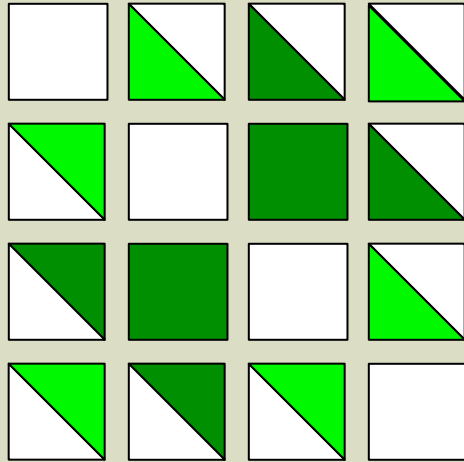
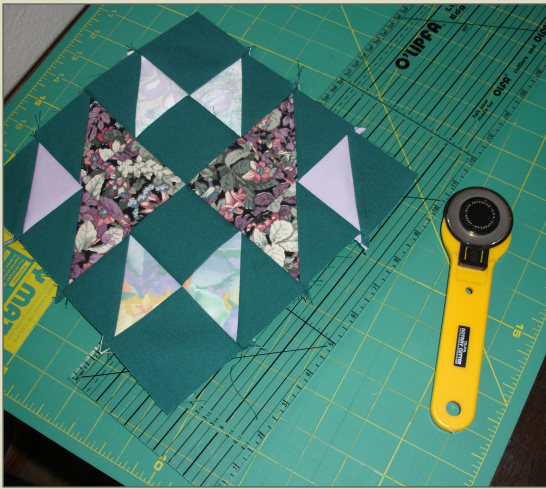


# Adina Senft

## CROSSES AND LOSSES QUILT INSTRUCTIONS

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BASED ON THE "SUNRISE OVER GREEN FIELDS" QUILT FEATURED IN THE  
WHINBURG TOWNSHIP AMISH SERIES BY ADINA SENFT



### YOU'LL NEED

Rotary cutter, mat, and lip edge 5" wide ruler (I use Olfa/Olipfa)

Thread to match background color

Scissors and straight pins

Sewing machine

In Books 1–3 of the Whinburg Township Amish series, the characters make a quilt they call "Sunrise Over Green Fields," signifying the hope of the Cross rising over our lives and work. I hope you'll join me in making it as well! In Amelia's book, *The Wounded Heart*, my characters began by piecing the quilt blocks. In Emma's book, *The Hidden Life*, they assembled the blocks together with background blocks and triangles, then sewed the borders. Then, in Carrie's book, *The Tempted Soul*, they chose quilting patterns, marked them on the fabric, and quilted. Lastly they bound the edges, and the quilt was finished! We'll follow the same process.

I pieced the top using 25 solid and patterned fabrics, with the piecing in each row in a different shade (from the bottom: blue, green, lavender, pink, peach). If you're like me and you have a drawerful of scraps from dresses and craft projects, this is a good way to use some of it. After all, Amish women use what's on hand. But if you want to use only two colors for the contrast piecing, or use only traditional Amish colors (black, blue, green, sage, lavender, burgundy, purple), or really get creative and make each piece a different color, go ahead. It's your quilt!

I based this project on a quilt dated 1898 in the collection of Faith and Stephen Brown. These instructions are for a lap quilt. Use more blocks for a twin or queen size. Use fewer blocks for a crib quilt, a table runner, or a beautiful wall hanging. Alternatively, you can shrink each piece by  $\frac{1}{2}$  inch

for the crib quilt; the finished block size will then be  $7\frac{1}{2}$  inches.

- Size (pieced area, no borders): approximately 38 x 65 inches
- Block size:  $9\frac{1}{2}$  inches
- Number of pieced blocks: 15

### YARDAGE

For pieced area only:

Background fabric: 3 yards of 45-inch wide

Dark contrast: 1 yard of 45-inch wide

Light contrast: 1 yard of 45-inch wide

For simplicity we'll measure yardage as though we're making a three-color quilt: one color for the background and a light and a dark for the contrast piecing. If you're using lots of different fabrics, or using fat quarters, make sure you have enough to make up the total contrast measurement.

### PIECING THE BLOCKS

Preshrink all fabrics. If you're using cottons or cotton blends, you want the fabric to shrink before you cut it, not after it's sewn into your quilt. Dry in a hot dryer to shrink fabrics as far as they'll go, and press everything smooth so it's easy to cut.

The Crosses and Losses block appears complicated, but if you look closely, it's just a square divided into four smaller squares. Those in turn are divided into four even smaller squares, making 16 total squares in the block, some of which are formed by two triangles joined together. We're going to piece the smaller squares first, then sew them together in rows.

For the most part, we don't cut individual squares and triangles. We cut strips, cut them across, rearrange colors, and sew those pieces together. All pieces are sewn with a ¼-inch seam allowance.

