

WELCOME TO THE REALM OF REGINA!

© 2023 Fabric & Pattern by Robin Rose Brou

Finished Size: 42" x 56"

This tween-sized quilt has been designed for beginning quilters. It is a perfect project to make with your mom, grandmother, your favorite grown-up or as part of a sewing circle, where you can have friendship and support.

This quilt not only teaches the basics of quilting but the quilt tells a story (as all quilts should) of Regina making cookies while her mother sews, and they spend special quality time together making memories. The oatmeal raisin cookie recipe is printed on the fabric, and I'm sharing it with you here.

I hope you enjoy the experience of quilting, and the time spent with your favorite grown-up.

Robin



OPEN YOUR PILLOWCASE BAG.

The following is included in your tween quilt.



1. One full 42" X 56" **BATTING**. (This will be placed in between the quilt top and the backing fabrics. No cutting necessary with the batting.



2. There is 1 **LARGE STRIPED BACKING FABRIC** 36" X 42". This is the backing fabric of your quilt. Save it for near the end of the process. No cutting necessary for this one.



3. Fabric 1: This piece includes images of **REGINA, WRITTEN INGREDIENTS** and **WRITTEN INSTRUCTIONS**. Also included **BINDING STRIPS** which will be used to bind around your final project.



4. Fabric 2: This piece contains the **INGREDIENT IMAGES** and **COOKING UTENSILS**. There are also two **SKINNY FLOWER STRIPS** that you will use with the backing fabric of your tween throw. We will cut these later.



5. Fabric 3: There are four panels: **COOKIES IN A FRAME AND COOKIES WITH MILK**, and **COOKIE JAR AND COOKIES IN A FRAME**. There are also 2 **LARGE FLOWER STRIPS** which will be the tops and bottom of the backing piecing. Save those for later.

**IN ADDITION TO YOUR REGINA QUILT KIT,
YOU WILL NEED THE FOLLOWING ITEMS:**

Scissors, Iron (adult supervision), Safety pins (a lot), Straight pins (a lot), Thread (A neutral color like white or gray), Sewing machine or a Straight needle (if you hand sew it)

THERE IS A GLOSSARY OF TERMS AT THE END OF THIS IN CASE YOU READ A WORD YOU DON'T KNOW. THEY ARE HIGHLIGHTED THE FIRST TIME THEY APPEAR IN THE INSTRUCTIONS.

TIP: READ ALL THE INSTRUCTIONS BEFORE BEGINNING

SO, LET'S START CUTTING THE FABRIC!

You can find the reference numbers and letters (for example, 1A, 8B, 6C, 10D) that are mentioned in the directions in the corners of every panel you will be cutting out.



All four pieces in your kit will be used to make your tween quilt.
Here is what your quilt top should look like after you sew it together.

Let's follow the 4 steps below to cut out your quilt.

STEP 1

CUTTING OUT THE PANELS.

Remember, you will always cut your fabric along the dotted lines/ scissor images.

Take **Fabric 2** and lay it flat. Begin to cut on the dotted lines /scissors images. You will then have a 1/4" piece of white fabric along all the edges of every panel or strip of material you cut. These white fabric edges will become your 1/4" **seam allowances** when you sew all your pieces together.



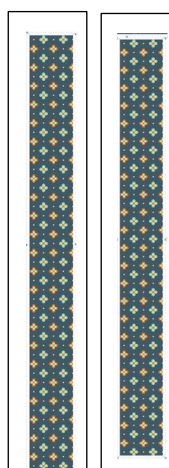
1. You have 4 panels to cut out: **INGREDIENT IMAGES, COOKING ELEMENT IMAGES**, and 2 **SKINNY FLOWER STRIPS**. The strips will be used on the back of your quilt and pieced together with the **large striped backing fabric**, so save that for later.



2. Cut around the panel labeled 7A, 7B, 7C, 7D. This panel is the one with the 3 sections of the **COOKING UTENSILS IMAGES**.

