



## A Winter Nap Throw 1

Designed and made by Sally Ablett

Size of throw 48" x 48" - unfinished block size 12½" x 12½"



Main Diagram

## Requirements

Fabrics from the A Winter Nap collection

1. A560.1 - Winters nap on dark cream -  $\frac{5}{8}$ yd - 70cm
2. A563,3 - Scattered foliage & friends on dark brown -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr
3. A564.1 - Sleepy friends on dark cream -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr
4. A561.2 - Dark honey wood grain -  $\frac{3}{8}$ yd - 40cm
5. A562,2 - Rainbow leaves on dark honey -  $\frac{5}{8}$ yd - 70cm
6. BB281 - Woodland red -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr

Wadding and backing 52" x 52"

All measurements include  $\frac{1}{4}$ " seam allowances; press each seam as you go.

You will need to join your strips to get the length on the border.

## Cutting

### From fabric 1 cut

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (1)

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (1)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

### From fabric 2 cut

9 x  $7\frac{1}{4}$ " x  $7\frac{1}{4}$ " cut in half diagonally twice (block 1 & 2)

### From fabric 3 cut

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

5 x  $4\frac{3}{4}$ " x  $4\frac{3}{4}$ " (block 1)

### From fabric 4 cut

24 x  $1\frac{1}{2}$ " x  $12\frac{1}{2}$ " sashing

### From fabric 5 cut

2 x  $4\frac{1}{2}$ " x  $40\frac{1}{2}$ " border sides

2 x  $4\frac{1}{2}$ " x  $48\frac{1}{2}$ " border top and bottom

### From fabric 6 cut

10 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally once (block 1)



16 x 1½" x 1½" sashing squares  
5 x 4¾" x 4¾" (block 2)

### **Making up the blocks**



**Block 1**



**Block 2**

Both blocks are made in the same way.

Lay out the fabric pieces for block 1.

Starting from the center fold your square in half and finger press at each end. Do the same to the triangles on the long side. This will help you to line up your fabric pieces. Sew into place and press.

Now do the same to the next set of triangles so you will end up with a square. Do the same to each set of triangles.

Stitch the last set of triangles to make the block.

You need 5 of block 1 and 4 of block 2 in total.

### **Making up the throw.**

Lay out the squares and sashing on the first row as in the main diagram.



On each of your rows press the seams in the opposite way each time. This will help when sewing the rows together.

Your next row will be a sashing strip and blocks.

Complete all your rows for the center of the throw.

### **Border**

Take the side strip and sew them to the quilt, press back

Next stitch the top and bottom border strips to the throw to complete the throw.

### **Quilting**

Sandwich quilt top, wadding and backing together. Quilt by hand or machine as desired. Trim backing and wadding to size of quilt.

### **Binding**

Use your favourite method from fabric 6 to bind the quilt.

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## A Winter Nap Throw 2

Designed and made by Sally Ablett

Size of throw 48" x 48" - unfinished block size 12½" x 12½"



Main Diagram

## Requirements

Fabrics from the A Winter Nap collection

1. A560.3 - Winters nap on dark honey -  $\frac{5}{8}$ yd - 70cm
2. A563.2 - Scattered foliage & friends on honey -  $\frac{1}{2}$ yd
3. A564.3 - Sleepy friends on dark brown -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr
4. A561.3 - Dark wood grain -  $\frac{3}{8}$ yd - 40cm
5. A562.1 - Rainbow leaves on cream -  $\frac{5}{8}$ yd - 70cm
6. BB268 - Gentle green -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr

Wadding and backing 52" x 52"

All measurements include  $\frac{1}{4}$ " seam allowances; press each seam as you go.

You will need to join your strips to get the length on the border.

## Cutting

### From fabric 1 cut

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (1)

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (1)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

### From fabric 2 cut

9 x  $7\frac{1}{4}$ " x  $7\frac{1}{4}$ " cut in half diagonally twice (block 1 & 2)

### From fabric 3 cut

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

5 x  $4\frac{3}{4}$ " x  $4\frac{3}{4}$ " (block 1)

### From fabric 4 cut

24 x  $1\frac{1}{2}$ " x  $12\frac{1}{2}$ " sashing

### From fabric 5 cut

2 x  $4\frac{1}{2}$ " x  $40\frac{1}{2}$ " border sides

2 x  $4\frac{1}{2}$ " x  $48\frac{1}{2}$ " border top and bottom

### From fabric 6 cut

10 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally once (block 1)



16 x 1½" x 1½" sashing squares

### **Making up the blocks**



**Block 1**



**Block 2**

Both blocks are made in the same way.

