

Sweet as Honey

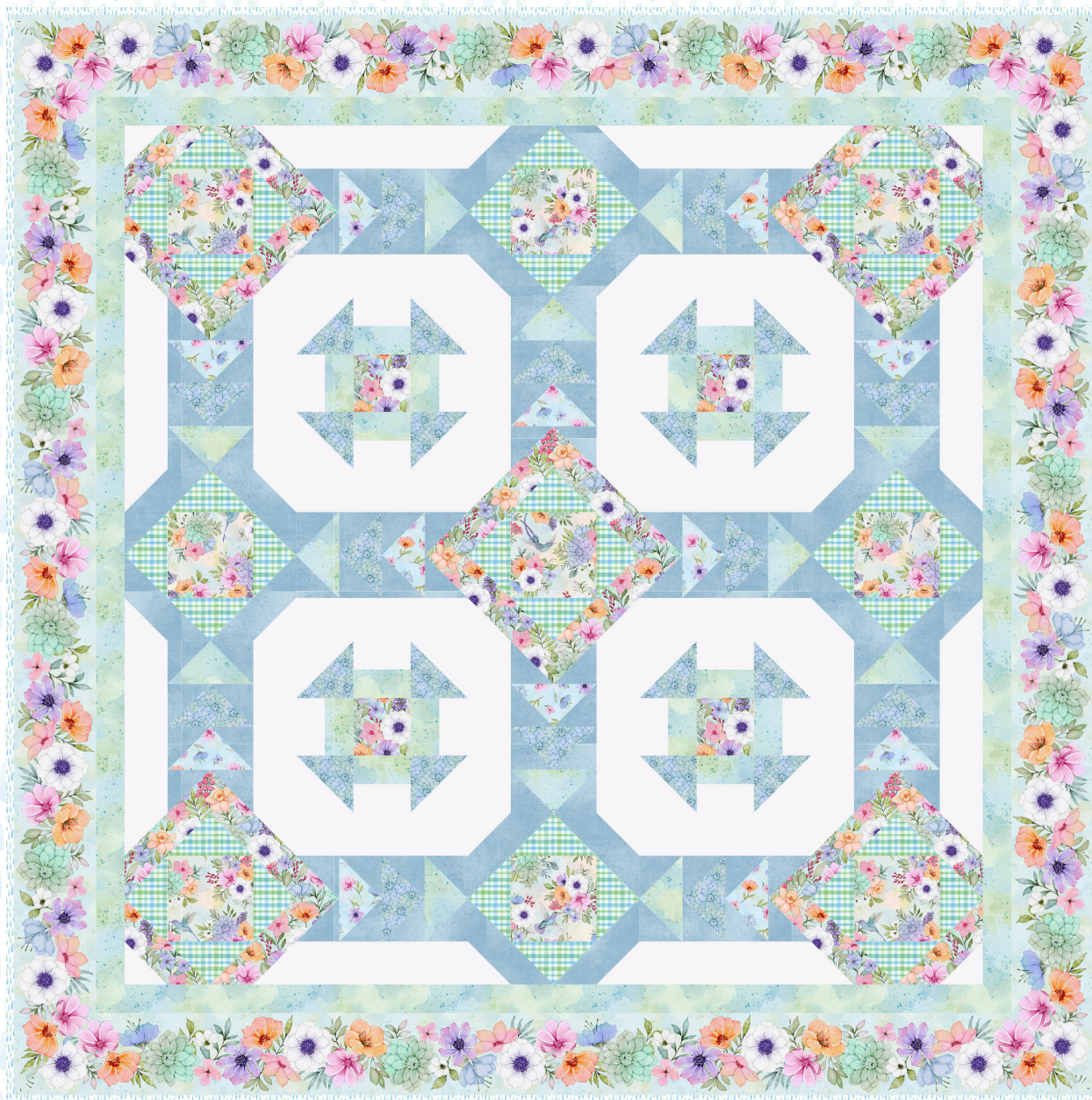
by Heather Seth for White Owl Textiles

Finished size: 57" x 57"