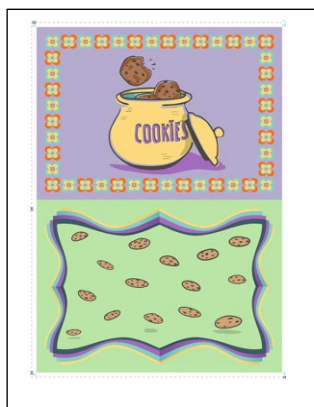


3. Cut around the panel labeled 1A, 1B, 1C, 1D. This panel is the one with the 3 sections of **INGREDIENT IMAGES**.

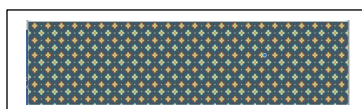


4. Cut out the **SKINNY FLOWER STRIPS** labeled 9A, 9B, 9C, 9D. These will be used on the left side of your backing. Cut out 10A, 10B, 10C, 10D. These will be used on the right side backing and pieced together with the **LARGE STRIPED BACKING FABRIC** later.

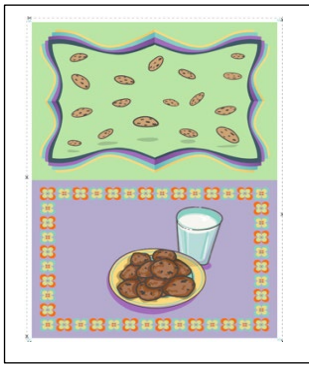
Take **Fabric 3** and cut on the dotted lines /scissors.



1. Cut around 3A, 3B, 3C, 3D, the framed squares labeled **COOKIE JAR AND COOKIES IN A FRAME**. Do not cut between the two frames.

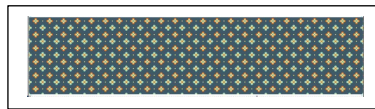


2. Cut around 11a, 11B, 11C, 11D, the **LARGER FLOWER STRIP**. This will be used at the top of the backing fabric.



3. Cut around 5A, 5B, 5C, 5D, the **COOKIES IN A FRAME AND COOKIES WITH MILK.**

Do not cut between the two frames.



4. Cut 12A, 12B, 12C, 12D, the **LARGER FLOWER STRIP.** This will be used on the bottom of the backing fabric.

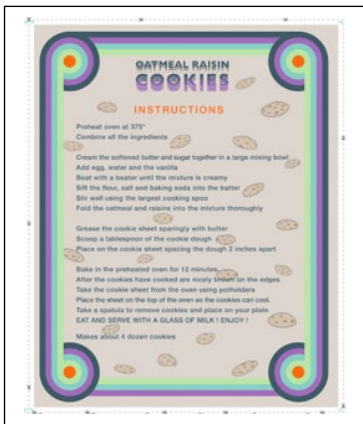
Take Fabric 4 and cut on the dotted lines /scissors images.



1. Cut around 2A, 2B, 2C, 2D, **WRITTEN INGREDIENTS.** This panel will be on the upper right side of the front of your quilt top.

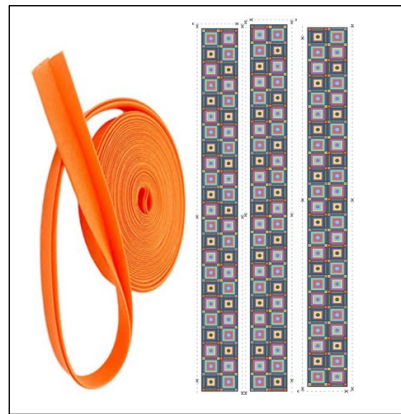


2. Cut around 4A, 4B, 4C, 4D, the image of **REGINA.** She will be the center panel on your quilt top.



3. Cut around 6A, 6B, 6C, 6D, the **WRITTEN INSTRUCTIONS.**

This panel will be on the lower left side of the quilt top.



4. Lastly: Cut out the 11 **BINDING STRIP.**

They do not have numbers.

You may have been given orange seam binding in your quilt kit. Save either set of binding strips for later.

STEP 2

NOW, LET'S SEW YOUR QUILT TOP TOGETHER:

REMEMBER, ALWAYS USE A ¼" SEAM ALLOWANCE.



Always **pin or clip** your seams before sewing to ensure your fabric doesn't shift as you sew. Remember to remove pins as you sew - You don't want to sew over the pins. You could break your needle or worse yet, ruin your machine.

You'll read an instruction that says, "right sides together." This means to put the printed pretty sides facing each other. Once you sew the seam, you'll see that everything lines up how it should.

