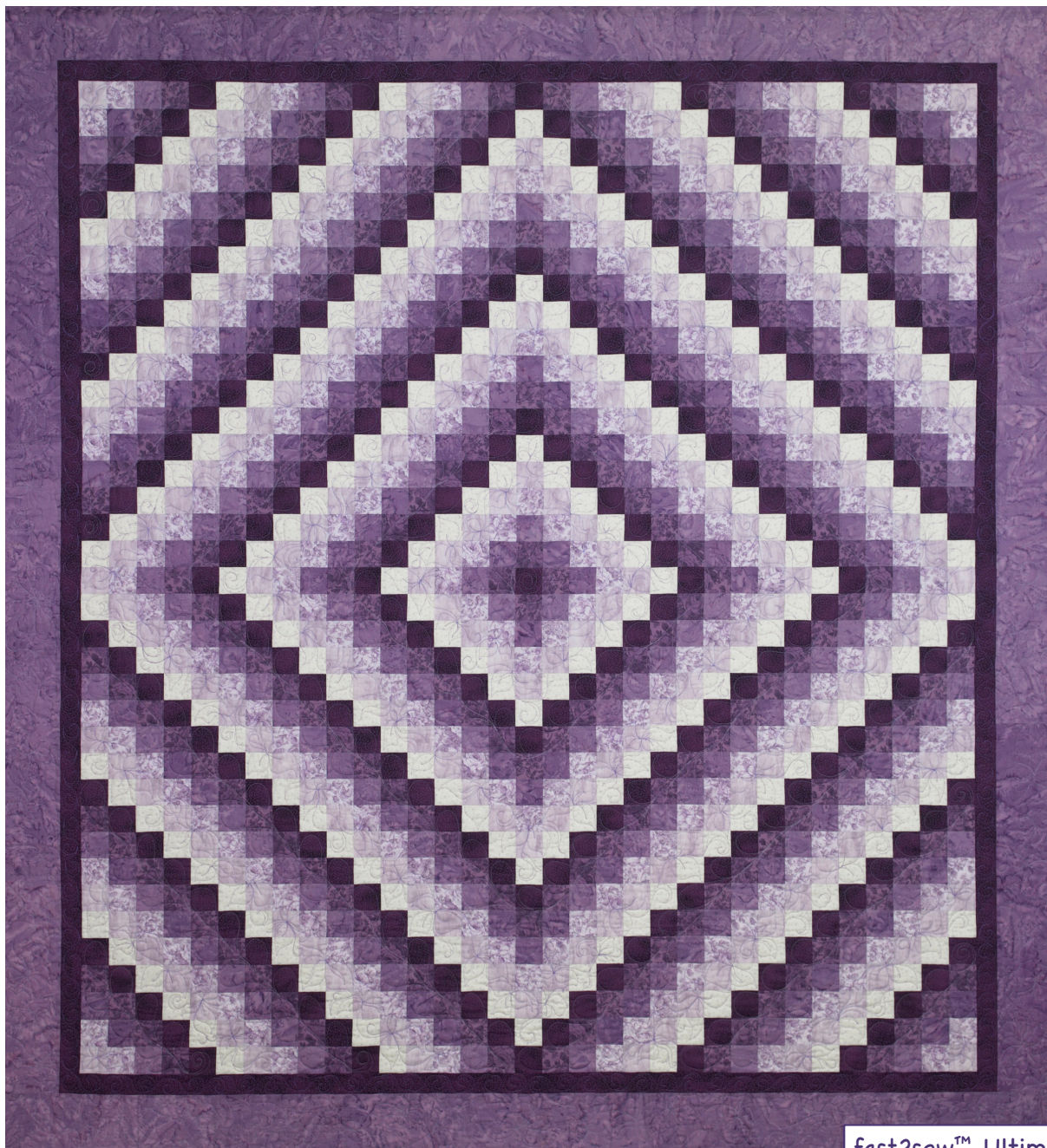


SUNSHINE & SHADOW

Quick & Easy Machine Piecing Techniques

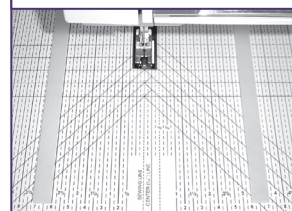


FINISHED SIZE: 78" x 86"

Designed by Annis Clapp
Machine Quilted by Donna Akins



fast2sew™ Ultimate
Seam Guide



SUNSHINE & SHADOW

*Read all instructions carefully before starting.
Prewash and iron fabrics.*

All strips are cut on the crosswise grain of the fabric unless directions specify otherwise. Press seams in the direction of the arrows.

PREPARING TO SEW

Using an **Ultimate Seam Guide** will give you a smoother sewing surface and longer, easy to see seam allowance markings for more accurate piecing. It covers the uneven surface between the needle plate and sewing machine cabinet or tray so your fabric will feed smoothly and evenly.

Place the **Seam Guide** on the sewing machine. (Follow instructions to cut opening for needle and feed dogs.) Make sure the needle lines up with the red sewing line on the **Seam Guide** and tape in place.

Set sewing machine stitch length to 12-15 stitches per inch (2.0 on some sewing machines).

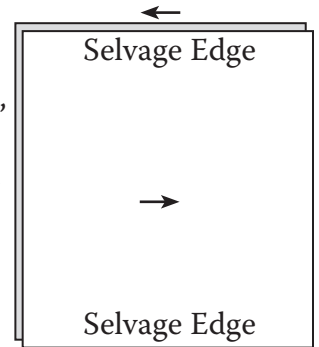
If you aren't using a **Seam Guide**, you can still make this quilt the traditional way by cutting $2\frac{1}{2}$ " fabric strips for the strip sets, or sewing a $\frac{1}{4}$ " seam on each side of the 5" strips instead of in the center for Steps 2, 15, and 23. The left and right side will be on opposite sides in Steps 3, 16, and 24. The seam alignment may not be as perfect using this technique, but depending on the fabric you are using and your level of perfection this may not be a problem.