Difficulty: Confident Beginner

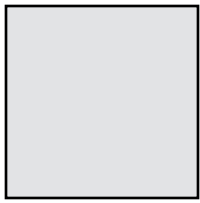


Featuring: *Rainbow in the Vale*



Rainbow in the Vale - Page 6

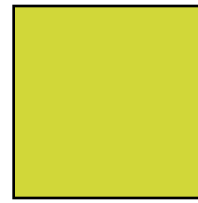
Fabric Guide



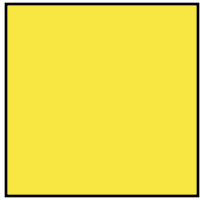
Fabric A
3/8 yard



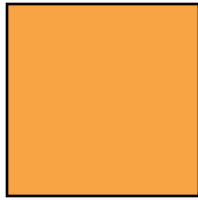
Fabric B
3/8 yard



Fabric C
5/8 yard



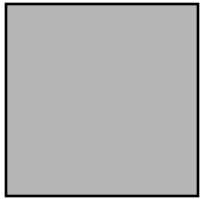
Fabric D
1 1/3 yard



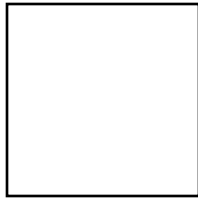
Fabric E
Fat 1/8



Fabric F
5/8 yard



Fabric G
5/8 yard



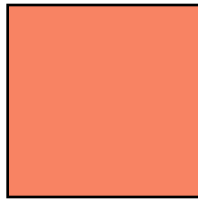
Fabric H
1 yard



Fabric I
1 7/8 yards



Binding
5/8 yard



Backing
3 7/8 yards

* Binding also used as Fabric G.

** Backing also used as Fabric F.

Kindly note, our free patterns are not to be sold nor hosted on any other websites. We appreciate your understanding.

All seam allowances are 1/4" unless otherwise stated.

Press seams open unless otherwise stated.

WOF = Width of Fabric (selvage to selvage)

LOF = Length of Fabric

RST = Right Sides Together

HST = Half Square Triangles

Cutting Instructions

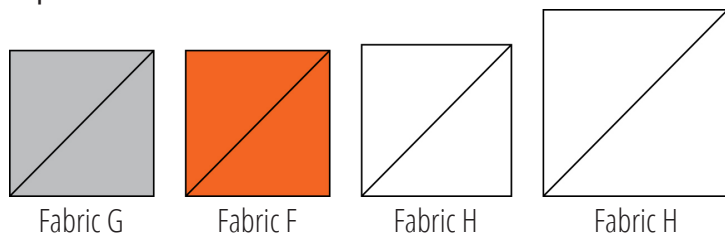
Fabric A	Cut 2 strips 5" x WOF - subcut 9 squares 5" x 5"
Fabric B	Cut two strips 5 3/4" x WOF - subcut 9 squares 5 3/4" x 5 3/4"
Fabric C	Cut 7 strips 2" x WOF - from 2 of the strips subcut 16 strips 2" x 3 1/2" - sew the remaining 5 strips together end-to-end to create one long strip - subcut 2 side inner borders 2" x 45 1/2" and 2 top and bottom borders 2" x 48 1/2" Cut one strip 5 3/4" x WOF - subcut 3 squares 5 3/4" x 5 3/4"
Fabric D	Cut one strip 5 3/4" x WOF - subcut 3 squares 5 3/4" x 5 3/4" Cut one strip 4" x WOF - subcut 4 squares 4" x 4"
Fabric E	Cut one strip 5 3/4" x WOF - subcut 3 squares 5 3/4" x 5 3/4"