Follow these steps for each block in the quilt.

#### **Step 1: Background Triangles**

Fold your background fabric right sides together, selvages together.

Using the rotary cutter, ruler, and mat, and cutting across the grain (ninety degrees from the selvedge), cut a strip 3 inches wide.

Cut five 3-inch squares across the strip (remembering that you have to cut only once because there are two layers of fabric).

Cut each square from corner to corner to form 2 triangles, giving you 20 triangles total. You'll have some triangles left over; use them in the next block.

#### **Step 2: Dark Triangles**

Fold your dark contrast fabric right sides together, selvages together.

Again, cutting across the grain, cut a strip 3 inches wide.

Cut one 3-inch square across the strip (remembering that you have to cut only once because there are two layers of fabric).

Cut each square from corner to corner to form 2 triangles, giving you 4 triangles total.

#### **Step 3: Light Triangles**

Fold your light contrast fabric right sides together, selvages together.

Again, cutting across the grain, cut a strip 3 inches wide.

Cut three 3-inch squares across the strip (remembering that you have to cut only once because there are two layers of fabric).

Cut each square from corner to corner to form 2 triangles, giving you 12 triangles total. You'll have some triangles left over; use them in the next block.

#### **Step 4: Squares**

Cut a 2¾-inch strip from each of your background and dark contrast fabrics.

Cut two 2¾-inch squares across the strip of background fabric to make 4 squares total.

Cut one 2¾-inch square across the strip of dark contrast fabric to make 2 squares total.

#### **Step 5: Bicolor Light Squares**

Matching the long sides, with right sides together, pin the 6 light triangles to 6 of the background triangles.

Sew the triangles together along the long side in a continuous chain (meaning sew the triangles one after the other in a sort of kite string, not cutting the threads in between) to make a chain of 6 bicolored squares. Be careful that you don't actually stitch the squares to each other.

Cut the threads and press the seams toward the darker fabric. You should have 6 bicolor light squares.

#### **Step 6: Bicolor Dark Squares**

Matching the long sides, with right sides together, pin the 4 dark triangles to the remaining 4 background triangles.

Sew the triangles together along the long side in a continuous chain (meaning sew the triangles one

after the other, not cutting the threads in between) to make a chain of 6 bicolored squares. Again, be careful that you don't actually stitch the squares to each other.

Cut the threads and press the seams toward the darker fabric. You should have 4 bicolor dark squares.

#### **Step 8: Row 1**

Sew one background square to the light triangle side of one bicolor light square, as shown.

Sew the background fabric side of a bicolor dark square to the light triangle side of a bicolor light square, as shown.

Press seams toward the darker color.

Sew the background triangle side of the first pair to the dark triangle side of the second pair, as shown in the diagram on page one, and press.



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### Step 9: Row 2

Sew the light triangle side of a bicolor light square to a background square.

Sew the dark triangle side of a bicolor dark square to a dark square.

Press seams toward the darker color.

Sew the light square side of the first square to the dark square side of the second pair, and press.

### Step 10: Row 3

Sew the dark triangle side of a bicolor dark square to a dark square.

Sew the light triangle side of a bicolor light square to a background square.

Press seams toward the darker color.

Sew the dark square side of the first pair to the background square side of the second pair, and press.

### Step 11: Row 4

Sew the light triangle side of a bicolor light square to the background side of a bicolor dark square.

Sew the light triangle side of a bicolor light square to a background square.

Press seams toward the darker color.

Sew the dark triangle side of the first pair to the background triangle side of the second pair, and press.

### Step 12: Assemble the Block

Press the seams of each row in opposite directions so they lie flat when sewn together. (i.e., for Row 1 press right, left, right; for Row 2 press left, right left; etc.)

Sew your rows together, as shown in the diagram. Match your seams as closely as you can.

Step 13: *Light Gut!* Now, make 14 more blocks.

## DESIGN

Number of pieced blocks: 15

Number of solid blocks: 8

Number of side triangles: 12

Number of corner triangles: 4

Lay out your pressed 15 blocks on a clean surface, 3 across and 5 down. You can lay them on their points for one look. For another design, you can lay them horizontally on the flat side, alternating pieced and solid blocks and foregoing the triangles, so the design goes in a diagonal. Move the blocks around until the colors look good to you. For my quilt, I laid the blocks on point, so the design runs up, drawing the eye to the top. The colors in the piecing went from dark blue at the bottom to light peach at the top, like a sunrise. These instructions reflect the way I did it. Use your creativity and lay yours out in a way that pleases you.