MAKING THE QUILT CENTER

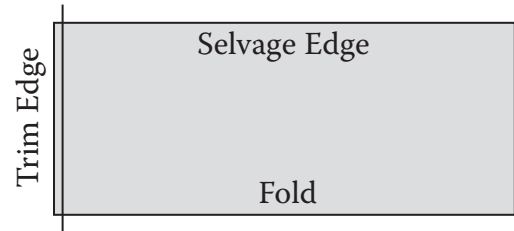
CUTTING

1. Optional: Remove selvage edges from each of the 1 yard lengths of fabric and trim all 6 fabrics to the same width (41" minimum).

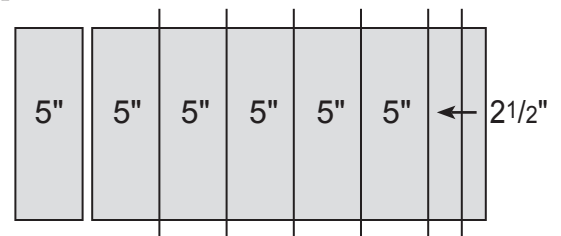
2. Layer light and extra-light fabrics, right sides together, with selvage edges matching. (If you are using one-way prints, the print on the top fabric should be going in the opposite direction than the print on the bottom fabric).



3. To cut 4 layers at a time, fold selvage edge to selvage edge, making sure there are no wrinkles at the fold. Trim uneven edge square with fold.



4. Cut 6 strips 5" by width of fabric. Cut 1 strip $2\frac{1}{2}$ " by width of fabric. Stack 5" layered fabric strips, being careful not to shift layers. Put the $2\frac{1}{2}$ " strips aside to be used later for the center strips.



5. Repeat **Steps 2-4** for medium and medium-light fabrics.

6. Repeat **Steps 2-4** for dark and medium-dark fabrics. You will now have 3 stacks of 5" wide layered fabric strips and 1 stack of 2 1/2" wide strips.

6 each
light/extra-light



6 each
medium/medium light



6 each
dark/medium-dark



1 each
2 1/2" strips



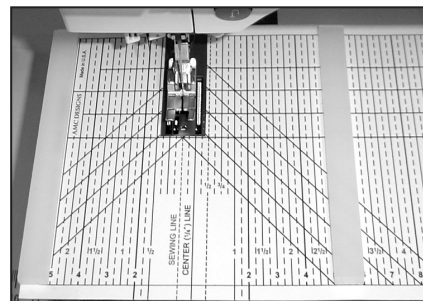
7. Cut a small swatch from the leftover scraps of each fabric and label 1 thru 6 in the following order:

- | | |
|----------------|-----------------|
| 1. dark | 4. medium-light |
| 2. medium-dark | 5. light |
| 3. medium | 6. extra-light |

***Tip:** If the adhesive on the guide bars does not stick well to the seam guide, add a strip of 3M Poster Tape and trim excess width with an x-acto knife.*

MAKING A TEST BLOCK

1. Place the **Seam Guide Bars** slightly to the left of the 5" lines on the **Seam Guide** (black numbers on **Guide**). This will allow for the width of the thread and the fold of the seam allowance when it's pressed to one side.



2. Cut a 2 1/2" x 5" layered strip from scrap fabric. Place between the **Guide Bars** and sew from end to end. The sewn strip should measure exactly 4 1/2" when pressed open. Reposition **Guide Bars** if needed, sew on the other side of the strip and recheck the measurement.



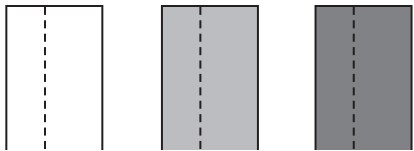
2 1/4"



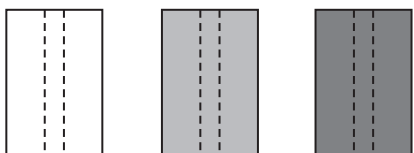
4 1/2"

PIECING

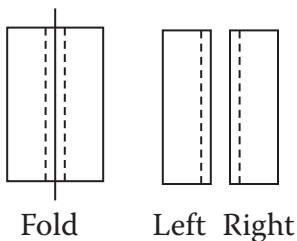
1. Place the 5" layered strips between the **Guide Bars** to sew. The left **Guide Bar** is the one that determines the seam allowance. Make sure the layered fabric stays against the **Guide Bar** as you sew. Chain-sew one stack at a time and keep the stacks separated.



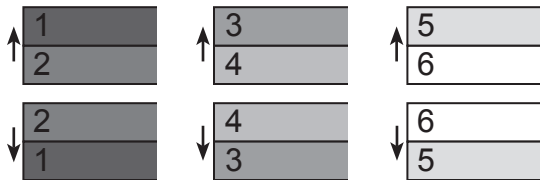
2. Rotate the strips 180° and sew again in the opposite direction.



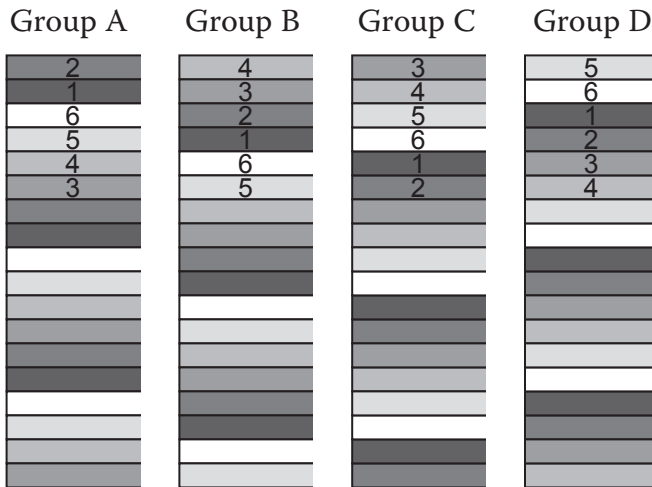
3. Press seam lines to set seams. Fold each sewn strip in half and cut between sewn lines. Keep the right and left sides of the cut strips in separate stacks. This is important if you are using a one-way print.



4. Press all seams toward fabrics 1, 3, and 5. You will now have 12 strip sets of each color combination, 6 with the darker fabric on the top and 6 with the darker fabric on the bottom.

