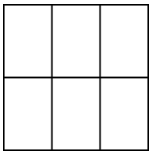
Four block styles make up this quilt, equaling 30 blocks in all (not counting the border):



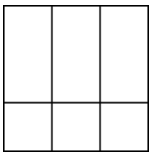
Ten (10) rail fence blocks which finish
at 6 inches (6 ½ x 6 ½ with seam allowances)



Nine (9) nine-patch blocks which finish
at 6 inches (6 ½ x 6 ½ with seam allowances)



Six (6) six-patch blocks which finish
at 6 inches (6 ½x 6 ½ with seam allowances)



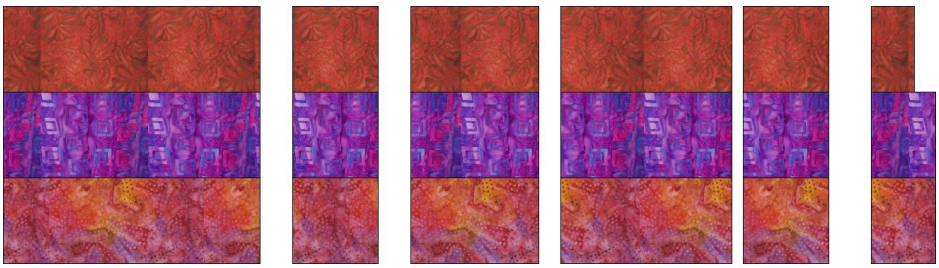
Five (5) unequal six-patch blocks which finish
at 6 inches (6 ½ x 6 ½ with seam allowances)

If you have your strips cut, cut them all in half so that you have two strips that are about 22 inches long from each fabric. It is easier to sew them together and press. Press all your seams in one direction, either up or down.

Sew 3 strips together, press, and continue to sew strips together until you have a good variety to choose from to begin the blocks.

Cut your first strip set:
1 square 6 ½ x 6 ½ inches
1 rectangle 2 ½ x 6 ½ inches
1 rectangle 3 ½ x 6 ½ inches
1 rectangle 4 ½ x 6 ½ inches

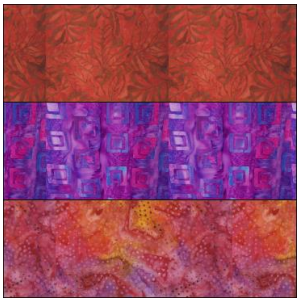
- If you have enough left, cut another rectangle 2 ½ x 6 ½ inches



Continue cutting your strips until you have a good assortment of colors and put them in "like" piles so that you can easily choose your color placement.

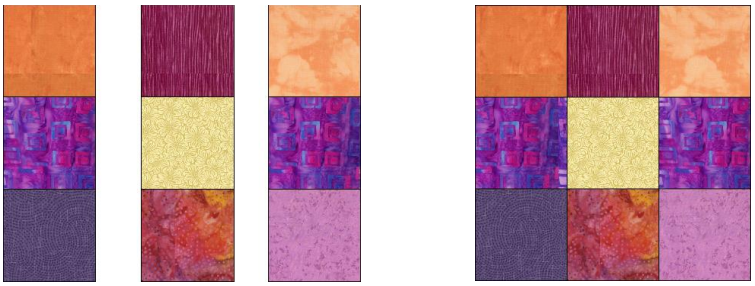
First Block—Rail Fence (10 blocks total)

It's already made! You will use 10 rail fence blocks (6 ½ x 6 ½) for the center in different colorways.



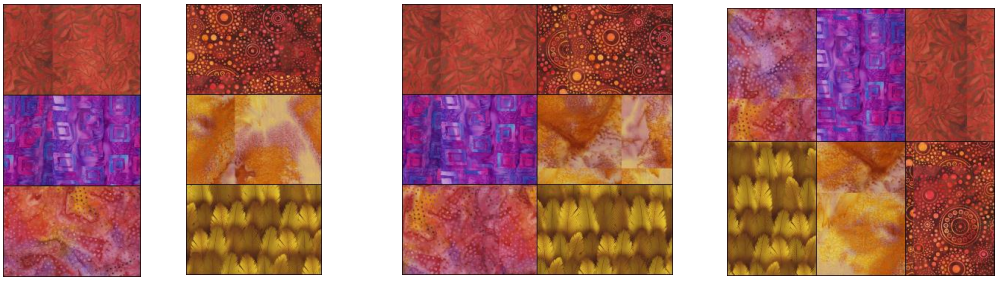
Second Block—Nine-Patch (Make 9 blocks total)

Sew three 2 ½ x 6 ½ rectangles together to make the 9-patch block.
The blocks should measure 6 ½ x 6 ½ with seam allowances



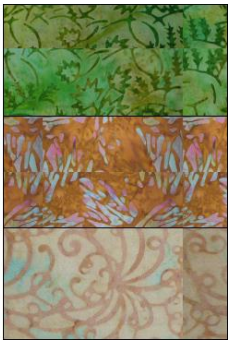
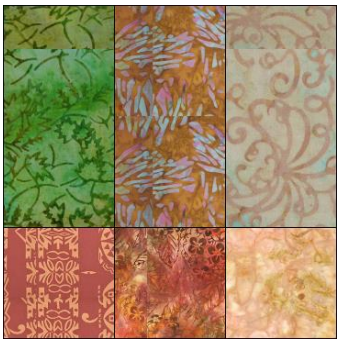
Third Block—Six-Patch: (Make 6 blocks total)

Sew two 3 ½ x 6 ½ rectangles together to make a 6 ½ x 6 ½-inch block.
You can place them in either direction.



