

QUILTS FROM THE HEART

A Public Benefit Non-Profit Corporation

www.quiltsfromtheheart.org



Quilt Guidelines

We encourage you to make your quilt with any design, pattern, color, out of 100% cotton fabric. The colors and pattern choices are up to you. The quilts are given to females and males of all ages. Unisex quilts are really great. Do what you feel comfortable doing, we appreciate anything you do. Remember these are approximate guidelines and not written in stone!

Fabric

- Use **100% cotton** fabric, this includes flannels.
- Use any color, design or combinations. Sometimes the scrappier the better.
- A large stash of donated fabric for members to use is available at the meetings.
- Baby theme quilts should be no larger than crib size.
- Fabrics with a holiday or religious theme are not recommended for our quilts.

Pattern

- Any pattern can be used.
- Gather ideas from the internet, quilt books and magazines.
- For great quilt inspiration, view quilts our members have created by typing this into your browser or click on this link: <http://qfth.smugmug.com>

Quilt Size Guidelines: (sizes approximate and variable).

- Crib: 36 x 48" or shorter. Some charities prefer no larger than 40" x 40"
- Twin: 55" x 75"
- There is little demand for quilts 50" to 60" square, double or queen size. However, if you make a quilt in any size, we will find it a good home.

Standard Mattress Sizes (for your reference)

Crib	Twin	Double	Queen	King	CAL King
27" x 53"	38" x 75"	54" x 75"	60" x 80"	78" x 80"	72" x 84"

Batting

- Batting should be lightweight, something like bonded polyester, cotton or cotton blend.
- We do have a supply of batting available for member use for QFTH quilts.

Quilting

Quilts must be machine quilted so that they hold up to numerous washings and last a long time. You may machine quilt in any way you like. If you are unable to quilt your tops there are two other options.

- Quilts From The Heart has our own machine which is at the Lynnwood meeting place. It can be used by trained members. Just ask about a training class.
- We also have generous longarm quilters who volunteer to quilt for the organization. Just bring the finished top and backing fabric to a meeting.
- Our longarm quilters request that you follow these requirements:
 - All threads on the quilt **must be trimmed** to prevent them from getting tangled up in the quilt machine.
 - Please consider adding a border around all the blocks. This makes it easier for the quilter to quilt.
 - Quilt and backing must be squared up.
 - Provide a completed fabric backing that is **at least 6" longer and 6" wider than the top**. Trim the salvages in the middle of the back fabric, but leave salvages on the outside edges.
 - If you provide batting, it should be approximately 6" longer and 6" wider than the top.

Labels for back of quilts

Fabric Labels: These labels are used to identify the quilt and are available at the monthly meetings or upon request. When finishing the quilt and before sewing on the binding, sew on a fabric label on the back of the quilt. Use the binding to hold two edges of the label. Then stitch around other edges.

Quilt Information Form: Fill out information and **SAFETY PIN** it to the back of quilt above the fabric label you sewed on. The Quilt Information Form is available at the monthly meetings or you can type this into your browser or click on this link: http://www.quiltsfromtheheart.org/pdfs/quilt_information_form.pdf