

IDAHO LILY

Designed by Kim Diehl

Finished quilt size: 27½" x 27½" • Finished block size: 8" x 8"



PROJECT NOTES

The pictured quilt was made using prints from Kim's Vintage Farmhouse fabric collection for Henry Glass Fabrics. For complete "How to Quilt" instructions, please visit shopmartingale.com/howtoquilt. Use your favorite appliqué technique for this project, or refer to any of Kim's "Simple" series of books for her easy invisible machine-appliqué method.

MATERIALS

- 1 fat quarter (18" x 22") of green print for blocks, appliques, middle border, and outer border (6228-66)
- ⅞ yard of red paisley print for blocks, middle border, outer border, and binding (6231-88)
- 1 fat eighth (9" x 22") each of red vine print and red-and-cream print for blocks and middle border (6225-88; 6228-88)
- 2 fat eighths of coordinating green prints for appliques and middle border (6227-66; 6234-66)
- ¾ yard of neutral print for blocks, sashing, inner border, and middle border (6230-40)
- 1 yard of fabric of your choice for backing

34" x 34" square of batting

Bias bar to make ⅜"-wide stems

Standard quilting supplies and supplies for your favorite appliqué method

Liquid glue for fabric, water-soluble and acid-free (Quilter's Choice by Beacon Adhesives is Kim's favorite brand)

CUTTING

Please cut all pieces across the width of the fabric in the order given unless otherwise noted. For greater ease, cutting instructions for the appliques are provided separately.

From the green print fat quarter, cut:

4 squares, 3½" x 3½"

16 squares, 1½" x 1½"

8 bias rectangles, 1¼" x 4"

Reserve the scraps for the appliques and the middle border.

From the red paisley print, cut:

3 binding strips, 2½" x 42"

4 strips, 3½" x 21½"

6 squares, 2½" x 2½"

24 squares, 1½" x 1½"

Reserve the scraps for the middle border.

From the red vine print, cut:

6 squares, 2½" x 2½"

24 squares, 1½" x 1½"

Reserve the scraps for the middle border.

From the red-and-cream print, cut:

4 squares, 2½" x 2½"

16 squares, 1½" x 1½"

Reserve the scraps for the middle border.

From the neutral print, cut:

2 strips, 2½" x 42"; crosscut into:

4 rectangles, 2½" x 8½"

8 rectangles, 2½" x 3½"

2 strips, 1⅞" x 42"; crosscut into 38 squares, 1⅞" x 1⅞"; cut each square in half *once* diagonally to yield 76 triangles

6 strips, 1½" x 42"; crosscut into:

2 strips, 1½" x 19½"

3 strips, 1½" x 17½"

2 rectangles, 1½" x 8½"

32 rectangles, 1½" x 2½"

20 squares, 1½" x 1½"

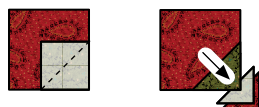
From the reserved red scraps, cut a combined total of: 19 squares, $1\frac{7}{8}$ " x $1\frac{7}{8}$ "; cut each square in half diagonally *once* to yield 38 triangles

From the coordinating green print fat eighths and the reserved green print scraps, cut a combined total of: 19 squares, $1\frac{7}{8}$ " x $1\frac{7}{8}$ "; cut each square in half *once* diagonally to yield 38 triangles
Reserve the scraps for the appliqués.

PIECING THE BLOCKS

Sew all pieces with right sides together using a $\frac{1}{4}$ " seam allowance unless otherwise noted.

- 1 Use an acrylic ruler and pencil to draw a diagonal line from corner to corner on the wrong side of each green print $1\frac{1}{2}$ " square and each red print $1\frac{1}{2}$ " square.
- 2 Layer a prepared green print square on one corner of a red print $2\frac{1}{2}$ " square. Stitch the pair together on the drawn line. Fold the resulting inner triangle open, aligning the corner with the corner of the red print square; press. Trim away the excess layers beneath the top triangle, leaving a $\frac{1}{4}$ " seam allowance. Repeat with the remaining red print squares to make a total of 16 flower base units measuring $2\frac{1}{2}$ " square, including the seam allowances.



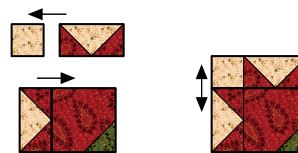
Make 16.

- 3 Layer a prepared red print square onto one end of a neutral print $1\frac{1}{2}$ " x $2\frac{1}{2}$ " rectangle. Stitch the pair together on the drawn line. Fold the resulting inner triangle open, aligning the corner with the corner of the neutral print rectangle; press. Trim away the excess layers beneath the top triangle, leaving a $\frac{1}{4}$ " seam allowance. In the same manner, layer, stitch, press, and trim a matching red print $1\frac{1}{2}$ " square to the remaining end of the rectangle to form a mirror-image point. Repeat for a total of 32 pieced flying-geese units measuring $1\frac{1}{2}$ " x $2\frac{1}{2}$ ", including the seam allowances.