FIRST SECTION (2 PANELS) OF YOUR QUILT TOP



1. Let's start with **INGREDIENT IMAGES**

Panel
1A, 1B, 1C, 1D



2. Find the **WRITTEN INGREDIENTS**

Panel
2A, 2B, 2C, 2D.

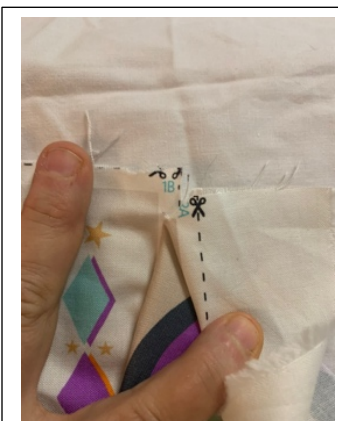


3. Place the panels right sides together matching 1B of the **INGREDIENT IMAGES** with 2A of the **WRITTEN INGREDIENTS** and 1D with 2C.

Sew a ¼" **seam** starting at 1B and 2A and ending at 1D and 2C. **Backstitch** at both ends to secure.



6. Ask your grown up to help you iron your seam. Then open your fabric and lay it flat. Iron the printed side so the seam lays flat. There should be no white edges showing when you open your fabric on the printed side. Open it up lay it flat and see the great job you just completed.

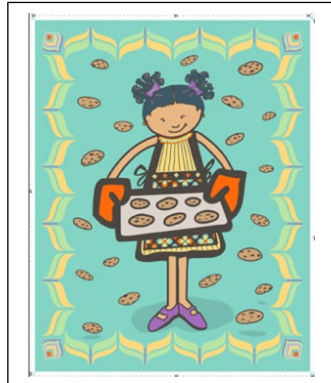


OK, you have completed the First Section of Quilt Top.

MIDDLE SECTION (3 PANELS) OF YOUR QUILT TOP



1. Find the double framed squares with the **COOKIE JAR AND COOKIES IN A FRAME**. 3A, 3B, 3C, 3D. This panel will be placed on the left side in the middle section of your quilt.



2. Find the image of **REGINA**. 4A, 4B, 4C, 4D. This panel will be placed in the middle of the middle section of your quilt.



3. With right sides together, match 3B and 3D on the **COOKIE JAR AND COOKIES IN A FRAME** panel to 4A and 4C on the **REGINA** panel. Sew a $\frac{1}{4}$ " seam starting at 3B and 4A and ending at 3D and 4C. Backstitch at both ends to secure. Get a grownup to help you iron these pieces flat like you did previously.



4. With right sides together, match 4B and 4D of the **REGINA** panel with 5A and 5C of **COOKIES IN A FRAME AND COOKIES WITH MILK** panel. Sew a $\frac{1}{4}$ " seam starting at 4B and 5A and ending at 4D and 5C. Backstitch at both ends to secure. Get a grownup to help you iron these pieces flat like you did previously.



See the great job you just completed!

Yay! You have completed the Middle Section of Quilt Top.

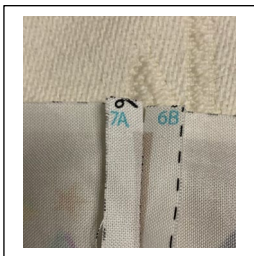
LAST SECTION: (2 PANELS) OF YOUR QUILT TOP



1. Find the **WRITTEN INSTRUCTION** panel.
Lay it flat facing up.
It will be placed on the bottom left side of your quilt top.
Find 6B, 6D you will match them with 7A, 7C of the **COOKING UTENSILS IMAGES** panel.



2. Find **COOKING UTENSILS IMAGES** panel.
Match 6B & 7A with 6D & 7C, right sides together, You will sew these together in a straight line leaving a 1/4 inch seam allowances. Open both panels lay them flat.
Stop.



With right sides together match 6B and 6D with 7A and 7C.
Sew a 1/4" seam starting at 6B and 7A and ending at 6D and 7C.
Backstitch at both ends to secure. Get a grownup to help you iron these pieces flat like you did previously.
See the great job you just completed!

OK, that was the Last Section of Quilt Top.

