

Operation: Quiet Comfort's

Four Freedoms Gratitude Quilt Project Quiltmaker's Instructions

The Four Freedoms Gratitude Quilts are designed from well-worn, but extremely clean, 100% cotton denim blue jeans. They have a batting layer of **Warm & Natural brand Needled Cotton**, and a backing layer of 100% cotton fabric. They are assembled with right-sides facing, stitching around the perimeter and leaving a 9"-10" opening to turn to the right side. The opening is slipstitched closed. Bindings are not used for these quilts.

Each quilt requires 2 yards (or TWIN size) **Warm & Natural brand Needled Cotton Batting** and 2 yards of 100% cotton fabric that is 45" wide for the backing layer. You may use a NEW Twin Sheet as a wholecloth backing fabric or a pieced-back. Many of our quilters have 6" blocks used in the "traditional" method of the past. Feel free to use them here.

The contrasting fabrics used in the reverse-appliqué are provided in this kit. The batting doesn't require any preparation but the backing fabrics should be prewashed and dried before cutting and assembling the quilt. The denim is already preshrunk.

The heart and star reverse-appliqués are the only blocks that are snipped all around the design element to produce a **fluffy, chenille-like** border. There are 8 hearts and 8 stars that are assembled and snipped in advance of piecing the quilt top. The fluffy accent is achieved by snipping every 1/8" to 1/4" around the design element.



After assembling the quilt, please launder on a Permanent Press Cycle with very little detergent (do not use detergents that contain bleach!) using COLD water. From the washer, immediately place in a dryer on a Medium Heat setting to avoid "bleeding" of the artwork.

The fluffing of the reverse-appliqués is the result of snipping all of these fibers. During the wash cycle, the fibers become unwoven bits of thread that will be plastered to the tub and quilt after the wash cycle runs. Don't worry...pick the quilt up and give it a gentle shake to shed as many of these threads as possible and move it into the dryer. You can run your hand along the inside of the tub, collect these wet threads and toss them away.

Do *not* add a dryer sheet, simply put your dryer on a Medium Heat Setting, make sure your Lint Tray is empty and start the cycle...the dryer will be the last step in finishing your quilt.

Please check your dryer's Lint Tray every 10-15 minutes!

There will be more loose fibers that will need to be collected and removed to avoid a fire hazard. Just as you would keep your Lint Tray clean during normal laundering at home, you need to keep it clean more frequently when drying your quilt.

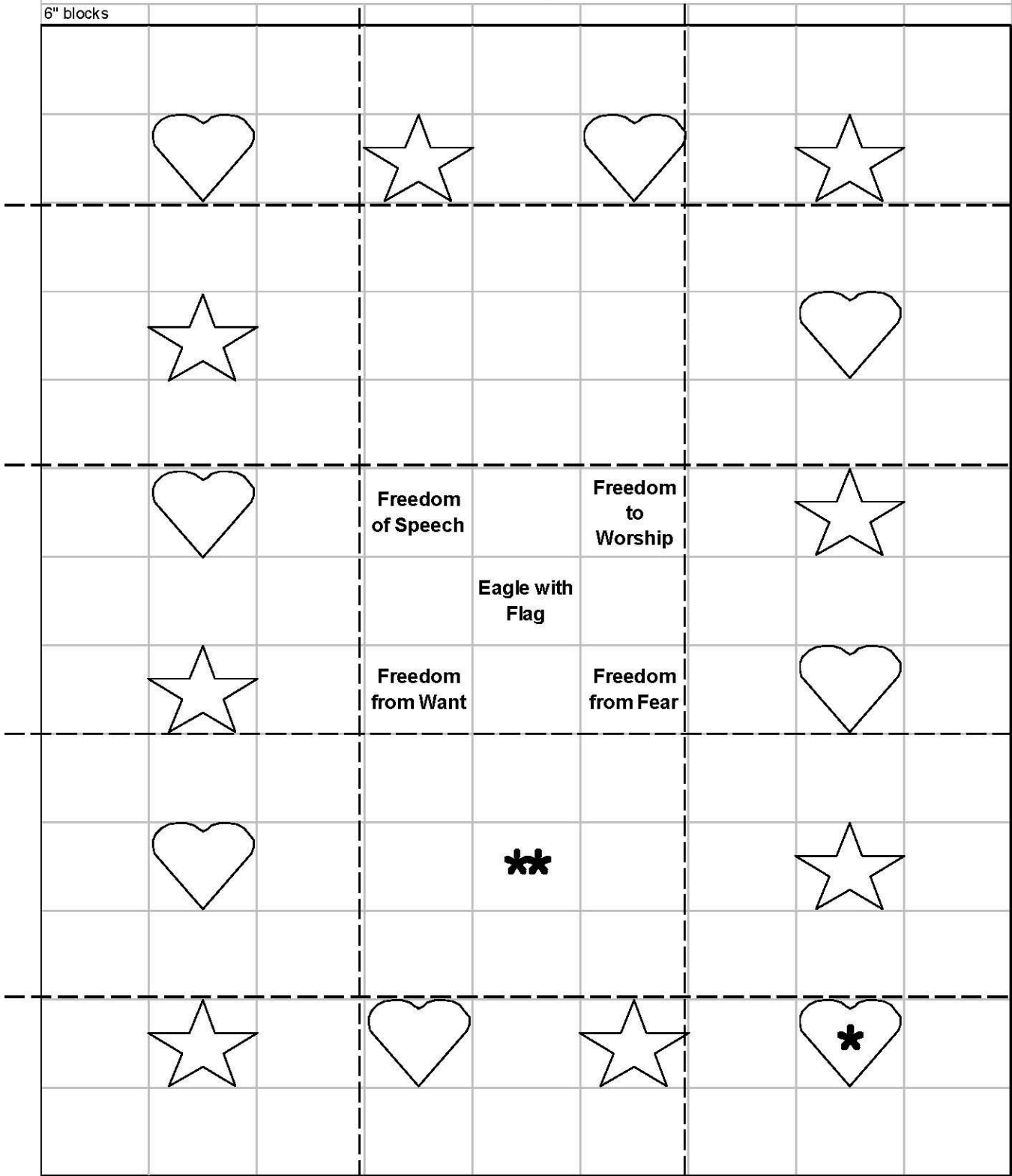
Please fold, package, and return your Four Freedoms Gratitude Quilt to:

Operation: Quiet Comfort
17671 13th Road
Plymouth, IN 46563

Each block is 6" – Each row has 9 blocks – There are 13 rows of 9 blocks to assemble

Use 1/2" seam allowances

FOUR FREEDOMS QUILT TEMPLATE



* Dedication block is on the backside of this applique.

** Quiltmaker's Block is inserted here on the front.

----- Stitch-in-the-Ditch (seamline)

QUILT ASSEMBLY INSTRUCTIONS

Supplies You'll Need ~

Operation: Quiet Comfort will provide the denim blocks, reverse appliqué materials and the silk-screened artwork used in these quilts. When possible, and based on availability, we will help with batting and backing fabrics for those who need help with those materials. If you need assistance in supplying the backing and batting fabrics, please contact Quilts@operationquietcomfort.com

We ask that you supply the following:

- 2 yards (or Twin Size) of **Warm & Natural brand Needled Cotton Batting**
- 2 yards of GENDER NEUTRAL, 100% cotton, backing fabric of your choice. Please use discretion here. These quilts are for wounded soldiers in a war zone.
 - √ Do Not Use Solid Red...our heroes have seen enough red for a while :)
 - √ Avoid metallic thread in the weave to prevent light reflection. Often our heroes are moved at night for everyone's safety.
- Good quality thread in a neutral color - clear bobbin thread (optional)
- Denim or Heavy-Duty sewing machine needles
- A Walking Foot is recommended – but not necessary
- Sharp scissors (we recommend something along the lines of the heavy-duty Fiskars Rag Snips)
- Commitment to complete and return your quilt in 30 days

STEP 1: Getting Started

Begin by creating the Quiltmaker's Block. This is *your* block. You may sign your block with permanent ink, embroider, or use a photo-transfer. Please make sure that your "signature" includes your full name as well as your city and state. The Quiltmaker's Block is placed on the front of the quilt so you can shine, too!

STEP 2

Prepare the Heart and Star reverse-appliqués. There are 8 of each in this quilt. Trace the template pattern to the center of a dark denim block provided in your kit. Layer it with a flannel block followed by a contrasting color or print block (right side up) also provided in your quilt. This is the fabric that will show behind each heart and star when the appliqué is finished. *See the photo on the first page of these instructions.*

Stitch on the pattern-line drawn on the denim. Then carefully cut away all but 1/2" of the design center *through the denim and flannel layers only* - exposing the contrasting fabric underneath. Snip the remaining 1/2" around the design element every 1/8" to 1/4". Snip close together to achieve that soft chenille-like fringe when the quilt is laundered!