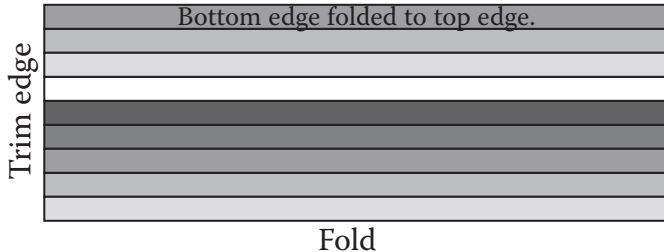


5. Remove the left **Guide Bar**, but remember its position. You will need to use it again. Leave the right **Guide Bar** in place.
6. Separate the strip sets into 4 groups as shown, repeating the color sequence 3 times. Safety pin a label to the first strip in each group. Pin and sew strip sets together with a 1/4" seam. Alternate sewing direction in every other row. Press all seams toward fabrics 1, 3, and 5.

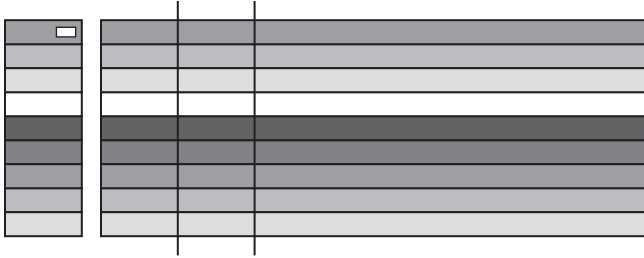


TIP: To alternate sewing directions, sew strip sets together in groups of 2, sewing left to right. Then sew the groups of 2 together sewing right to left. This will prevent the finished strip set from becoming distorted.

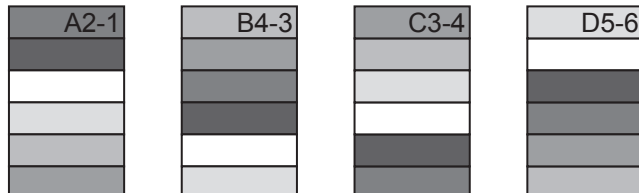
7. Fold strip set **Group A** in half, right sides together. Unpress center seam at fold with your fingers to keep fold smooth. Align raw edges at top. Trim uneven edges at left side square with fold and top edge.



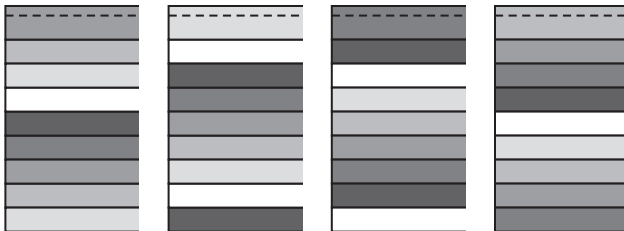
8. Cut 3 strips 5" wide. Label the top fabric of each strip **A2-1**, keeping label away from the center of the strip, and set aside. Pin the top raw edges of the remaining strip set together to form a tube and set aside.



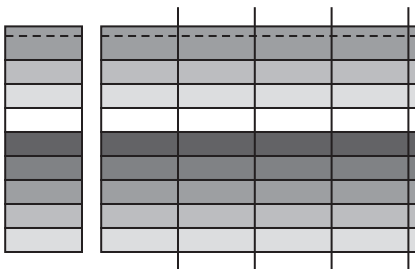
9. Repeat **Steps 7 and 8** for strip set Groups B, C, and D. Label the top fabric of each Group B strip **B4-3**, Group C strips **C3-4**, and Group D strips **D5-6**.



10. Sew the remaining portion of each strip set group together with a $\frac{1}{4}$ " seam to make 4 tubes. Press seam lines to set seams.



11. Align raw edges of each tube and cut an additional 5 strips 5" wide from each. Keep the strips from the different strip set **Groups** in separate stacks.



12. You will need to unsew a seam on each strip. Refer to the chart below and unsew the seam above the top fabric shown for each strip. For example: In **Group A**, 3 of the strips should start with fabric 5, so unsew the seam above any fabric 5 on 3 of the strips for that Group. (Make sure the fabric after 5 is fabric 4. If it's not, you've turned the strip around and will be unsewing the wrong seam). Label the top fabric of each strip as shown. Keep label away from the center of the strip.

Group A

A5-4	A5-4	A5-4	A6-5	A6-5
5	5	5	6	6
4	4	4	5	5
3	3	3	4	4
2	2	2	3	3
1	1	1	2	2
6	6	6	1	1

Group B

B3-2	B3-2	B3-2	B1-6	B1-6
3	3	3	1	1
2	2	2	6	6
1	1	1	5	5
6	6	6	4	4
5	5	5	3	3
4	4	4	2	2

Group C

C6-1	C6-1	C6-1	C1-2	C1-2
6	6	6	1	1
1	1	1	2	2
2	2	2	3	3
3	3	3	4	4
4	4	4	5	5
5	5	5	6	6

Group D

D4-5	D4-5	D4-5	D2-3	D2-3
4	4	4	2	2
5	5	5	3	3
6	6	6	4	4
1	1	1	5	5
2	2	2	6	6
3	3	3	1	1



13. Press last seams sewn to fabrics 1, 3, and 5.

14. Reposition the left **Guide Bar**. Use your test block to make sure it's positioned correctly. Refer to the chart below to layer the **A** and **B** strips together for the top of the quilt and the **C** and **D** strips together for the bottom of the quilt. For example: Layer strip **A5-4** with strip **B4-3**, right sides together, with top labeled edges matching and all raw edges even. Align seams and place a pin at the center of the strip under each seam. Repeat for each layered strip.

Top of Quilt

3 each A5-4/B4-3

3 each B3-2/A2-1

2 each B1-6/A6-5

Bottom of Quilt

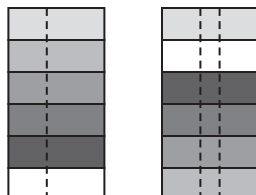
3 each C6-1/D5-6

3 each D4-5/C3-4

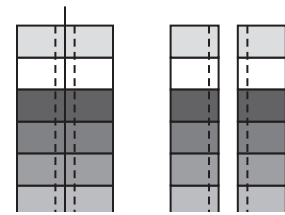
2 each D2-3/C1-2



15. Place the layered strips between the **Guide Bars** and sew from end to end, removing pins just before you get to them after you have sewn across the seam. Rotate strips 180° and sew again in the opposite direction. Repeat for each layered strip, chain-sewing strips for the top of the quilt first, then for the bottom of the quilt, to keep them separate.