PUTTING ALL 3 SECTIONS OF THE QUILT TOP TOGETHER



1. Lay out the three sewn sections of your tween quilt pieces facing up.



2. Place the first section with the two panels facing up. Find at the left bottom edge 1C of **INGREDIENT IMAGES** panel.
Then find at the right bottom edge 2D of **WRITTEN INGREDIENTS** panel.



3. Place the middle section with the three panels laying face up. Find the 3A on the left top **COOKIE JAR AND COOKIES IN A FRAME** and then find 5B at the right top of the **COOKIES IN A FRAME AND COOKIES WITH MILK** panel.



4. Take both first and middle sections lay them facing right sides together, match and pin together 3A and 1C and ending at 5B and 2D. Sew a 1/4" seam starting at the left sewing across all the way to the right. Backstitch at both ends to secure. Ask your grownup to help you iron these pieces flat like you did previously.



5. Open both sections of all 5 panels. Admire your work so far.



6. Finally, find 3C of the **COOKIE JAR AND COOKIES IN A FRAME** panel and 5D of the **COOKIES IN A FRAME AND COOKIES WITH MILK** panel at the bottom of the middle section.



7. Then find the last section 6A of the **WRITTEN INSTRUCTION** and 7B of the **COOKING UTENSILS IMAGES** (two panels) and lay the fabric facing up.



8. Take both middle and last sections lay them facing right sides together, match and pin together 3C to 6A and ending at 5D and 7B. Sew a $\frac{1}{4}$ " seam starting at the left sewing across all the way to the right. Backstitch at both ends to secure.

Ask your grownup to help you iron these pieces flat like you did previously.



5. Open both sections of all 7 panels. Admire your work!

NOW you have your tween quilt top completed.

It should look like this.



STEP 3

SEWING ALL 5 SECTIONS OF THE BACKING TOGETHER



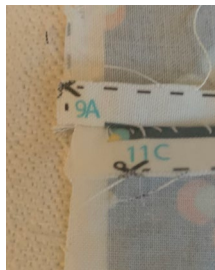
1. Place the **LARGE STRIPED BACKING FABRIC** facing up so the yellow column design is on the left 8A. The green column is on the right 8B.



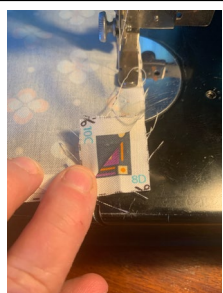
2. With right sides together, lay the **SKINNY FLOWER STRIP** on the left side of the **LARGE STRIPED BACKING** fabric, matching 9B to 8A and 9D to 8C. Sew a $\frac{1}{4}$ " seam starting at 9B and 8A and ending at 9D and 8C. Backstitch at both ends to secure. Ask your grownup to help you iron these pieces flat like you did previously.



3. With right sides together, lay the second **SKINNY FLOWER STRIP** on the right side of the **LARGE STRIPED BACKING** fabric, matching 8B to 10A and 8D to 10C. Sew a $\frac{1}{4}$ " seam starting at 8B and 10A and ending at 8D and 10C. Backstitch at both ends to secure. Ask your grownup to help you iron these pieces flat like you did previously.



4. Next, take the top **LARGE FLOWER STRIP** and place together with the **LARGE STRIPED BACKING** fabric. Place right sides together matching 11C and 11D with 9A and 10B of the panel you have just sewn. Sew a $\frac{1}{4}$ " seam starting at 11C and 9A and ending at 11D and 10B. Backstitch at both ends to secure. Ask your grownup to help you iron these pieces flat like you did previously.



5. Next, take the bottom **LARGE FLOWER STRIP**, and with right sides together, match 12A and 12B matching 9C and 10D. Sew a $\frac{1}{4}$ " seam starting at 12A and 9C and ending at 12B and 10D. Backstitch at both ends to secure. Ask your grownup to help you iron these pieces flat like you did previously.



6. NOW you have your tween quilt backing completed.
It should look like this!!!!
(Puppy not included.)

STEP 4

PUTTING THE **BATTING** IN YOUR TWEEN QUILT



1. You have a 42" X 56" piece of batting in your kit. It may be a bit bigger than your quilt top or backing – That's okay, because we will trim the extra later.



