

# Sensational Strips

Approximate Finished Size: 58" x 73"

Whatever print you choose, this full size quilt is sure to be a success. Stitch-and-Flip construction makes this a great first project—even if you are new to working with Cuddle®.

## Fabric Requirements

Cuddle® or Luxe Cuddle®

- 1¾ yard Cuddle®, Center Panel, Main Strips
- ¾ yard Fabric A, Strips, Binding
- ⅜ yard Fabric B, Strips

Luxe Cuddle®

- 2¼ yards, Backing

## Suggested Notions

- 90/14 stretch machine needle
- Polyester thread
- Felt tip marker or ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors and/or craft knife
- Long, flower head pins
- Fabric clips
- Stiletto
- Point turner
- Basting spray
- Parchment paper or newsprint, to prevent overspray
- Walking foot

On the cover: Luxe Cuddle® in Savanna Berry, Hide Elderberry, and Hide Berry



For more information making a quilt using the Stitch-and-Flip method, tune in to this episode of Sew Together Tuesday. Scan the QR code or go to: <https://bit.ly/3LNtGhz>



The information in this pattern is presented in good faith. Every effort has been taken to assure the accuracy herein.

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# Sensational Strips



# Cuddle® Basics

**IF THIS IS YOUR FIRST TIME** working with Cuddle®—or your tenth!—these simple guidelines will make your sewing experience a pleasure.

1. Seam allowances are ½" unless otherwise noted.
2. Mark measurements on the wrong side of Cuddle® with a felt tip marker or ballpoint pen.
3. Cut Cuddle® with a rotary cutter, craft knife, or micro-serrated scissors.
4. Shake cut pieces or put in a no-heat dryer with a damp washcloth for a few minutes to remove loose fibers.
5. Sew with polyester thread in the top and the bobbin.
6. Reduce presser foot pressure when sewing multiple layers.
7. Increase stitch length to 3–4 mm.
8. Double pin by using 2 rows of pins—the first row every 1½" along the seam line and a second row 1" to the left and parallel to the cut edge.
9. Backstitch at the beginning and end of each seam.
10. If possible, use a walking foot. It makes a difference!

## Suggested Tools for Working with Cuddle®

- Machine needle:
  - 90/14 stretch needle
- Polyester thread
- Felt tip marker
- Ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors
- Craft knife
- Long, flower head pins
- Fabric clips
- Stiletto
- Point turner
- Basting spray
- Walking foot

## How to Wash Cuddle®

- Machine wash on gentle with cool water. (Do not use fabric softener!)
- Machine dry on low heat for about ten minutes.
- Hang until dry.



# Sensational Strips

*Approximate Finished Size: 58" x 73"*

## DIRECTIONS

- Read *Cuddle® Basics* before beginning.
- *Cuddle® Tips + Tools* and alternate design ideas are on PAGE FOUR.

## Preparation

*Identify and label your fabric. A chart to record the fabric is on PAGE THREE.*

- Cuddle®
  - 1¾ yard, *Center Panel, Main Strips*
  - ¾ yard Fabric A, *Strips, Binding*
  - ⅝ yard Fabric B, *Strips*
  - 2¼ yards, *Backing*

## Cutting

*Note: Don't worry if the strips are not the exact measurements stated. This project will be successful even if your sizes vary slightly.*

*Label the strips as they are cut.*

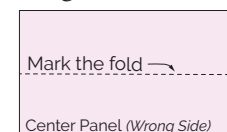
1. From Main fabric, cut:
  - 1 (36" x 58"), *Center Panel.*
  - 2 (10½" x 58"), *Main Strips.*
2. From Fabric A, cut:
  - 2 (5½" x 58"), *Strips.*
  - 5 (1¾" x 58"), *Binding.*
3. From Fabric B, cut:
  - 2 (5½" x 58"), *Strips.*

## Assembly Notes

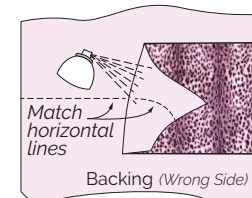
- *This quilt is assembled using the Stitch-and-Flip Method. Strips are sewn through both Strips and the Backing—all in one step.*
- *When arranging the Strips, plan to have the nap going in the same direction.*

## Assembly

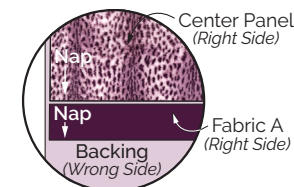
1. Fold the 36" x 58" Center Panel in half horizontally. Mark fold on the *wrong side*.



