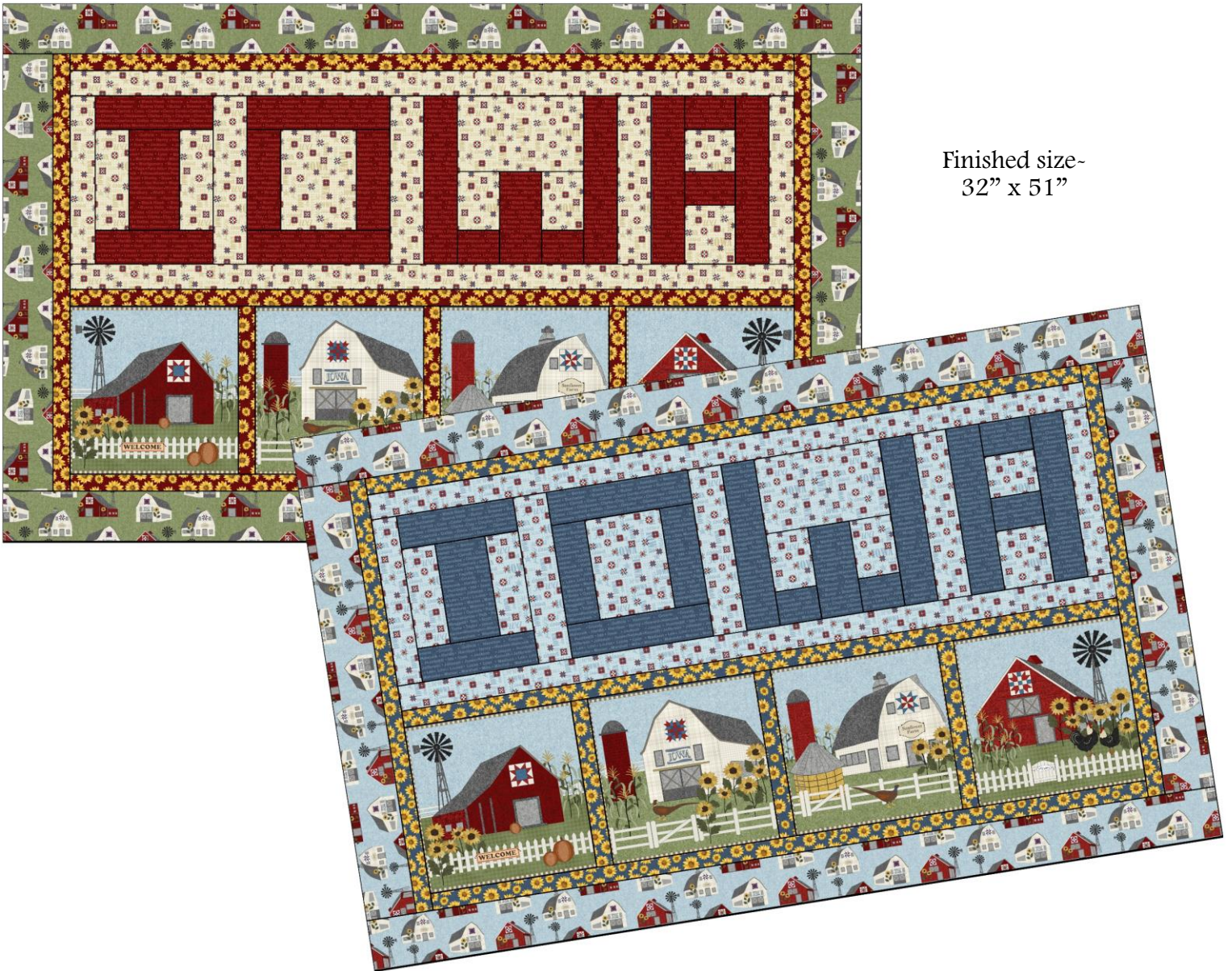


The Heart of Iowa



Finished size-
32" x 51"

Shown with the Heart of Iowa Panel #13254-55

Made with the blues:

- 3/4 yard of #13255-53 Iowa Barns-Med Blue
- 1/3 yard of #13256-54 Sunflower Field-Blue
- 1/2 yard of #13257-53 Iowa Barn Stars-Med Blue
- 1/3 yard of #13258-54 Iowa Counties-Blue

Made with the reds:

- 3/4 yard of #13255-44 Iowa Barns-Green
- 1/3 yard of #13256-19 Sunflower Field-Cranberry
- 1/2 yard of #13257-07 Iowa Barn Stars- Cream
- 1/3 yard of #13258-10 Iowa Counties-Red

The Great Sewing Adventure Across Iowa!
Designed by Cheryl Haynes to use with the Heart of Iowa fabric line by Benartex

Cutting: Remove the selvedge first.
 Note- The fabric was not prewashed.

One Heart of Iowa Panel:

Center and trim each
 barn to a 10-1/2" square

1/2 yd background fabric:

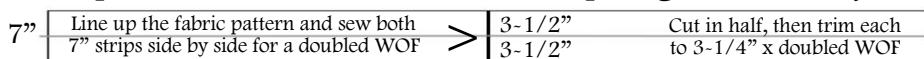
Cut 2 2" x WOF (leave these long)

Then from the remainder-

- Cut 1 5" x 8"
- Cut 1 5" x 6-1/2"
- Cut 1 3-1/2" x 4"
- Cut 2 3" x 4"
- Cut 1 3" x 3-1/2"
- Cut 3 2-1/2" x 10-1/2"
- Cut 2 2-1/2" x 6-1/2"
- Cut 2 2" x 10-1/2"
- Cut 2 2" squares (add to the long strips)

3/4 yd border fabric (pieced border):

1. First fussy cut 2 identical 7" x WOF strips.
2. Line up the barns and sew both 7" strips together side by side.



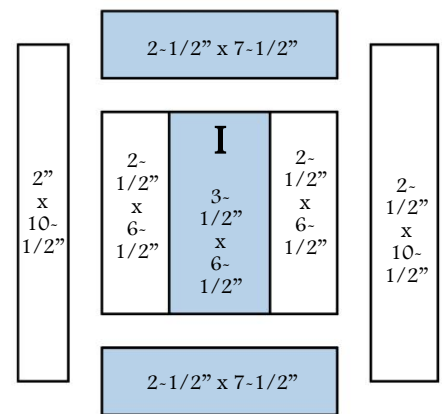
3. Cut it in half to two equal 3-1/2" strips and trim each to 3-1/4" x doubled WOF.
 Leave them both as long strips for now.

Also from the remaining border fabric:

Cut 4 2-1/4" x WOF binding strips

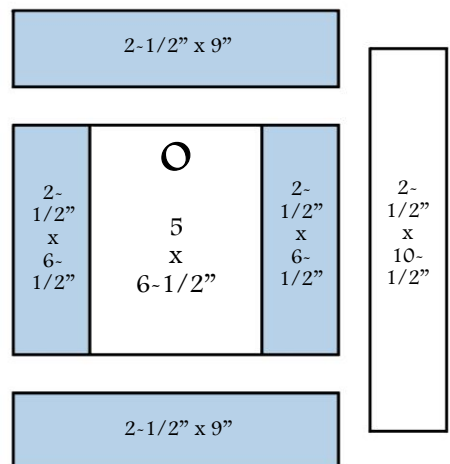
The Letter I:

1. Sew a 2-1/2" x 6-1/2" background strip down each side of the center 3-1/2" x 6-1/2" blue/red strip.
2. Sew a 2-1/2" x 7-1/2" blue/red strip across the top and bottom.
3. Sew a 2" x 10-1/2" background strip down the left side.
4. Sew a 2-1/2" x 10-1/2" background strip down the right side. Press the seams.



The Letter O:

1. Sew a 2-1/2" x 6-1/2" blue/red strip down each side of the center 5" x 6-1/2" background strip.
2. Sew a 2-1/2" x 9" blue/red strip across the top and bottom.
3. Sew a 2-1/2" x 10-1/2" background strip down the right side. Press the seams.