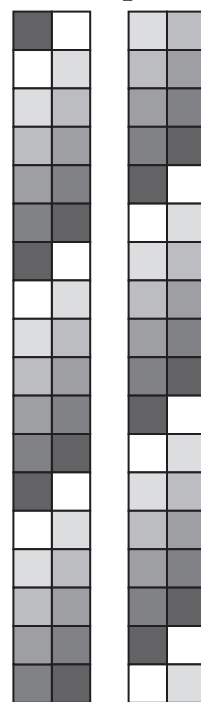
16. Press seam lines to set seams. Fold sewn strips in half, staggering the seam allowances for less bulk and cut between sewn lines. Place the left and right side of the cut strips in separate stacks. Separate the **A/B** strips from the **C/D** strips.



Fold Left Right

17. Press seams on all **A/B** strips for the top left of the quilt to the left (the top left fabric of each of these strips will be fabric 1, 3, or 5). Press seams on all **A/B** strips for the top right of the quilt to the right (the top left fabric of each of these strips will be fabric 2, 4, or 6).

A/B Top Left

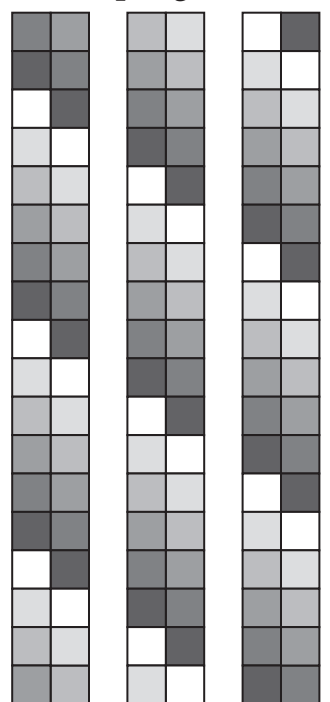


Make 2

Make 3

Make 3

A/B Top Right

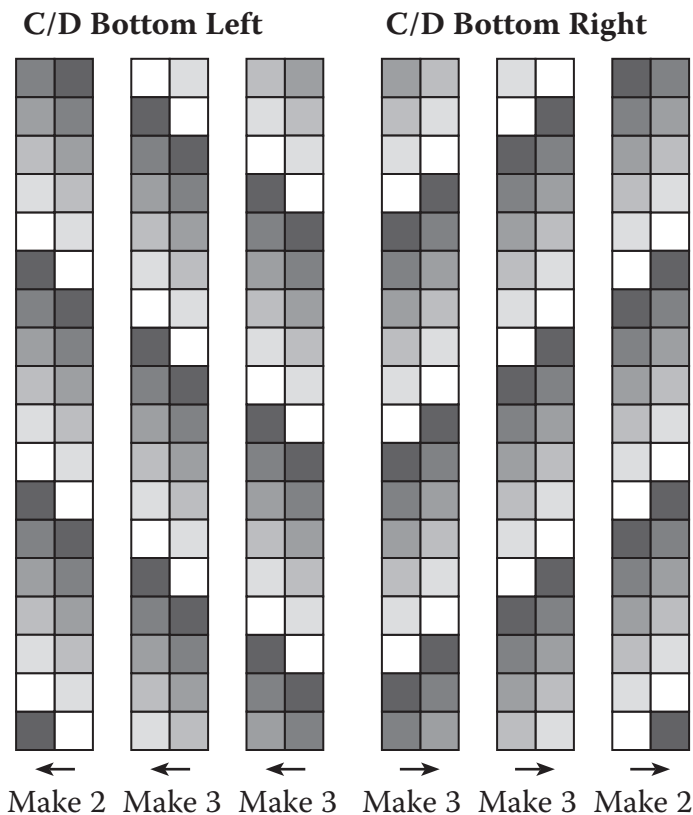


Make 3

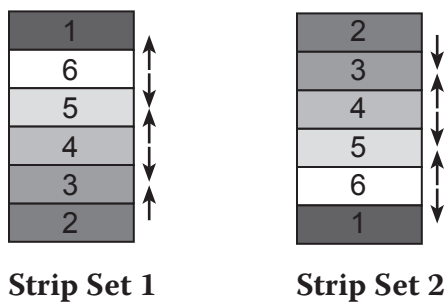
Make 3

Make 2

18. Press seams on all **C/D** strips for the bottom left of the quilt to the left (the top left fabric of each of these strips will be 2, 4, or 6). Press seams on all **C/D** strips for the bottom right of the quilt to the right (the top left fabric of each of these strips will be 1, 3, or 5).

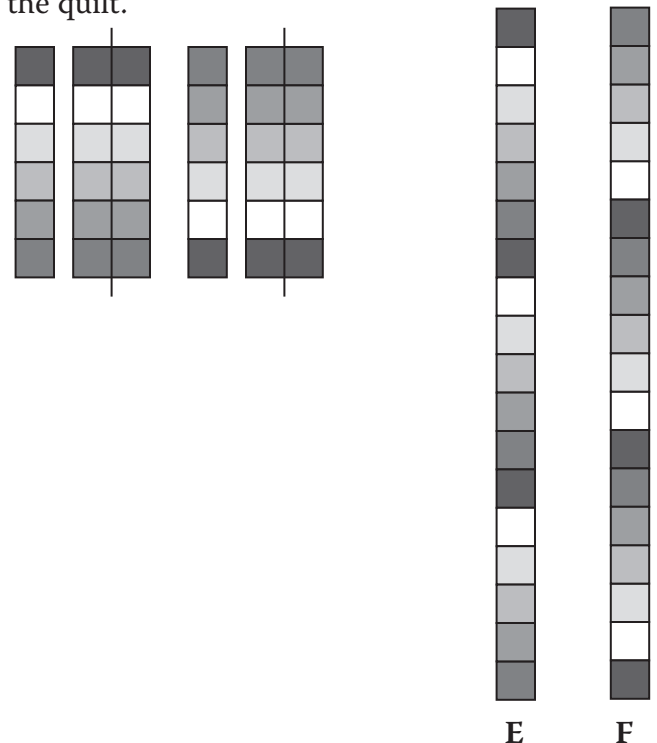


19. From each of the $2\frac{1}{2}$ " wide strips, cut 2 rectangles 8" wide for the center vertical strips. Sew these in the order shown to make 2 strip sets. Press all seams to fabrics 1, 3, and 5.