Cutting Instructions Continued

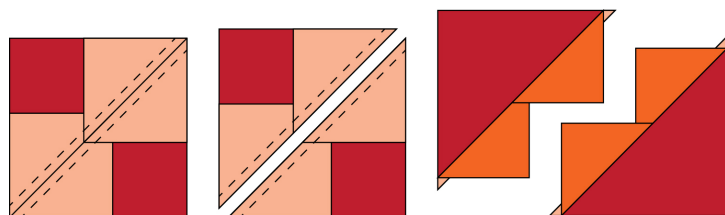
Fabric F	Cut 2 strips $3\frac{1}{8}"$ x WOF - subcut 20 squares $3\frac{1}{8}"$ x $3\frac{1}{8}"$ Cut 1 strip $3\frac{1}{4}"$ x WOF - subcut 10 squares $3\frac{1}{4}"$ x $3\frac{1}{4}"$ Cut 1 strip at $3\frac{1}{2}"$ x WOF - subcut 4 squares $3\frac{1}{2}"$ x $3\frac{1}{2}"$ Cut 1 strip $5\frac{3}{4}"$ x WOF - subcut 3 squares $5\frac{3}{4}"$ x $5\frac{3}{4}"$
Fabric G	Cut 5 strips $3\frac{1}{8}"$ x WOF - subcut 64 squares $3\frac{1}{8}"$ x $3\frac{1}{8}"$ Cut 1 strip $3\frac{1}{4}"$ x WOF - subcut 8 squares $3\frac{1}{4}"$ x $3\frac{1}{4}"$
Fabric H	Cut 2 strips $2"$ x WOF - subcut 16 strips $2"$ x $3\frac{1}{2}"$ Cut 6 strips $2\frac{3}{4}"$ x WOF - subcut 24 strips $2\frac{3}{4}"$ x $9\frac{1}{2}"$ Cut 2 strips $3\frac{1}{4}"$ x WOF - subcut 18 squares $3\frac{1}{4}"$ x $3\frac{1}{4}"$ Cut 1 strip $4"$ x WOF - subcut 8 squares $4"$ x $4"$
Fabric I	Fussy cut 4 borders $5"$ x LOF - making sure to center the stripe the same way for all four borders
Binding	Cut 7 strips $2\frac{1}{2}"$ x WOF

Piecing Instructions

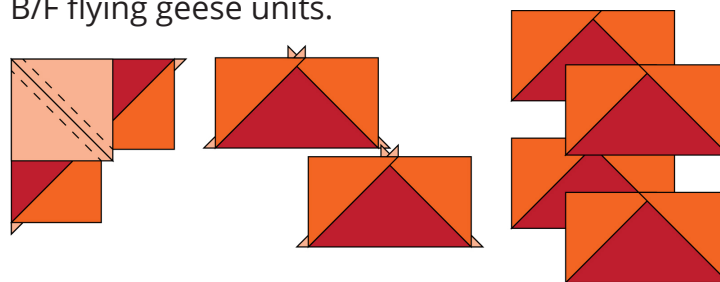
Step 1: Draw a diagonal line across the wrong side of all Fabric F and Fabric G $3\frac{1}{8}"$ x $3\frac{1}{8}"$ squares, and all Fabric H $3\frac{1}{4}"$ x $3\frac{1}{4}"$ and $4"$ x $4"$ squares.



Step 2: Gather 2 Fabric F $3\frac{1}{8}"$ x $3\frac{1}{8}"$ squares and one Fabric B $5\frac{3}{4}"$ x $5\frac{3}{4}"$ square. Lay the Fabric F squares on top of the Fabric B square as shown and pin in place. Stitch a $\frac{1}{4}"$ away from both sides of the line. Cut apart on drawn line, open, and press.

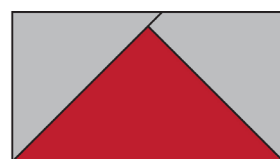


Step 3: Gather one of the pieces from Step 2 and one Fabric F $3\frac{1}{8}"$ x $3\frac{1}{8}"$ square. Place on the piece from step 2 as shown and stitch $\frac{1}{4}"$ away on either side of the line. Cut apart on drawn line, open, and press. Square both up to $2\frac{3}{4}"$ x $5"$. Repeat with second piece from step 2 and another Fabric F $3\frac{1}{8}"$ x $3\frac{1}{8}"$ square to create 4 B/F flying geese units.

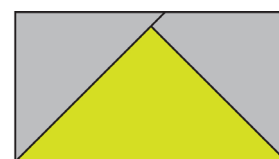


Step 4: Repeat steps 2 and 3 with remaining $5\frac{3}{4}"$ x $5\frac{3}{4}"$ Fabric B squares to make a *total* of twenty BF Units.

