

VALIANT eagle

Marianne Fons used reproduction prints to make this quilt for the Quilts of Valor Foundation. She presented her quilt to a combat veteran who served in Vietnam.

MATERIALS

Size: 64" × 80"

Blocks: 28 (8") Variable Star blocks
8 (4") Pinwheel blocks

NOTE: Fabrics in the quilt shown are from the *Crimson and Clover* and *Stafford County* collections by Jo Morton for *Andover Fabrics*.

$\frac{5}{8}$ yard cream solid

1 fat eighth* red print for head

1 fat quarter** light gold print for shield and pinwheels

3 fat quarters** assorted red prints for stars

$\frac{3}{8}$ yard dark blue print for wings and stripes

$\frac{1}{2}$ yard medium blue print for stars and stripes

1 fat quarter** light blue print for tail and stripes

$\frac{1}{2}$ yard yellow print for quilt center

$\frac{1}{2}$ yard green print for stars and pinwheels

$\frac{3}{8}$ yard dark gold print for stars and talons

1 yard dark shirting print for stars

$\frac{7}{8}$ yard light shirting print #1 for stars and stripes

$\frac{3}{8}$ yard light shirting print #2 for stars

$1\frac{1}{4}$ yards red stripe for stars, border #2, and binding

$1\frac{3}{8}$ yards black print

9" × 10" rectangle black solid or 24" of pre-folded $\frac{1}{2}$ "-wide bias tape

5 yards backing fabric

Twin-size quilt batting

*fat eighth = 9" × 20"

**fat quarter = 18" × 20"

CUTTING

Measurements include $\frac{1}{4}$ " seam allowances. Border strips are exact length needed. You may want to make them longer to allow for piecing variations. Patterns for appliqué are on pages 7–10. Follow manufacturer's instructions for using fusible web.

From cream solid, cut:

- 1 ($19\frac{3}{8}$ ") background square.

From red print fat eighth, cut:

- 1 Head.

From light gold print fat quarter, cut:

- 2 ($2\frac{7}{8}$ "-wide) strips. From strips, cut 8 ($2\frac{7}{8}$ ") squares. Cut squares in half diagonally to make 16 half-square A triangles.
- 1 Shield.

From each red print fat quarter, cut:

- 2 ($4\frac{1}{2}$ "-wide) strips. From strips, cut 7 ($4\frac{1}{2}$ ") D squares.

From dark blue print, cut:

- 2 ($2\frac{1}{2}$ "-wide) strips. From strips, cut 6 ($2\frac{1}{2}$ " × $8\frac{1}{2}$ ") E rectangles.
- 1 Wing.
- 1 Wing reversed.



From medium blue print, cut:

- 5 (2½"-wide) strips. From strips, cut 6 (2½" × 8½") E rectangles and 56 (2½") C squares.

From light blue print fat quarter, cut:

- 4 (2½"-wide) strips. From strips, cut 8 (2½" × 8½") E rectangles.

From remainder of light blue print fat quarter, cut:

- 1 Tail.
- 4 (3") G squares.

From yellow print, cut:

- 1 (14⅜"-wide) strip. From strip, cut 2 (14⅜") squares. Cut squares in half diagonally to make 4 half-square H triangles.

From green print, cut:

- 1 (2⅞"-wide) strip. From strip, cut 8 (2⅞") squares. Cut squares in half diagonally to make 16 half-square A triangles.
- 4 (2½"-wide) strips. From strips, cut 56 (2½") C squares.

From dark gold print, cut:

- 4 (2½"-wide) strips. From strips, cut 56 (2½") C squares.
- 2 Talons.

From dark shirting print, cut:

- 1 (2⅞"-wide) strip. From strip, cut 8 (2⅞") squares. Cut squares in half diagonally to make 16 half-square A triangles.
- 11 (2½"-wide) strips. From strips, cut 56 (2½" × 4½") B rectangles and 56 (2½") C squares.

From light shirting print #1, cut:

- 10 (2½"-wide) strips. From strips, cut 18 (2½" × 8½") E rectangles, 28 (2½" × 4½") B rectangles, and 28 (2½") C squares.
- 1 (1½"-wide) strip. From strip, cut 4 (1½" × 8½") F rectangles.

From light shirting print #2, cut:

- 1 (2⅞"-wide) strip. From strip, cut 8 (2⅞") squares. Cut squares in half diagonally to make 16 half-square A triangles.
- 6 (2½"-wide) strips. From strips, cut 28 (2½" × 4½") B rectangles and 28 (2½") C squares.