2. Place your backing face down so that the wrong side of your fabric is facing up.



3. Lay the batting on top so that it fits evenly. There may be a bit more batting over the edge but that's ok, we will trim later.



4. Then take your quilt top and lay it face up on your batting. All three layers should be together now. Remember, the edges of your quilt top and backing should match evenly. So now it should fit nicely, like a sandwich.

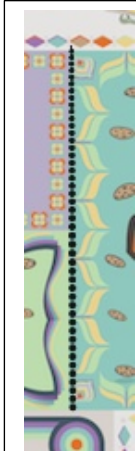


5. Starting in the center of **Regina's** dress pin through all three layers of fabric about every 8 inches all around the quilt to hold them together. Use safety pins, so you don't pick yourself while you quilt. You may use straight pin around the edges. Do not pin in your seam

NOW LET'S QUILT!

You will quilt using the **stitch in the ditch** method. Sew through the three layers where the black line is shown in the pictures below.

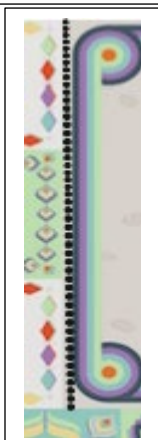
1. Place your needle on the middle section of your quilt at the top of the seam between the **COOKIE JAR AND COOKIES IN A FRAME** and the **REGINA** panel. Backstitch and sew along the seam (as pictured here, along the black line) until you reach the end of the panel seams and the bottom of the **REGINA** panel. Backstitch at the end and **lock the stitch**.



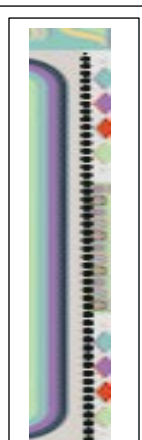
2. Place your needle on the middle section of your quilt at the top of the seam between the **REGINA** panel and **COOKIES IN A FRAME WITH MILK**. Backstitch and sew along the seam (as pictured here, along the black line) until you reach the end of the panel seams and the bottom of the **REGINA** panel. Backstitch at the end and **lock the stitch**.



3. Place your needle at the top of your quilt at the seam between the **INGREDIENT IMAGES** and the **WRITTEN INGREDIENTS**. Backstitch and sew along the seam (as pictured here, along the black line) until you reach the end of the two panel seams and the top of the **REGINA** panel. Backstitch at the end and **lock the stitch**.



4. Place your needle at the seam between the **WRITTEN INSTRUCTION** panel and the **COOKING ELEMENT IMAGES**. Backstitch and sew along the seam (as pictured here, along the black line) until you reach the end of the panel. Backstitch at the end and **lock the stitch**.



5. Place your needle at the left side of the quilt in between the **INGREDIENT IMAGES** panel and the **COOKIE JAR AND COOKIES IN A FRAME** panel. Backstitch and sew all the way across, (as pictured here, along the black line) finishing at the end of the **COOKIES IN A FRAME AND COOKIES WITH MILK** panel. Backstitch at the end and **lock the stitch**.



6. Place your needle in the left side of the quilt in between the **COOKIE JAR/ COOKIES IN A FRAME** panel and the **WRITTEN INSTRUCTIONS** panel. Backstitch and sew all the way across finishing at the end of the **COOKIES IN A FRAME AND COOKIES WITH MILK** and the **COOKING UTENSILS IMAGES**. Backstitch at the end and lock the stitch. Sew where the black line is shown on the picture above.



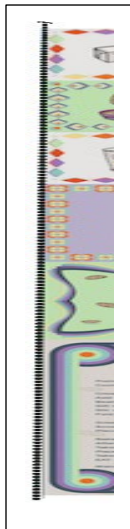
7A. Sew all the way across the top edge of the **INGREDIENT IMAGES** across to the right-side end of the **WRITTEN INGREDIENTS** the quilt(as pictured here, along the black line). Backstitch at the beginning and ending of the row.



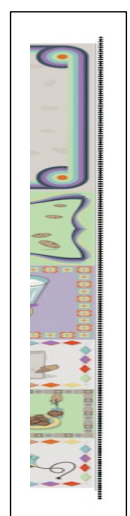
7B Place your needle at the bottom left side of the quilt. Sew under and across the **WRITTEN INSTRUCTION** panel and the **COOKING ELEMENT IMAGES** toward the right at the other end of the quilt (as pictured here, along the black line). Backstitch at the end and lock the stitch.



