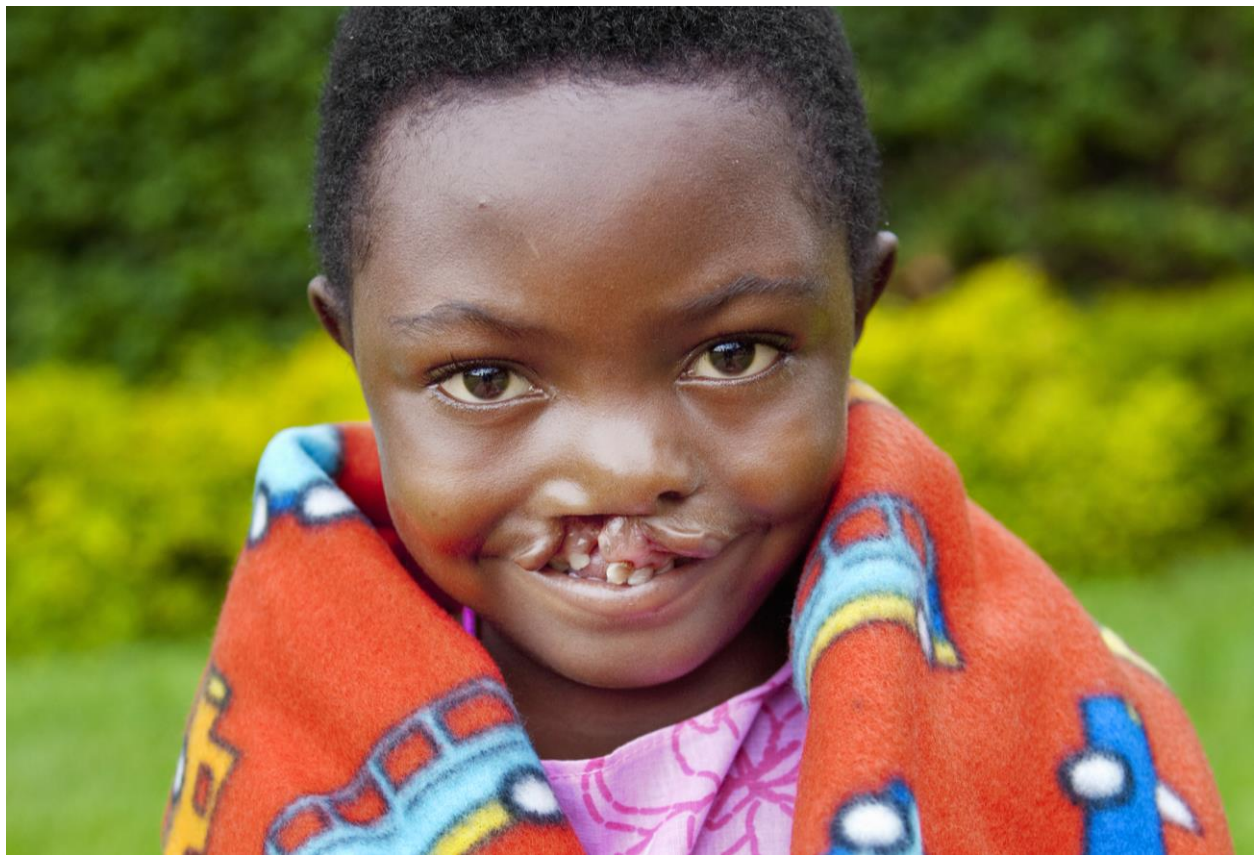


# QUILTS, BLANKETS AND AFGHANS

## Priority Level: HIGH

Volunteers can help craft blankets, sew quilts or knit/crochet afghans. This project is a wonderful way to provide warmth and comfort for our patients worldwide.

All quilts, blankets and afghans need to be appropriately sized for a child: 45" x 45" or 54" x 54". Quilts should be made from lightweight cotton and must include light batting. Blankets can be made from lightweight fleece. Light to medium weight cotton or acrylic yarn is preferred for afghans.



## No-Sew Light Weight Fleece Blanket

Please note: we have determined that these light-weight blankets are best for our patients, and we will [no longer send double fleece blankets](#). Thank you!