From red stripe, cut:

- 5 (4½"-wide) strips. From strips, cut 4 (4½" × 32½") border #2 and 7 (4½") D squares.
- 8 (2¼"-wide) strips for binding.

From black print, cut:

- 7 (4½"-wide) strips. Piece strips to make 2 (4½" × 72½") side border #4 and 2 (4½" × 56½") top and bottom border #4.
- 4 (3"-wide) strips. From strips, cut 4 (3" × 27½") border #1.
- 4 (2½"-wide) strips. From strips, cut 56 (2½") C squares.

From black solid, cut:

- 24" of bias strips.

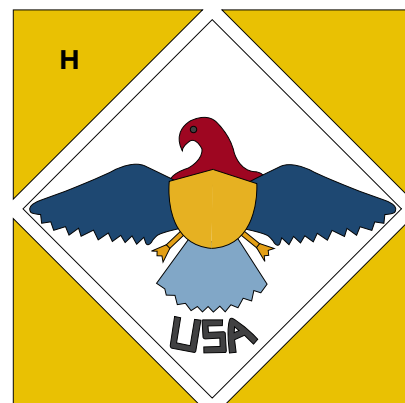
NOTE: Refer to *Sew Easy: Making Bias* on page 6 to determine width of strips.

OR 1 each letters U, S, and A.

- 1 Eye.

QUILT CENTER ASSEMBLY

1. Position Head, Eye, Tail, Wings, Talons, and Shield on cream solid background square as shown in *Quilt Center Diagram*. Fuse in place. Make letters as shown in *Sew Easy: Bias Letters* on page 7 or fuse letters. Machine appliqué using matching thread.
2. Add yellow print H triangles to appliqué block to complete quilt center.



Quilt Center Diagram

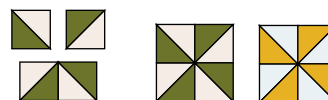
BLOCK ASSEMBLY

1. Join 1 green print A triangle and 1 dark shirting print A triangle as shown in *Triangle-Square Diagrams*. Make 16 dark triangle-squares. In the same manner, make 16 light triangle-squares, using light gold print and light shirting print #2 A triangles.



Triangle-Square Diagrams

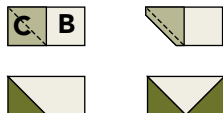
2. Lay out 4 dark triangle-squares as shown in *Pinwheel Block Diagrams*. Join into rows; join rows to complete 1 dark Pinwheel block. Make 4 dark Pinwheel blocks and 4 light Pinwheel blocks.



Pinwheel Block Diagrams

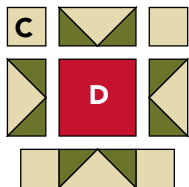
3. Referring to *Star Point Unit Diagrams*, place 1 green print C square atop 1 dark shirting print B rectangle, right sides facing. Stitch diagonally from corner to corner as shown. Trim ¼" beyond stitching.

Press open to reveal triangle.
Repeat for opposite end of rectangle to complete 1 Star Point Unit. Make 4 green Star Point Units.

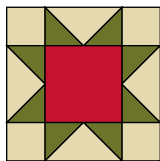


Star Point Unit Diagrams

- Lay out 1 red print D square, 4 green Star Point Units, and 4 dark shirting print C squares as shown in *Star Block Assembly Diagram*. Join into rows; join rows to complete 1 dark Star block (*Star Block Diagram*). Make 14 dark Star blocks using black, green, medium blue, and gold for star points and dark shirting print for background.