7C. Start at the corner top Left by the **INGREDIENT IMAGES** and sew straight down pass the **COOKIE JAR/ COOKIES IN A FRAME** to the **WRITTEN INSTRUCTIONS** panel down to bottom (as pictured here, along the black line). Backstitch at the end and lock the stitch.



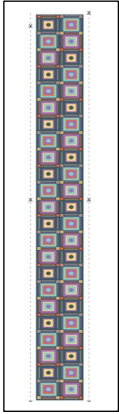
7D. Start at the corner top right edge by the **WRITTEN INSTRUCTIONS** panel. Sew straight down past the **COOKIES IN A FRAME / COOKIES WITH MILK** panel to the bottom by the **COOKING ELEMENT IMAGES** panel (as pictured here, along the black line). Back stitch at the end and lock the stitch.



CONGRATULATIONS YOU HAVE COMPLETED PIECING AND QUILTING YOUR TWEEN QUILT!!!!

You have one last thing to do...THE BINDING

Your quilt kit will come with one of two types of binding. If you have the orange bias tape, you can skip right to the step on the next page (look for the picture of the orange strip).



Now you must Bind the edges around your quilt.

Sewing bias binding and mitering corners will finish to your quilt nicely. We will use a simple fold technique for your first quilt with bias tape.

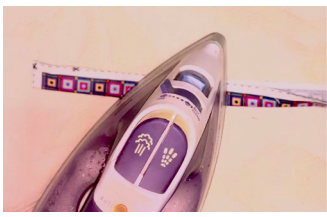
1. You will need to trim evenly around your quilt, so all the pieces of fabric are even. You do this so that you can place the bias strips evenly around the edges.



2. Take the strips that you cut and place the short ends together so that the right sides are matching. Sew a $\frac{1}{4}$ " seam at each short end. Check to make sure there is no white seam allowance showing. Your strips should form one long piece of fabric.



3. You should have roughly 196 inches of fabric or a bit more. Make sure your bias binding is long enough to go around the entire edge of the quilt with some extra for overlapping. (Puppy Not included.)



4. Now with help from an adult, you will need to fold down the center of the strip lengthwise. Ask your grown up to help with ironing the fold lengthwise down the entire binding strip. On each long end of the binding strip fold under and iron the white seam allowance edges in toward the wrong side of the fabric. See the picture to the left.



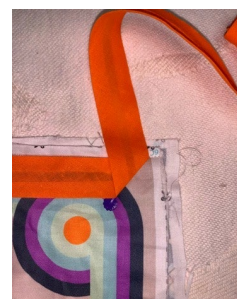
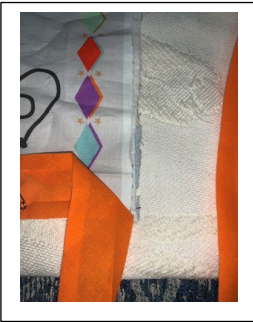
OR you may have been given the long orange bias binding, which will be ready for you to sew on your quilt.



5. You should take the end of the strip's edge and place it midway up the side of the **WRITTEN INSTRUCTION** panel and the **COOKING ELEMENT IMAGES** panel. Take one edge of either binding (the orange or little squares) and place it at the edge of the quilt so that the right side of your strip is facing the right sides of your quilt block fabric. The two raw edges should match. Pin in place.



6. Pin or use clips to secure the binding in place. Make sure you catch the back part of the seam binding with your pin or clip so as to have a nice front and back edging using the binding strips to finish it.



7. When you get to the first corner, **stop pinning 1/4 inch from the edge.**

Fold the bias binding up at a 45-degree angle, creating a diagonal fold that points away from the corner. Fold the binding back down, aligning the raw edge of the binding with the next edge of your fabric, so it makes a pretty fold. Pin or clip the fold down and continue to pin or clip all the way around the quilt, adjusting the corners as above.

(I know this looks weird...trust me, it will work perfectly!)

