

A Free Project Sheet  
NOT FOR RESALE

# Polar Pals

QUILT 1



Featuring fabrics from the **Polar Pals** collection by **Swizzle Stick Studio** for **STUDIO·e·fabrics**

## Fabric Requirements

- |                                   |            |                    |           |
|-----------------------------------|------------|--------------------|-----------|
| (A) F4170P-71 .....               | 1 panel    | (H) F4176-71 ..... | 1 ¾ yards |
| (B) 2-ply Flannel Basic – Red**   | 1 ⅛ yards* | Backing            |           |
| (C) F4175-1 .....                 | ¼ yard     | F4173-1 .....      | 3 ⅓ yards |
| (D) F4173-71 .....                | ½ yard     |                    |           |
| (E) F4177-1 .....                 | ¼ yard     |                    |           |
| (F) F4179-71 .....                | ½ yard     |                    |           |
| (G) 2-ply Flannel Basic – White** | ¾ yard     |                    |           |

\* Includes Binding  
\*\* 2-Ply Flannel Basics

## Additional Supplies Needed

Batting 58" x 78" (Recommended:  
Air Lite® Colour Me 100% Cotton)  
Piecing and sewing thread  
Quilting and sewing supplies  
Quilt designed by Heidi Pridemore  
Finished Quilt Size 50" x 70"  
Skill Level: Advanced Beginner

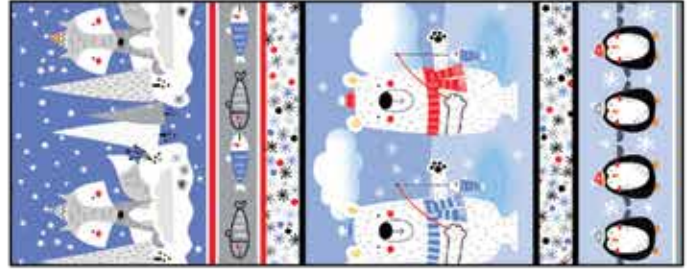
## Fabrics in the Collection



25.25" Panel - Blue  
F4170P-71



Patch - Blue  
F4171-71



Stripe - Blue  
F4172-71



All-Over Tossed Animals  
White – F4173-1



All-Over Tossed Animals  
Blue – F4173-71



Fish Toss - Light Blue  
F4174-11



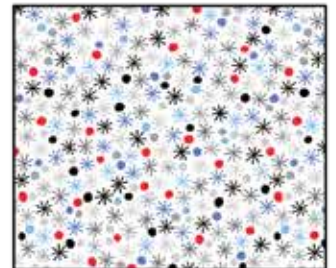
Penguins - White  
F4175-1



Penguins - Blue  
F4175-71



Scenic - Blue  
F4176-71



Snowflakes - White  
F4177-1



Stacked Polar Pals - Blue  
F4178-71



Foxes - Blue  
F4179-71



Clouds - Light Blue  
F4180-11

## Select Fabrics from 2-Ply Flannel Basics



Black



Red



White

## Cutting

### Cutting Instructions

*Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.*

WOF= Width of Fabric • LOF = Length of Fabric

#### **Fabric A (F4170P-71 25.25" Panel – Blue):**

- Fussy cut (1) 23" x 42" panel.

#### **Fabric B (2-ply Flannel Basic – Red), cut:**

- (3) 1 ½" x WOF strips. Sew the strips together end to end with diagonal seams and cut (2) 1 ½" x 56 ½" strips.
- (2) 1 ½" x 38 ½" WOF strips.
- (2) 2" x 42" WOF strips.
- (2) 2 ½" x 26" WOF strips.
- (6) 2 ½" x WOF strips for the binding.

#### **Fabric C (F4175-1 Penguins – White), cut:**

- (1) 6 ½" x WOF strip, sub-cut (4) 6 ½" squares.

#### **Fabric D (F4173-71 All-Over Tossed Animals – Blue), cut:**

- (2) 6 ½" x WOF strips, sub-cut (8) 6 ½" squares.

#### **Fabric E (F4177-1 Snowflakes – White), cut:**

- (2) 3 ½" x WOF strips, sub-cut (12) 3 ½" x 6 ½" strips.

#### **Fabric F (F4179-71 Foxes – Blue), cut:**

- (1) 6 ½" x WOF strip, sub-cut (6) 6 ½" squares.
- (1) 6 ½" x WOF strip, sub-cut (2) 6 ½" x 8 ½" strips.