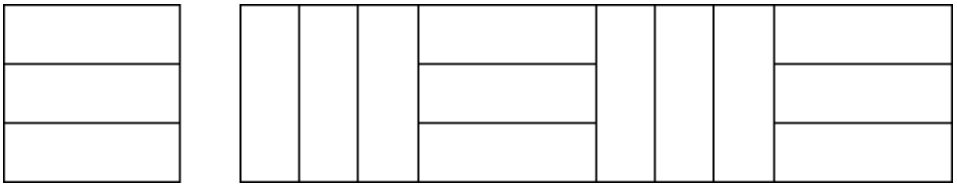
Forth Block—Unequal 6-Patch Block (Make 5 blocks total)

Sew one 2 ½ x 6 ½ rectangle to one 4 ½ x 6 ½ rectangle.

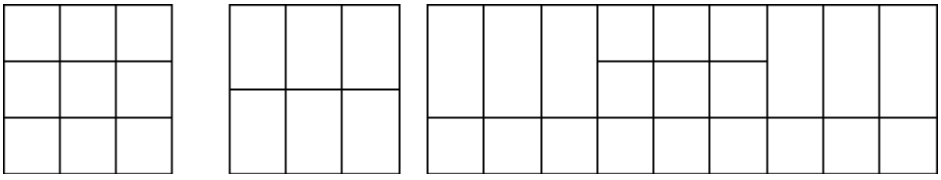



Your 30 blocks are now finished! Now the fun begins. Sew them in rows and then put the rows together to make the center of the quilt as shown below.

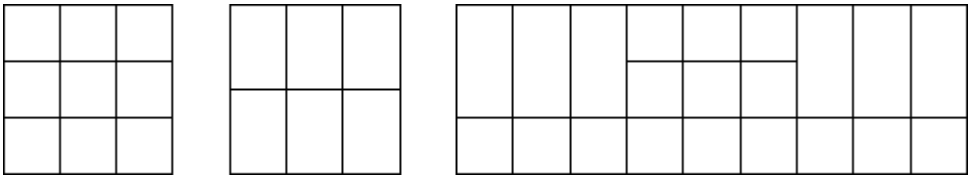
The first row is rail fence; one horizontal and one vertical, five in all for the first row. Sew your blocks together to make the first row. Press your seams to one side.



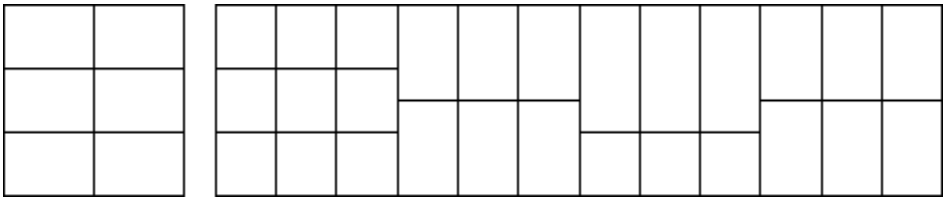
The second row is a mixture of blocks. Look at the diagram and sew your blocks together. Press seams the opposite direction from the way you pressed the joining seams in the first row. This way your seams will lock together and make perfect corners. Sew your first and second rows together.



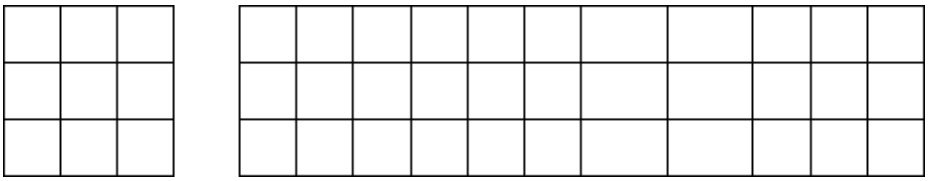
The third row is also a mixture of blocks as shown below. Continue constructing each row, pressing the new row's seams in the opposite direction of the previous row to help match corners when joining rows to each other.