Step 5: Repeat steps 2 and 3 using the fabrics listed to make the following blocks:

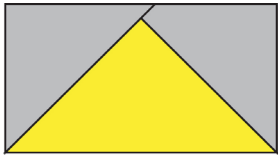


BG Unit - Make 12
 $5\frac{3}{4}"$ squares: Fabric B
 $3\frac{1}{8}"$ squares: Fabric G

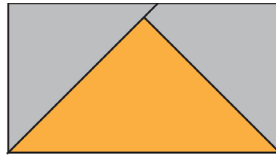


CG Unit - Make 12
 $5\frac{3}{4}"$ squares: Fabric C
 $3\frac{1}{8}"$ squares: Fabric G

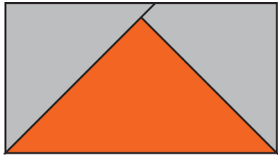
Piecing Instructions



DG Unit - Make 12
5 $\frac{3}{4}$ " squares: Fabric D
3 $\frac{1}{8}$ " squares: Fabric G

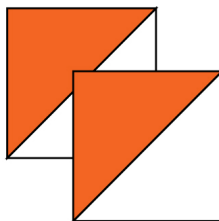
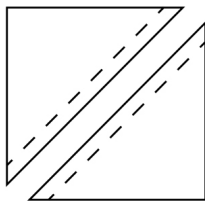
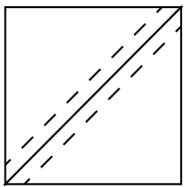


EG Unit - Make 12
5 $\frac{3}{4}$ " squares: Fabric E
3 $\frac{1}{8}$ " squares: Fabric G

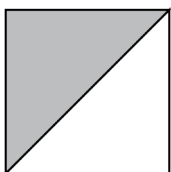


FG Unit - Make 12
5 $\frac{3}{4}$ " squares: Fabric F
3 $\frac{1}{8}$ " squares: Fabric G

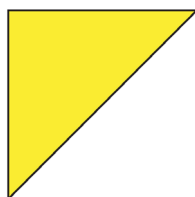
Step 6: Lay a 3 $\frac{1}{4}$ " x 3 $\frac{1}{4}$ " Fabric H square on top of a 3 $\frac{1}{4}$ " x 3 $\frac{1}{4}$ " Fabric F square RST. Stitch a $\frac{1}{4}$ " away from both sides of the drawn line. Cut apart on line, open and press to create 2 FH HSTs. Square up to 2 $\frac{3}{4}$ " x 2 $\frac{3}{4}$ ". Repeat to make a total of 20 FH HSTs.



Step 7: Repeat Step 6 with Fabrics G and H 3 $\frac{1}{4}$ " x 3 $\frac{1}{4}$ " squares and Fabrics D and H 4" x 4" squares to make the number of blocks listed. Square up DH HSTs to 3 $\frac{1}{2}$ " x 3 $\frac{1}{2}$ ".

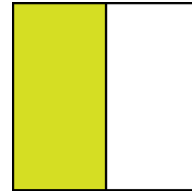


GH HST
Make 16

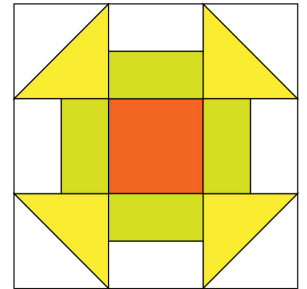
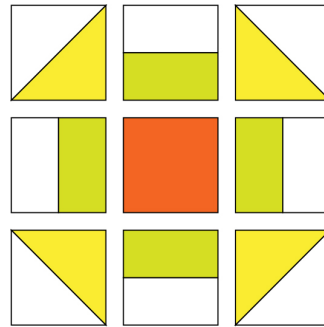


DH HST
Make 16

Step 8: Sew together a 2" x 3 $\frac{1}{2}$ " Fabric C and Fabric H strip. Press. Repeat to make 16 CH blocks.

