



Kindred Spirits Quilt Co.
and
Quilts of Valour Canada
present this distinctive
quilt block & quilt pattern



Purchase this kit and make one
**Kindred Spirits' Signature Quilt
Shop Block.**

Kit contains all you need to make the
13 in. block.

Sew your block and then donate
your block to Kindred Spirits' and
QOV's sewing volunteers.

Supporting our Canadian Armed Forces veterans past and present



Instructions for one 13" finished Kindred Spirits Signature Quilt Block

Part 1

Fabric Requirements:

leaves	1 fat quarter
background	1 fat quarter
stems	scrap 5" x 5"
sashing	1 fat eighth

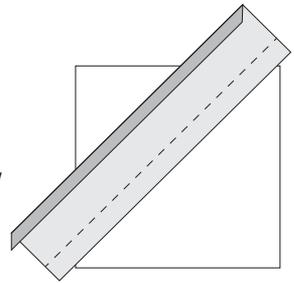
Cutting Instructions:

leaf fabric**	8 squares 3" x 3"; 12 squares 2.5" x 2.5"
background**	8 squares 3" x 3"; 8 squares 2.5" x 2.5"
stems	4 pieces 4" x 1"
sashing	1 piece 13.5" x 1.5"; 2 pieces 6.5" x 1.5"

**** If using the paper template for HST's, use one piece of fabric 6.5" x 14" of both leaf and background fabrics. Don't cut the 3" x 3" squares.**

Assembly:

1. Place the background and leaf fabrics right sides together aligned evenly. Using the paper template provided, or other method you prefer, make 16 half square triangle patches. Press seams and trim to 2.5" x 2.5".
2. Take a stem piece and press one long edge one quarter inch to wrong side. Sew other long edge to one 2.5" background square using a quarter inch seam as shown. Finger press stem to right side keeping previously pressed long edge turned under. Press the seam flat, then topstitch or applique the folded edge to background square. Make 4.
3. Assemble one leaf: Sew four HST's, three leaf squares, the stem square and one background square in 3 rows as shown, pressing seams of rows 1 and 3 in one direction so that stem does not double onto itself. Press row 2 in the opposite direction. Join the 3 rows, matching seam intersections carefully. Press both seams away from the stem patch to reduce bulk. Make 4.



4. On your work surface, lay out the leaf blocks and sashing so that the stems point to the outer corners. Sew two leaf blocks to one 6.5" sash, pressing seams toward the sash. Repeat for remaining two leaves and sash. Sew these two assembled pieces to the 13.5" sash and press seams toward sash.

Instructions for Lap size quilt, 52" x 52"

Part 2

Fabric Requirements:

5 leaf fabrics	5 fat quarters
background	1.25 M
stems	.15M
block sashing	.2M
snowball corners	.2M
narrow border	.4M
outer border	.9M
binding	.5M
backing	3.2M
batting	60" x 60"

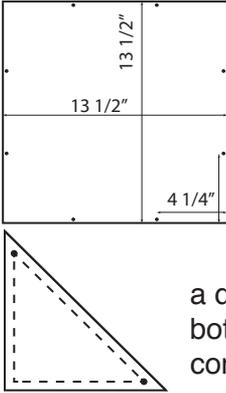
Cutting Instructions:

each leaf print**	8 squares 3" x 3"; 12 squares 2.5" x 2.5"
background**	40 squares 3" x 3"; 40 squares 2.5" x 2.5"; 4 squares 13.5" x 13.5"
stems	20 pieces 4" x 1"
block sashing	10 pieces 6.5" x 1.5"; 5 pieces 13.5" x 1.5"
snowball corners	8 squares 5" x 5" cut in half diagonally
narrow border	5 strips width of fabric 2.5" wide
outer border	5 strips width of fabric 4.5" wide
binding	6 strips width of fabric 2.5" wide
backing	1 piece 62" x 40"; 1 piece 62" x 22"

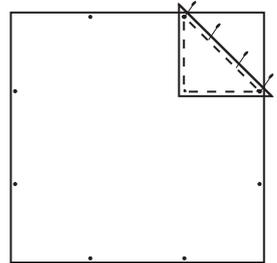
** If using the paper template for HST's, use one piece of fabric 6.5" x 14" of both leaf and background fabrics. Don't cut the 3" x 3" squares.

Assembly Lap quilt:

1. From 5 fat quarters and from background fabric make 5 Kindred Spirits blocks. See Part 1.



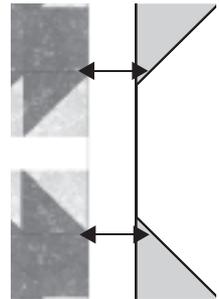
2. Snowball blocks - make 4. For accuracy in pinning and sewing the corner triangles, on the wrong side of each 13.5" square mark a small dot 4.25 inches along each side of the block and put the dot one quarter inch in from the edge. 8 dots per block. On the wrong side of each corner triangle mark a dot one quarter inch from both edges at both 45 degree corners.