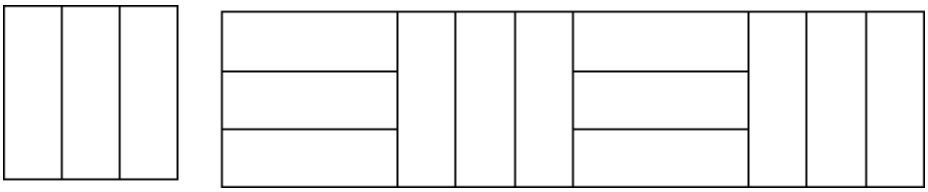
Fourth row



Fifth row



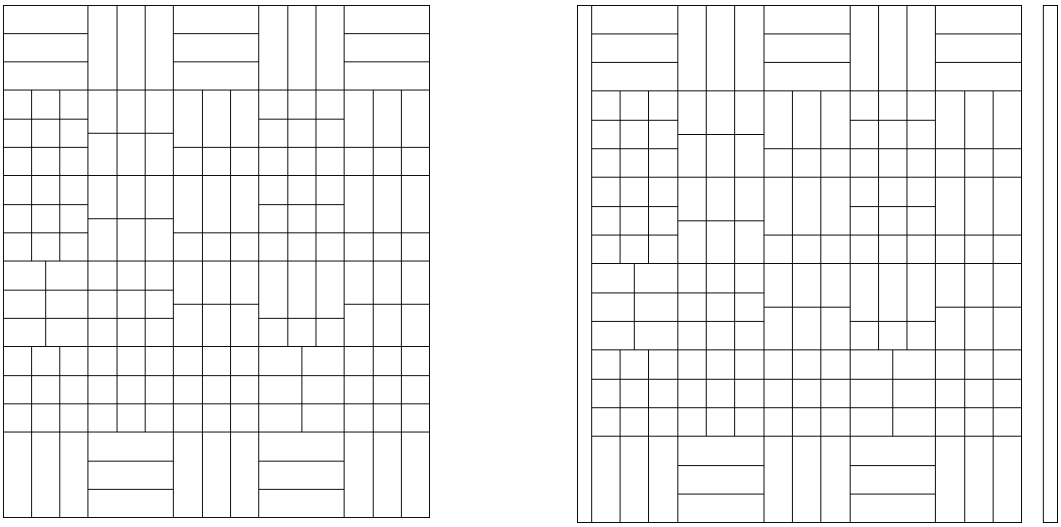
Sixth and last row



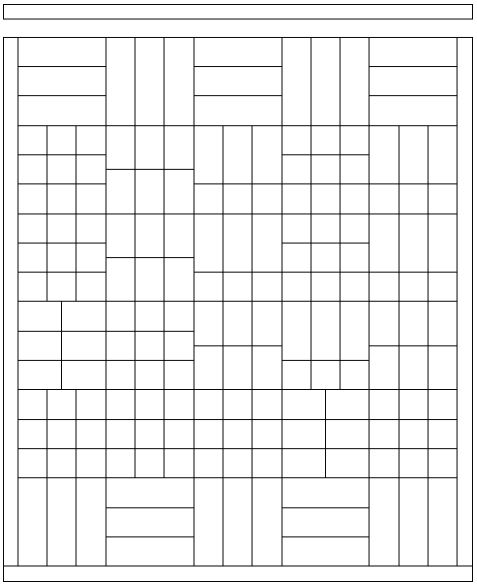
The quilt center is now all sewn together and it is time to sew the small borders.

Inside Border

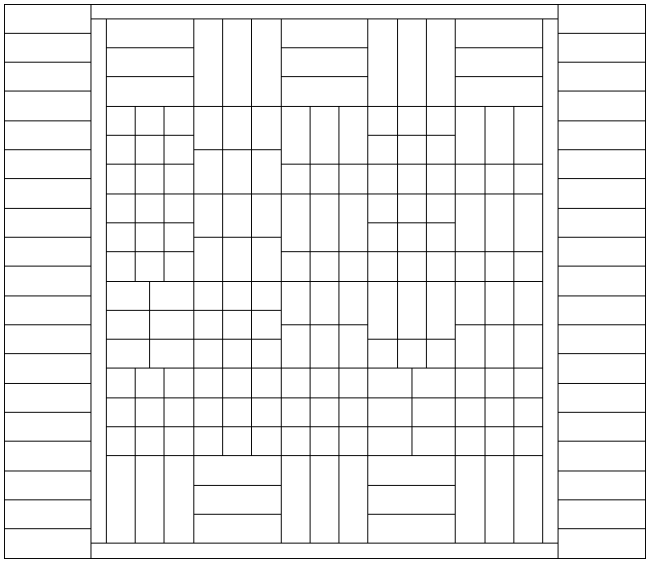
Measure the long sides of your center--it should be 36½ inches long.
Find the center of the border fabric and mark with a pin. Place your border strip on the quilt center, aligning the centers together; pin in place. Sew the border fabric strip to the side of the quilt; repeat for to the other side.



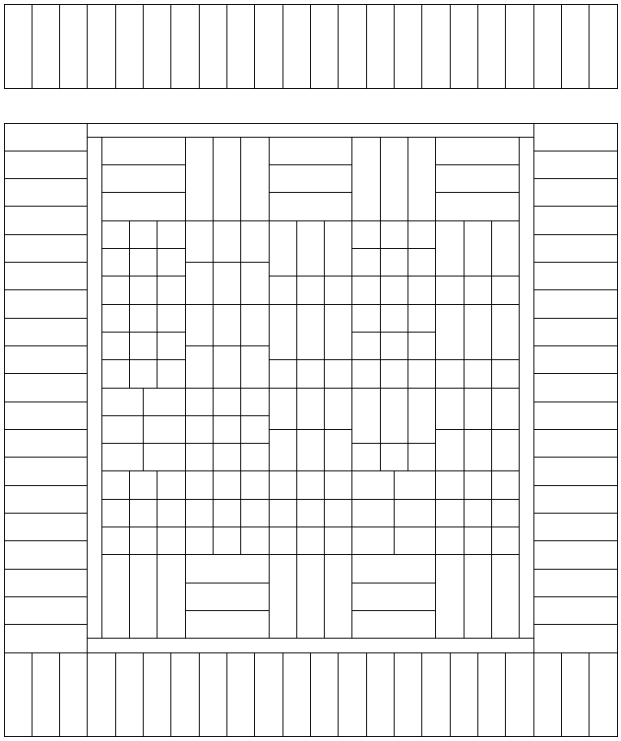
Sew the top and bottom borders on the same way as the sides.
Measure, find the center, pin and sew.