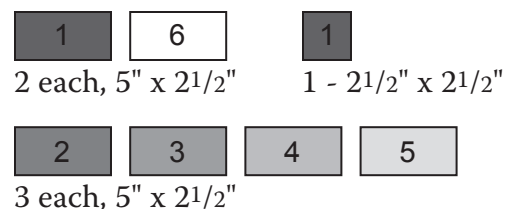


***TIP:** When sewing these strips together in groups of 2, the left edge should be even with the left Guide Bar.*

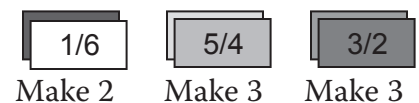
20. Cut each strip set into 3 strips $2\frac{1}{2}$ " wide. Sew **Strip Set 1** strips together with fabric 1 at the top edge to make the center vertical strip **E** for the top half of the quilt. Sew **Strip Set 2** strips together with fabric 2 at the top edge to make the center vertical strip **F** for the bottom half of the quilt.



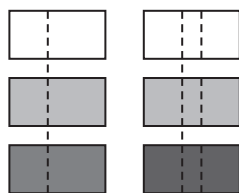
21. From the remaining $2\frac{1}{2}$ " wide strips, for the horizontal center strip, cut 2 rectangles 5" wide from fabrics 1 and 6; cut 3 rectangle 5" wide from fabrics 2, 3, 4, and 5; cut 1 square $2\frac{1}{2}$ " wide from fabric 1.



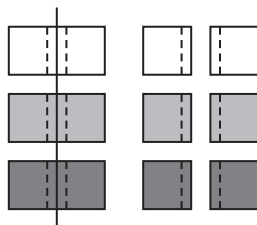
22. Layer 5" wide rectangles, right sides together, in the following order: 1 with 6, 5 with 4, and 3 with 2. Pin to keep layers from shifting.



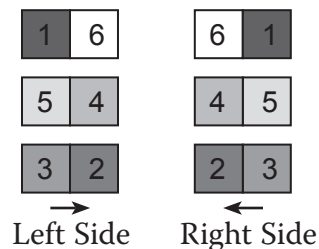
23. Place the 5" width of the layered units between the **Guide Bars** and chain-sew. Rotate units 180° and sew again in the opposite direction.



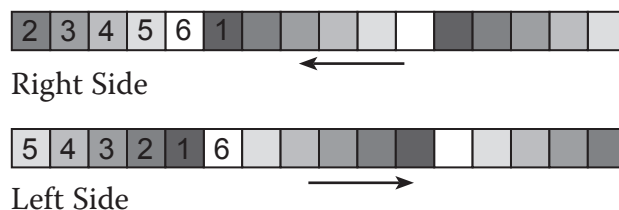
24. Press seam lines to set seams. With fabrics 2, 4, and 6 on top, cut between sewn lines and separate the right and left sides in separate stacks.



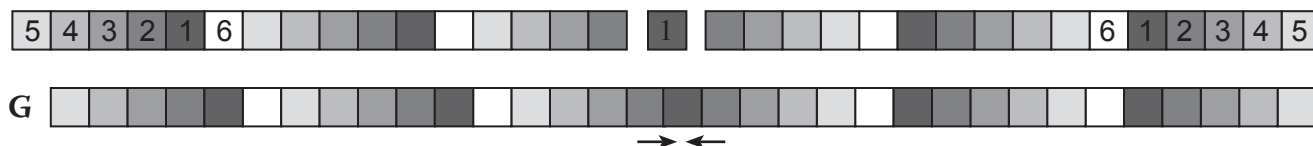
25. Units from the right stack go on the right side of the center strip. Press seams to the left (center of quilt). Units from the left stack go on the left side of the center strip. Press seams to the right (center of quilt).



26. Sew **Units** on the **Right** together in numerical order starting with 2. Press all seams in the same direction as previous sewn seams. Sew **Units** on the **Left** together in reverse numerical order starting with 5. Press all seams in same direction as previous sewn seams.



27. Sew 2 1/2" fabric 1 square between **Left** and **Right** sides as shown to complete horizontal center strip G. Press seams toward fabric 1.