Lay out the fabric pieces for block 1.

Starting from the center fold your square in half and finger press at each end. Do the same to the triangles on the long side. This will help you to line up your fabric pieces. Sew into place and press.

Now do the same to the next set of triangles so you will end up with a square. Do the same to each set of triangles.

Stitch the last set of triangles to make the block.

You need 5 of block 1 and 4 of block 2 in total.

### **Making up the throw.**

Lay out the squares and sashing on the first row as in the main diagram.



On each of your rows press the seams in the opposite way each time. This will help when sewing the rows together.

Your next row will be a sashing strip and blocks.

Complete all your rows for the center of the throw.

### **Border**

Take the side strip and sew them to the quilt, press back

Next stitch the top and bottom border strips to the throw to complete the throw.

### **Quilting**

Sandwich quilt top, wadding and backing together. Quilt by hand or machine as desired. Trim backing and wadding to size of quilt.

### **Binding**

Use your favourite method from fabric 6 to bind the quilt.





### A Winter Nap Throw 3

Designed and made by Sally Ablett

Size of throw 48" x 48" - unfinished block size 12½" x 12½"



Main Diagram

## Requirements

Fabrics from the A Winter Nap collection

1. A560.2 - Winters nap on green -  $\frac{5}{8}$ yd - 70cm
2. A563.1 - Scattered foliage & friends on cream -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr
3. A564.2 - Sleepy friends on spiced red -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr
4. A561.1 - Light wood grain -  $\frac{3}{8}$ yd - 40cm
5. A562.3 - Rainbow leaves on dark brown -  $\frac{5}{8}$ yd - 70cm
6. BB275 - Dark golden sand -  $\frac{1}{2}$ yd -  $\frac{1}{2}$ mtr

Wadding and backing 52" x 52"

All measurements include  $\frac{1}{4}$ " seam allowances; press each seam as you go.

You will need to join your strips to get the length on the border.

## Cutting

### From fabric 1 cut

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (1)

5 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (1)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

### From fabric 2 cut

9 x  $7\frac{1}{4}$ " x  $7\frac{1}{4}$ " cut in half diagonally twice (block 1 & 2)

### From fabric 3 cut

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from bottom left to top right (2)

4 x  $6\frac{7}{8}$ " x  $6\frac{7}{8}$ " cut in half diagonally ones from top left to bottom right (2)

5 x  $4\frac{3}{4}$ " x  $4\frac{3}{4}$ " (block 1)

### From fabric 4 cut

24 x  $1\frac{1}{2}$ " x  $12\frac{1}{2}$ " sashing

### From fabric 5 cut

2 x  $4\frac{1}{2}$ " x  $40\frac{1}{2}$ " border sides

2 x  $4\frac{1}{2}$ " x  $48\frac{1}{2}$ " border top and bottom

### From fabric 6 cut

10 x  $3\frac{7}{8}$ " x  $3\frac{7}{8}$ " cut in half diagonally once (block 1)



16 x 1½" x 1½" sashing squares

### Making up the blocks



**Block 1**



**Block 2**

Both blocks are made in the same way.

Lay out the fabric pieces for block 1.

Starting from the center fold your square in half and finger press at each end. Do the same to the triangles on the long side. This will help you to line up your fabric pieces. Sew into place and press.

Now do the same to the next set of triangles so you will end up with a square. Do the same to each set of triangles.

Stitch the last set of triangles to make the block.

You need 5 of block 1 and 4 of block 2 in total.

### Making up the throw.

Lay out the squares and sashing on the first row as in the main diagram.



On each of your rows press the seams in the opposite way each time. This will help when sewing the rows together.

Your next row will be a sashing strip and blocks.

Complete all your rows for the center of the throw.

### **Border**

Take the side strip and sew them to the quilt, press back

Next stitch the top and bottom border strips to the throw to complete the throw.

### **Quilting**

Sandwich quilt top, wadding and backing together. Quilt by hand or machine as desired. Trim backing and wadding to size of quilt.

### **Binding**

Use your favourite method from fabric 6 to bind the quilt.

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