

Soft Reminder Quilt

Many of you are not aware that I am a breast cancer survivor. I was diagnosed in July of 2004. I was very lucky that my cancer was diagnosed early and I feel extremely blessed to have made a full recovery. This Soft Reminder is my way of reminding all women to do self exams and to stay up to date with their mammograms.

Fabric Requirements:

Light - 1/4 yd
Medium - 3/8 yd
Dark - 3/8 yd
Backing - 18" square
Batting - 18" square

Cutting Directions:

From the light fabric, cut:

1 - 2 1/4" strip. Cut the strip into 8- 2 1/4" x 5" rectangles.
1 - 3 1/4" strip. Cut the strip into 2- 3 1/4" squares.
Cut the squares into half-square triangles.

From the medium fabric, cut:

2 - 2" strips. Cut the strips into 12 - 2" x 5" rectangles.

From the dark fabric, cut:

1 - 1 3/4" strip. Cut the strip into 8 - 1 3/4" x 3 1/2" rectangles.
1 - 2" strip. Cut the strip into 4 - 2" x 3 1/2" rectangles and 4- 2" x 4 3/4" rectangles.





Position Chart:

Unit A - Make 4

Fabric	Position	Size
Medium	1	2"x5"
Light	2,3	2 1/4"x5"
Dark	4	2"x3 1/2"
Dark	5	2"x4 3/4"
Medium	6,7	2"x5"
Dark	8,9	1 3/4"x3 1/2"
Light	10	3 1/4"x3 1/4"

Sewing Directions:

Refer to "How to Paper Piece" to make this block. Following the position chart sew fabric onto four A units. Sew unit's together with the #10's (half-square triangles) meeting in the center.

Corner Triangles:

1 – 8" strip. Cut the strip into 2 – 8" squares. Cut the squares into half-square triangles. Sew the triangles onto all four corners. Remove the paper from the back of the pattern. Layer the quilt with batting and backing. Quilt as desired. Trim off excess fabric and add binding.

Binding:

2- 2 1/2" strips. Present this small quilt to your mother, sister, daughter or a special friend to remind her to do self examines and to be sure to stay up to date with her mammograms. This "Soft Reminder" will let her know that she is very special in your life.

Soft Reminder 10" x 10" Block

Soft Reminder Unit: A