Make 32.

- 4 Referring to the illustration, lay out one flower base unit, two flying-geese units from the same red print as the base unit, and one neutral print $1\frac{1}{2}$ " square in two horizontal rows. Join the pieces in each row. Press the seam allowances away from the flying-geese units. Join the rows. Press the seam allowances open. Repeat to make a total of 16 flower units measuring $3\frac{1}{2}$ " square, including the seam allowances.



Make 16.

LAVENDER MINT SALT SCRUB

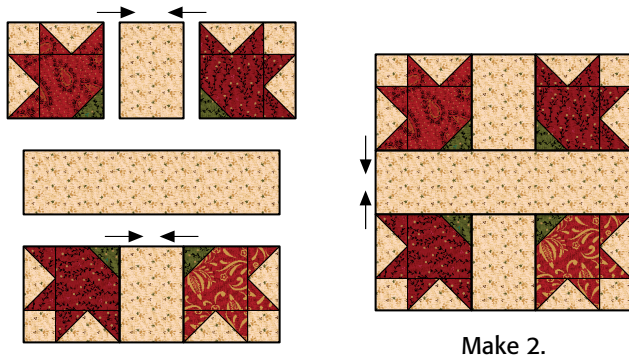
To make this scrub you'll need a 16-ounce package of Epsom salt, 1 tablespoon of dried mint, 1 rounded tablespoon of lavender blossoms (dried or fresh — either will work, but the fresh blossoms are more fragrant), and 3 tablespoons of olive oil. Mix all ingredients in a glass or plastic mixing bowl; store the scrub in a glass jar or in an air-tight plastic container.

To package the scrub for gifting, scoop the mixture into a wide-mouth canning jar. Using a sheet of newsprint to catch any over-spray, apply adhesive spray to the top side of the canning jar lid insert and press it onto a piece of batting that's been cut a little larger than the lid. Spray the batting that's affixed to the lid and firmly press it onto the wrong side of a piece of fabric. Use scissors to trim away the excess batting and fabric exactly along the edge of the lid. Cap the jar with the embellished lid insert, twist on the jar ring, and use a strand of raffia or ribbon to tie on a decorative tag (Kim used a simple key tag from the office-supply section of her grocery store).

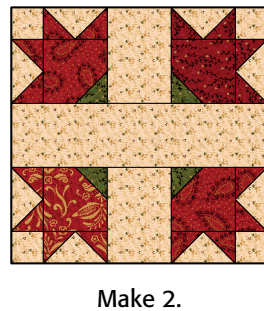
This herbal body scrub is super-easy to toss together, and it's a wonderful treat when you'd like to pamper your skin. Scoop some of this fragrant mixture into a little canning jar, add a decorative touch or two, and you've got a unique gift for a special friend. ~ Kim



- 5 Referring to the illustration, lay out one red-and-cream flower unit, three additional flower units from the remaining two red prints, two neutral print $2\frac{1}{2}$ " x $3\frac{1}{2}$ " rectangles, and one neutral print $2\frac{1}{2}$ " x $8\frac{1}{2}$ " rectangle in three horizontal rows, placing the red-and-cream flower unit in the bottom right corner. Join the pieces in the top and bottom rows. Press the seam allowances toward the neutral print rectangles. Join the top and bottom pieced rows to the middle row rectangle to complete the block. Press the seam allowances toward the middle row rectangle. Repeat for a total of two blocks measuring $8\frac{1}{2}$ " square, including the seam allowances.



- 6 Repeat step 5 to make 2 additional blocks, placing the red-and-cream-print flower unit in the bottom left corner.



APPLIQUÉING THE BLOCKS

- 1 With wrong sides together, fold each green print bias strip in half lengthwise and use a scant $\frac{1}{4}$ " seam allowance to stitch along the long raw edges. Use the bias bar to press each resulting stem flat, centering the seam allowances so that they will be hidden from the front. Apply tiny dots of liquid fabric glue underneath the pressed seam of each stem at approximately $\frac{1}{2}$ " intervals. Use a hot, dry iron to heat set the seam allowances and anchor them in place.

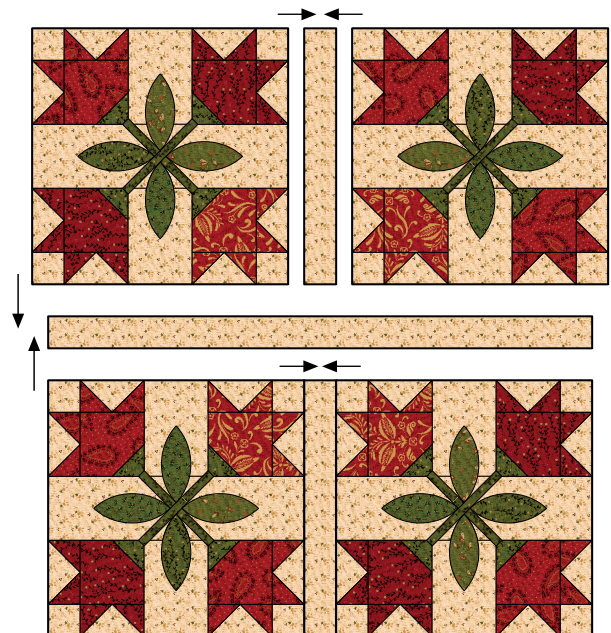


- 2 Using the leaf pattern provided at the end of the project instructions and your favorite appliqué method, prepare 12 leaf appliqué from the reserved green print scraps.