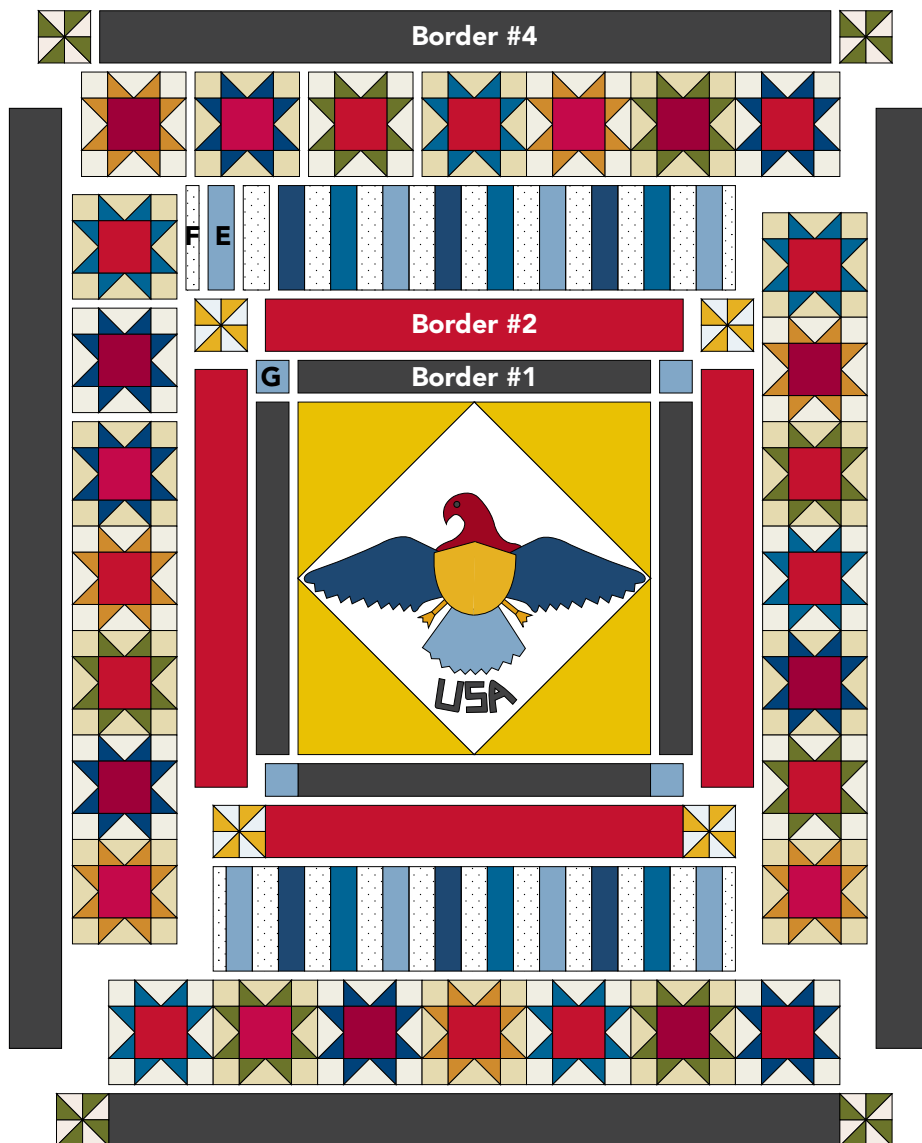


Star Block Assembly Diagram



Star Block Diagram

- In the same manner, make 14 light Star blocks using remaining black, green, medium blue, and dark gold for star points and light shirting print #1 or #2 for background.



Quilt Top Assembly Diagram

STAR BORDER ASSEMBLY

- Lay out 4 dark Star blocks and 3 light Star blocks as shown in *Quilt Top Assembly Diagram*. Join to complete 1 side Star Border. Make 2 side Star Borders.
- In a similar manner, lay out 4 light Star blocks and 3 dark Star blocks. Join to complete top Star Border. Repeat for bottom Star Border.

STRIPE SECTION ASSEMBLY

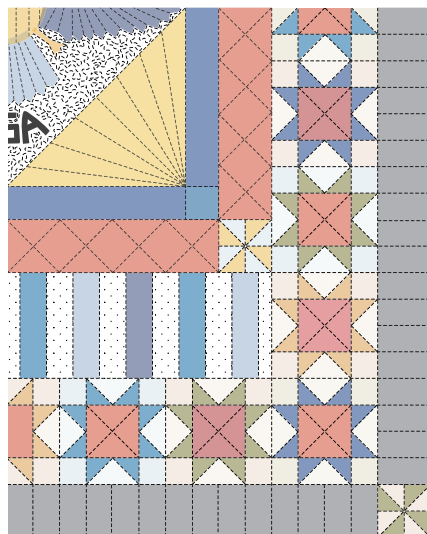
- Lay out 9 light shirting print #1 E rectangles, 2 light shirting print #1 F rectangles, 3 dark blue print E rectangles, 3 medium blue print E rectangles, and 4 light blue print E rectangles as shown in *Quilt Top Assembly Diagram*.
- Join to complete 1 stripe section. Make 2 stripe sections.

QUILT ASSEMBLY

1. Referring to *Quilt Top Assembly Diagram*, add black print border #1 to sides of quilt center. Add 1 light blue print G square to each end of remaining black print borders. Add borders to top and bottom of quilt.
2. Add red stripe side border #2 to quilt. Add 1 light pinwheel block to each end of remaining red stripe borders. Add borders to top and bottom of quilt.
3. Add stripe sections to top and bottom of quilt.
4. Add side Star borders to quilt center. Add top and bottom Star borders to quilt.
5. Add black print side border #4 to quilt center. Add 1 dark pinwheel block to each end of top and bottom border #4. Add borders to quilt.