2. In the same way, find the horizontal fold of the *wrong side* of Backing.
3. Place the Center Panel on the Backing, wrong sides together and matching horizontal lines.
4. Fold the Center Panel back and spray baste. Smooth onto the Backing and press to adhere. Repeat for the other half.

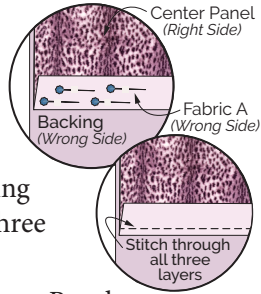


5. Place the 5½" Strip of Fabric A, *right side up*, along the bottom edge of the Center Panel. Check that naps are running in the same direction.



6. Flip the Strip up, matching raw edges of the Panel and Strip. Pin at beginning, end, and center of the Strip.

Then double pin the remainder.



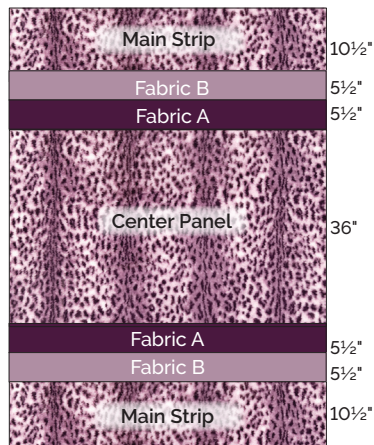
7. Sew the Strip—stitching through all three layers.

8. Cover the Center Panel with a parchment sheet. Spray baste the wrong side of the 5½" Strip. Flip the Strip down. Smooth into place on the Backing.

9. In the same manner, sew the other 5½" Fabric A Strip to the top of the Center Panel.

10. Following the Assembly Chart below and keeping naps running in the same direction, sew these Strips to the top and bottom:

- 5½" Fabric B Strip.
- 10½" Main Strip.



Assembly Chart

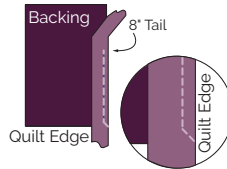
## Binding

1. Before binding, square up and trim edges to about 58" x 73".
2. Pin Binding strips, right sides together, on the diagonal. Sew between the pins. Trim each seam allowance to ½".

*Note: Have the nap of the Binding strips all go in the same direction.*



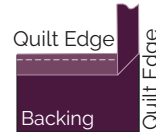
3. Starting halfway down one side and leaving an 8" tail, pin the right side of the Binding strip to the Backing.



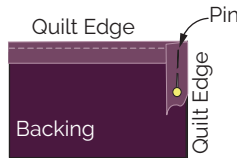
4. With a ½" seam allowance, sew Binding strip until ½" from corner. Stop with needle down.

5. Lift presser foot and pivot. Sew to the corner at a 45° angle. Remove the quilt and clip the threads.

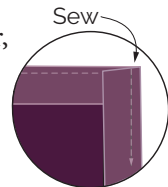
6. Rotate quilt 90° counterclockwise. Fold Binding straight up to form the miter.



7. Maintaining the miter, fold strip down to align with the next edge. Pin at the corner.

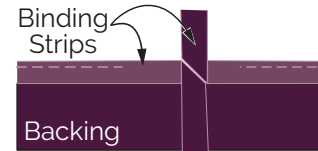


8. Starting at the miter, sew Binding to the second edge, again stopping ½" before the corner. Create another miter.

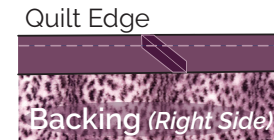


9. Continue in this manner until 8" from the start.

10. Fold Binding tails at 45° angles where the strips come together. Mark the angle. Pin, then sew along the marked lines. Trim seam allowance to ½".



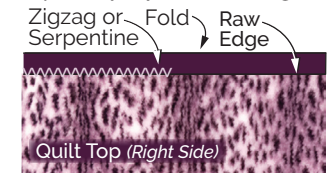
11. Sew the remaining Binding edge.



