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WINDHAM //FABRICS

Fat 1/8th or 1/4 yard 37303-1 Black Nurses Hats

Fat 1/8th or 1/4 yard 37303-3 Blue Nurses Hats

1/3 yard 37301-X Multi Healing Words

(1) Fat Quarter 37302-2 White Heart Beat

1 yard 37305-1 Black Band-Aids (includes binding)

1/4 yard 29398-6 Red Aspirin Dot

1/4 yard 29398-1 Black Aspirin Dot

Fat 1/8th or 1/4 yard Red Solid

1/8 yard 35370-2 Black solid

1 5/8 yards Backing

Misty Fuse® for attaching Templates

Parchment Paper



### Cutting:

35370-1 White Solid Cut (2) 15 1/2" x 8 1/2" rectangles 37304-2 White Blood Pressure Cut (1) 8 <sup>1</sup>/<sub>2</sub>" x 8 <sup>1</sup>/<sub>2</sub>" square 37302-1 Black Heart Beat Cut (2) 8 <sup>1</sup>/<sub>2</sub>" x 8 <sup>1</sup>/<sub>2</sub>" square Cut (2) 11 <sup>1</sup>/<sub>2</sub>" x 2 <sup>1</sup>/<sub>2</sub>" strips Cut (2) 15 1/2" x 2 1/2" strips 37303-1 Black Nurses Hats Cut (1) 8 <sup>1</sup>/<sub>2</sub>" x 8 <sup>1</sup>/<sub>2</sub>" square 37301-X Multi Healing Words Cut (1) 11 <sup>1</sup>/<sub>2</sub>" x 11 <sup>1</sup>/<sub>2</sub>" square 37302-2 White Heart Beat Cut (2) 8 <sup>1</sup>/<sub>2</sub>" x 15 <sup>1</sup>/<sub>2</sub>" rectangles 37305-1 Black Band-Aids Cut (4) 2 <sup>1</sup>/<sub>2</sub>" x Width of Fabric (WOF) for outer border Cut (4) 2 1/4" x WOF for binding 29398-6 Red Aspirin Dot Cut (2) 15 1/2" x 1 1/2" strips Cut (4) 8 <sup>1</sup>/<sub>2</sub>" x 1 <sup>1</sup>/<sub>2</sub>" strips Cut (2) 1 1/2" x WOF strips 29398-1 Black Aspirin Dot Cut (4) 1 1/4" x WOF strips 37303-3 Blue Nurses Hats Cut (2) Heart Shaped Templates\*\* Red Solid Cut (2) Heart Shaped Templates\*\* 35370-2 Black Solid Cut Letter Templates\*\* \*\* Follow instructions under Assembly for preparing the templates prior to cutting

#### Assembly:

All seam allowances are 1/4"

Word and Heart Templates

- 1. Take the fabric for the templates and before you cut, apply the Misty Fuse® to the wrong side following the manufacturer's recommended instructions.
- 2. Cut the Hearts and applique to the  $8 \frac{1}{2} \times 8 \frac{1}{2}$ " blocks following the quilt picture.
- 3. Cut the Letters for the "WE CARE" and "THANK YOU" to applique on the white rectangles. Center the letters on each rectangle, spacing them evenly. Press and applique letters to the fabric. Set aside







### Center

- 4. Take the healing words square and the (2) 11 1/2" x 2 1/2" strips and machine stitch them to each side of the word square. Diagram 1
- 5. Take the  $15 \frac{1}{2''} \times 2 \frac{1}{2''}$  strips and stitch them to the top and bottom. Diagram 1

Following the Quilt Picture, assemble the quilt by rows. starting at the top.row.

6. First Row:

Take one Heart Block, one red aspirin dot strip, the We Care Block, one red aspirin dot strip and Heart Block. (match strip lengths) Diagram 2



Diagram 2





## 7. Second Row:

White Heart Beat Block, one red aspirin dot strip, Center Word block, one red aspirin dot strip and white Heart Beat Block. Diagram 3



# 8. Third row:

Take one Heart Block, one red aspirin dot strip, the Thank You Block, one red aspirin dot strip and Heart Block. Diagram 4

**Diagram** 4







Sashing

9. Attach the 3 rows with the red Aspirin Dot sashing rows. Trim the excess sashing length to fit.



Inner Border

10. Add the Black Aspirin Dot Border; sides first, then top and bottom. Trim excess length to fit.

Outer Border

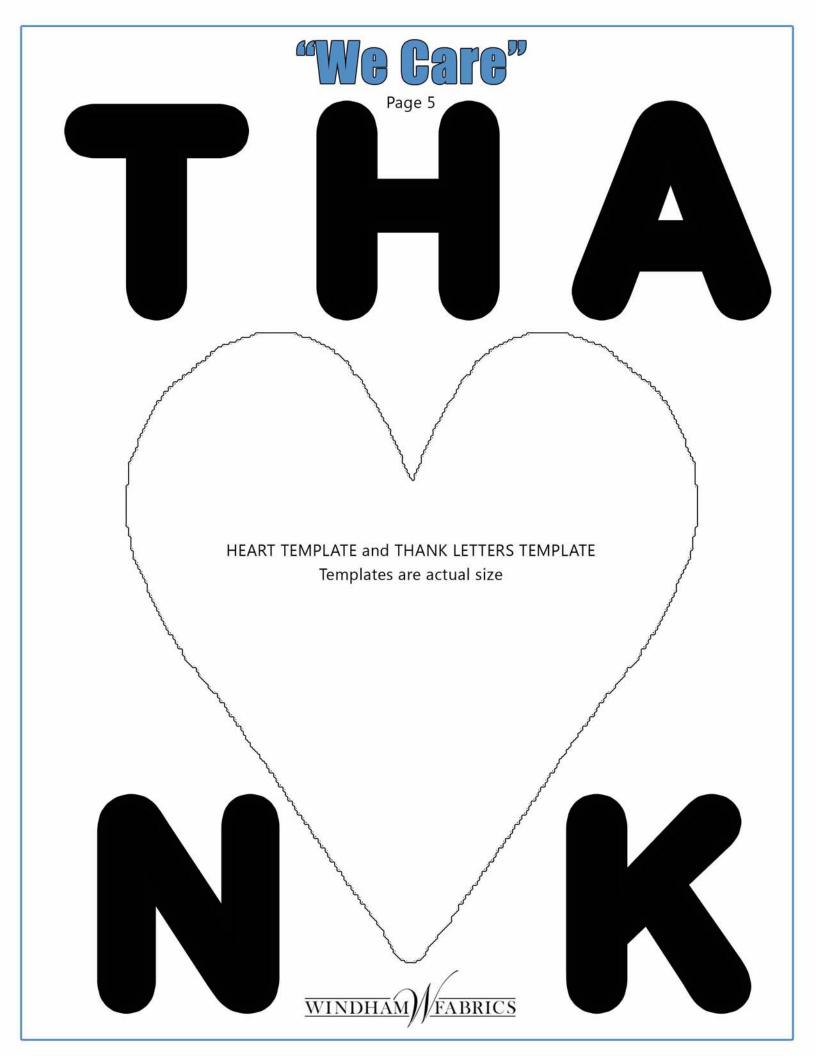
11. Add the Band-Aid Border; sides first, then top and bottom.

Finishing

12. Take top, batting and backing and quilt as desired. Add binding. ENJOY!

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Page 6 HEART TEMPLATE Templates is actual size