On point, then, the blocks have empty spaces between them that we'll fill with solid blocks and triangles of the background fabric. Cut the following:

Corners: 2 blocks,  $6\frac{3}{4}$  inches square, cut to yield 4 triangles measuring  $6\frac{3}{4} \times 6\frac{3}{4} \times 9\frac{1}{2}$

Sides: 6 blocks,  $9\frac{1}{2}$  inches square, cut to yield 12 triangles measuring  $9\frac{1}{2} \times 9\frac{1}{2} \times 13\frac{1}{2}$

Interior: 8 blocks,  $9\frac{1}{2}$  inches square

## QUILT ASSEMBLY

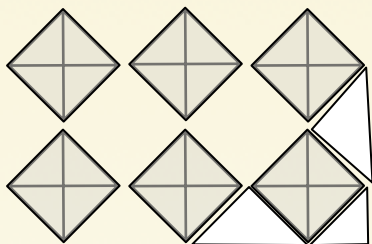
To keep things simple, I always try to assemble pieces and blocks using as many straight seams as possible (which is probably why I've never attempted a Double Wedding Ring quilt). If your blocks are on point and you look at them sideways, you'll see the greatest number of straight lines is actually formed on the diagonal. So we're going to assemble this quilt top in diagonal rows. If you've laid your blocks on the straight side, your assembly is even easier, and you won't need to use corner or side triangles at all. Just alternate pieced and solid blocks.



### Row 1

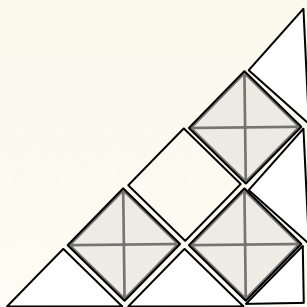
Starting in any corner (I started at bottom right), with right sides together in a  $\frac{1}{4}$ -inch seam, sew a corner triangle to the bottom of the pieced block. Sew the short side of a side triangle to each of two sides of the pieced block, as shown. Press toward the background fabric.





### Row 2

Assemble the next row. From the bottom, stitching order would be: side triangle + pieced block + plain block + pieced block + side triangle. Press toward the background fabric. Then, stitch the short side of this row to the long side of your corner row, as shown, matching the seams of the blocks together. Press toward the bottom.



### Rows 3 through 5

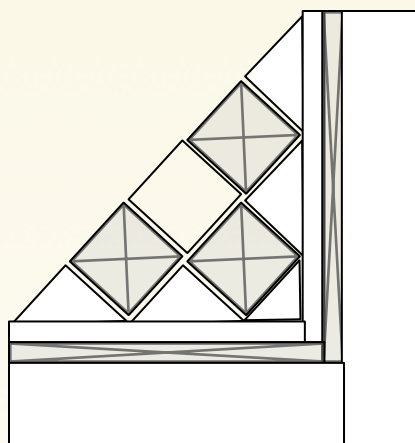
Continue assembling your diagonal rows as you did Row 2, alternating solid and pieced blocks, with side triangles on the outer edges. Complete the corners as you did in Row 1. Press each row toward the bottom as you finish it.

### Row 6

Sew side and corner triangles to the last corner block as you did in Row 1, and press toward the background fabric. Then stitch to Row 5, pressing toward the bottom.

## BORDERS

Many quilters like to add borders to their quilts to add balance and visual appeal. Your borders can be simple strips of fabric from the yardage you used in the pieced blocks, or you can piece them in triangles or squares. My borders are simple strips of fabric, as seen in the diagram below.



### First border

Step 1: From your background fabric, cut two 2½-inch-wide strips equal to the width of the pieced top.

Step 2: With right sides together, stitch one strip to the top, and one to the bottom. Press.

Step 3: From your background fabric, cut two 2½-inch-wide strips equal to the length of the pieced top, plus the length of the strips you just stitched on. You may have to cut four strips and stitch two of them together first to make up the length.

Step 4: With right sides together, stitch a strip to each side of your pieced top. Press.

### Second border

In the story, the Amish women use blue for the second border, to symbolize the sky surrounding the fields. Choose whatever color appeals to you and looks good with your piecing.

Step 1: From a contrast fabric, cut two 2½-inch-wide strips equal to the width of the pieced top.

Step 2: With right sides together, stitch one strip to the first border on the top, and one on the bottom. Press.

Step 3: From the contrast fabric, cut two 2½-inch-wide strips equal to the length of the pieced top. You may have to cut four strips and stitch two of them together first to make up the length.

Step 4: With right sides together, stitch a strip to the first border on each side of your pieced top. Press.

### Final border:

Step 1: From your background fabric, cut two 9½-inch-wide strips equal to the width of the pieced top and its two borders.

Step 2: With right sides together, stitch one strip to the top, and one to the bottom. Press.

Step 3: From the background fabric, cut two 9½-inch-wide strips equal to the length of the pieced top and its borders. You may have to cut several strips and stitch them together to make up the length. Or, simply cut them with the grain in one long strip.