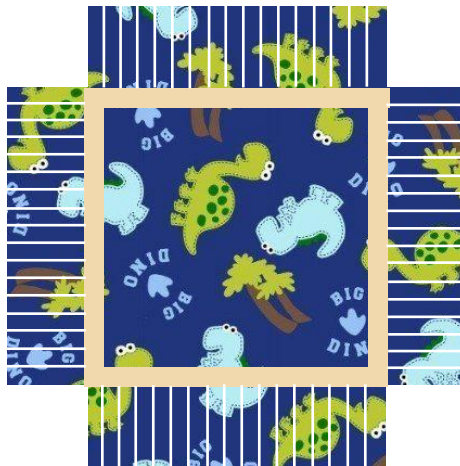
### Materials

- 1-1/2 yards of bright colored or printed micro-fleece
- Tape measure

- Sharp shears or scissors

### Instructions for No-Sew Light Weight Fleece Blankets

1. Cut your fabric so that it measures 54" square. Remove the selvages (machined edge) and even up all uneven sides.
2. Cut a 4" square from each corner.
3. (Optional) Use masking or painters tape to make a line across the length of the blanket from the square you just cut, and use this as a guide for cutting your fringe!
4. Starting from one of the edges you just cut, begin cutting 1" fringe to the tape (or 4" deep if you don't use the tape) all the way around the fabric.



5. Take each fringe piece and gently tie a knot at the end of the cut (closest to the masking tape). Do not tie two pieces together, just knot each single piece of fringe. Be careful not to stretch the fleece if possible! This creates a finished edge so the blanket won't fray. Once all fringe pieces are tied, remove the tape and your blanket is ready to go!

### Instructions for Serged-Edge Fleece Blankets

1. Cut your fabric so that it measures 54" square. Remove the selvages (machined edge) and even up all uneven sides.
2. Use a small plate or saucer to round the corners of your fleece. Line the plate up to the edges and cut around the edge of the plate. Repeat for all corners. This gives your blanket rounded corners.
3. Set your serger machine up for fleece (check your machine's manual for the proper settings). We've found that ball-point needles work best for fleece. You can use one color of thread for the whole blanket, or use multiple colors for a fun look!
4. Once your machine is set-up and you've tested on some scrap material, choose a starting point on the straight side of your blanket, and serge all the way around.
5. Serge over the beginning stitches, leaving a bit of a tail.

6. Use a fray blocking glue, or hand stitch/weave the tail to ensure the edges don't unravel.

## **Knitted Child-Sized Afghan and Crocheted Child-Size Afghan**

Afghans need to be appropriately sized for a child: 45" x 45" or 54" x 54" using light to medium weight cotton or acrylic yarn. You are welcome to use your favorite knit or crochet pattern that fits within the size requirements for these blankets.

## **Machine Quilted Blanket**

### Materials

- 1 1/4 yards printed decorative quilt fabric
- 1 yard solid color quilt fabric
- Quilt batting
- 1 1/4 yards woven flannel
- Large safety pins or needle and thick thread
- 1" masking tape
- 1 yard solid cotton fabric
- Sewing pins
- Sewing machine

## **Machine Quilted Blanket Instructions**

1. Cut a square from the decorative fabric, a little bigger than you intend for the finished quilt. You can use the width of the fabric and make a 44" x 44" square. Cut squares of flannel and batting – make sure they are just a few inches bigger than the decorative fabric.
2. Place the square of decorative fabric (the “quilt top”) and center over the layer of light-weight quilt batting. Take the fabric and batting and put them on top of the piece of woven flannel.
3. Use the large safety pins to baste or hold the layers in place. Or you can baste the quilt by sewing long loose running stitches by hand.
4. Place a piece of masking tape diagonally (corner to corner) across the top of the quilt. Line up the tape with the edge of the sewing machine presser foot, and use the tape as a guide to stitch across the quilt. Use a larger machine stitch to look more like hand-quilting. Tip: To keep stitching secure, start sewing just off the top fabric (in the batting), and end just off the top fabric on the other end.
5. Remove the tape, then line it up against line just stitched, and stitch another line in the same way; repeat, moving from the center out to the corners in both directions.
6. When you have finished machine-quilting the entire blanket, trim off extra batting and flannel around edges of top fabric.
7. Cut 3 and 3/4" strips of the solid fabric for the binding. Sew together end-to-end to make one long strip that is at least 5 yards long. Press the strip in half lengthwise.
8. Pin raw edges of strip to the raw edges of the quilt, all the way around on the back of the quilt (flannel side). Stitch the binding using a 1/2" seam allowance, mitering the corners.
9. Flip the binding over the raw edge of the quilt, and sew the folded edge to the front of the quilt with a decorative stitch.

*Adapted from “Simple Baby Quilt” instructions on marthastewart.com.*