

Have a Heart



AMANDA *AM* MURPHY

Have a Heart: Preparation

www.amandamurphydesign.com
blog.amandamurphydesign.com
shop.amandamurphydesign.com

"Have a Heart" is a complimentary 70-1/2" x 85-1/2" fat-quarter friendly pattern featuring my Carina line for Benartex. SKUs from the sample are listed below but you can interchange fat quarter SKUs from within the line.

Materials

White Background: 2-1/2 yards white Benartex Color Weave 6068-09

Green Background: 2 yards 6185-44 Diamonds green

Border: 1-1/2 yard 6184-01 Entwined rose

Binding: 5/8 yard 6184-10 Entwined red

Backing: 5-1/2 yards any Carina print

Hearts: Fat quarters pictured include:

- 6180-24
- 6181-33, 6181-84
- 6182-01, 6182-50, 6182-55
- 6183-01, 6183-24
- 6184-10, 6184-24, 6184-33, 6184-44
- 6185-33
- 6186-01, 6186-44
- 6187-10, 6187-84
- 6188-01, 6188-10, 6188-44, 6188-84

Other supplies: Aurifil 50 wt. thread, 70 sheets of paper-piecing foundation (or copy) paper, and Warm and White batting

Cutting

Fat Quarters (Striped Hearts)

Select 4 aqua fat quarters, 4 green fat quarters, and 4 pink fat quarters. You will use these to make 6 striped aqua hearts, 6 striped green hearts, and 6 striped pink hearts. Cut each into 1 rectangle 7" x 18" and 1 rectangle 13" x 18". Subcut the smaller rectangle into 2 rectangles 7" x 8" and the larger rectangle into 5 rectangles 3-1/2" x 13".

Remaining Fat Quarters (Solid Hearts)

The 9 remaining fat quarters yield 17 solid hearts. Cut each into 1 rectangle 7" x 18" and 1 rectangle 13" x 18". Subcut the smaller rectangle into 2 rectangles 7" x 8" and the larger rectangle into 2 rectangles 7" x 13".

From White Background fabric:

Cut 2 strips 5" x WOF. Subcut into 14 squares 5" x 5". Cut each square in half diagonally. Put in a pile labeled, "Heart Upper Corners".

Cut 5 strips 7" x WOF. Subcut into 25 squares 7" x 7". Cut each square in half diagonally. Cut 4 of the 25 squares a second time diagonally in the other direction to yield quarter-square triangles. Put the half-square triangles in a pile labeled, "Heart Lower Corners" and the quarter-square triangles in a pile labeled, "Heart Upper Centers".

Cut 5 strips 5-1/2" x WOF. Subcut one of these strips into 2 rectangles 5-1/2" x 6-1/2" and 4 rectangles 5-1/2" x 2-1/2"

Green Background fabric:

Cut 3 strips 5" x WOF. Subcut into 18 squares 5" x 5". Cut each square in half diagonally. Put in a pile labeled, "Heart Upper Corners".

Cut 4 strips 7" x WOF. Subcut into 17 squares 7" x 7". Cut each square in half diagonally. Cut 5 of the 17 squares a second time diagonally in the other direction to yield quarter-square triangles. Put the half-square triangles in a pile labeled, "Heart Lower Corners" and the quarter-square triangles in a pile labeled, "Heart Upper Centers".

Cut 4 strips 5-1/2" x WOF.

Border fabric:

Cut 1 strip 7" x WOF. Subcut into 3 squares 7" x 7". Cut each square in half diagonally. Cut 1 of the 3 squares a second time diagonally in the other direction to yield quarter-square triangles. Put the half-square triangles in a pile labeled, "Heart Lower Corners" and the quarter-square triangles in a pile labeled, "Heart Upper Centers".

Cut 3 squares 5" x 5" from the remainder of the 7" strip. Cut each square in half diagonally. Put in a pile labeled, "Heart Upper Corners".

Cut 7 strips 5-1/2" x WOF. Piece 2 rectangles 5-1/2" x 70-1/2". Subcut remainder of strips into 5 rectangles 5-1/2" x 10-1/2", 4 rectangles 5-1/2" x 6-1/2", and 8 rectangles 5-1/2" x 2-1/2".