Step 4: With right sides together, stitch a strip to each side of your pieced top. Press.

Now that your quilt top is pieced, you're ready to add the batting and backing, and begin quilting.



## BATTING

Batting comes in a number of different weights, so choose one that will give you warmth without being so thick that you can't get a needle through it. Cut a piece of quilt batting at least 3 inches wider on each side than your pieced top.

## BACKING

Cut a piece of backing fabric at least 4 inches wider on each side than the dimensions of your quilt top. You may need to stitch a couple of widths together, or you can do as the women in the story did and create a simple piecing design for the backing out of leftover fabric. In any case, remember that the quilting designs will show on the back, so you want any piecing you do there to complement the quilting pattern.

Using safety pins or T-pins, pin together all thicknesses of the piecing, batting, and backing, making sure that right sides of your piecing and backing face out. Start in the middle and pin toward the borders in sections, making sure there are no folds or wrinkles in any of the layers. Some quilters choose to baste the thicknesses together, using long, fast stitches. Use the method most comfortable for you.

## PLANNING YOUR QUILT PATTERN

There are several methods you can use for your quilt pattern.

You may simply want to "stitch in the ditch" (meaning laying your quilting stitches in the seams of the piecing) and make a grid of diamonds or squares to follow the lines in the piecing.

Amelia, Emma, and Carrie chose to make this stitched grid over the pieced blocks, quilt flower patterns using templates in the plain blocks, and quilt a feathered border on the wide border pieces, also using the plastic templates. You can

order beautiful "feather" and arabesque-curve templates online, or buy them in a quilting store.

Do what satisfies your creativity the most. Some quilters use a long-arm quilting machine and simply freestyle the entire quilt in a stippled pattern. If you don't own one of these, some quilting stores will let you rent time on theirs. There are many ways to quilt—as long as it results in your top, batting, and backing being permanently and attractively stitched together.

## MARKING

In most quilt or fabric stores, you will find plastic templates with punched-out quilt designs. Choose patterns that fit the dimensions of your blocks.

Lay the template on the pieced top where you want to quilt the design and, using dressmaker's chalk or the marking pencils made for quilters (never a lead pencil—it won't wash out), mark your designs using firm, quick strokes. They will brush off or wash out afterward.



## QUILTING

You can choose to quilt by machine or by hand. If you use a machine, you'll need to roll the quilt up so that you can work in one small area at a time. A "walking foot," or a special presser-foot attachment that allows the feed dogs to feed the quilt top at the same time as the bottom, is a good addition to your sewing box.

If you stitch by hand, thread a needle and, instead of doing one stitch at a time along your pattern lines, rock the needle in and out of the layers evenly so that the fabric bunches up on it. This is called "loading the needle." Then pull the thread through. An accomplished quilter can load ten stitches to the inch. The most I ever did was seven, so don't feel bad if you can't manage that many. Your goal is close, even stitches, no matter how many go on the needle at a time.

Or, you can do a combination. Stitch by machine along the long diagonal rows, which not only cuts down the time but also anchors your three layers so they won't travel while you hand-quilt your patterns.

## BINDING AND FINISHING

Binding is the last step in making your quilt. There are two different methods you can use. Amish women bring their backing fabric up and over the other two layers, fold over the raw edge, and enclose the raw edges of the batting and pieced top in a "self" binding. So that's what we'll do.

Alternatively, you can use strips of a fabric that contrasts with or is complementary to the binding in order to add a colorful finish to your quilt. I like to double the fabric to make a good, tough edge that will not wear through easily with use.

## Self Binding

For this method, you will have already left extra backing fabric around the quilt. The following measurements will create a 1-inch binding:

1. Trim the backing fabric so it extends 2 inches beyond the edge of the quilt on all four sides to create the binding fabric.
2. Trim the batting so it is the same dimension as the quilt top, being careful not to cut the backing fabric.
3. Fold the raw edge of the binding inward 1/2 inch.
4. Press the doubled edge of the binding fabric.
5. Fold the binding inward again so that the doubled edge meets the raw edge of the quilt top and batting.

6. Fold the binding inward a third time, over the raw edges of the quilt, on top of the pieced top of the quilt.

7. Pin the binding to the quilt to hold it in place on all four sides.

8. Sew through the binding and all layers of the quilt ¼ inch from the inner edge of the binding (the edge that is on top of the pieced layer of your quilt).

9. Finally, sew the edge of binding that overlaps at the corners down.

Enjoy your new quilt!

## NEXT IN THE WHINBURG TOWNSHIP AMISH SERIES

The "*Dokterfraa*," or female herbal healer, is part of a longstanding Amish healing tradition. In the next three books, you'll meet Sarah Yoder, who must accept that God's will for her life means that she will take up the work of helping to keep her Amish congregation well. What she doesn't expect is that God has bigger plans than mere physical healing ...

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