# Stars and Stripes by Amy Smart

The Stars and Stripes Pillow (20" x 20") or Table Runner (14" x 32") projects are made by repeating 2 different 6" x 6" blocks. Below are fabric requirements for a Pillow OR a Table Runner with cutting and finishing instructions for either option.

See the video on the Riley Blake YouTube channel for piecing demonstration: https://www.youtube.com/watch?v=P_QkOUJZP48

**Before you start:** Scant 1/4" seam allowance recommended
WOF = Width of Fabric

Fabric Requirements

Navy Gingham: 1/4 yard
Navy Star Print: 3½" x 7" piece
Blue Flag: 3½" x WOF strip
Blue Life Preservers: 3½" x WOF strip
White w/ Blue Stars: 5½" x WOF Strip
White Life Preservers: 3½" x WOF strip
White Flag Print: 3/8 yard
Red Stripe Print: 1½" x WOF strip
Red Star Print: 1½" x WOF strip
Red Gingham Print: 1½" x WOF Strip
Backing:
- 5/8 yard for Pillow OR
- ½ yard for Table Runner
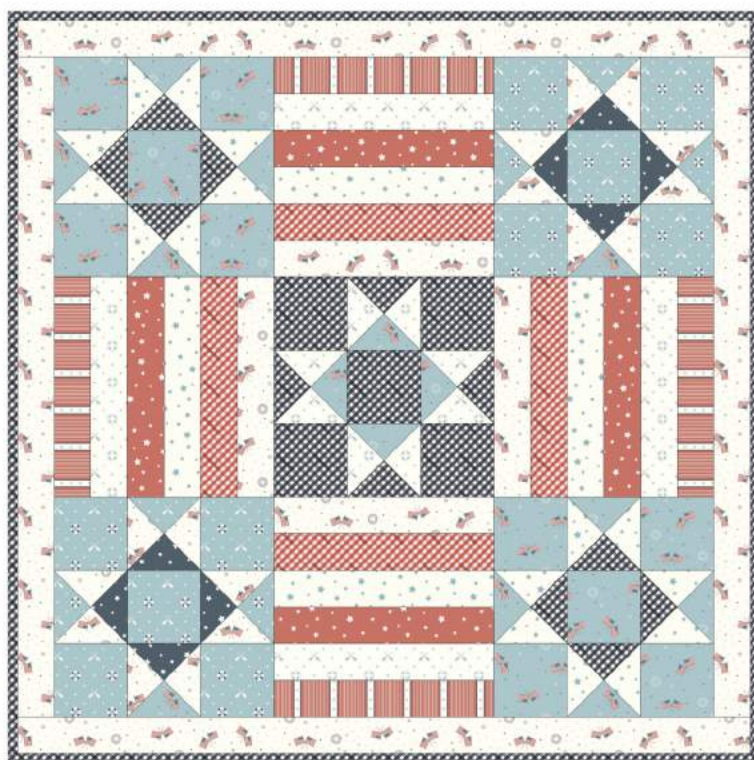
Cutting Instructions

- **Navy Gingham: Cut 1 strip 3½" x WOF - sub cut 3 Squares 3½" x 3½", 5 Squares 2½" x 2½", and the trim the remainder of strip to 2½" wide. Cut 2 more strips 2½" x WOF (set aside for binding).**
- **Navy Star Print: Cut 2 Squares 3½" x 3½"**
- **Blue Flag Print: Cut 3 Squares 3½" x 3½" and 10 Squares 2½" x 2½"**
- **Blue Life Preserver Print: Cut 2 Squares 3½" x 3½" and 10 Squares 2½" x 2½"**
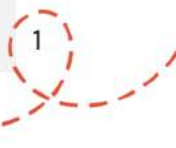
Cutting Instructions cont.

- White Star Print: Cut 4 Squares 3½" x 3½" and 1 strip 1½" x 33"
- White Life Preserver Print: Cut 2 Squares 3½" x 3½" and 1 strip 1½" x 33"
- White Flag Print: Cut 1 strip 3½" x WOF. Sub cut 4 Squares 3½" x 3½" and 1 strip 1½" x 33". From remainder cut borders for chosen project:
  - Pillow border: Cut 2 strips 1½" x WOF. Sub cut each 1½" strip into a 1½"x 18½" strip and a 1½"x 20½" strip (= 2 sets of each strip).
  - Table runner border: Cut 3 strips 1½" x WOF. Trim 2 strips to 1½"x 30½" and sub cut the other 1½" strip into 2 strips 1½" x 14½".
- Red Stripe, Gingham, and Star Prints: cut 1 strip 1½" x 33" from each
- Pillow Backing: cut one piece 20½" x 16½" and one piece 20½" x 12½" OR one piece 20½" x 20½" if making a mini quilt or table topper

Piecing

Star Block

Fabric requirements for each star block:
- Background Blue: 5 Squares 2½" x 2½" + 1 square 3½" x 3½"
- Contrasting Blue: 1 square 3½" x 3½"
- Star Points (white): 2 squares 3½" x 3½"

See video instructions for making quarter-square triangle blocks to make 5 Ohio Star Blocks: https://www.youtube.com/watch?v=P_QkOUJZP48

See Diagrams below for fabric placement options.

Stripe Block

Sew 3 white 1½" x 33" strips alternating with 3 red 1½" x 33" strips along the long edges to create one 6-piece strip set.

TIP: Use a scant ¼" seam allowance and sew seams in alternating directions to help prevent the strip-set from bowing or arching.