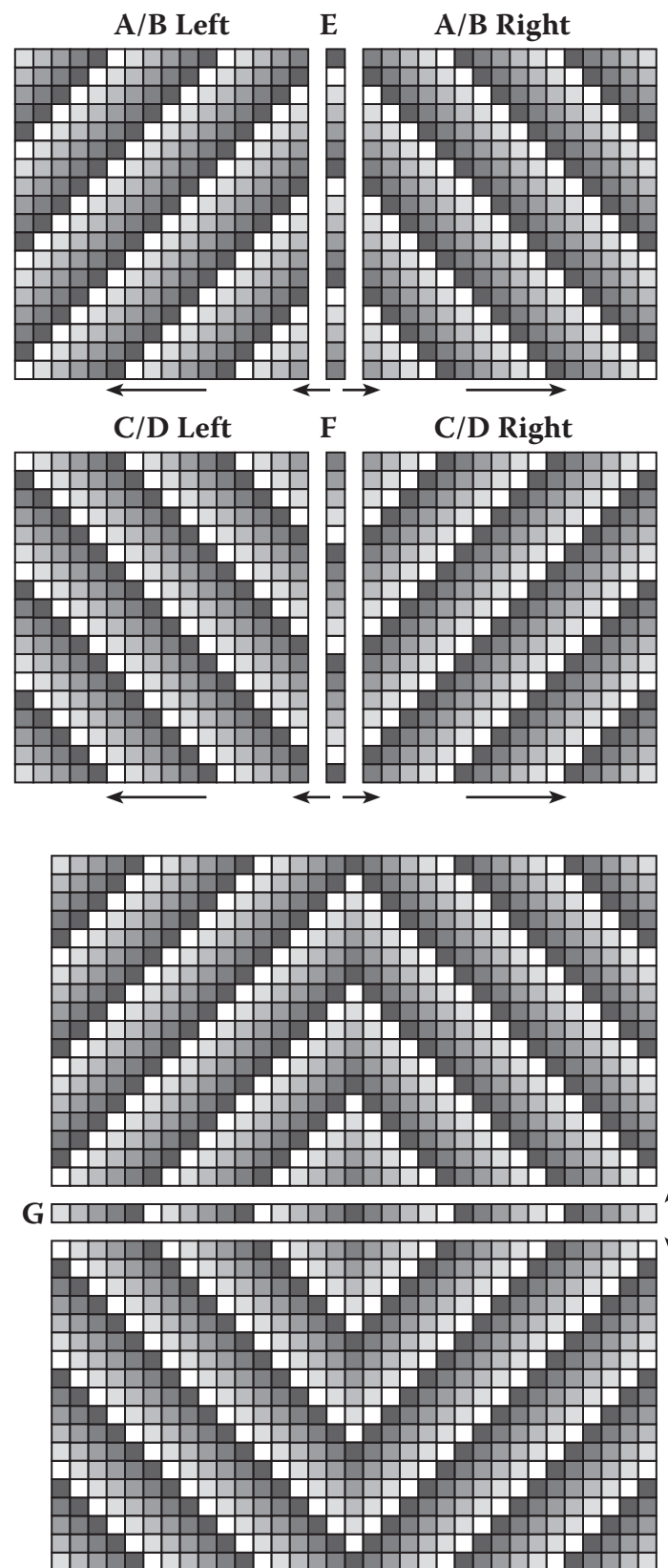


ASSEMBLING THE QUILT CENTER

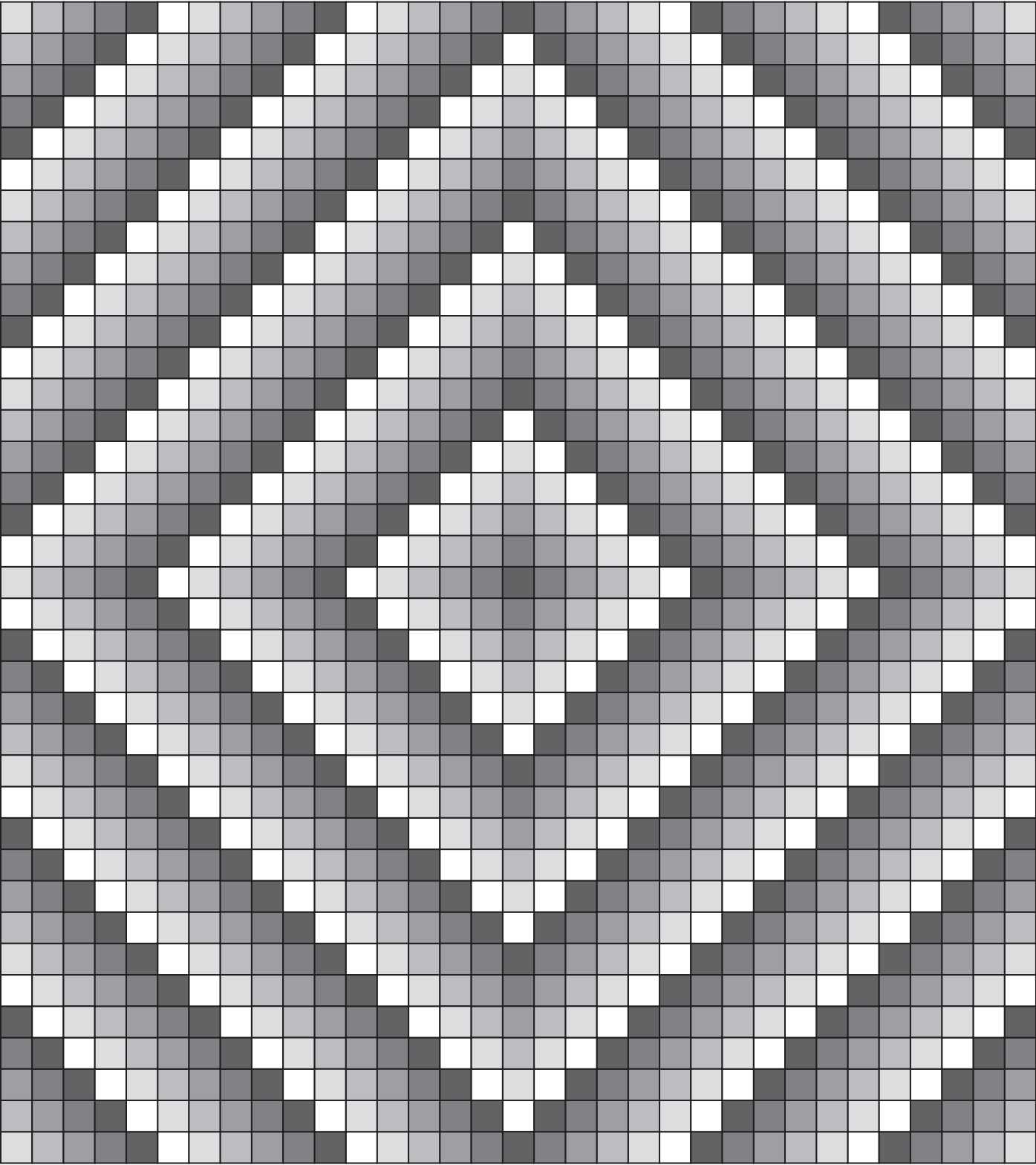
1. Referring to the Quilt Diagrams, lay out the quilt segments on a large surface. If you still have the labels at the top of each segment, this should be fairly easy. Check to make sure the fabrics are in the correct order before continuing. If you are using any one-way prints, check to make sure they are going in the desired direction. The segments on the **Bottom Right** can be exchanged with the segments on the **Top Left** and segments on the **Bottom Left** can be exchanged with the segments on the **Top Right** if needed by rotating them 180°.

***TIP:** If you followed the pressing directions carefully, all seams should nestle together for easy assembly. If you find a seam that has been pressed in the wrong direction, press the seam closed then repress in the opposite direction.*

2. Pin and sew A/B segments together in groups of 2. Press seams for segments on the left side of the quilt center to the left and the right side of the quilt center to the right. Repeat for C/D segments. Continue sewing segments together in groups of 2 and pressing after each round of sewing.
3. Pin and sew segment E between A/B Left and A/B Right. Press seams away from E. Repeat for segment F and C/D Left and Right.
4. Pin and sew the top half of the quilt to segment G. Press seam away from G. Repeat for the bottom half of the quilt. Remove the labels. You have now sewn together 1,221 squares. Your quilt center is complete and you are ready to add borders.