FINISHING

1. Divide backing into 2 (2½-yard) lengths. Cut 1 piece in half lengthwise to make 2 narrow panels. Join 1 narrow panel to each side of wider panel; press seam allowances toward narrow panels.
2. Layer backing, batting, and quilt top; baste. Quilt as desired. Quilt shown was quilted with meandering in appliqué block, rays in yellow triangles, in the ditch around stars and stripes, with Xs in red stripe border, and with parallel lines in black outer border (*Quilting Diagram*).
3. Join 2¼"-wide red stripe strips into 1 continuous piece for straight-grain French-fold binding. Add binding to quilt. ✳



Quilting Diagram

SEW *easy*TM Making Bias

Choose your favorite technique for preparing bias strips for appliqué.

BIAS BARS

Bias pressing bars, made of metal or heat-resistant plastic, make the preparation of lengths of consistent-width folded bias strips easy.

1. For $\frac{3}{8}$ "-wide finished strips for *Valiant Eagle*, cut $1\frac{1}{8}$ "-wide bias strips.
2. Fold strips in half lengthwise with wrong sides facing, and machine-stitch $\frac{1}{4}$ " from raw edges. Trim seam allowance to $\frac{1}{8}$ ".

Sew SmartTM

We recommend sewing a sample piece to test the width of sewn strip. Be sure the bias bar easily fits into the strip. Adjust seam allowance if necessary.
— Marianne and Liz

3. For $\frac{3}{8}$ "-wide finished strips, insert $\frac{3}{8}$ "-wide bias bar into sewn strip. For $\frac{1}{2}$ "-wide finished strips, insert $\frac{1}{2}$ "-wide bias bar into sewn strip. Adjust strip so that seam is centered on one side of bar. Press seam to one side on wrong side of strip (*Photo A*). Turn bar over and press right side.
4. Slide bar through strip until entire strip is pressed.



BIAS TAPE MAKER

Bias tape makers make finished bias strips in consistent widths. There is even a fusible bias tape maker.

1. For *Valiant Eagle*, cut 1"-wide bias strips from appliqué fabric.
NOTE: Using the 12mm bias tape maker will result in finished strips that are slightly wider than $\frac{3}{8}$ ".
2. Insert strip through tape maker. If necessary, cut the end to a point and use an awl in the center groove to thread the strip through tape maker.
3. Pin the end of folded strip to ironing board cover. Pull tape maker while ironing the folded tape until entire strip is pressed (*Photo B*).



LIZ'S GRANDMOTHER'S METHOD

Liz's grandmother had a clever way of folding and pressing bias strips at the ironing board.

1. For $\frac{3}{8}$ "-wide finished strips for *Valiant Eagle*, cut $1\frac{1}{8}$ "-wide bias strips from appliqué fabric.

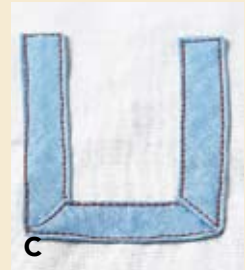
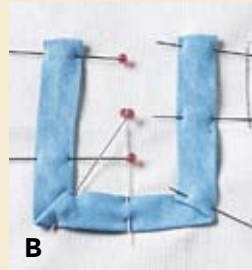
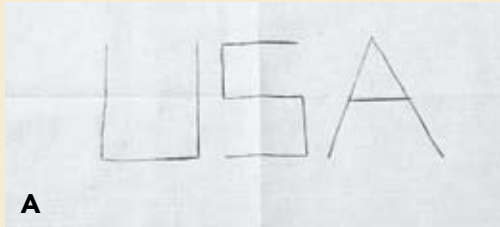
2. Fold one end of strip in thirds, with wrong sides facing, for about 2" and press.
3. Lay folded end of strip in center of ironing board. Insert long pin through ironing board cover, bring pin across folded strip, and reinsert it into ironing board cover on opposite side (*Photo C*). Place a second pin about 2" from first pin. Check to be sure that amount of exposed pin across strip is exactly equal to width of folded strip. Pins should not be inserted in strip.
4. As you gently pull folded end of strip under pins, remaining bias strip will fold itself. As pins fold bias strip, steam-press strip between pins. Continue gently pulling strip through pins until entire strip is folded and pressed.



