



Quilt Making Recommendations

Quilts of Valour - Canada

Delivering quilts of comfort for wounded Canadian soldiers.

Quilts can be made by individuals or groups or guilds. There is no limit to the number of quilts, no specific pattern or size. Our soldiers have put their lives at risk and we are making them our quilted hug of appreciation and comfort.

Quilt Dimensions

A preferred minimum size for Quilts of Valour is 50" by 70". This makes a good lap size.

The maximum recommended is twin sized, usually 72" by 96".

Fabric Quality

Please select 100% high quality cotton and ensure the sewing is going to stand up to repeated washings, tuggings and huggings. Recommended fabrics include printed cottons, bali or batiks, flannels, and light weight denim. Yarn dies (homespun) may be a little thin for regular quilting, but could be used in a rag style quilt with batting in the squares.

Sewing the quilt

The tension should be even between the top and bobbin threads, use quarter inch seam allowance (not scant) when piecing your quilt. If a seam opens, the soldier receiving the quilt cannot fix it! Cut off any loose threads as non-quilters will pull them out and maybe even the seam too.

Quilt Identification

Please label the quilt with as much of your name as you are comfortable with, from initials to full name. Please include all the quilters who worked on the project, including the long arm quilter if one was used. Please date the label too. If you wish to add words of comfort or a prayer, that will be appreciated.

Including the QoV Logo is also encouraged. Our soldiers are beginning to recognize it!

Quilt Backing

The backing fabric should also be of good quality cotton fabric (a good flannel works too), cut straight and, if seamed, the selvage edge trimmed from the seam. Wide backing fabrics are available and are often more economical to use. If you are sending the quilt out to a long arm quilter to be quilted remember the backing should be 6 to 8 inches wider and 6 to 8 inches longer than the top. This allows for the "drawing up" of the quilting process and gives the long arm quilter something to which the side clamps can be attached.

Quilt Designs

There is no specific pattern or design required for the quilt. Keep in mind the quilts are going to adult soldiers, so an adult theme would be appreciated. Consider a Canadiana theme! We have seen many maple leaf quilts and they are stunning! The red/white or traditional looking patterns always work but are not a must. Think moose, mountains, maple leaves, inukshuk lighthouses, traditional star patterns, there are so many. Make it traditional or not!

Refer to our website page of patterns that have been made available to QoV quilters!

Our quilters have posted their quilts on our Yahoo group and in Facebook. Check them out too!

Long Arm Quilting

It is not necessary to take your quilt to a long arm quilter. You may quilt the quilt yourself too! However, if you need a name for the long arm quilting, contact Lezley or Mary (or a closer contact as per the website and newsletter) and they will give you names of long arm quilters who have indicated they can quilt QoV quilts. It is up to you to discuss the quilting with the long arm quilter. Between the two of you, decide who will provide the batting and the backing. Remember the backing should be 6 to 8 inches wider and 6 to 8 inches longer than the top. Discuss who will bind the quilt and pre-determine the best way to get the quilt back and forth.

Pillow Case

We encourage the making of a pillow case for shipping and storing the quilt. A case with handles makes it possible for wheelchair bound patients to carry the quilt with them. The pillow case can match the quilt or can be made with Canadian flag or even maple leaf fabric.

Before Packing

We also ask that you wash your quilts to remove any perfumes and cigarette fumes. Do not use fabric softeners.

Quilt Acknowledgement

The soldier receiving the quilt generally will not be identified to the quilters. This respects their privacy and our privacy laws. However, you can include a stamped, self-addressed postcard with your contact information so that the soldier can acknowledge the receipt of the quilt. If you are uncomfortable with your personal information on a postcard, put your name, and the Quilts of Valour - Canada head office address on the card. When we receive it, it will be immediately forwarded to you.

If you have any further questions, or a quilt ready to be delivered, please contact us or check our website www.quiltsofvalour.ca for a contact in your region.

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