12. Flip quilt so the front side is up. Fold Binding to the front, keeping it snug against the edge. Match raw edge of Binding to previous stitching line. Use fabric clips to hold the Binding in place.

13. Topstitch on right side, using a 4x4mm zigzag or serpentine stitch.

*Note: Stitch with needle coming down just left of the raw edge.*



14. To soften the edge, use a stiletto to fluff fibers from the topstitching.

## FABRIC NOTES

It's helpful to jot down your fabric choices to keep on track as you assemble the quilt. Here's the spot to do it! Pin fabric samples or fill in the blocks with markers to stay organized.

	Main Fabric Center Panel, Main Strips
	Fabric A Strips, Binding
	Fabric B Strips
	Backing

# Make It Your Own!

Sensational Strips quilts are based on variety of horizontal strips. Strips can be cut in different widths and rearranged as you desire. Try one of the variations below—or design your own!

Variation 1

Main	8"
Fabric B	3"
Fabric A	3"
Main	8"
Fabric B	3"
Fabric A	3"
Main	32"
Fabric B	3"
Fabric A	3"
Main	8"
Fabric B	3"
Fabric A	3"
Main	8"

58" x 76"

Variation 2

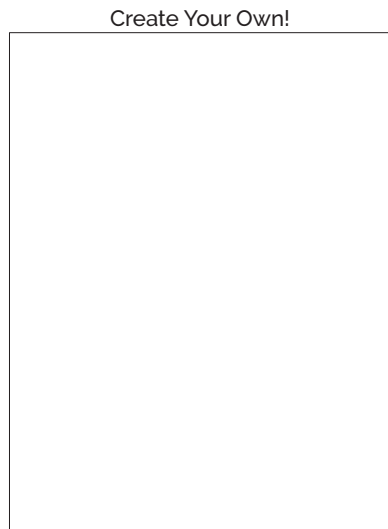
Main	8"
Fabric B	5"
Main	12"
Fabric A	5"
Main	22"
Fabric A	5"
Main	12"
Fabric B	5"
Main	8"

58" x 74"

Variation 3

Main	40"
Fabric A	12"
Fabric B	12"
Main	12"

58" x 73"



# Tips + Tools

for working with Cuddle®

**Mark before cutting.**  
Smooth Cuddle® on a flat surface—a large table, the floor, or a cutting mat. Use a permanent, felt tip marker or ball point pen to mark your cutting line on the back of the fabric.

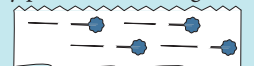


**Cut with the right tools.**  
Use a rotary cutter for Cuddle® 3 and Cuddle® Dimple. For Luxe Cuddle®, a craft knife is a better option. Cut from the wrong side to avoid cutting the fibers, and reducing Cuddle® dust.



**Get rid of the Cuddle® dust.**  
Vacuum edges as you cut, then put the cut pieces into the dryer with a damp washcloth. Tumble at low or no heat for about five minutes. All the loose fibers will end up in your lint trap!

**Double pin for stability.**  
Pin the first row every 1½" along the cut edge and a second row 1" to the left of this row of pins. Alternate positions, but stay parallel to the edge.



**Lengthen the stitch length. Lower the foot pressure.**  
Start with a 3mm straight stitch, increasing it if necessary. If the foot is pushing the fabric forward, lower the pressure on the foot.

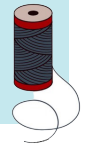
**Use a 90/14 stretch needle.**  
Since Cuddle® is a knit fabric, the best needle is 90/14 Stretch needle. Jersey and Ballpoint needles are also good choices. Universals will often result in skipped stitches.



**Use a walking foot**  
If your machine did not come with a walking foot, we recommend getting one. A walking foot helps both layers of Cuddle® move along more smoothly. A dual-feed system will substitute for a walking foot.



**Always use polyester thread.**  
Polyester thread has increased strength and a slight stretch. Since Cuddle® is a polyester fabric with a bit of stretch, the two work together nicely. Fill your bobbin with polyester thread, too!



**Use basting spray to keep fabric in place.**  
Basting spray is a convenient way to keep fabric smooth and in position for sewing strips or binding. Use parchment paper or newsprint to prevent overspray.



**Wash it the right way.**  
All Cuddle® and Luxe Cuddle® fabrics are machine washable in cool water and a low-heat. Never, ever use fabric softeners or high heat.