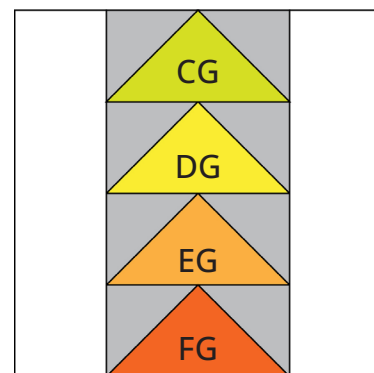


Step 9: Gather one 3 $\frac{1}{2}$ " x 3 $\frac{1}{2}$ " Fabric F square, four CH blocks and four DH HSTs. Arrange as shown, noting orientation of pieces. Sew into rows. Press. Sew rows together. Press. Repeat to make 4 Churn Dash Blocks.



Step 10: Gather the following:

- 2 Fabric H 2 $\frac{3}{4}$ " x 9 $\frac{1}{2}$ " strips
- 1 CG Unit
- 1 DG Unit
- 1 EG Unit
- 1 FG Unit



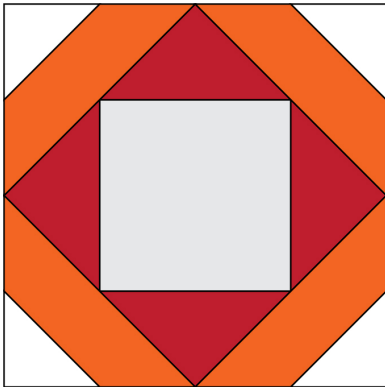
Sew the flying geese units together in the order shown, making sure they are all the same direction. Press. Sew a 2 $\frac{3}{4}$ " x 9 $\frac{1}{2}$ " Fabric H strip to both sides of the flying geese. Press. Repeat to make a total of 12 Flying Geese Blocks.

Piecing Instructions

Step 11: Gather the following pieces:

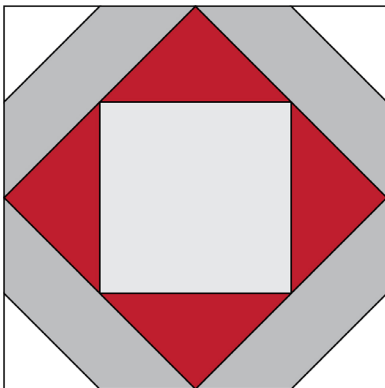
- 1 Fabric A 5" x 5" square
- 4 BF Units
- 4 FH HSTs

Arrange as shown, noting orientation of pieces. Sew into rows. Press. Sew rows together. Press. Repeat to make a total of 5 ABF Blocks.



Step 12: Repeat Step 12 with the following pieces:

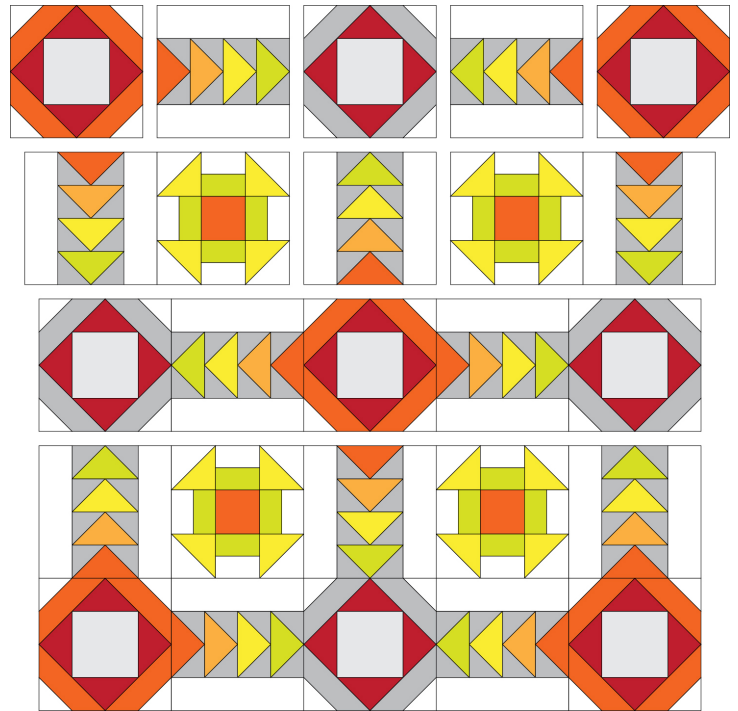
- 1 Fabric A 5" x 5" square
- 4 BG Units
- 4 GH HSTs