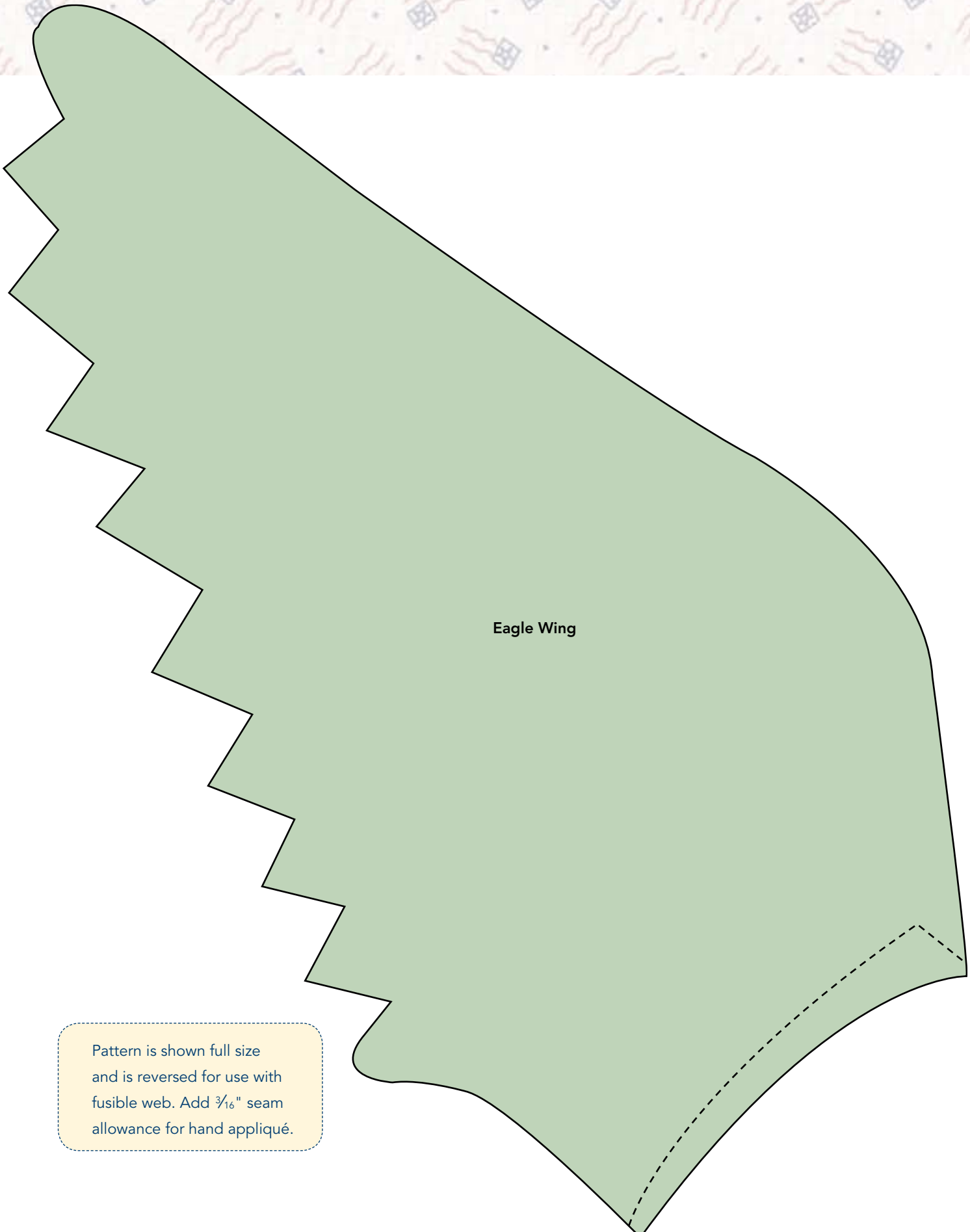
Bias Letters

Use this quick and easy method to make letters from bias strips.

1. Prepare bias strips or use pre-packaged bias tape.
2. Using pencil, draw letters on background fabric (*Photo A*).
3. Turn under seam allowance on beginning end of strip; pin strip to background fabric, centering strip over line. Fold strip at corners to make miters (*Photo B*). Turn under finishing end.
4. Topstitch along edges of letter and on mitered corners (*Photo C*).