Binding fabric:

Cut 8 strips 2-1/4" x WOF.

Have a Heart: Blocks

Paper-Pieced Hearts

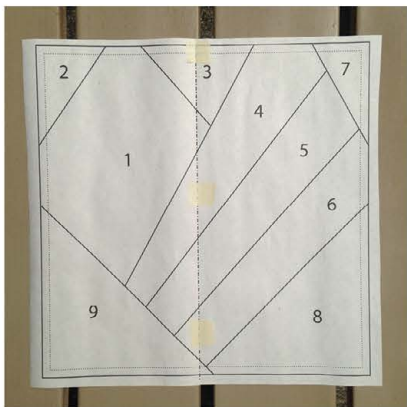
Note: These instructions show basic paper-piecing techniques. There are many more resources available on the internet if you are unfamiliar with the process.

You will make 18 striped hearts and 17 solid hearts.

The dotted lines indicate seam lines. The solid outer square indicates trimming lines for after you have completed each block. You will stitch right on top of the interior solid lines with the fabric behind the printout, with the wrong side of the fabric facing the wrong side of the paper.

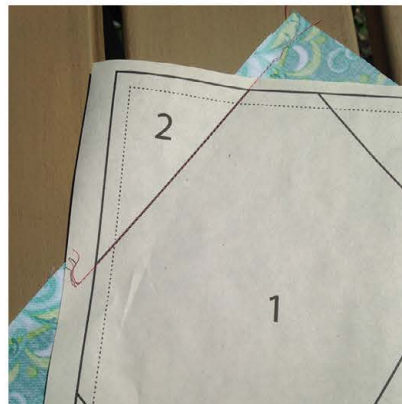
To make the striped hearts...

Print out 18 copies each of the Striped Heart Templates pages 1 and 2 and tape together on the dashed lines to yield 18 striped heart foundations.

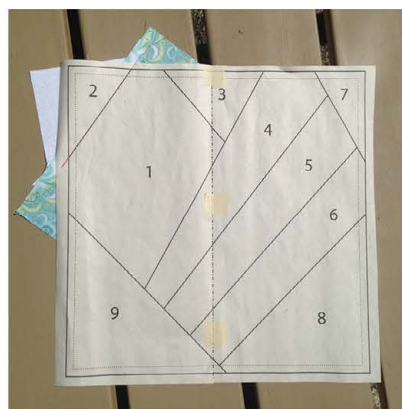


Decrease your stitch length so that your stitches are small. Place a 7" x 8" aqua striped fat quarter rectangle on the backside of the paper, so that it covers area 1 and one of its edges extends into area 2 about 1/4". The wrong side of the fabric should be facing the wrong side of the paper.

Place a white Upper Heart Corner triangle right sides together with the area 1 rectangle, aligning the raw edges. You will sew right on top of the line that separates area 1 for area 2 so position the white triangle so that, when it is ironed out, it completely covers area 2 - past the solid outer square line. Stitch right on top of the line between areas 1 and 2, making sure the stitching extends a bit past the edge of the ends of the line.



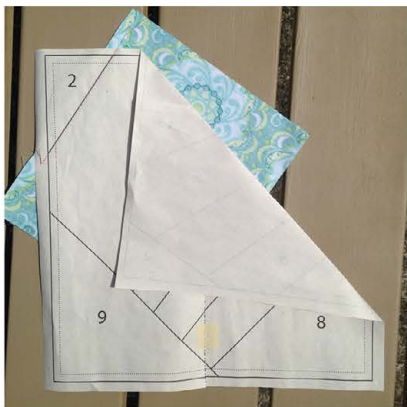
Iron the Heart Upper Corner out.