Your center is finished! Now it's time to make the outer border.
Sew 19 2 $\frac{1}{2}$ x 6 $\frac{1}{2}$ rectangles together to form the left border. Make another set for the right border. Sew the two side borders to the quilt.



You will need 22 rectangles 2 ½ x 6 ½ for the top and 22 for the bottom borders. Sew the rectangles together to form the top border. Repeat for the bottom border; sew both in place.



Appliques (see templates at the end of the pattern)

Please check to see if the 1-inch line on the pattern is really 1 inch when you print the templates. If not, you will have to enlarge or shrink your patterns to match the one inch line. The circle pattern is 5 ¾ inches in diameter.

Using "Steam a Seam" or your favorite fusible applique product for raw edge applique, trace the pattern pieces on the paper. Remember to use a mirror image to trace them or they will be going the wrong direction once fused.

Using the picture as reference, place your stem where it will look the best. Remove the paper and iron your stem in place. Sew the stem with a buttonhole stitch or satin stitch to secure.

Continue with the applique letters, placing them using the picture as a guide. Once you are pleased with the placement, remove the paper, iron in place, and sew them in place.

The sunflower and leaves will be added once your top has been quilted.

Flower Petals:

The flower is made up of 4 different types of petals—two long leaves, two medium length leaves and two short leaves. These petals will be sewn with two fabric layers and turned right side out to create dimensional applique pieces.

Make a template of the petals; trace the petals on the wrong side of your fabric with your favorite marker. This will be your sewing line.

Place the fabric you traced on top of another fabric right with sides together. Pin and sew on your lines, leaving the bottom open so that you can turn them right side out and press.

Cut each around each petal, leaving a small seam allowance when you cut them out so that they don't fray. You can make as many petals that you want; I made about 20 of the long ones, 14 medium ones, and 6 small ones.

Once you have all your petals made, turned right side out and pressed, you may want to pucker the small ones so that they have a little more interest and don't lay as flat on the quilt.

Use a hand sewing needle and thread to baste across the bottom of the small ones. Pull the thread so that it puckers the petal and has the effect that you want; make a knot to secure the basting thread.

Using the circle template on the pattern page, trace the circle on to a piece of paper and use this as a foundation for your petal placement as shown at right. Place all the long flower petals, pin them to the paper foundation and sew $\frac{1}{4}$-inch from the ends.

Place the remaining medium and short flower petals on top of the longer petals; pin and sew in place.

Flower Center:

Use a piece of cardboard and the circle on the pattern sheet to make a circle template for the flower center. Place the cardboard circle on the wrong side of the brown fabric. Cut around the cardboard, leaving a ½ inch margin for the seam allowance.

Make a basting stitch ¼-inch in from the raw edge of the flower center, stitching around the entire shape. Place the cardboard in the center and pull your stitches, drawing up the seam allowance around the cardboard and form a smooth circle. Secure with a knot. Your center is made; now press it and gently take the cardboard out. Place on your petals and applique in place.

Take the paper off from the back side of your flower and place it on your quilt top. **Do not stitch it down on the quilt top yet.**

Leaves:

There are two leaves on the stem; make a template of the leaves and trace them on the wrong side of your fabric. Place two fabrics right sides together; lay these on top of a piece of batting to give more puff to the leaves. With the batting underneath and the leaf fabric on top, sew around the leaves completely D**o not leave an opening**. Trim around the shape, leaving a small seam allowance on the fabric to prevent fraying; cut the batting close to the seam line.

Carefully lift up the top layer of fabric from the bottom layer and cut a slit in the top layer only. Gently turn the leaf right side out. Repeat for other leaf.