STEP 3

Using the template on page 2, lay out each row of blocks, paying close attention to the location of both the reverse-appliqués and the silk-screened artwork provided in your kit.

Please note each quilt FRONT is made with 117 blocks:

5 WHITE blocks with the silk-screened Four Freedoms and the eagle block, 16 Reverse-Appliqué blocks (8 hearts & 8 stars), 96 Signed blocks - of which one should be your quilter's block. *We've included 96 signed blocks in the kit because some of our quilters don't create a quilter's block. The extra should be returned with your quilt if it's not pieced in.*

The last WHITE silk-screened block is the Dedication Block and its appliquéd on the back of the quilt as indicated in the template.

STEP 5: Start Sewing

You'll be using a 1/2" seam allowance to piece these blocks. Take your time and stitch slowly because the denim is heavy. Stitching slowly can help prevent skipped stitches. Please press each seam OPEN as you go to reduce bulk.



STEP 6 – Quilting the 3 layers

There are 3 options for quilting the layers together: sewing the quilt inside out and turning it, sewing it right side up and fringing the edges and sewing it right side together and adding a binding

Option 1: Sewing the Quilt Inside Out

STEP A

This quilt is assembled right sides facing, stitched around the perimeter leaving a 9"- 10" opening, and turning it right-side out. Start with your needled cotton batting. Lay it out and smooth well. Lay your backing fabric right-side *up* on top of the batting, followed by your quilt top placed right-side *down*. Trim the batting and backing to the size of the quilt top. Pin the layers together all around being careful to leave an opening at the BOTTOM, approximately 10"long, to turn the quilt.

STEP B

Stitch slowly around the perimeter of the quilt using 1/2" seam allowance and reinforce the stitching at the beginning of the 10" opening and at the end of the 10" opening for durability while turning the quilt. Carefully make a diagonal clip at each corner near the stitching to reduce bulk after the quilt is turned.

STEP C

Turn your quilt by carefully pulling the top of the quilt through the opening at the bottom. Try starting with one corner and gently tug the bulk through a little at a time. Smooth the quilt flat making sure the corners are well shaped and slip stitch the opening closed.

A warm iron can be used on the BACK side of the quilt to help smooth the layers. Do *not* use the iron on the silk-screened artwork!

Option 2: Sewing the quilt right sides up (fringe method)

STEP A

Start with your backing layer. Be sure it has no wrinkles in it, then lay it out with the wrong side facing up and smooth. Lay your batting on top of that. Finally place your quilt top, right side up, on the batting. Pin the layers together in order to prevent it from shifting.



STEP B

Stitch slowly around the perimeter of the quilt using a 1 inch seam allowance. Sew around the quilt twice to reinforce the stitching.

STEP C

With sharp scissor clip the outside seams 1/2 inch apart to create a fringe appearance (similar to the way you cut the fringe around the appliqués). DO NOT cut all the way to the seam line as you may cut the seams.

Option 3: Sewing the quilt right sides up (binding method)

STEP A

Start with your backing layer. Be sure it has no wrinkles in it, then lay it out with the wrong side facing up and smooth. Lay your batting on top of that. Finally place your quilt top, right side up, on the batting. Pin the layers together in order to prevent it from shifting.

STEP B

Using your preferred method, attaching a binding around the perimeter of the quilt.

STEP 7

Referring to the TEMPLATE (back of page 1), stitch "in the ditch" or in the seam line through all 3 layers of the quilt where shown in the template. There are 4 rows of stitching across the width of the quilt, and 2 rows of stitching down the length. This will secure the layers. Be sure to carefully tie and snip your threads for a nice finished look.



STEP 8

Put your quilt in the washing machine on a Permanent Press Cycle with **Cold Water** and very little detergent. Gently shake the quilt to remove loose threads and put the quilt in the dryer – *no dryer sheet* – on a Medium Heat Cycle until dry. **Clean your LINT TRAP every 10 to 15 minutes** to minimize any fire hazard. Plus your quilt will dry faster. You can also line dry if weather permits and put it in the dryer while barely damp to soften it up. That's it...you're finished!

In Closing ~

These are not your grandmother's heirloom quilts and they aren't intended to be...but they are just as special. Once we've released these precious signed blocks to your care, we cannot recover them unless you're willing to return them. We certainly can't replace them.

Thank you very much for your contribution!