#### **Fabric G (2-ply Flannel – White), cut:**

- (6) 3 ½" x WOF strips, sub-cut (64) 3 ½" squares.

#### **Fabric H (F4176-71 Scenic – Blue), cut:**

- (2) 6 ½" x 58 ½" LOF strips.
- (2) 6 ½" x 50 ½" WOF strips from the remaining fabric, piece as needed.

#### **Backing (F4173-1 All-Over Tossed Animals – White), cut:**

- (2) 58" x WOF strips. Sew the strips together and trim to 58" x 78" to make the back.



## Sewing

Sew using a  $\frac{1}{4}$ " seam allowance with right sides together (RST) unless otherwise indicated. Always press towards the darker fabric while assembling, unless otherwise noted by the arrows.

### Block Assembly

1. Sew (1) 2" x 42" Fabric B strip to each side of the 23" x 42" Fabric A panel. Sew (1) 2  $\frac{1}{2}$ " x 26" Fabric B strip to the top and to the bottom of the Fabric A panel. Trim the block to measure 24  $\frac{1}{2}$ " x 44  $\frac{1}{2}$ " to make the Center Block (Fig. 1).
2. Place (1) 3  $\frac{1}{2}$ " Fabric G square on the top left corner of (1) 6  $\frac{1}{2}$ " Fabric C square, right sides together (Fig. 2). Sew across the diagonal of the smaller square, right sides together (Fig. 2). Sew across the diagonal of the larger square from the upper right corner to the lower left corner (Fig. 2). Flip open the triangle formed and press (Fig. 3). Trim away the excess fabric from behind the triangle  $\frac{1}{4}$ " away from the sewn seam.
3. Follow Figure 4 for the seam direction to add a 3  $\frac{1}{2}$ " Fabric G square to the lower right corner of the 6  $\frac{1}{2}$ " Fabric C square to make (1) Unit 1 block (Fig. 5).
4. Repeat Steps 2-3 to make (4) Unit 1 blocks total.
5. Repeat Steps 2-3 and use Figure 6 for fabric identification, location and seam direction to make (8) Unit 2 blocks.

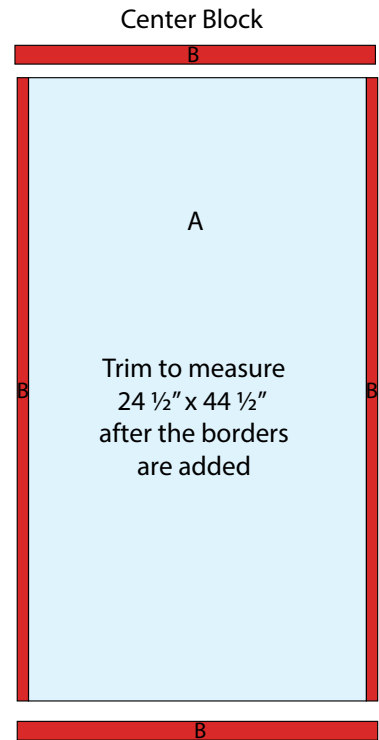


Fig. 1

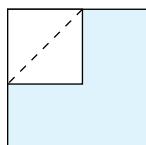


Fig. 2

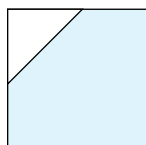


Fig. 3

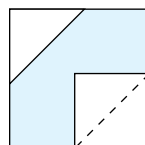


Fig. 4

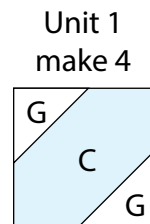


Fig. 5

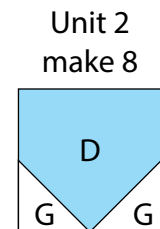


Fig. 6

6. Repeat Steps 2-3 and use Figures 7-10 for fabric identification, location and seam direction to make (1) Unit 3 block, (1) Unit 4 block, (2) Unit 5 blocks and (2) Unit 6 blocks. Note that the arrow in the figures designates fabric direction.

7. Repeat Steps 2-3 and use Figures 11-12 for fabric identification, location and seam direction. Note that the arrow in the figures designates fabric direction. The Fabric F components are the 6  $\frac{1}{2}$ " x 8  $\frac{1}{2}$ " strips.