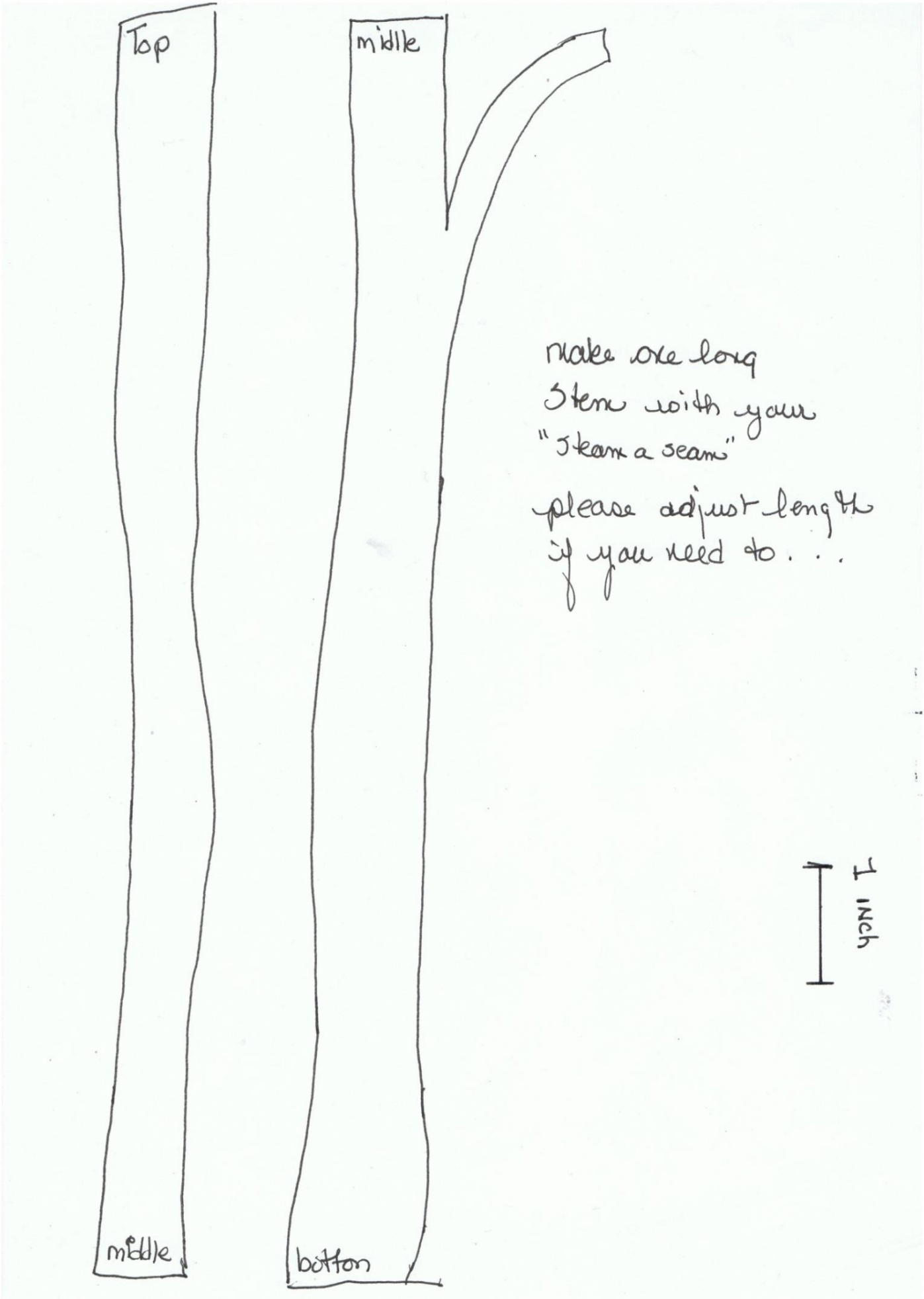
You have all the elements done and now you can quilt your top as desired!

I used the APQS Quilt Path computerized quilting system with a design called Dandelion E2E by Wasatch Quilting Designs.

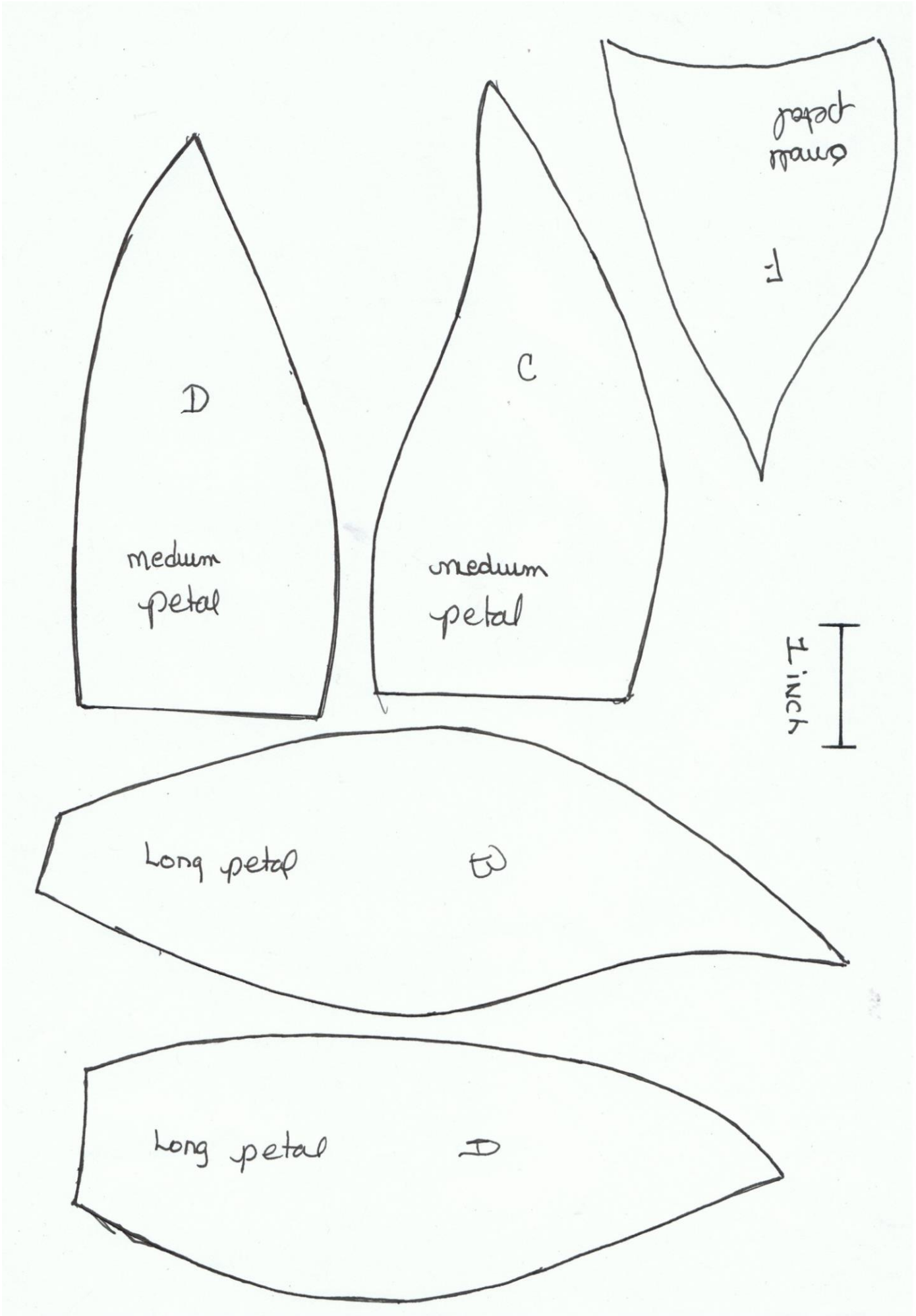
Once the top was quilted on my APQS longarm machine, I rolled it back down to add the sunflower and leaves.