- 3 Fold the raw ends of each bias stem under, sizing the folds so that each stem will overlap onto the flower base approximately $\frac{1}{4}$ " when positioned on the block diagonally and the stem sides meet the green patchwork seams. Apply small dots of liquid basting glue underneath the fold at each end and use a hot, dry iron to heat set and anchor them in place. Dot the seam allowance of a prepared bias stem with liquid basting glue at approximately $\frac{1}{2}$ " to 1" intervals, and place it onto the block as shown in the pictured quilt. From the back of the block, use a hot, dry iron to heat set the stem in place. Use your favorite appliqué method to stitch the basted stem to the block. In the same manner, glue baste, press, and appliqué another prepared bias stem on the opposite diagonal so that the two bias stems form an X.
- 4 Using the pictured quilt as a guide, position a prepared leaf in each of the spaces between the intersecting stems. Pin or baste the leaves in place. Use your favorite appliqué method to stitch the leaves to the block.
- 5 Repeat steps 1–4 for a total of four appliquéed blocks measuring $8\frac{1}{2}$ " square, including seam allowances.

PIECING THE QUILT CENTER

Referring to the illustration, lay out the appliquéed blocks, two neutral print $1\frac{1}{2}$ " x $8\frac{1}{2}$ " rectangles and one neutral print $1\frac{1}{2}$ " x $17\frac{1}{2}$ " strip in three rows horizontal rows as shown. Please note that the blocks should be rotated so that the four red-and-cream print flower units are in the quilt center. Sew the pieces in the top and bottom rows together. Press the seam allowances toward the neutral print strips. Sew the rows together. Press the seam allowances toward the middle row.



ADDING THE INNER BORDER

- 1 Sew the neutral print $1\frac{1}{2}$ " x $17\frac{1}{2}$ " inner-border strips to the right and left sides of the quilt center. Press the seam allowances toward the inner borders.
- 2 Join the neutral print $1\frac{1}{2}$ " x $19\frac{1}{2}$ " inner-border strips to the remaining sides of the quilt center. Press the seam allowances toward the inner borders.

PIECING AND ADDING THE MIDDLE BORDER

- 1 Layer together a neutral print triangle and an assorted red print triangle. Stitch the pair together along the long diagonal edges. Press the seam allowances toward the red print. Trim away the dog-ear points. Repeat for a total of 38 red half-square-triangle units.



Make 38.

- 2 Repeat step 1 with the remaining neutral print triangles and assorted green print triangles to make a total of 38 green half-square-triangle units.
- 3 Using the pictured quilt as a guide, randomly lay out 19 red and green half-square-triangle units end to end. Join the units. Press the seam allowances open. Repeat for a total of four pieced middle-border strips.
- 4 Using the pictured quilt as a guide, join a pieced middle-border strip to the right and left sides of the quilt top. Press the seam allowances toward the inner border.
- 5 Join a neutral print $1\frac{1}{2}$ " square to each end of the remaining pieced middle-border strips. Press the seam allowances toward the squares. Join these strips to the remaining sides of the quilt top. Press the seam allowances toward the inner border.

ADDING THE OUTER BORDER

- 1 Join a red print $3\frac{1}{2}$ " x $21\frac{1}{2}$ " outer-border strip to the right and left sides of the quilt top. Press the seam allowances toward the outer border.
- 2 Join a green print $3\frac{1}{2}$ " square to each end of the remaining red print $3\frac{1}{2}$ " x $21\frac{1}{2}$ " strips. Press the seam allowances toward the squares. Join these strips to the remaining sides of the quilt top. Press the seam allowances toward the outer border. The pieced quilt top should now measure $27\frac{1}{2}$ " square, including the seam allowances.

COMPLETING THE QUILT

Layer the quilt top, batting, and backing. Quilt the layers. Join the three red paisley $2\frac{1}{2}$ "-wide strips into one length and use it to bind the quilt.



Kim stitched her Idaho Lily quilt using the Vintage Farmhouse collection and added fabrics from her other lines to supplement her choices as her stash changed. Kim's collections are designed to be interchangeable and have a scrap-basket feel, so taking this approach means you'll always have plenty of options!

Leaf

Pattern does not include seam allowances.



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 Henry Glass & Co., Inc.

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