

Wings of Love

Based on the book **Simply Amazing Spiral Quilts**by RaNae Merrill

Materials & Tools:

3/8 yard Red-to-Pink Gradation fabric such as Elite EESGEL 11216-P 12" square backing fabric 2 EQ Printables Foundation sheets Add-a-Ouarter tool, rotary cutter & mat

Directions:

1. Print two copies of foundation on translucent foundation material such as EQ Printables Foundation Sheets.
2. Print one copy on white paper. Cover back with double-sided tape. Cut sections apart to use as cutting templates. Place templates across gradation of fabric: 7 is darkest, 1 is lightest. From each template cut 2 rectangular strips of fabric 1/4" larger on each side. (Do not cut triangles.)



- 3. Piece one foundation on the front and one foundation on the back to make two mirrored halves of the heart. Sew fabric to foundaton in alphabetical-numerical order from the center outward. (Center, A1-A3, B1-B2-B3-B4, C1-C2-C3-C4, etc.) Trim excess fabric with Add-a-Quarter tool after each round (all pieces with the same letter).
- 4. When the spiral is complete, trim around outside edge, leaving 1/4" seam allowance beyond outside line.
- 5. Join sections along center line.
- 6. Place heart right sides together over backing fabric. Stitch around outside line, leaving an opening 2" wide. Clip seam allowance at "V" and around curves. Turn right side out.

For a pillow: Stuff, then sew closed. For applique: Press flat, making sure to open up edge seams completely. Stitch opening closed. Stitch around edges to applique in place.