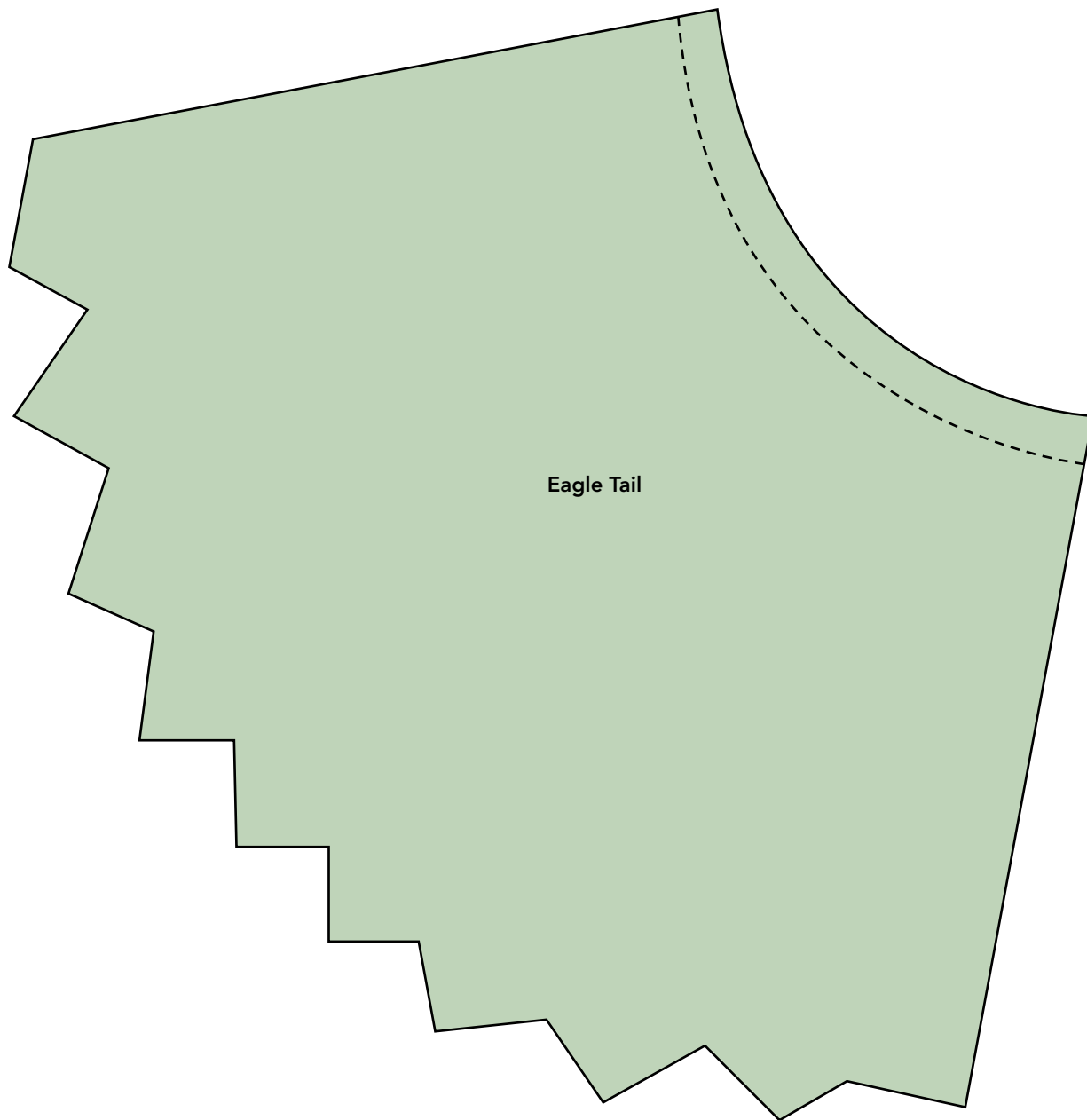


Patterns are shown full size and are reversed for use with fusible web. Add $\frac{3}{16}$ " seam allowance for hand appliqué.

