

2023-2024 4-H Quilt Block and Top Challenge Pattern
“Flying Flags” by Amy Smart, Diary of a Quilter



Instructions to assemble blocks and top on next pages.

Flying Flags - 66" x 80" Finished Quilt

Quantity: 20 blocks

Fabric Requirements

- Navy: 20 squares cut 6 ½ inches by 6 ½ inches each (¾ yard of fabric to make 20 squares).

Hint: for red, white, and light blue fabric, use Jelly Roll pre-cut fabrics as they are pre-cut 2 ½ by 42 inches. Most Jelly Rolls have 20 strips per roll.

- Red: 20 strips (2 ½ inches wide by 42 inches long) (1 Jelly Roll).
 - White: 20 strips (2 ½ inches wide by 42 inches long) (1 Jelly Roll).
 - Light blue: 40 strips (2 ½ inches wide by 14 ½ inches long) (2 Jelly Rolls).
- Hint: Save leftover light blue fabric for first border, if making a quilt top.*



Example Jelly Roll

Block Assembly

Fabric requirements per quilt block to be cut from fabric above:

1 navy square 6 ½ x 6 ½
2 red strips 2 ½ x 8 ½
1 red strip 2 ½ x 14 ½

1 white strip 2 ½ x 8 ½
1 white strip 2 ½ x 14 ½
2 light blue strips 2 ½ x 14 ½

All seams are sewn with a ¼ inch seam. All fabric pieces are sewn right sides together.

Block Sewing Steps

Step 1

- Sew the three 8 ½ strips together: red strip, white strip, red strip.
- Press seams toward red strips.

Step 2

- Sew the one white and one red strip 14 ½ together.
- Press seam toward red strip.

Step 3

- Sew the 6 ½ x 6 ½ navy square to the three 8 ½ red-white-red strip set.
- Press seam toward the blue square.

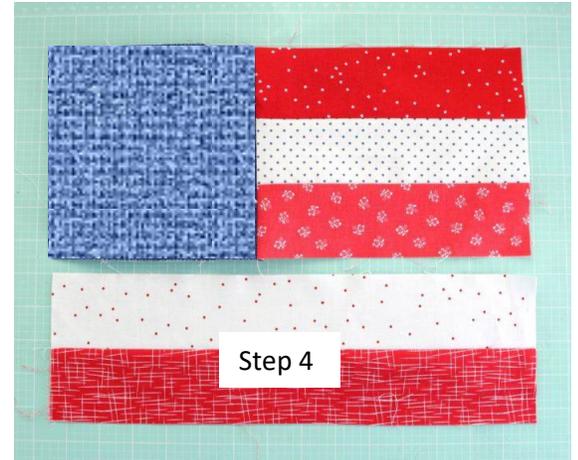


Step 4

- Sew bottom red-white strip set to the top blue square-red-white-red unit.
- Press seam toward long white strip.

Step 5

- Sew one light blue $2\frac{1}{2} \times 14\frac{1}{2}$ to the top of the flag block.
- Sew one light blue $2\frac{1}{2} \times 14\frac{1}{2}$ to the bottom of the flag block.
- Press seams toward the light blue strips.



This will complete one $14\frac{1}{2} \times 14\frac{1}{2}$ quilt block.
Make 19 more blocks!

Be sure to follow proper flag protocol and ensure the standard (field of stars) is facing up and in the lefthand corner or if the flag is on its side, the standard is facing up and in the righthand corner.



To make one quilt top

Use the 20 blocks assembled above and the following fabric for the borders, binding and backing.

Fabric Requirements

- Inside Border
 - Light blue: left over fabric from block construction above (2 ½ inches wide by 42 inches long).
- Outside Border
 - Navy or Red: 7 strips (3 ½ inches wide by 42 inches long)
- Binding
 - Navy or Red: 7 strips (2 ½ inches wide by 42 inches wide)
- Backing
 - Coordinating Navy, Red, or Light blue: 4 yards
- Batting
 - Use quality batting sold in craft or big box stores. Comes in a bag by quilt size. Use twin size batting.

Quilt Top Sewing Steps

Lay out flag blocks with 4 blocks across and 5 blocks down.

Step 1

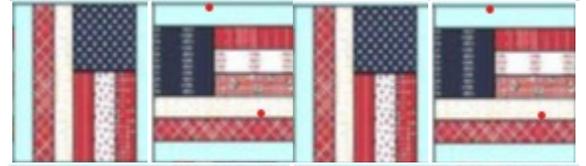
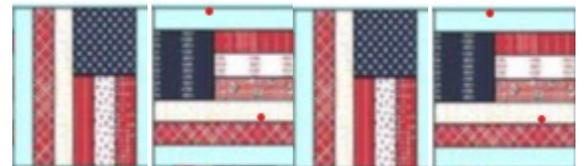
- Sew blocks together into rows of 4 flag blocks to equal 5 rows.
- Press seams towards the light blue fabric.

Step 2

- Sew rows together into one top.
- Press seams toward light blue fabric.