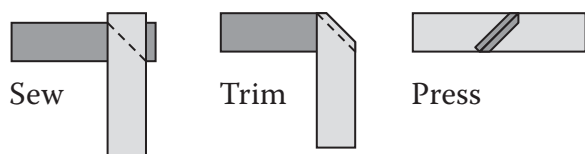


QUILT TOP DIAGRAM



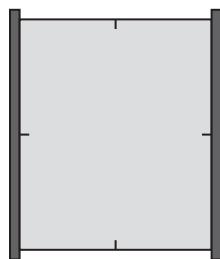
ADDING BORDERS

1. From the inner border fabric, cut 8 strips 2" by width of fabric. Diagonal piece 2 strips together for each side of the quilt. Press seams open.

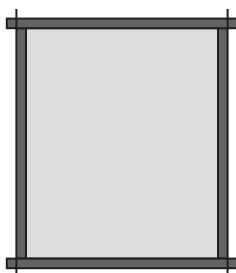


2. With pins, mark the center points along all 4 sides of the quilt. Measure the center of the quilt from top to bottom in several places to get the average length. Divide this measurement by 2 to get the middle measurement. Mark the beginning, middle, and end measurements on both long edges of the side borders, leaving a little excess fabric on each end for insurance.

3. Pin and sew the side borders to the quilt top, matching the middle and ends. Press seams toward borders. Trim excess fabric square with quilt top.



4. Measure the width of the quilt including the borders just added. Mark, pin, and sew borders to the top and bottom of the quilt. Press seams toward borders and trim excess fabric.



5. From the outer border fabric, cut 8 strips 5" wide by length of fabric. Outer borders cut on the lengthwise grain add more stability to the finished quilt. (If you purchased extra fabric for no piecing, you will only need 4 strips.) Piece 2 strips together for each side of the quilt if needed. Diagonal piecing is usually less noticeable, depending on the fabric, but requires an extra 5" in length. Measure your quilt and check your fabric length before piecing.



Diagonal Piecing

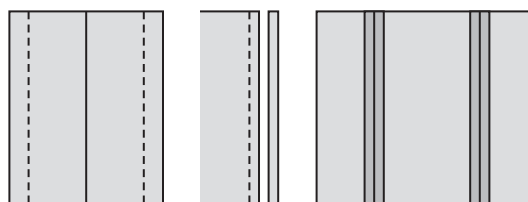


Straight Piecing

6. Follow **Steps 2 thru 4** to add outer borders to quilt.
7. Stay-stitch $\frac{1}{8}$ " from edge around entire quilt.

QUILTING

1. Cut the backing fabric in half crosswise to make 2 - $2\frac{3}{4}$ yard lengths. Cut 1 of these lengths in half lengthwise to make 2 lengths approximately 21" wide. Sew the long edges together, matching opposite selvage edges, with a seam allowance large enough to include the selvage plus $\frac{1}{4}$ ". Trim seams to $\frac{1}{4}$ " and press open. Trim the backing and batting so they are 4" larger than the quilt top (6" if you will be having it quilted on a longarm machine).



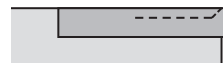
2. Mark the quilt top for quilting. Layer the backing, batting, and quilt top. Hand-baste or safety pin the 3 layers together and quilt.
3. After quilting is complete, remove basting. **Do not** trim the excess batting and backing fabric until after you have added the binding.

BINDING

NOTE: I bind my quilts in almost the same manner that I add borders – by measuring, marking, and pinning. This helps reduce the chance of ripples on the edges of the quilt. You may have your own favorite way of binding. This is what works best for me.

1. From the binding fabric, cut 9 strips $2\frac{1}{4}$ " wide by width of fabric for $\frac{1}{4}$ " double-fold binding. Diagonal piece the strips together for one long piece. Press seams open. Fold the strip in half lengthwise, wrong sides together, and press.
2. Find the average measurement of the width of the quilt by measuring in several places. Mark this length on a piece of paper. Repeat for the length of the quilt. To mark the binding, place a pin $1\frac{1}{8}$ " from the beginning edge (this is half of the width needed for diagonal piecing the ends of the binding together), place a 2nd pin at half the width of the quilt, a 3rd pin at half the length of the quilt, a 4th pin at half the length, a 5th pin at half the width, a 6th pin at half the width, a 7th pin at half the length, an 8th pin at half the length, a 9th pin at half the width, and a 10th pin $1\frac{1}{8}$ " from the last pin (for diagonal piecing the binding). **Do not** cut the excess binding in case you have mismeasured. If any of the corner pins falls on or near a seam you will need to reposition the pins and cut off some of the beginning width. I usually quick measure before adding pins to avoid this.
3. Starting at the center top of the quilt, pin binding to quilt (or use safety pins), matching pins to center and ends of each side, with raw edges of binding even with raw edges of quilt top. If the binding is too loose or too tight in places, check to make sure you didn't mismeasure. Sometimes the border lengths are longer or shorter than the center of the quilt, depending on the type or amount of quilting. I usually make adjustments for this by dividing the difference. A small difference can be eased in.

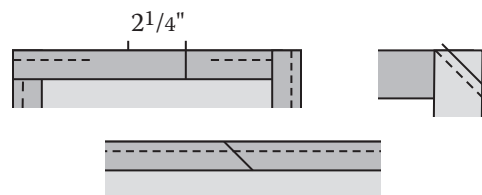
4. Leaving the first 8" unsewn, stitch the binding to the right side of the quilt with a $\frac{1}{4}$ " seam allowance. Use a walking foot to keep the binding from stretching as you sew. Stop stitching $\frac{1}{4}$ " from the first corner. With the needle down, pivot the quilt and stitch to the corner at a 45° angle.



5. To miter the corner, fold the binding strip up and away from the corner (you will need to remove a pin or 2 from the next side to do this). Then fold the binding down even with the raw edge of the quilt top. Begin sewing at the upper edge. Continue in the same manner around remaining edges and corners.