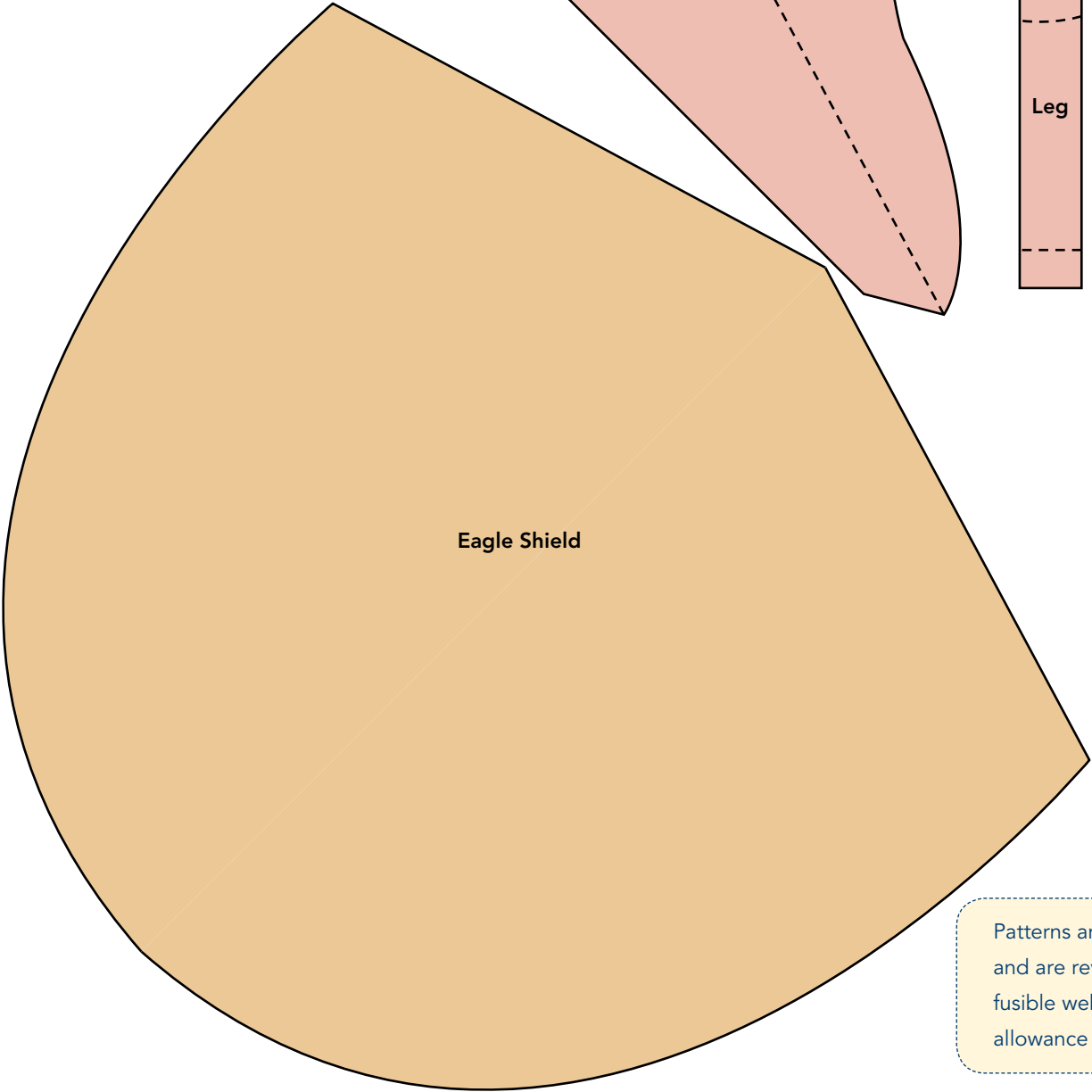
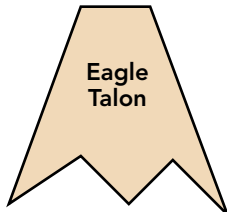
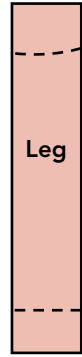
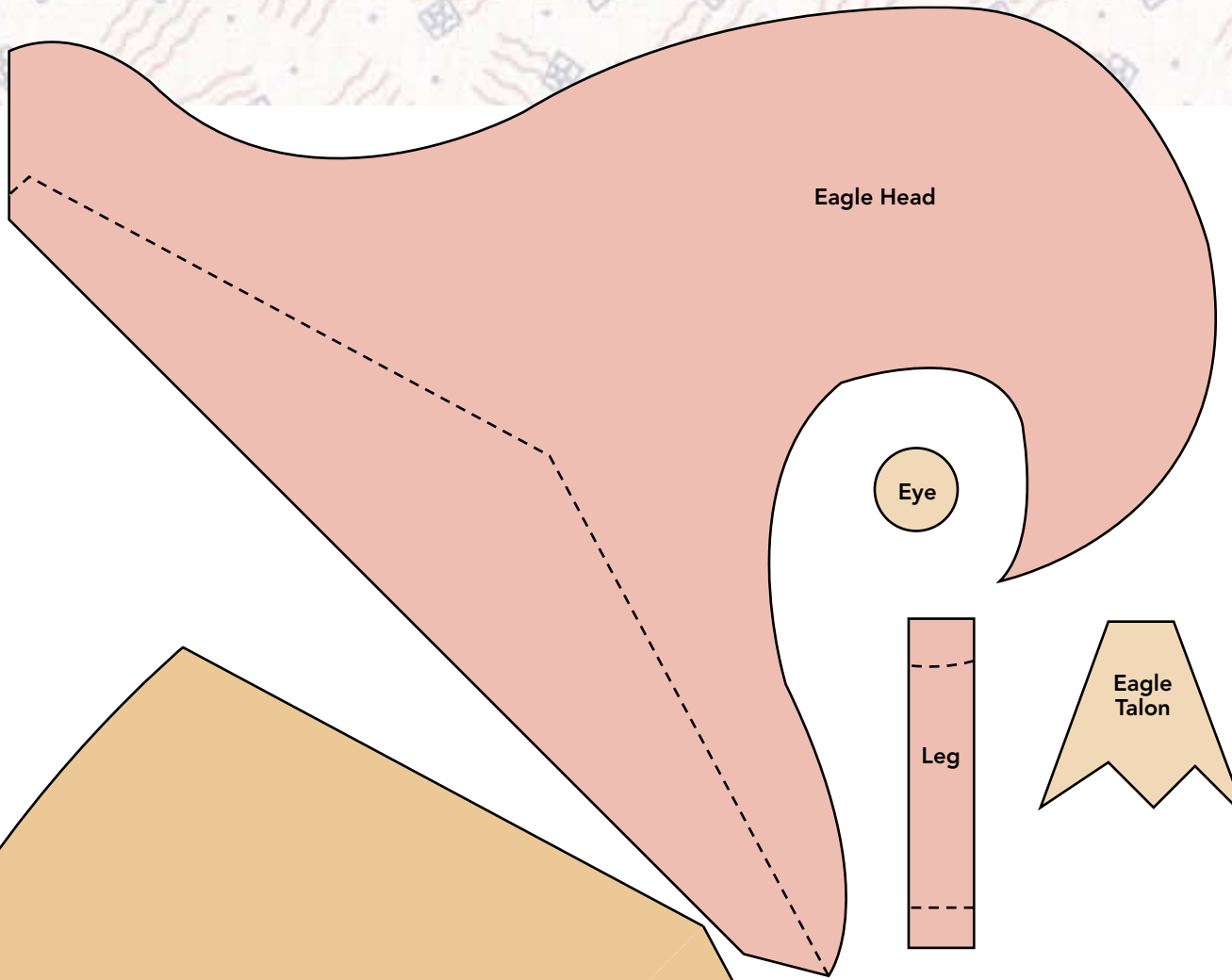