Have a Heart: Blocks



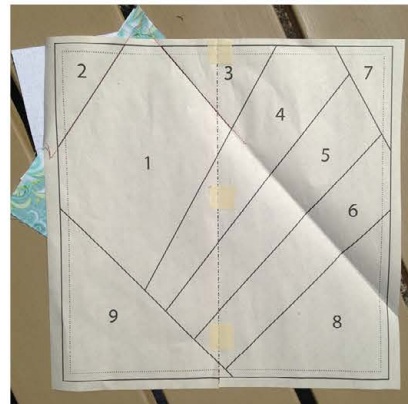
Next, fold back the paper along that your next stitching line. (It joins area 3 to what you have already stitched.) You might have to rip the paper a bit to do this and that is okay.)



Trim the exposed seam allowance to about 1/4".



Unfold the paper.



Take a White Heart Upper Center triangle and repeat the process to cover area 3. Make sure to check that you are covering the entire area before you sew on the line!

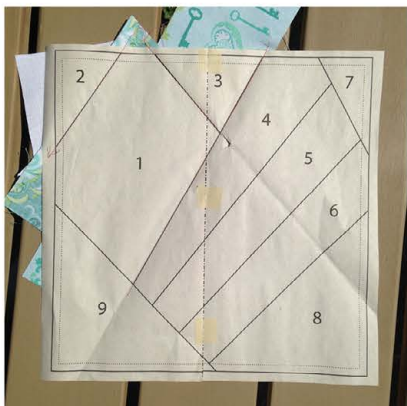


Press white triangle out. Fold back along the next stitching line and trim the seam allowance to about 1/4".



Have a Heart: Blocks

Now take one of the 3-1/2" x 13" striped coordinating fat quarter rectangle and align its raw edge with the raw edge that extends past the line that separates area 4 from the portion of the block you have completed. Sew on that line, making sure the stitching extends a bit past the edge of the ends of the line. Press the stripe out.

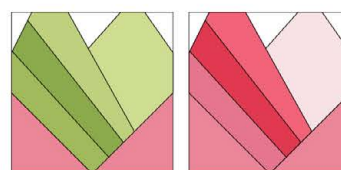
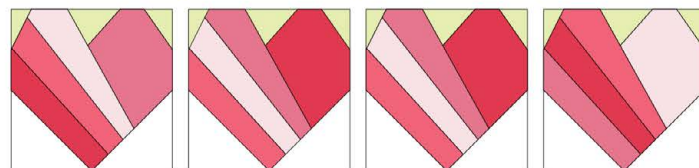
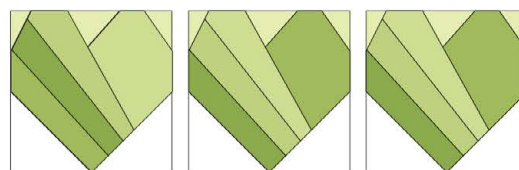
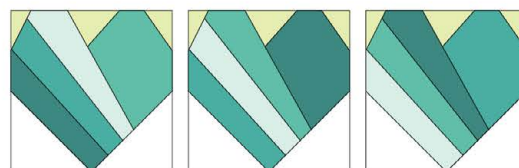
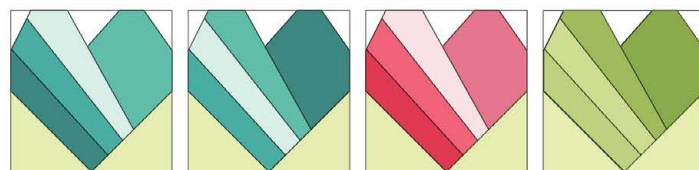
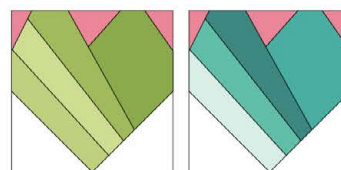


Continue in this manner to complete the striped block. You will use 2 more coordinating 3-1/2" x 13" fat quarter rectangles for pieces 5 and 6 and Green Background rectangles for the bottom corners. Trim the block along the solid outer line and carefully remove the paper.