To add a little more dimension, I put a round piece of batting just under the flower center, then quilted around the center of the sunflower to secure the batting and the flower to the quilt top. Next I quilted a design in the brown center and quilted a few veins in the flower petals. Finally, I attached the leaves to the stem by quilting veins as shown below.

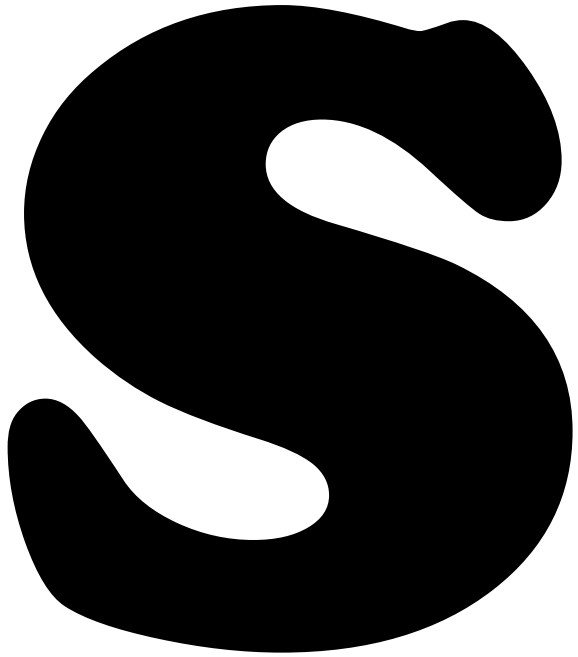
I chose not to quilt on the letters, but that is up to you! Happy Quilting!

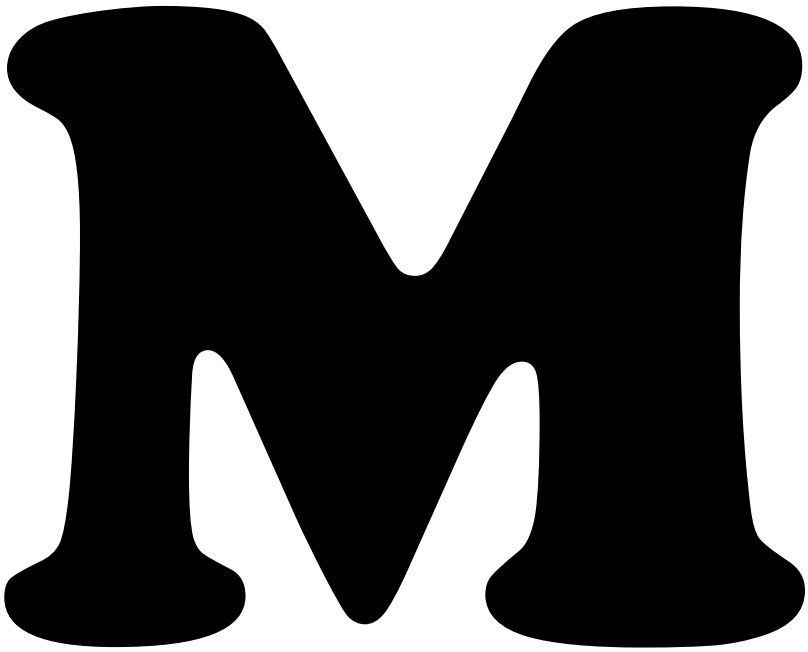

Top
middle
middle
bottom
make one long
stem with your
"steam a seam"
please adjust length
if you need to . . .
1 INCH