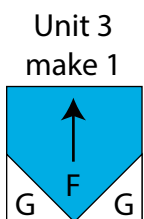


Fig. 7

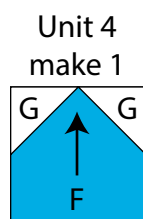


Fig. 8

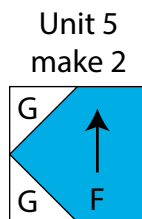


Fig. 9

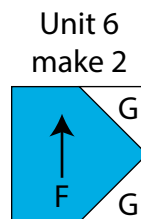


Fig. 10

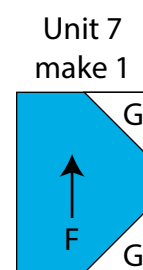


Fig. 11

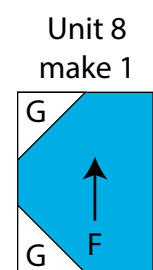


Fig. 12

8. Place (1) 3 ½" Fabric G square on the lower half of (1) 3 ½" x 6 ½" Fabric E strip, right sides together (Fig. 13). Sew across the diagonal of the small square from the upper left corner to the lower right corner (Fig. 13). Flip open the triangle formed and press (Fig. 14). Trim away the excess fabric from behind the triangle ¼" away from the sewn seam.
9. Follow Figure 15 for the seam direction to add a 3 ½" Fabric G square to the upper half of the 3 ½" x 6 ½" Fabric E strip to make (1) Unit 9 strip (Fig. 16).
10. Repeat Steps 8-9 to make (6) Unit 9 strips total.
11. Repeat Steps 8-9 and use Figure 17 for fabric identification, location and seam direction to make (6) Unit 10 strips.

