



Home & Country - ARTICLES

from the Women's Institutes of Nova Scotia Newsletter

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Make a Branch Banner

You many have heard your District Director mention Branch Banners during the Fall District Meetings. This ideas was raised by Carol M. Crawford at the 2004 AGM and approved by the Board at the September meeting.

Some branches already have banners, but if your branch does not, here's an idea for a great winter project. We hope that Branches will bring their banners to the 2006 Provincial Convention in Truro for display.

Banner instructions:

1. Banner size to be no larger than 18 x 36".
2. Each banner shall include the name of the branch and the year the branch formed.
3. Each banner shall show a scene depicting a local industry or the local culture of the local area.
4. Banners may be embroidered, cross stitched, quilted, etc, and made of any type of cloth material.
5. Banners shall have a pocket or sleeve at the top for hanging. Pocket should be along the short side.

Quilts for the Homeless

President Ruth Blenkhorn has suggested a new project for WINS members - quilts for the homeless. This is a wonderful idea of how to put scraps of leftover materials to a good use. Two suggested patterns follow for rag quilts and fleece roll-up quilts. Feel free to try your hand at either type. **We ask that all quilts be brought to the 2005 AGM in Sherbrooke.** Presentation of the quilts will be made to homeless shelters and food banks across the province.

How to Make a Rag Quilt

You need to choose fabrics that will ravel and fray. The best choices for these are either flannels or a "homespun" type fabric with a loose type weave. If you want to have a heavier quilt, you can also have a great looking rag quilt using old blue jeans.

Cut Squares: Top, Bottom, Filling

The top and bottom squares are cut the same sizes. 10" squares work well.

Cut your batting into 8" squares.

When you sew a rag quilt, you will be using a 1 inch seam allowance so that you have extra fabric on the seams for raveling. Thus a 10" square will be an 8" sewn square.

Sewing a 64" Square Quilt

We will use as an **example** a quilt with 10" squares which will be 64" x 64". Adjust for your chosen size squares. You will be making a quilt 8 x 8 squares = 64.

Cut 64 each, 10" squares of your top and backing fabrics.

You can use regular quilt bat for the filling - cut 64 - 8" squares.

Now, make stacks of the 3 sets of squares:

1. Backing squares right side down
2. Batting square
3. Front squares - right side up

Sew each set of squares - diagonally, corner to corner.

Sewing with ONE INCH seams, join 8 sets of squares into a row. You will sew so that the raw edges are toward the front squares. That is, they will all face front so that you can have them showing from the front of the quilt. Make 8 of these rows of 8 squares each.

Fleece 'Roll-Up' Quilt

Now, sew these rows together, matching seams. Again, sew with raw seams toward front of quilt. If you are doing a Jeans quilt, you may find it easier to stagger the joined rows so that they build up in a brick-like fashion with a half-square at the ends of alternate rows. This makes for less bulky seams to sew over.

After you have joined the 8 rows, sew an inch inside the outer border all around the quilt.

Cut the seams: This will take awhile. With sharp scissors snip into the one inch seams, being careful not to cut the sewn seam. Make a cut every $\frac{1}{2}$ - $\frac{3}{4}$ inch. Cut the outer edge the same way.

Wash to Fray: This can get a little messy and if you don't have a washing machine with a good lint filter, you may want to go to a commercial laundromat. Run the quilt through a long cycle of wash and drying. This will make the edges soft and frayed.

That's all there is to making a rag quilt!

Fleece: 64" x 48"

Material to cover quilt - waterproof material recommended: 16" x 20"

Cording: 2 pieces - each 24" long

Start with the piece of fleece and fold it length-ways into thirds.

Making the quilt cover: Sew a half inch seam on one of the 20" sides of the covering. Sew a one inch casing on both of the 16" sides of the cover material.

Attaching cover to the fleece: Sew the remaining 16" side of the cover material to the middle third of the fleece using a half inch seam allowance (see diagram). When attaching the cover to the fleece, you will need to leave small openings in the casing for the cording to pass through at each end of the casing where it attaches to the fleece.

Thread the cord through each casing. In the middle of each casing, stitch the cord so that it doesn't pull through.

Fold the fleece into thirds and roll up from the bottom. Roll the cover material over the fleece and tie both end of the cord. You can also attach a cord or strap for carrying.