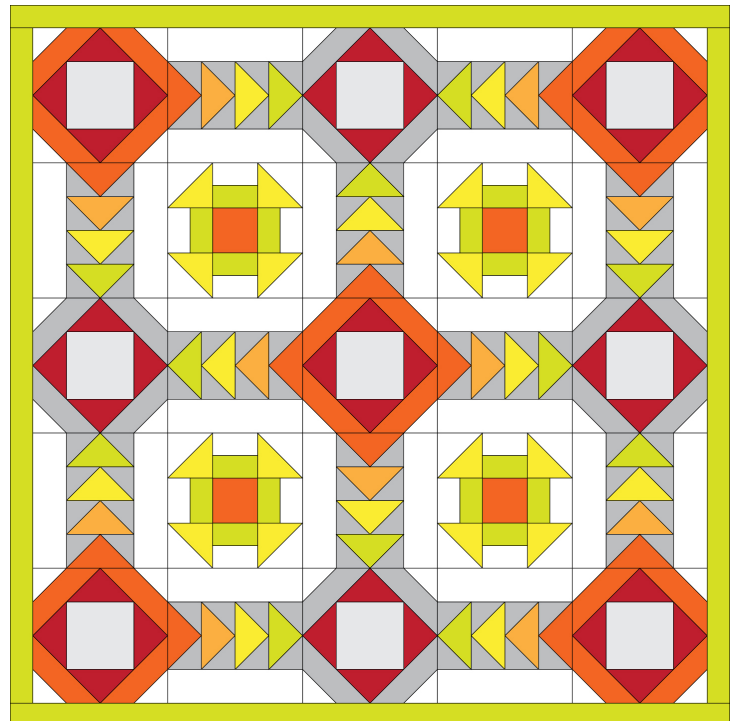
Repeat to make a total of 4 ABG Blocks.

Step 13: Gather the 4 Churn Dash Blocks, the 12 Flying Geese Blocks, the 5 ABF Blocks and the 4 ABG Blocks. Lay them out as shown making sure to pay attention to the orientation of the flying geese blocks.

Sew the blocks into pairs and then into rows. Press. Sew the rows together. Press.



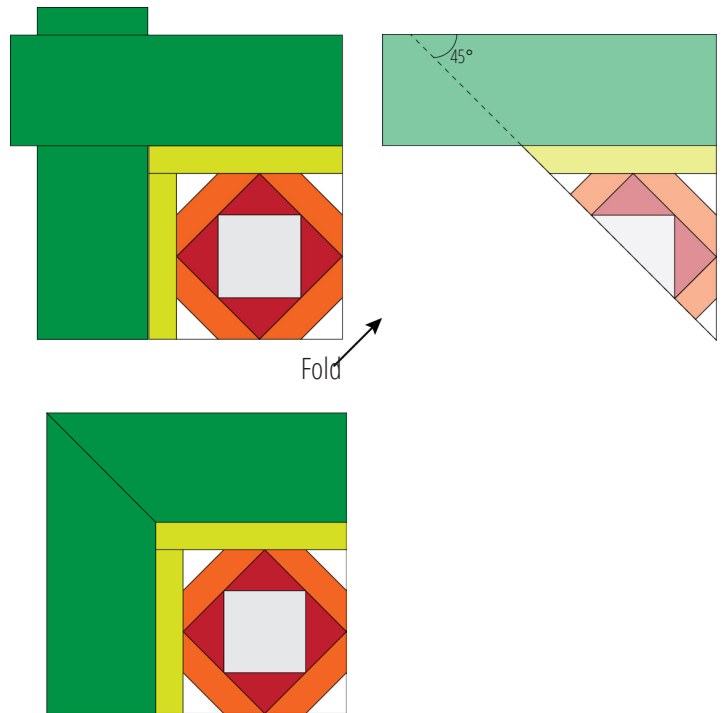
Step 14: Sew the Fabric C 2" x 45½" side inner borders to the sides of the quilt top. Press. Sew the Fabric C 2" x 48½" top and bottom borders to the top and bottom of the quilt top. Press.