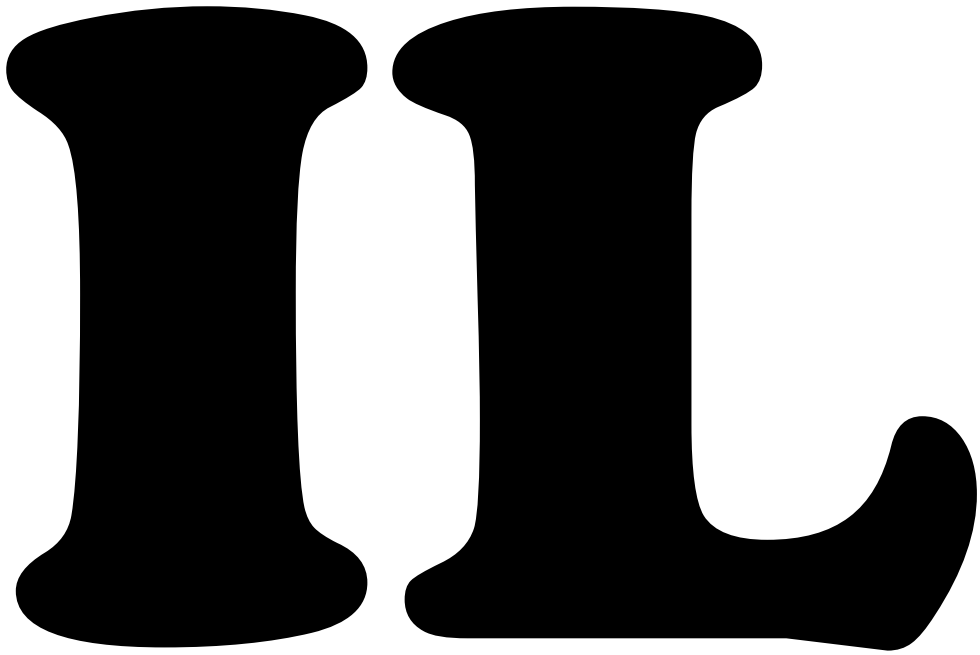
1 inch
slit
leaf
slit
leaf
E
petal
small

