



# OHSU Center for Ethics in Health Care

## Compassion Quilt Kit

### *Simple Envelope Quilt*

#### **Materials:**

- 2 pieces of 1-1/2 yards of fabric
- 2 pieces of ¼ yard of fabric (fat quarters)
- Embroidery Floss (for tying)
- 1 Roll (45" x 60") of light weight batting

#### **Directions:**

##### ***Sandwiching your quilt***

1. Measure the finished quilt top.
2. Cut batting and backing fabric six to eight inches larger than the quilt top (both lengthwise and crosswise).
3. If backing fabric doesn't measure larger than the width of the quilt top, piece two sections together to accommodate the width. It's best if the seams go lengthwise.
4. Iron both the quilt top and the backing fabric.
5. Fold the batting, backing and quilt top (separately) in quarters. Clearly mark the center of all three pieces.

##### ***Layering the quilt***

1. Place the quilt backing fabric on top of the table, right side down.
2. Unfold the backing and smooth it out on top of the table.
3. Secure the backing to the table. Smooth the backing out toward the end of the table and toward the sides.
4. Matching the center mark of the backing to the center mark on the batting unfold the batting and smooth it out on top of the backing fabric. NOTE: Only the backing is secured to the table.
5. Position the center of the quilt top on top of the table while matching the center mark with the batting center mark. Make sure that the right side of the top is facing up so you can see it. Smooth it out so there are no lumps, bumps or wrinkles.

## ***Pinning***

1. The quilt "sandwich" is ready to be pinned (basted) so that everything holds in place during tying.
2. Starting at the center, place the first pin. Remember: all three centers should be lined up. From here, place pins three to four inches apart, working your way out to each end of the quilt. This may seem like a lot of pins (and it is) but the secret to good quilting is good basting. When pinning, make sure you are going through all three layers—quilt top, batting and backing. For those who've never pin basted a quilt before, slide the pin into the quilt layers, hold down the pointed side of the pin onto the table, then with the other hand, use the fleshy part of your index finger to push the big end of the pin past the point—pushing back and down, then closing the pin. It's a little tricky in the beginning, but keep trying and you will get the hang of it.
3. Unsecure the backing of the quilt as you progress down the quilt with your basting. Removing the securing as you go will help keep your layers flat.
4. When you have finished pinning, run your hand over the top to feel if there are any folds that you can feel through the layers. If you can feel any lumps, lift-up the quilt top and smooth out the batting one more time.

## ***Trimming***

Lay the pin-basted quilt sandwich on the table then carefully trim the batting to the same size of the Quilt top and making sure the backing fabric is two inches *BEYOND* the edge of the quilt on all sides. **Read that sentence again, please.** The backing layer needs to be sticking out 2 inches beyond the edges of the quilt top during the tying.

## ***Tying***

The hand-tying floss or yarn is included with this kit.

Using 3 strands of embroidery floss (or one strand of yarn), hand tie the quilt at intervals of every 3-4 inches. Making sure that there are not tucks on the back or front of the quilt. (If you are having problems with the back of the quilt tucking try pushing the needle straight down thru the three layers of fabric, reaching under the quilt and bring the needle straight up thru the fabric.)

## ***Edging***

Fold the backing layer forward over the edge of the batting and quilt top, pin into place. Top stitch this to the front either by hand or machine.

For questions or delivery instructions please call the Center for Ethics in Health Care  
503.494.4466.

Thank you