Repeat to complete the striped blocks as shown below. Make:

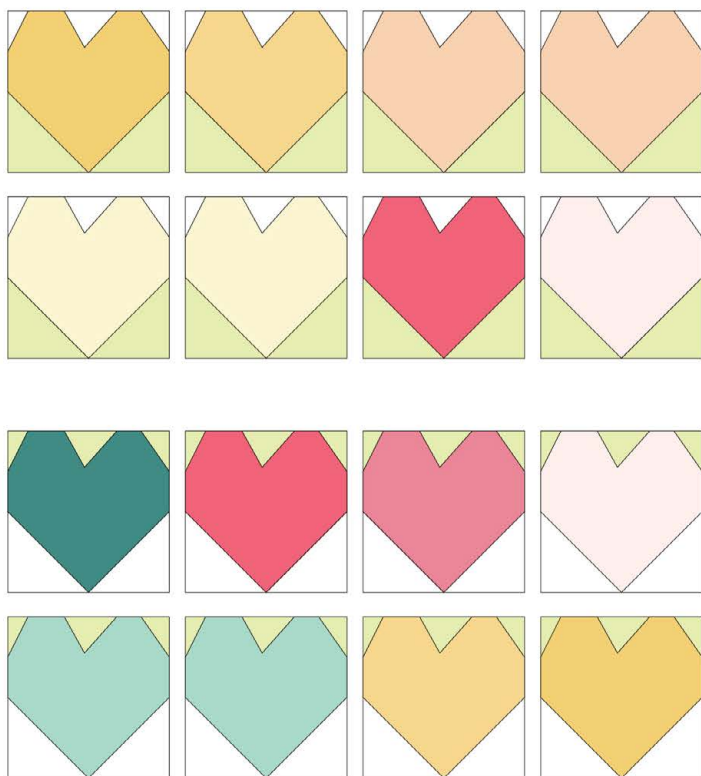
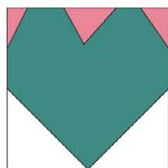
- 2 striped hearts with pink Upper Corners and white Lower Corners
- 4 striped hearts with white Upper Corners and green Lower Corners
- 10 striped hearts with green Upper Corners and white Lower Corners
- 2 striped hearts with white Upper Corners and pink Lower Corners



Have a Heart: Blocks

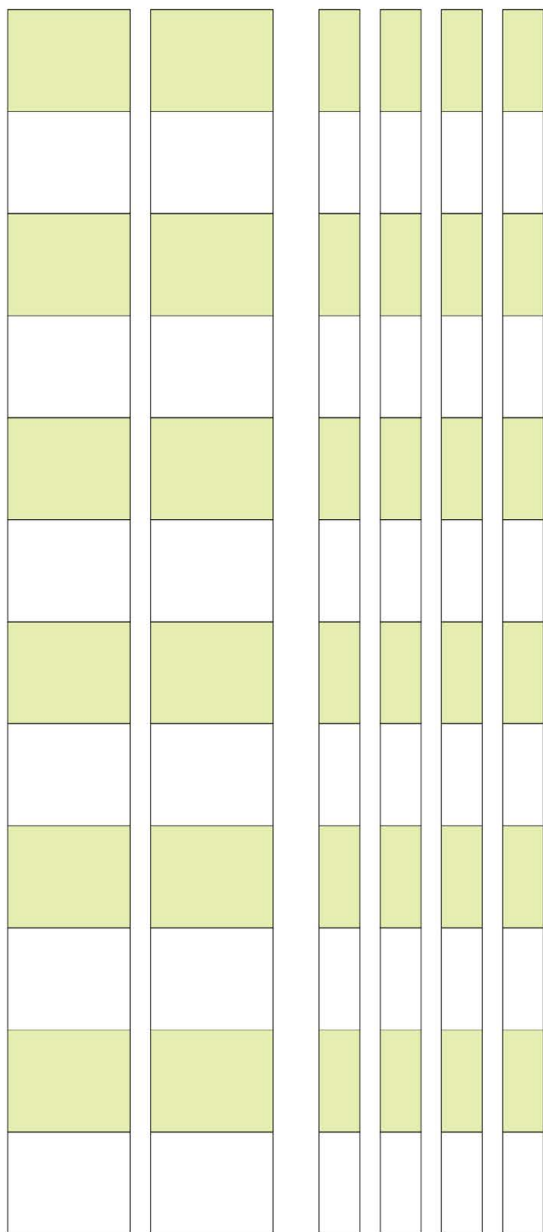
Repeat the paper piecing process using the Solid Heart Templates to complete the solid blocks shown below. (You can vary the heart colors.) Make:

- 1 striped heart with pink Upper Corners and white Lower Corners
- 8 striped hearts with white Upper Corners and green Lower Corners
- 8 striped hearts with green Upper Corners and white Lower Corners



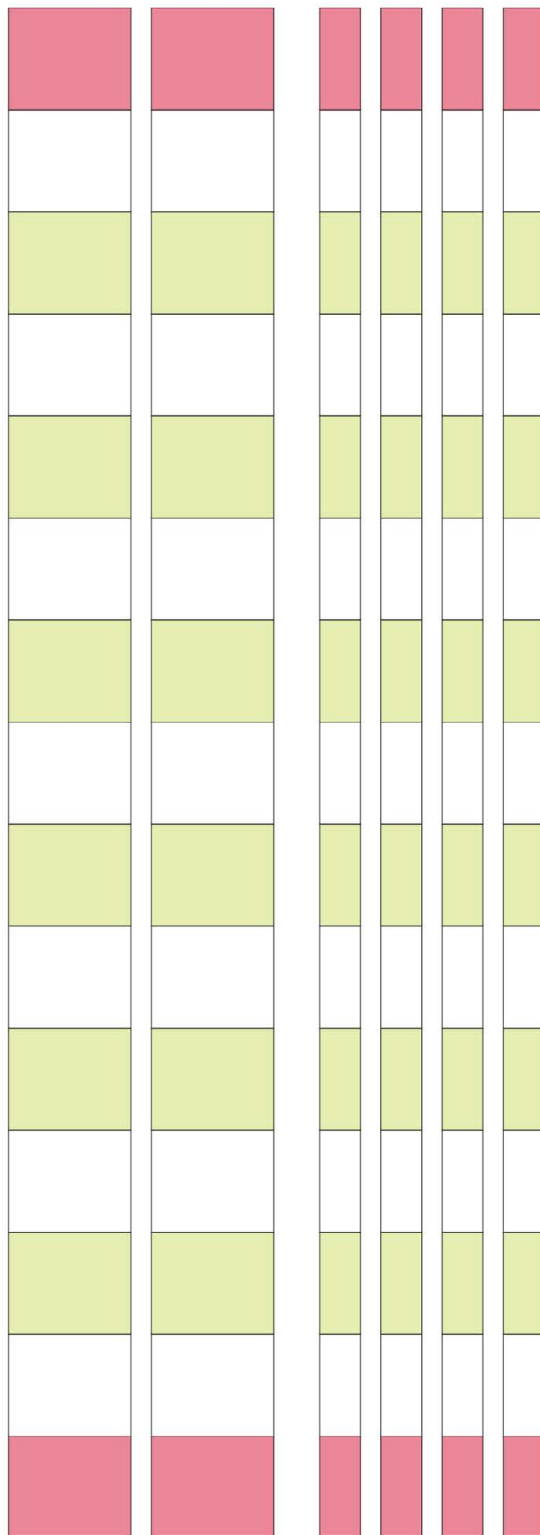
Have a Heart: Strip Sets

Join each of the four 5-1/2" white Background strips to a 5-1/2" green Background strip, pressing seams open. Cut strip sets into 12 (6-1/2" wide) units and 24 (2-1/2" wide) units. Join units together to form 2 (6-1/2" wide) columns and 4 (2-1/2" wide) columns.



Join a 5-1/2" x 6-1/2" white Background rectangle to the top and a 5-1/2" x 6-1/2" Border rectangle to both the top and bottom of each (6-1/2" wide) column.

Join a 5-1/2" x 2-1/2" white Background rectangle to the top and a 5-1/2" x 2-1/2" Border rectangle to both the top and bottom of each (2-1/2" wide) column.



