

## 15. Making a Quilt of Valour

- Fabric used should be a high quality 100% cotton.
- While Quilts of Valour do not have to be a specific design, recipients when given a choice, prefer quilts that have a Canadian theme.
- Choose fabrics with prints that are appropriate for a CAF member.
- Do not wash the Quilt of Valour. We want your gift to be crisp and new.
- A Quilt of Valour is to be large enough to cover an average-sized adult, with a minimum size of 55" x 70" and a maximum size of 72" X 84".
- A Quilt of Valour consists of a top, batting, and backing, and must be machine quilted or hand quilted. A tied quilt is not acceptable.
- Backing fabric should also be of good quality cotton fabric. If the backing is pieced trim the selvage edges from the seam. Wide backing fabrics are available and are often more economical to use.
- Backing fabric provided to long arm quilters must be 3 to 4" larger than the quilt top on all sides (6-8" wider in width and 6-8" longer in length than the top). Note: Some long arm quilters may have different requirements.
- Batting should be cotton or 80/20 cotton/poly. Polyester, wool and bamboo should be avoided.
- Quilting should be appropriate for the quilt and not overly dense, which can reduce the loft of the quilt.
- Binding strips should be joined with diagonal seams. Binding should be double-fold ("French fold"), attached by machine, and finished by hand or machine.
- Each Quilt of Valour must be labeled with an official QOVC label.