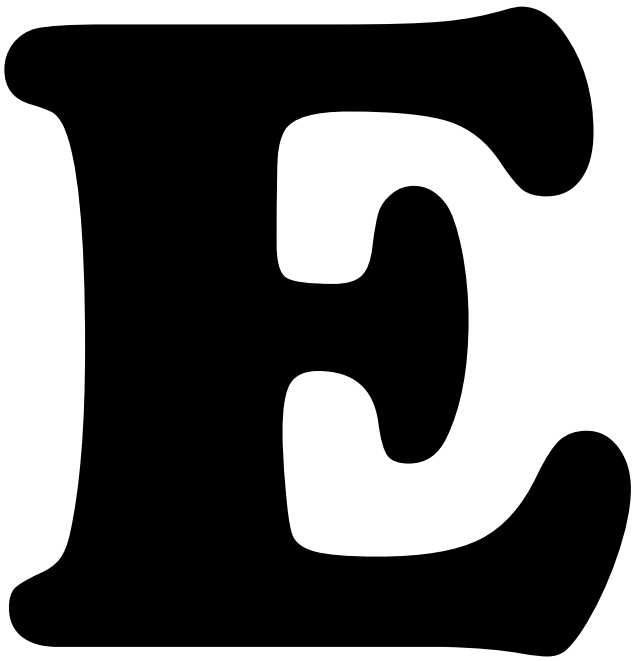

small petal
E
C
medum petal
D
medum petal
1 inch
Long petal
B
Long petal
A

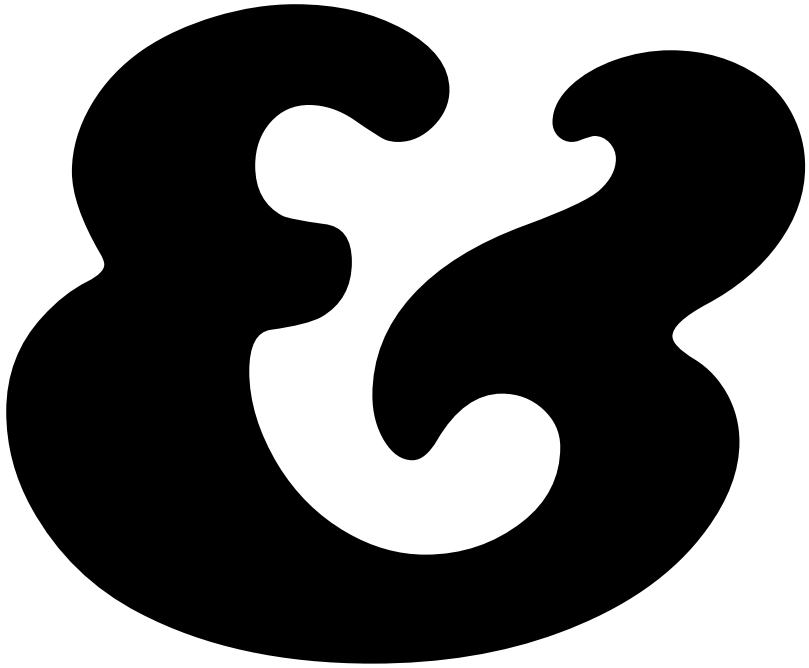
5-3/4 inch diameter circle

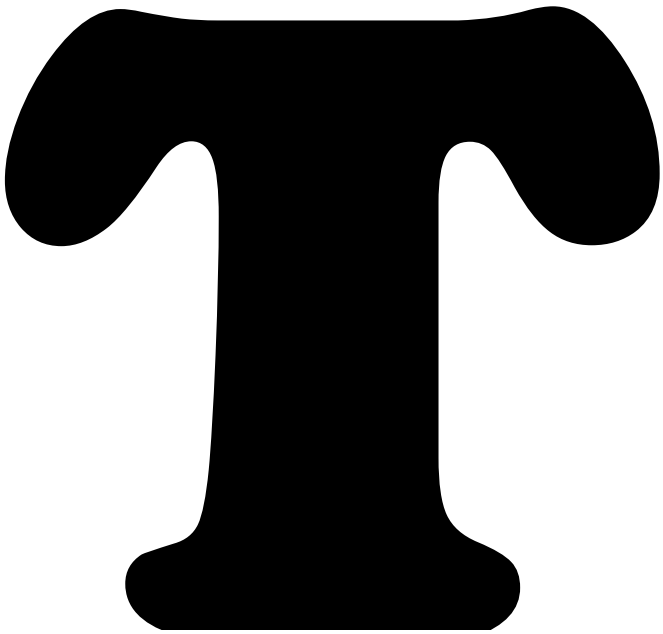


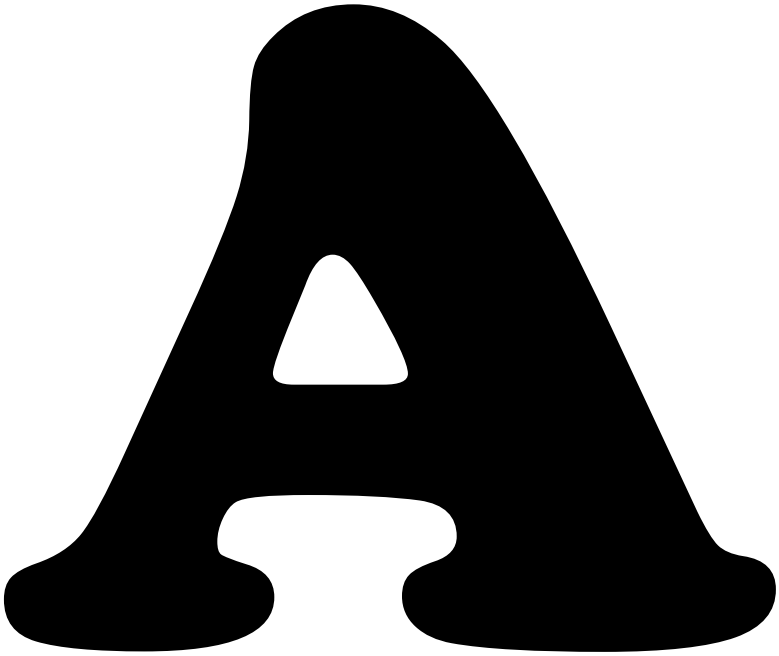


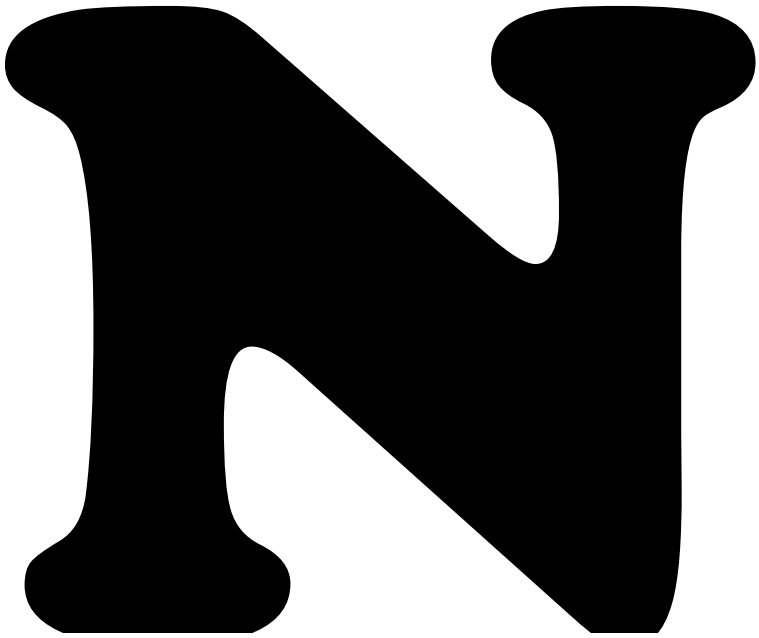












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