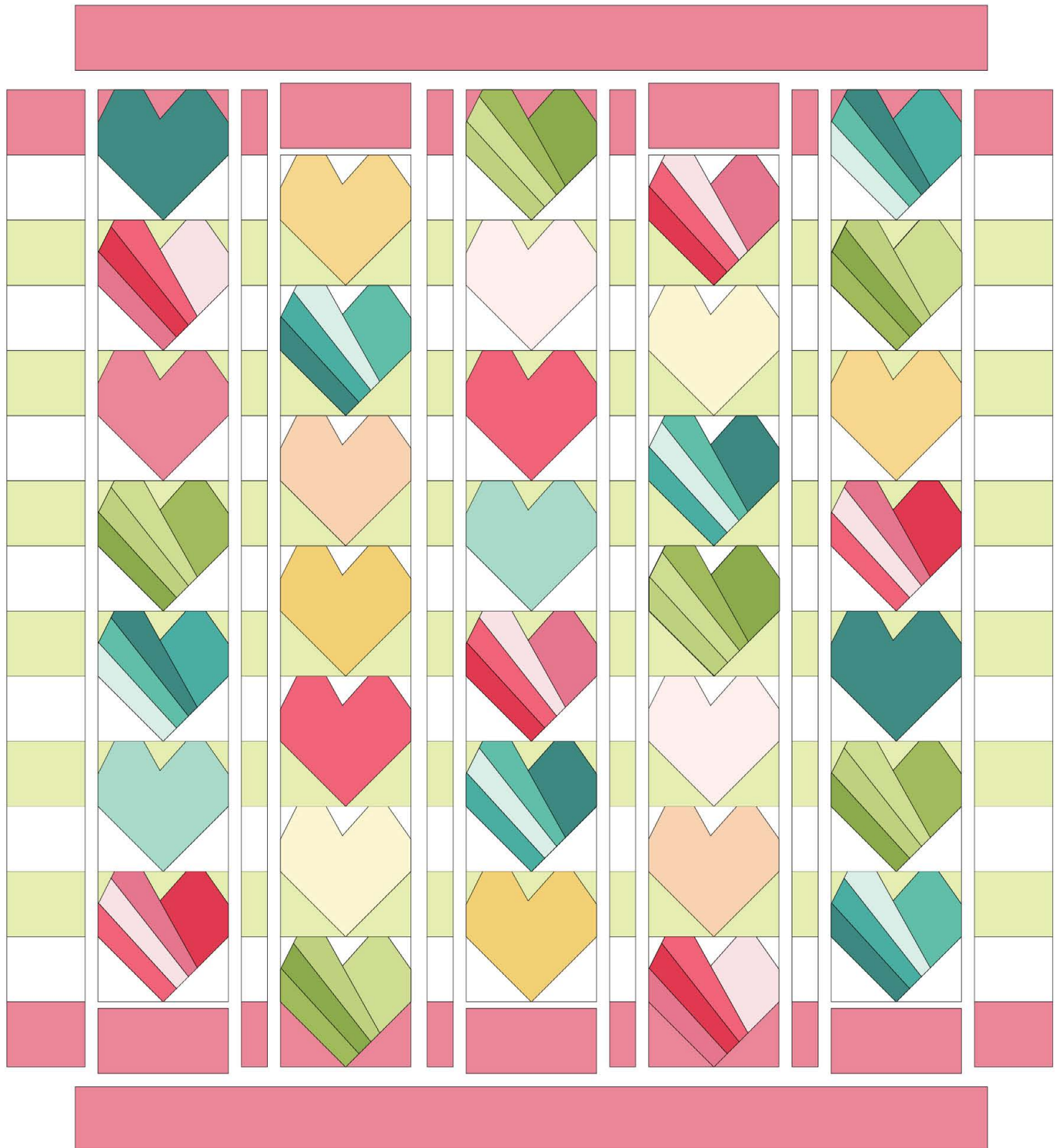
Have a Heart: Assembly

Assembly

Arrange blocks, strip set columns, and border rectangles as shown. Join blocks into columns, pressing seams open. Join columns, pressing seams open.

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

Join the 2-1/4" wide binding strips into 1 continuous piece for binding. Press, folding in half lengthwise. Sew binding to quilt. Enjoy!



Have a Heart



Have a Heart Color Variation

Border: 6186-24 Cherish aqua
Binding: 6184-44 Entwined green