Step 1



Step 2

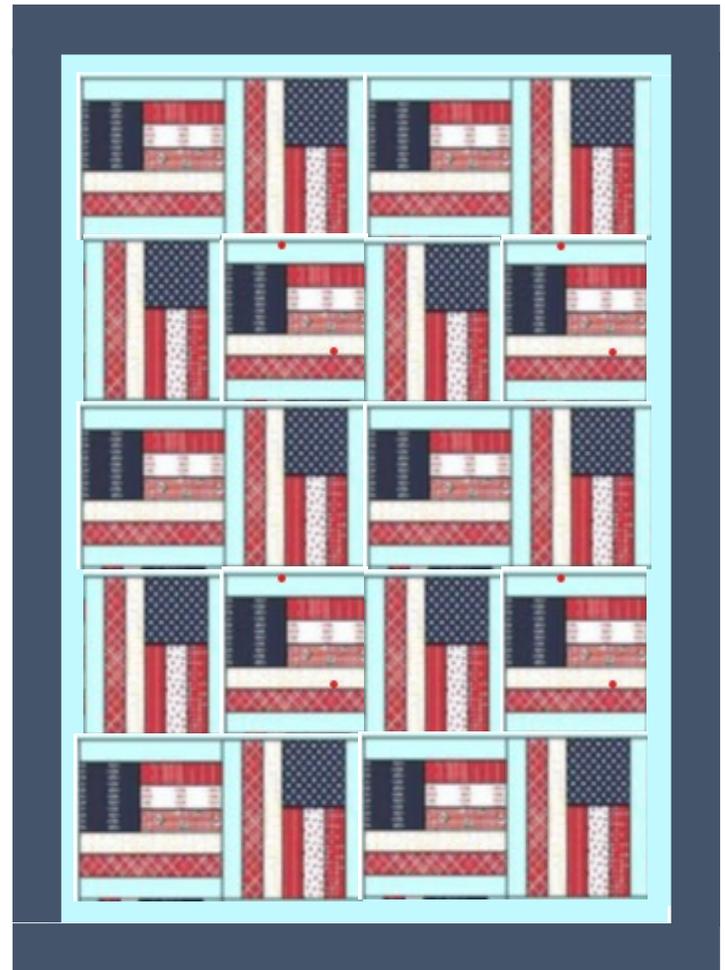
Add Borders

Step 3 – inside border (light blue)

- Use leftover light blue 2 ½ inch by 42 inch long strips from block construction.
- Sew strips end to end to make one long border strip.
- Measure down the center of the quilt top, cut strips to that length.
- Sew strips to each side of the quilt top.
- Press seams to the border.
- Repeat the process with the top and bottom border.

Step 4 – outside border (navy or red)

- Use 7 strips of 3 ½ inch wide by 42 inch long navy or red fabric.
- Follow instructions in step 3 – inside border to add outside border.
- Press seams to one side of strip.
- Fold strip in half longwise and press.
- Sew raw edge to edge of front of quilt top.
- Fold over the binding strip to back of quilt.
- Sew folded edge strip to back of quilt, keeping close to the edge as possible.



Quilt Backing

Step 5

- Cut two 2-yard pieces of coordinating backing fabric.
- Trim off selvage edges off one long side of each piece.
- Sew together along those two long edges to make a 72 inch by 84 inch backing.
- Press seams open.

Layering the Quilt

Step 6

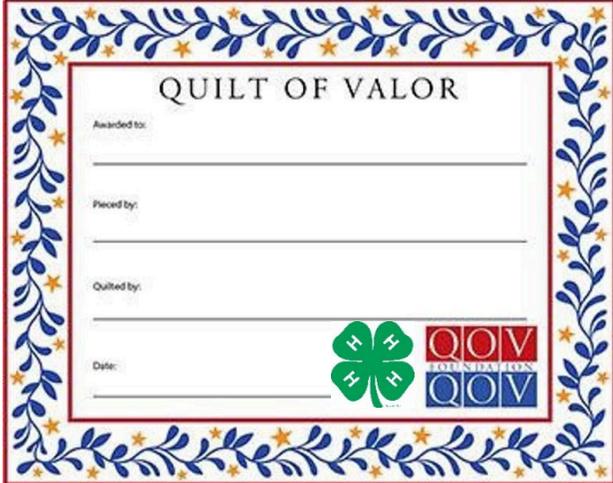
- Layer, backing, batting, and quilt top as a sandwich.
- Quilt as desired. (This article talks about quilting for beginners - <https://www.diaryofaquilter.com/basting-and-quilting-for-beginners>)

Binding (info on [How to Bind a Quilt found here](#))**Step 7**

- Sew 7 strips of 2 ½ x 42 navy or red fabric into one long strip.

Label

- Using a permanent fabric pen, complete the official 4-H and Quilts of Valor label with your club name, date of award presentation, and veteran's name.
- Sew the label to the back of the quilt in the lower right corner.



The image shows a rectangular label template for a Quilt of Valor. The label has a decorative border of blue leaves and yellow stars. The text "QUILT OF VALOR" is centered at the top. Below the title are four horizontal lines for text entry, each preceded by a label: "Awarded to:", "Pieced by:", "Quilted by:", and "Date:". In the bottom right corner of the label area, there are two logos: a green four-leaf clover with the letters "H" in each leaf, and a red and blue logo with the letters "QOV" and "4-H" below it.