Press seams toward the red stripes. Press carefully from the top to make sure seams are pressed all the way flat. Be careful not to stretch or distort the strip set.

Cut the 6-piece strip-set unit into 5 blocks 6½" x 6½". (You will only need 4 blocks if making the pillow option.)
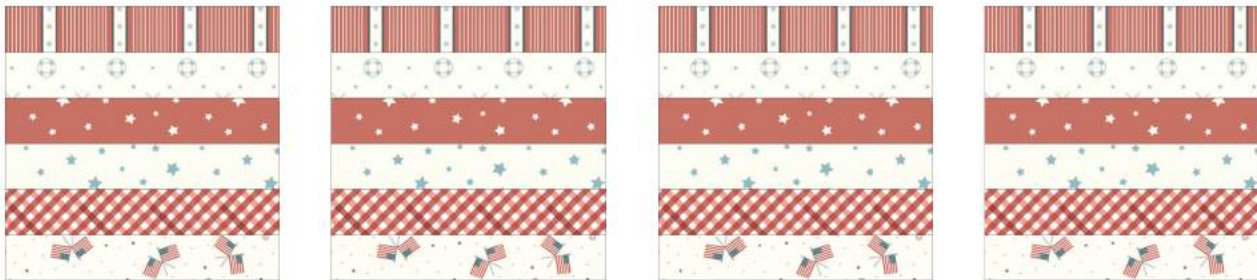
Pillow Finishing Instructions 20" x 20"

Refer to diagram on page 1 for block placement and sew three rows of alternating star and stripe blocks. Press seams toward star blocks.

Sew first 1½" x 18½" border to opposite sides of pieced blocks. Press seams toward border.

Sew second 1½" x 20½" border to top and bottom of pieced blocks. Press seams toward border.

QUILTING

If desired, layer 20½″ x 20½″ block on a 24" x 24" piece of batting and baste/quilt as desired. (If making a mini quilt, add backing layer as well before quilting.)

Trim excess batting.

Pillow Back + Binding Instructions

On one long edge of each backing piece, fold under ½″ and press, then fold under another ½″ and press again. Top stitch along the first fold to secure it in place. Repeat for the second backing rectangle.

Place the pillow front right side down on the table. Layer the two backing rectangles right side up with the finished edges overlapping in the middle of the pillow, and the raw edges lining up with the raw edges of the pillow front. Pin all the way around the pillow.

Use a basting stitch, to sew around the entire pillow about ⅛″ in from the edge. This will hold all the layers together as you add the binding. The basting stitches will be hidden under the binding.

Take the Navy 2½″ strips and sew them end to end. Press seams open and then press one long binding strip in half length-wise.

Working from the pillow front (quilt block side) line up raw edges of the strip with the raw edge of the quilt, pinning in place and mitering at corners.

Machine stitch binding in place 1/4" away from the edge. Fold binding over raw edges and secure to back side by machine or hand stitches.
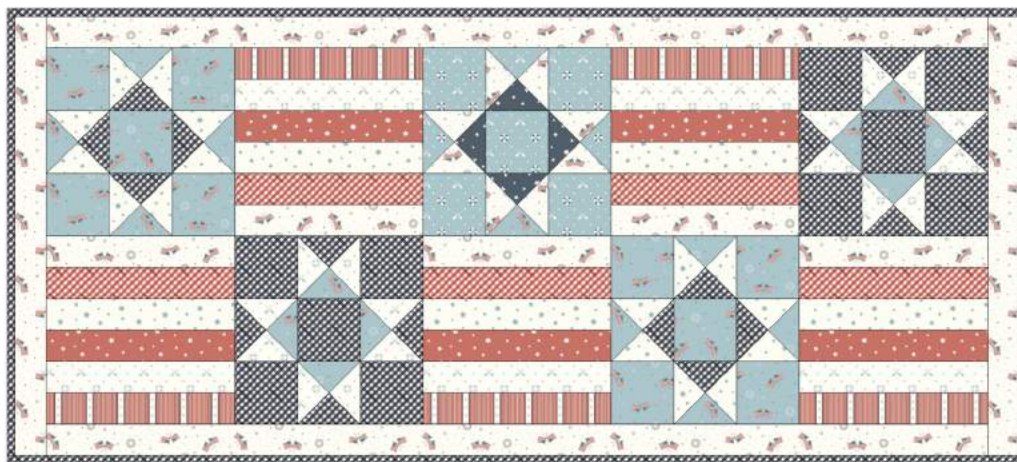
For more images and details about binding a quilt go here:
https://www.diaryofaquilter.com/how-to-finish-and-bind-quilt/

Stuff and plump and enjoy finished pillow :)

Lay out alternating Star and Stripes blocks into 2 rows (see diagram above) and sew into 2 rows. Press seams toward star blocks. Sew 2 rows together.

Sew first 1½" x 30½" border to top and bottom of pieced blocks. Press seams toward border.

Sew second 1½" x 14½" border to top and bottom of pieced blocks. Press seams toward border.

QUILTING

Layer 12½" x 32½" block on a 15" x 35" piece of batting and baste/quilt as desired. Trim excess batting.

BINDING

Take the Navy 2½" strips and sew them end to end. Press seams open and then press one long binding strip in half length-wise. Line up raw edges of the binding with the raw edge of the quilt, pinning in place and mitering at corners.

Machine stitch binding in place ¼" away from the edge. Fold binding over raw edges and secure to back side by machine or hand stitches.

For more images and details about binding a quilt go here:
https://www.diaryofaquilter.com/how-to-finish-and-bind-quilt/