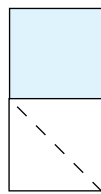


Fig. 13

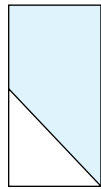


Fig. 14

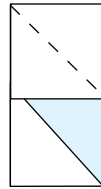


Fig. 15

Unit 9  
make 6



Fig. 16

Unit 10  
make 6

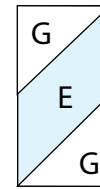


Fig. 17

## Quilt Top Assembly

*(Follow the Quilt Layout while assembling the quilt top.)*

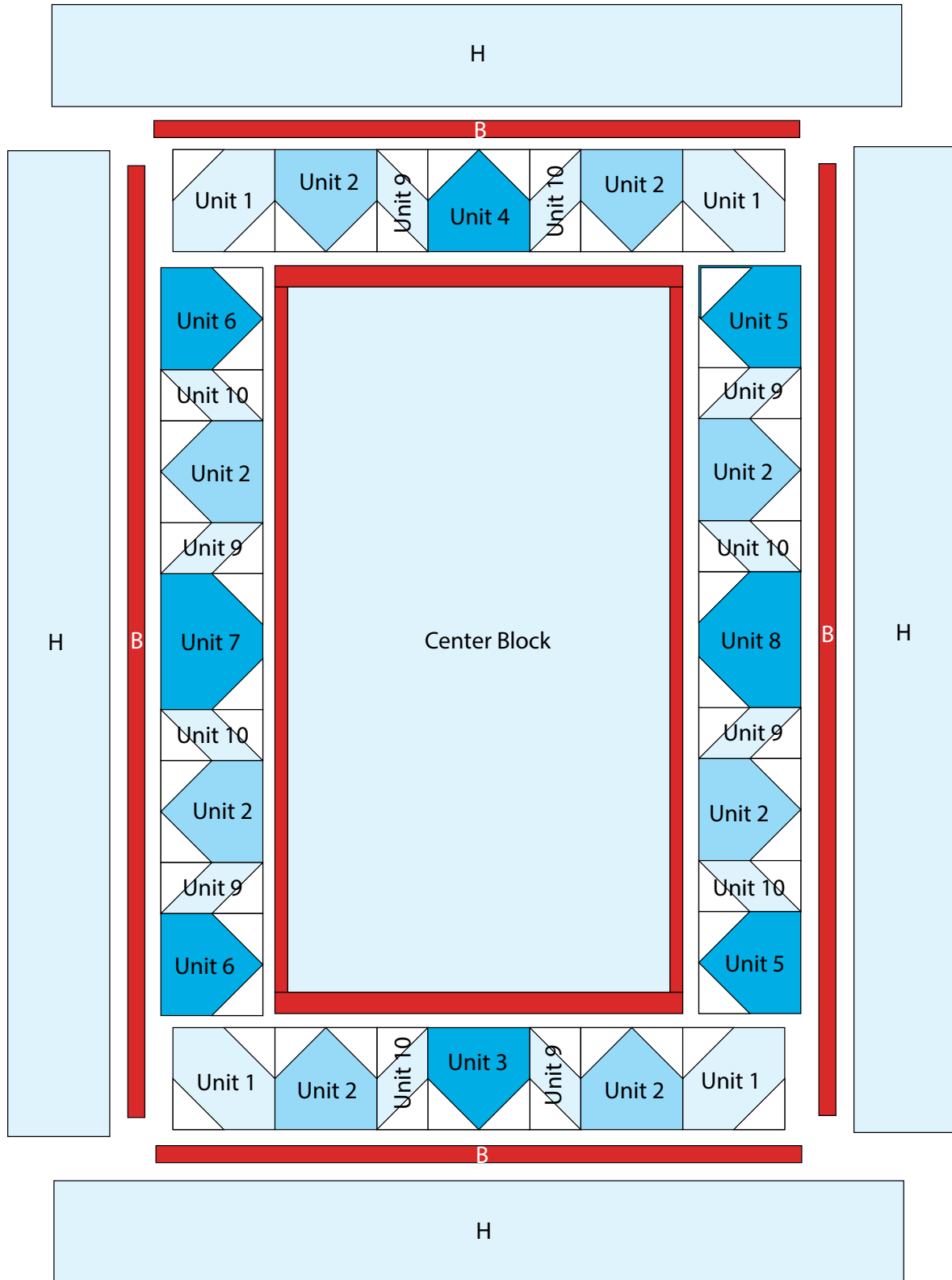
12. Sew (1) Unit 6 block, (1) Unit 10 strip, (1) Unit 2 block, (1) Unit 9 strip, (1) Unit 7 block, (1) Unit 10 strip, (1) Unit 2 block, (1) Unit 9 strip and (1) Unit 6 block together, in that order. Sew the new strip to the left side of the Center Block.
13. Sew (1) Unit 5 block, (1) Unit 9 strip, (1) Unit 2 block, (1) Unit 10 strip, (1) Unit 8 block, (1) Unit 9 strip, (1) Unit 2 block, (1) Unit 10 strip and (1) Unit 5 block together, in that order. Sew the new strip to the right side of the Center Block.
14. Sew (1) Unit 1 block, (1) Unit 2 block, (1) Unit 9 strip, (1) Unit 4 block, (1) Unit 10 strip, (1) Unit 2 block and (1) Unit 1 block together in that order. Sew the new strip to the top of the Center Block.
15. Sew (1) Unit 1 block, (1) Unit 2 block, (1) Unit 10 strip, (1) Unit 3 block, (1) Unit 9 strip, (1) Unit 2 block and (1) Unit 1 block together in that order. Sew the new strip to the bottom of the Center Block.
16. Sew (1) 1 ½" x 56 ½" Fabric B strip to each side of the Center Block. Sew (1) 1 ½" x 38 ½" Fabric B strip to the top and to the bottom of the Center Block.
17. Sew (1) 6 ½" x 58 ½" Fabric H strip to each side of the Center Block. Sew (1) 6 ½" x 50 ½" Fabric H strip to the top and to the bottom of the Center Block to make the quilt top.

## Layering, Quilting and Finishing

18. Press the quilt top and 58" x 78" backing well. Layer backing (wrong side up), batting, pressed quilt top (right side up) and baste. Quilt as desired and trim excess batting and backing when quilting is complete.

## Binding

19. Cut the ends of the (6) Fabric B binding strips at a 45-degree angle and sew end to end to make (1) continuous piece of binding. Fold in half lengthwise and press wrong sides together.
20. Sew the binding to the front of the quilt, raw edges together. Turn the folded edge to the back, and hand stitch in place.



Quilt Layout

Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given nor results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. Please make sure to check [www.studioefabrics.com](http://www.studioefabrics.com) for pattern updates prior to starting the project. We also recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are **not for resale**.