From the Heart

Featuring Slow & Steady by Tula Pink

Gotta’ love these brightly colored hearts—the universal symbol of love. Mix and match the appliquéd hearts with these colorful Tula Pink prints for a quick and easy quilt sure to convey your sentiments to that special someone.

Collection: Slow & Steady by Tula Pink
Technique: Appliqué, Piecing
Skill Level: Beginner
Crafting Time: Weekend*
Finished Size: 72 1⁄4” (184.15cm) square
Finished Block Size: 12” (30.48cm)

*Crafting time based on beginner skill level
## Fabric Requirements

<table>
<thead>
<tr>
<th>DESIGN</th>
<th>COLOR</th>
<th>ARTICLE CODE</th>
<th>YARDAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A) The Hare</td>
<td>Blue Raspberry</td>
<td>PWTP084.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(B) The Hare</td>
<td>Orange Crush</td>
<td>PWTP084.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(C) The Hare</td>
<td>Strawberry Kiwi</td>
<td>PWTP085.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(D) The Tortoise</td>
<td>Blue Raspberry</td>
<td>PWTP085.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(E) The Tortoise</td>
<td>Orange Crush</td>
<td>PWTP085.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(F) The Tortoise</td>
<td>Strawberry Kiwi</td>
<td>PWTP085.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(G) Pit Crew</td>
<td>Blue Raspberry</td>
<td>PWTP086.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(H) Pit Crew</td>
<td>Orange Crush</td>
<td>PWTP086.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(I) Pit Crew</td>
<td>Strawberry Kiwi</td>
<td>PWTP086.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(J) Grandstand</td>
<td>Blue Raspberry</td>
<td>PWTP087.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(K) Grandstand</td>
<td>Orange Crush</td>
<td>PWTP087.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(L) Grandstand</td>
<td>Strawberry Kiwi</td>
<td>PWTP088.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(M) Clear Skies</td>
<td>Blue Raspberry</td>
<td>PWTP088.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(N) Clear Skies</td>
<td>Orange Crush</td>
<td>PWTP088.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(O) Clear Skies</td>
<td>Strawberry Kiwi</td>
<td>PWTP088.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(P) Winner’s Circle</td>
<td>Blue Raspberry</td>
<td>PWTP089.BLUER</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(Q) Winner’s Circle</td>
<td>Orange Crush</td>
<td>PWTP089.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(R) Winner’s Circle</td>
<td>Strawberry Kiwi</td>
<td>PWTP089.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(S) Track Flags</td>
<td>Orange Crush</td>
<td>PWTP090.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(T) Track Flags</td>
<td>Strawberry Kiwi</td>
<td>PWTP090.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(U) Tortoise Shell</td>
<td>Asphalt</td>
<td>PWTP091.ASPHA</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(V) Tortoise Shell</td>
<td>Orange Crush</td>
<td>PWTP091.ORANG</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(W) Tortoise Shell</td>
<td>Strawberry Kiwi</td>
<td>PWTP091.STRAW</td>
<td>⅓ yard (34.29cm)</td>
</tr>
<tr>
<td>(X) Track Flags</td>
<td>Blue Raspberry</td>
<td>PWTP090.BLUER</td>
<td>¼ yard (68.58cm)</td>
</tr>
<tr>
<td>(Y) Tortoise Shell</td>
<td>Blue Raspberry</td>
<td>PWTP091.BLUER</td>
<td>1 yard (.91m) *</td>
</tr>
</tbody>
</table>

* includes binding

## Backing (Purchased Separately)

- **44” (111.76cm)**
  - Blue Raspberry: PWTP084.BLUER  4½ yards (4.11m)
  - OR
  - **108” (274.32cm)**
  - Orchid: QBTP001.ORCHI  2½ yards (2.06m)
**Additional Requirements**

**Coats Dual Duty XP® All Purpose Threads**  
10 yards (9.14m) lightweight fusible webbing, 17” (43.18cm) wide  
80” (203.20cm) square batting  
Plastic template material  
Sewing machine  
Rotary cutter/ruler/mat  
Basic sewing and pressing supplies

**Cutting**  
WOF = width of fabric  
Make a whole heart template from the plastic material and cut out. Trace 36 hearts onto the paper side of the fusible webbing, leaving approximately 1” (2.54cm) between the hearts. Rough-cut each heart, outside the traced line. Cut out the squares before fusing the heart webbing to the wrong side of the fabric and cutting them out.

**From each of Fabrics A, B, C, D, F, J, L, M, N, and O, cut:**  
(1) 12½” (31.75cm) square  
(2) Hearts, using the template

**From each of Fabrics E, H, K, and Q, cut:**  
(1) 12¼” (31.75cm) square  
(1) Heart, using the template

**From each of Fabrics G, I, P, R, S, T, U, V, and W, cut:**  
(2) 12½” (31.75cm) squares  
(1) Heart, using the template

**From Fabric X, cut:**  
(2) 12½” (31.75cm) squares  
(2) Hearts, using the template

**From Fabric Y, cut in order:**  
(8) 2½” (6.35cm) x WOF strips for binding  
(2) 12½” (31.75cm) squares  
(1) Heart, using the template

**Sewing**  
**Note:** All seam allowances are ¼” (.64cm).

**Block Assembly**  
1. Using the quilt photo as a guide (or choose your own), pair up (1) 12½” (31.75cm) background square with 1 heart to make 36 blocks.  
2. Remove the paper backing from the heart and center it on the square. Following the manufacturer’s instructions, fuse the heart to the background square.  
3. Using a complementary color thread, edgestitch, zigzag, or decoratively stitch around the heart edge pivoting at the inside and outside corners and around the curve as needed.  
4. Repeat steps 2 and 3 for all the heart/background pairs.

**Quilt Top Assembly**  
5. Lay out the blocks in 6 rows of 6 blocks each.  
6. Sew the blocks together in each row. Press seam allowances in one direction, alternating on adjacent rows.  
7. Sew the rows together, matching adjacent seams, to make the quilt. Press seams open.

**Finishing**  
8. Cut and piece the backing fabric to make it 80” (203.20) square.  
9. Layer the backing, batting, and quilt top. Quilt by hand or machine, as desired.  
10. Sew the Fabric Y binding strips together end to end using diagonal seams. Fold the binding in half, lengthwise, with wrong sides together and press. Sew the binding to the right side of the quilt, matching raw edges and mitering corners. Turn the binding folded edge to the back side of the quilt and hand-stitch in place.
*** Measure templates before cutting to confirm printing at 100%***

This square should measure 1" x 1" (2.54cm x 2.54cm) when printed.

PLACE ON FOLD

10"