

## General Instructions for Completing the Premie Quilt:

The easiest way to complete a Premie Quilt is to use the "inside-out method." By using this method the quilt does not need to be bound, and very little hand sewing is needed so we may finish more quilt tops in a shorter period of time. This method is also suitable for place-mats and table-runners.

### The "Inside-Out" Method

- Once the Premie Quilt Top is completed; give it a final press
- Cut a piece of batting approximately 25" x 25" square
- Cut a piece of backing fabric approximately 25" x 25" square
- To layer the quilt: place the batting on a hard surface, next place the quilt backing right side UP on top of the batting, and, place the quilt top right side DOWN on top of the backing fabric.
- Using straight pins or safety pins scantily pin baste the quilt about 2" in from the sides.
- Attach your walking foot or even-feed foot to your sewing machine.
- Using a ¼" seam, start in the middle of one side, and sew all the way around the quilt leaving a 3" opening. Backstitch at each end.
- The easiest method to turn the quilt right-side out is to use "Quilter's Hemostats."
- Insert the hemostats, or your hand, into the hole between the top and backing, grasp the opposite end of the quilt and pull the quilt through the opening.
- Use a bodkin or point-turner to push the corners out.
- Push the excess opening fabric into the opening and whip-stitch the opening closed.
- Quilt the Premie Quilt as desired either hand or machine quilting is fine\_ but, make sure that the quilting is not too dense. If the quilting is too dense the quilt will be too stiff.
- Sign your name and "Arnprior and District Quilter's Guild" to the back of the quilt to identify the quilt. Or affix a label with this information to the back of the quilt.

## **Preemie Quilt Instructions**

### **General Guidelines:**

- The approximate size should be 24" x 24"
- Please use all 100% cotton threads - metallic thread and invisible (mono filament thread) are not appropriate
- Batting should be cotton or polyester - if using wool batting please attach a note with a safety pin so that the staff knows in case there is a wool allergy .
- Fabric should be 100% cotton .
- The nursery also needs different theme quilts, Babies are born at Christmas, Halloween, valentine's day etc..
- If you spray baste the quilt please wash it first to get rid of the adhesive chemicals

### **Possible Preemie Quilt Tops:**

#### **Large Nine-Patch**

- Cut the nine-patch squares at 6" and sew together using a 1/4" seam to form a 17" square nine-patch.
- .Cut two strips from your boarder fabric at 4". From each strip cut one 17" x 4" and one 24" x 4" boarder. Add the 17" x 4" strips to the sides and the 24" x 4" to the top and bottom,
- .If your boarder fabric is not 42" wide you may use another print and insert comer-stones into the boarder.

#### **12.5" Unfinished Orphan Block**

- Use any 12" finished orphan block
- Cut 2" strips from your first boarder fabric and add to the sides then top and bottom of the block
- Cut 2 strips 5" by the WOF from your second boarder fabric, From each strip cut one 15.5" x 5" and one 24" x 5". Add the 15.5" strips to the sides and the 24" strips top and bottom,
- If your boarder fabric is not wide enough you may use another print and insert comer-stones into the boarder.

*Copy write Katrina Kahn. 2005*