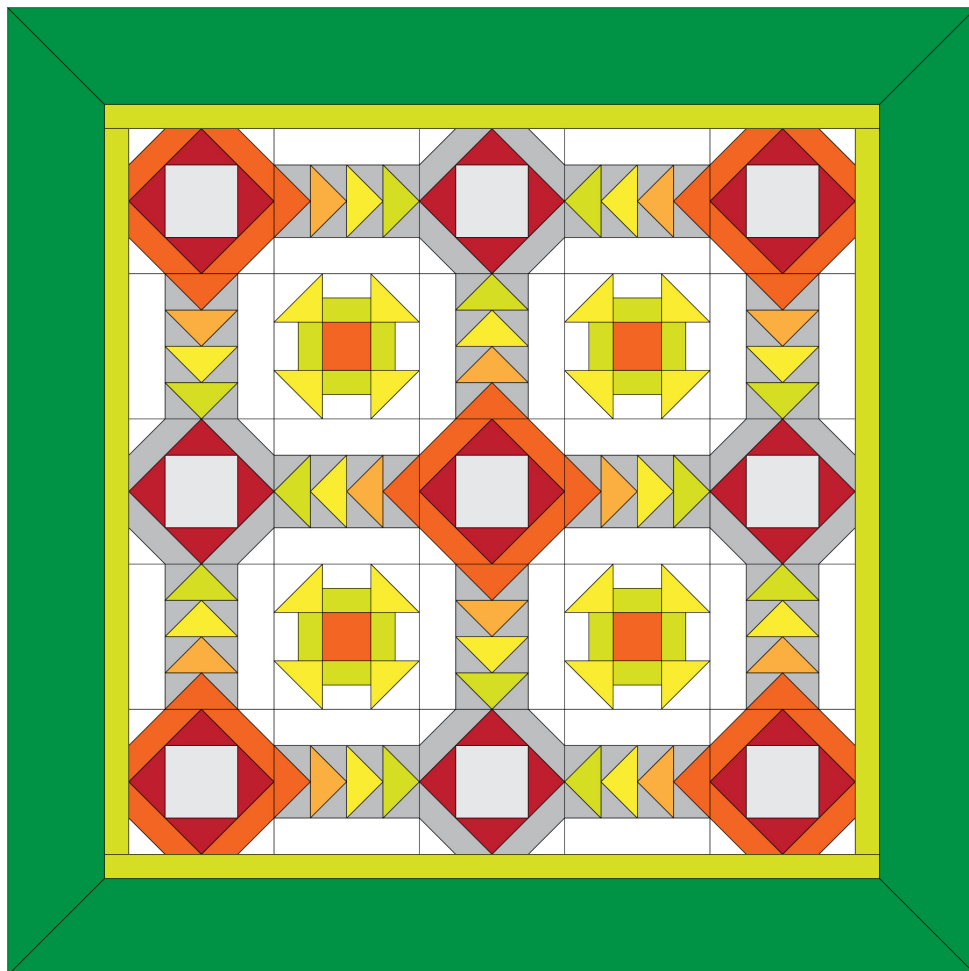
Piecing Instructions

Step 15: Center and sew a Fabric A border on a side of the quilt starting and stopping $\frac{1}{4}$ " from the edge of the quilt, leaving the border ends free. Make sure to backstitch at the beginning and end. *Note the orientation of the stripe in the colorstory image (if applicable).* Press but do not trim. Repeat for all 4 sides of the quilt.