Eagle Wing

Pattern is shown full size and is reversed for use with fusible web. Add $\frac{3}{16}$ " seam allowance for hand appliqué.



Pattern is shown full size
and is reversed for use with
fusible web. Add $\frac{3}{16}$ " seam
allowance for hand appliqué.



Patterns are shown full size and are reversed for use with fusible web. Add $\frac{3}{16}$ " seam allowance for hand appliqué.

Patchwork is Patriotic!



WWW.QOVE.ORG/WINGS

Nine fabric companies have introduced patriotic collections for Quilts of Valor. Andover Fabrics, Clothworks, Marcus Fabrics, Moda Fabrics, P&B Textiles, Quilting Treasures, Red Rooster Fabrics, Timeless Treasures, and Windham Fabrics are all offering groups of American Valor Fabrics to shop owners across the country. Quilts of Valor Web site information is printed on each selvage, and each company has made a financial contribution to Quilts of Valor.

In place to help anyone participate in national service by making a Quilt of Valor is a new program called Under Our Wings. Quilt shops who have registered as official Under Our Wings shops are carrying American Valor Fabrics and offering Under our Wings workshops. In one- or two-day sessions, a capable quilter (the coach) simply takes one person (the rookie) under her wings and helps the rookie make a simple lap-size Quilt of Valor. The rookie simply buys a kit, and the coach brings her sewing machine and tools, and teaches the rookie how to sew a ¼" seam. The coach does the cutting, pinning, and pressing while the rookie sews simple patchwork blocks. Many patterns are available free online at the Quilts of Valor Web site. Look for the special Under Our Wings section at www.QOVE.org/wings. Shop owners will find a link to register their shops; quilters who want to be coaches and people who would like to be rookies will find links to help them get involved.

