

Fabrics needed: 1 yard of white fabric for embroidery

Backing fabric: 1 ¼ yards

Batting: 1 ¼ yards

Fat quarters: 6 (identify as colors 1-6)

Small border and 4 pieces for the pieced strips: ¼ yard (color 7)

Large border and binding: 1 yard (color 8)

1. We started with the embroidery and traced the motifs on the white fabric using a soft lead pencil. We traced the designs on the uncut piece of fabric in order to be able to use an embroidery hoop for each. Leave plenty of space around each motif so you are sure you can cut them down to the size required for the finished blocks. When you're finished stitching, press the designs to set the stitches. The sizes you'll need for each block, including seam allowance, are 2 pieces 3" X 3 ½"; 1 piece 3 ½" X 8 ½", and one piece 5 ½" X 5 ½". Follow the diagrams for assembly. The finished measurement for the embroidery is 8 ½" X 8 ½". Take care to study the diagrams when you start assembling these center sections. Note that we have laid out the sections so that the 5" X 5" Sophie is always in the center. We suggest you lay out your blocks and compare them to the diagrams to ensure that you have the right arrangement now.
2. Select 4 of your fat quarters to make pieced strips in a specific sequence. (The remaining fat quarter fabric will be used to frame the muslin so it should be the darker/solid of your fat quarter selections. Cut 4 pieces from each 2 ½" X 10". Also cut 1 pieces 2 ½" X 10" from color 7-the small border fabric. Lay these pieces out in a pleasing manner and sew each strip together making a 5 fabric piece. Now cut this piece into 4 pieces each 2 ½" X 10". Put these to one side for now.
3. For each block you will need the following cut from one of the remaining fat quarters: 2 strips 1 ½" X 8 ½"; 2 strips 1 ½" X 10 ½". These 4 strips frame the embroidery. (Total of 8 strips 1 ½" X 8 ½" and 8 strips 1 ½" X 10 ½".)
4. Frame the embroidery by sewing 2 strips 1 ½" X 8 ½" to the sides. Add 2 strips 1 ½" X 10 ½" to the top and bottom. Press away from the center.
5. To make the center whirly-gig piece cut 2 squares 3 ¼" X 3 ¼" from colors 4 and 5. Lay out 2 pairs of color 4 and 5, right sides together and mark a diagonal line on each. Sew with ¼ seam allowance on each side of the diagonal line. Cut on the diagonal line and press out.
6. We really suggest that you lay out all the pieces of the blocks before you start any assembly. In the colored version of Sophie we were able to create a square in square effect by the placement of the striped pieces. But in order to ensure you get this effect, you need to lay it out and look it over carefully.
7. You also need to now cut 8 pieces 1 ½" X 10" from fat quarter 6. These are used to blend blocks together.
8. To assemble each block, take time to study the diagrams. The first step is to frame the muslin embroidery section-sew 2 strips 1 ½" X 8 ½" to each side of the muslin center. Press away from muslin. Add 2 strips 1 ½" x 8 ½" to the top and bottom of the muslin center. Press away from the muslin.
9. To make the Sophie in the bathtub block: Add one pieced strip to the bottom of the muslin center. Press away from the muslin. Add one strip of color 6 1 ½" X 10" to the bottom of the pieced strip. Sew the other pieced strip to a strip 1 ½" X 10" of color 6. Add one of the whirly gig blocks to the bottom end of this. Now sew this piece to the rest of the block. Look at the total block and make sure that the pieced strips are appropriately placed. It's easier to take these off and change them now rather than find things misplaced later .
10. Following the diagrams, go on and make the other 3 blocks. Take care to look carefully

- at each one to ensure that you have Sophie placed where she should be, the striped pieces laid out correctly and that the whirly gig is going around and around for you.
11. Now to add the 2 borders! From color 6, cut 2 pieces 1 ½" X 25" and 2 pieces 1 ½" X 27". Add the two smaller pieces to the sides. Press out. Add the 2 final pieces to the top and bottom. Press out.
 12. From color 8, cut your outer border pieces. Cut 2 pieces 4" X 27" and 4' X 34". Sew the two smaller pieces to the sides and finish with the 2 larger pieces on the top and bottom. Press after adding each piece.
 13. Your back and batting should be laid out on the floor-fabric on the bottom. Smooth all wrinkles out and add the quilt top. Baste all 3 layers and then quilt. We have used hand quilting on one version and machine quilted the other. Both give a great effect.
 14. From fabric 8 (the larger border) cut your binding. We used 6 strips 2 ½" X 36". Sew these together and then press in half with the print side out. Sew the binding in place making mitered corners. Finish by folding to the back and using an invisible hemming stitch.
 15. Your final step is to make a hanging sleeve for the back. We pieced this from a combination of the fat quarters used in the project. You can do this or use other fabric or make tabs to hang your wall-hanging from a dowel or decorative quilt hanger. Be sure to sign and date your treasure!