Align the triangles at the corners of the 13.5"

snowball square as shown, putting a pin through the alignment dots on snowball squares and corner triangles. Accuracy here helps achieve the effect of snowballs and leaves exactly in alignment. Carefully pin and sew a quarter inch seam as shown, gently pressing the seam toward the triangle. Cut away the excess snowball fabric. Square up to 13.5" x 13.5".

3. Sew 5 Kindred Spirits blocks and 4 Snowball blocks together as shown on the cover, in 3 rows of 3 alternating blocks. Take care to align the points shown by the arrows in the diagram.



4. Narrow border - Measure length of your quilt (39.5") and sew one narrow border to each side. Measure width of quilt. Join border strips as necessary to match your quilt's measurements and prepare two borders (43.5"). Sew to quilt top and bottom.
5. Outer border - Measure length of your quilt (43.5") and join strips as necessary to fit your quilt. Sew one outer border to each side. Measure width again. From the outer border strips join strips as necessary to fit your quilt and prepare two borders (51.5"). Sew to quilt top and bottom.
6. Press entire quilt. Join two back pieces lengthwise. Press seam as you prefer, to one side or open. Layer quilt top, batting and backing and quilt as desired. Bind quilt with folded 2.5" wide binding strips joined. Allow extra for turning corners and final join.

Instructions for Quilt of Valour size, 56" x 80"
8 Kindred Spirit blocks and 7 Snowball blocks

Part 3

Fabric Requirements:

leaf fabrics for 32 leaves	8 fat quarters or various fabric totaling 2M
background	1.9 M
stems	.2M
block sashing	.3M
snowball corners	.5M
narrow border	.2M
middle border	.4M
outer border	1.9M
binding	.6M
backing	4.6M
batting	66" x 90"

Cutting Instructions:

each leaf print fat quarter**	8 squares 3" x 3"; 12 squares 2.5" x 2.5"
background**	64 squares 3" x 3"; 64 squares 2.5" x 2.5"; 7 squares 13.5" x 13.5"
stems	32 pieces 4" x 1", cut width of fabric
block sashing	16 pieces 6.5" x 1.5"; 8 pieces 13.5" x 1.5", cut width of fabric.
snowball corners	14 squares 5" x 5", cut in half diagonally (28 triangles)
narrow border	6 strips width of fabric 1 1/8" wide
middle border	6 strips width of fabric 2" wide
outer border	6 strips lengthwise of fabric 6" wide
binding	8 strips width of fabric 2.5" wide
backing	1 piece 90" x 40"; 1 piece 90" x 22"

*** If using the paper template for HST's, use one piece of fabric 6.5" x 14" of both leaf and background fabrics. Don't cut the 3" x 3" squares.*

Assembly Quilts of Valour size quilt:

1. From 8 fat quarter leaf prints and from background fabric make 8 Kindred Spirits Blocks following instructions in Part 1.
2. Assemble 7 Snowball blocks following instructions for Step 2 in Part 2.

3. Sew these blocks together as shown on front cover, 3 blocks for width and 5 blocks for length. Review step 3 in Part 2.
There will be a Kindred Spirit block in each of the 4 corners.
4. Narrow border. Measure width of your quilt (39.5") Join strips of narrow border to fit your measurement and sew to sides of quilt. Repeat for length of quilt. Measure your quilt length (65.5") and join strips of narrow border to fit. Sew to top and bottom of quilt.
Quilt now measures 1.25" more each dimension.
5. Middle border. Repeat step 4 for finding new width and length of your quilt top. Join strips of middle border fabric, cut to size and sew to sides and then to top and bottom of quilt.
Quilt now measures 4" more each dimension.
6. Outer border. Repeat process again to determine width and length of quilt. Join strips of outer border to fit your quilt and sew to sides, then to top and bottom.
Quilt now measures 56" x 80".
7. Backing. Join the 2 pieces lengthwise, press seam to one side or open as you prefer. Layer quilt top, batting and backing and quilt as desired.
8. Bind in same manner as Step 6 in Part 2.

Quilts of Valour - Canada Society

Our Mission

To ensure our injured Canadian Armed Forces members are recognized for their service and commitment to our country.

We give this support through the presentation of quilts to comfort our past and present Canadian Armed Forces members in their time of need.

Quilts of Valour – quilts of comfort

Quilts are one small way of showing our injured Canadian Armed Forces service members and our veterans their sacrifices are recognized by Canadians who value freedom and security in our world. Your quilted hugs of support are truly appreciated.

With the distribution and presentation support of Quilts of Valour, quilters working on their own or with guilds and friends can show our brave men and women that their sacrifices are recognized by those who value freedom and security in our world.



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Kindred Spirits Signature Quilt Shop Block

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