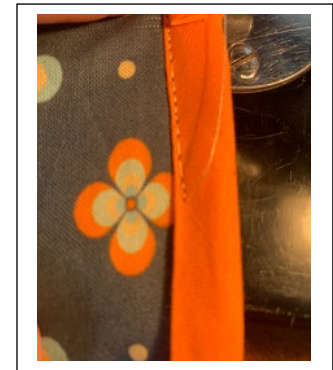
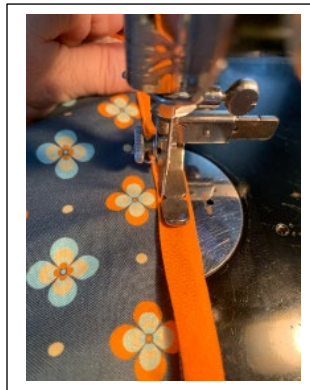
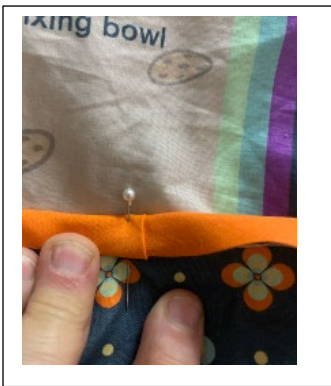


8. When you reach the starting point, fold the binding 1 inch past the starting point, cut any extra off. Then fold the extra inch on itself to make a nice smooth edge. Place that end underneath where you started. Now sew along the fold along the crease of the binding all the way around the entire quilt. Stop at the corner $\frac{1}{4}$ " from the edge and place the needle down as you turn the quilt at the corner. Sew all the way to next corner, stopping $\frac{1}{4}$ " from the end at the next corner. Repeat for all four sides. Be careful to only sew the single edge of binding to the edge of the quilt.



NOW, let's turn the binding by folding over your seam and binding to the back side of the quilt.

Sew through the top binding fabric, all three layers of the quilt and the back folded binding underneath. Sew close to the edge, $\frac{1}{8}$ of an inch from the top edge of the binding (not the folded edge). Be sure that you have secured all your pins as the bottom fold binding and top will be sewn together.



CONGRATULATIONS

YOU HAVE MADE YOUR FIRST QUILT!!!!

BE PROUD OF YOURSELF.

ENJOY YOUR VERY OWN HANDMADE QUILT.

**NOW GO MAKE SOME OATMEAL RAISIN COOKIES, CUDDLE
UP WITH YOUR QUILT, AND**

ENJOY WHAT YOU HAVE CREATED!!

**AND TELL THE PERSON WHO HELPED YOU THAT YOU LOVE
THEM FOR SPENDING TIME WITH YOU.**

GLOSSARY:

Batting: soft, fluffy poly/cotton material used to make quilts warm and cozy.

Backstitch: Backstitching will keep your stitches from unraveling; a backstitch is a short row of reverse stitching at the beginning and end of your line of stitches.

Lock your Stitch: lockstitch ties tiny knots in your thread.

Pinning / Clipping: You will often use pins or clips while sewing. Pins or clips help hold the fabric in place before you sew it. When you pin, you will want to place the pins so that you can sew through/over them without hitting the pinhead or easily slide them out of the way as you sew toward them. You will want to remove clips before you sew your seam as you sew down the fabric.

Seams: in sewing, a seam is the joining where two or more layers of fabric are healed together with stitches.

Seam allowance: a finished edge on a piece of fabric. It is the white fabric edges, which is a 1/4 of an inch outside of the shaded colored panel design. -- Seam allowance: the area from the edge of the fabric to the seam line when two pieces of fabric are sewn together.

Stitch in the Ditch: a technique that involves sewing down the channel of an existing seam (the "ditch") to secure pieces of a garment in place without the stitches being seen on the outside. By sewing down the seam line in matching thread to your fabric, the stitches are hidden and invisible to the outside.

BIG SPECIAL THANK YOU TO

EDITH G., NATHALIA T., KATHY, AMELIA H., LILLY H., STEPHANIE H., KRISTEN D., MADISON M., DENISE., KRISTEN S., AND MOST OF ALL, BOB A.!

THINKING OF YOU FIVE AWAYS AS I CREATE: MARILLYN HB., PEGGY B., REGINA WB., EDITH CH., AND VERNON B.