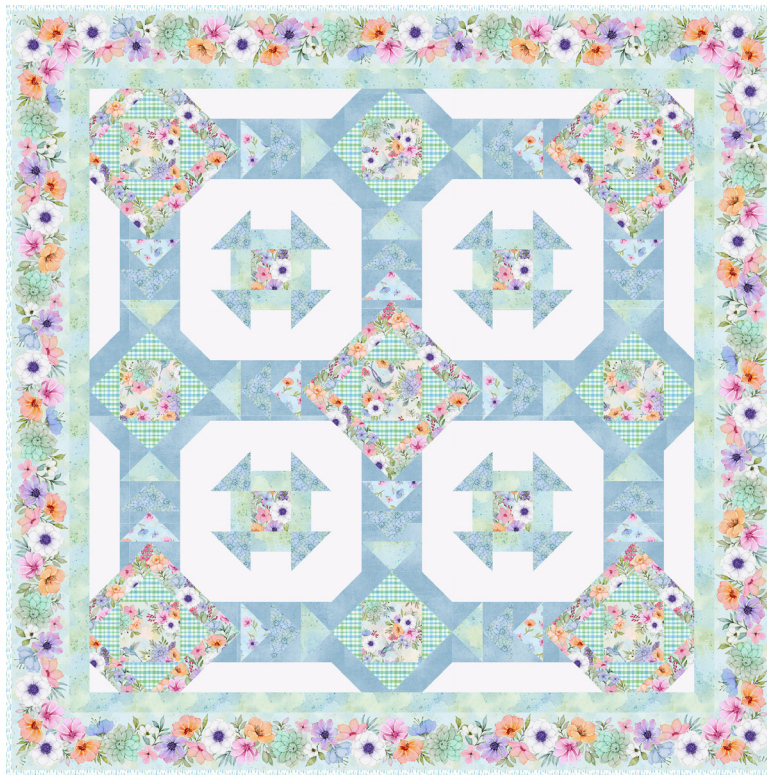
After the borders are stitched on, fold the quilt on the diagonal, right sides together, aligning the raw edges of two adjacent borders. With a ruler, mark a 45 degree line from the point where the stitching stopped on the border to the raw edge of the border. Sew on the 45 degree line, backstitching at both ends. Before trimming to a $\frac{1}{4}$ " seam allowance, check to make sure the corner is sewn correctly. Press. Repeat for each corner.



Woohoo! Your quilt top is finished. Now, quilt and bind using your preferred method.



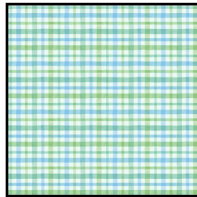
Rainbow in the Vale



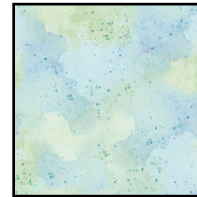
Fabric Guide



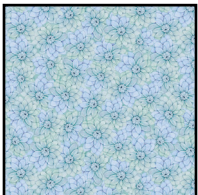
Fabric A
W110-026-764
 $\frac{3}{8}$ yard



Fabric B
W110-030-778
 $\frac{3}{8}$ yard



Fabric C
W110-032-787
 $\frac{5}{8}$ yard



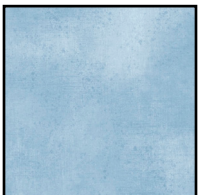
Fabric D
W110-028-787
 $\frac{1}{3}$ yard



Fabric E
W110-027-767
Fat $\frac{1}{8}$



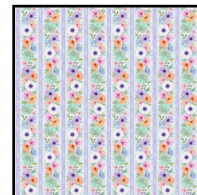
Fabric F
W110-025-768
 $\frac{5}{8}$ yard



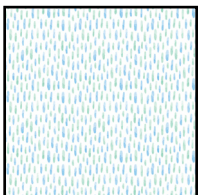
Fabric G
W130-001-510
 $\frac{5}{8}$ yard



Fabric H
EC-700
1 yard



Fabric I
W110-024-764
1 $\frac{7}{8}$ yards



Binding*
W110-031-178
 $\frac{5}{8}$ yard



Suggested Backing*
W110-027-767
3 $\frac{7}{8}$ yards

* Backing also used as Fabric E