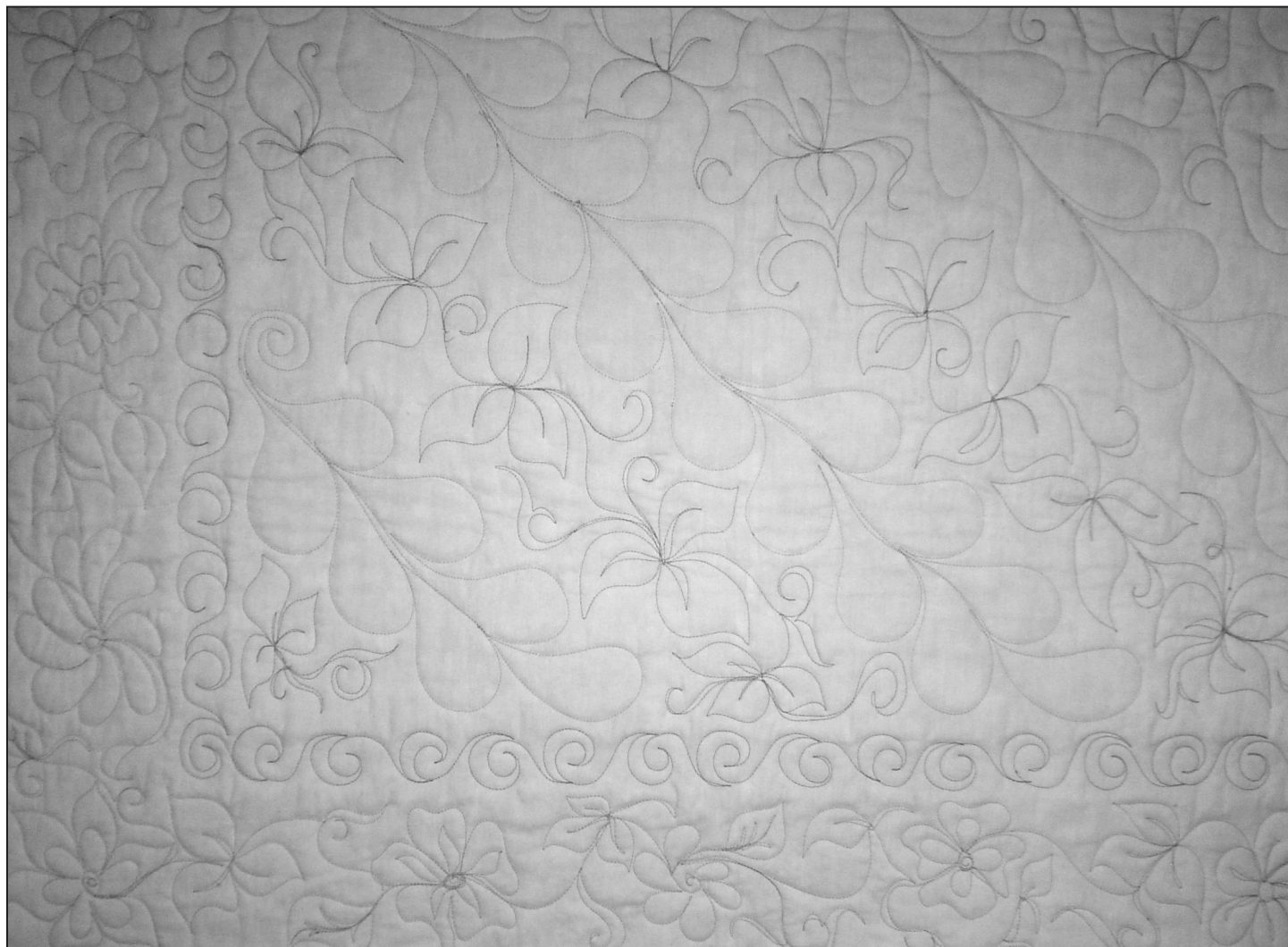
6. Stop sewing 8" from the center top of the quilt (16" from starting point). Check to make sure ends overlap $2\frac{1}{4}$ " and trim excess fabric. Remove pins and diagonal piece the ends together, making sure they aren't twisted. Trim and finger press seam open. Refold binding and pin to quilt. Sew remaining binding to quilt.



7. Press binding away from quilt. Trim excess batting and backing fabric, being careful not to cut binding.
8. Turn the folded edge of the binding over the raw edge of the quilt. The binding should cover the stitching line on the back of the quilt. Pin binding to back of quilt, folding in and pinning mitered corners. Hand-sew binding in place. Take 2 or 3 stitches in the front and back side of the mitered corners.
9. Sign and date your quilt.

These instructions are presented in good faith, but no warranty is given, nor results guaranteed. AMC Designs disclaims any liability for unfavorable results.

CLOSE-UP OF MACHINE QUILTING (back side of quilt)



OTHER PATTERNS BY AMC DESIGNS:

QUICK-PIECING TECHNIQUES

Fancy Feathered Star
Weekend Sampler
Baubles and Beads
Sweet Sampler

RAG QUILTING

Build A Name with Chenille
Homespun Twist
Country Blocks Sampler
Rag Bouquet

REVERSE PAPER PIECING

Many Mini Cabins
Spinning Cabin
Geese Among the Stars
Double Feathered Star

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P108 SUNSHINE & SHADOW

Finished Size: 78" x 86"

Unit Size: 2" x 2"

SAVE TIME CUTTING, PINNING, AND PRESSING!

Choose 6 fabrics ranging from dark to light and cut each into six 5" strips and one 2½" strip. Follow the step-by-step illustrated instructions to piece these strips together using an Ultimate Seam Guide. You will soon have more than twelve hundred 2" finished units sewn together that make up the quilt center. Add borders, quilt, and bind to complete the full-size quilt.

Choose monochromatic colors as shown, or use a rainbow of colors. From floral prints to batiks to blended fabrics, this quilt will be sure to please.

FABRIC AND SUPPLIES

Yardage is based on 42" usable fabric width.

1 yd each of 6 fabrics ranging from dark to light

½ yd dark fabric for inner border

*1¼ yds medium fabric for outer border

⅝ yd medium-dark fabric for binding

5½ yds backing fabric

84" x 92" batting

fast2sew™ Ultimate Seam Guide

Rotary Cutter, Mat & Rulers



*2⅜ yds needed for no piecing

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*Note: Seam guide shown in
photographs is discontinued.
A new seam guide is available
through C & T Publishing.*