1/4 yd of sunflower sashing fabric:

Cut 6 1-1/2" x WOF strips

Sub-cut one strip into-

3 1-1/2" x 10-1/2"

*Divide the remainder of that strip into thirds & add one of them to three of the WOF strips

1/3 yd of blue or red-letter fabric:

Cut **LOF** for directional prints-

Cut 1 3-1/2" x 6-1/2"

Cut 1 3" x 6"

Cut 4 2-1/2" x 10-1/2"

Cut 2 2-1/2" x 6-1/2"

Cut from the remaining **WOF**-

Cut 2 2-1/2" x 9"

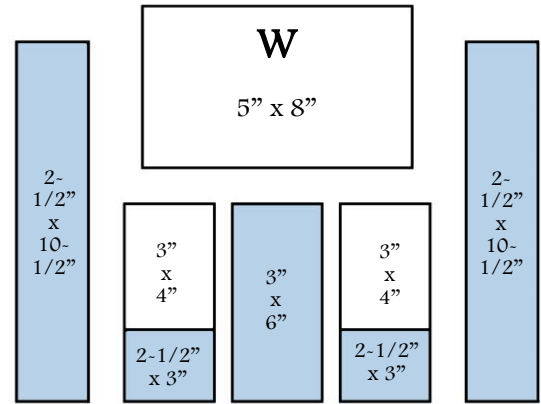
Cut 2 2-1/2" x 7-1/2"

Cut 2 2-1/2" x 3-1/2"

Cut 2 2-1/2" x 3"

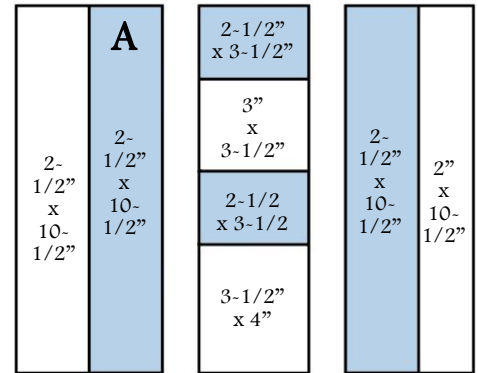
The Letter W:

1. Sew a 3" x 4" background strip to the top of both 2-1/2" x 3" blue/red strips.
2. Sew to each side of the center 3" x 6" blue/red strip.
3. Sew a 5" x 8" background strip across the top.
4. Sew a 2-1/2" x 10-1/2" blue/red strip down each side.



The Letter A:

1. Sew a 2-1/2" x 3-1/2" blue/red strip across the top of the 3" x 3-1/2" background strip.
2. Sew another 2-1/2" x 3-1/2" blue/red strip across the top of the 3-1/2" x 4" background strip. Sew both pieces together.
3. Sew a 2-1/2" x 10-1/2" blue/red strip down each side.
4. Sew a 2-1/2" x 10-1/2" background strip down the left side and a 2" x 10-1/2" background strip down the right side.



Finishing-

1. Lay out and sew the four-letter blocks into a row.
2. Sew a 2" square to each WOF background strip then sew across the top and bottom. Trim off the excess fabric.
3. Lay out one 1-1/2" x 10-1/2" sunflower sashing strip between the four barns, then sew the barn row across.
4. Press the seams, then sew one long 1-1/2" sunflower sashing strip across the top and trim.
5. Sew a one long sashing strip across the bottom and trim. Press all seams.
6. Sew this section across the bottom of the IOWA row.
7. Sew one long sunflower sashing strip across the top of the IOWA row, then trim.
8. Sew the remaining sunflower sashing strips down each side and trim both. Press all seams.
9. Sew one 3-1/4" x double WOF border strip down each side and trim off the excess fabric.
10. Use the remainder of each strip to sew across the top and bottom.
11. Trim off the excess fabric.
12. Lay the quilt top on a layer of batting and your backing fabric.
13. Quilt by hand or machine.
14. Sew the four binding strips end-to-end then fold with the right side out and press.
15. Pin the binding with the raw edge along the outside.
16. Sew the binding in place.
17. Miter each corner and overlap the ends by 1/2".
18. Fold over to the back, pin in place and hand-stitch on the back of the quilt.

