



Rainbow Heart

Designed by Heather Jarmyn

Heather has designed quilts for teaching, mini-swaps, and challenges. She designed a charity quilt for the PEI Modern Quilt Guild, which was pieced improvisationally by Heather and members of the guild, and then hung at *QuiltCon* in Nashville, TN.

She uses several techniques, including FPP, improv, and piecing, as well as machine and needle turn appliqué. “I like learning new things and I am inspired by colour, designers, artists, and my environment.”

For *Rainbow Heart*, Heather found inspiration in the phrase Love is Love. “I challenged myself to use all the colours and allow flexibility to the makers to arrange the colours in any order they wished to make it their own,” she says. “Everyone’s blood is red, pumped through our hearts, beating steadily, and we want to live with love in our lives, however that looks. The heart is surrounded by a rainbow, which always brings me joy.”

Heather has several family and friends in 2SLGBTQI+ communities. “As an ally, I will continue to support them and others. This quilt block is something that I can contribute.” Thank you, Heather!

@nepeanquilter



Rewire, shown at Eptek Art and Culture Centre, PEI, and juried into the *National Juried Show* at *Quilt Canada*. Heather explored the effects of traumatic brain injury. “Are there tenuous threads linking broken pathways together to form a new way to look at the world?”



UNFINISHED BLOCK 12.5" x 12.5"

Fabric Requirements

Red

- (2) 2.5" x 4.5"

Orange

- (1) 1.5" x 1.5"
- (2) 1.25" x 1.25"
- (2) 1.5" x 4.5"

Pink

- (2) 1.5" x 1.5"

White

- (2) 0.75" x 0.75"

Yellow

- (2) 1.5" x 1.5"
- (2) 1.5" x 5.5"

Green

- (2) 1.5" x 1.5"
- (2) 1.5" x 6.5"

Light Blue

- (2) 1.5" x 1.5"
- (2) 1.5" x 7.5"

Dark Blue

- (2) 1.5" x 1.5"
- (2) 1.5" x 8.5"

Violet

- (2) 1.5" x 1.5"
- (2) 1.5" x 9.5"

Black

- (2) 1.5" x 1.5"
- (2) 1.5" x 10.5"

Brown

- (1) 1.5" x 1.5"
- (1) 1.5" x 11.5" (or 2" x 11.5" if you want to trim the block down to 12.5" square)
- (1) 1.5" x 12.5" (or 2" x 12.5" if you want to trim the block down to 12.5" square)

NOTE if you wish to reorder the colours to make the block your own, it's your block! Have fun! I'll look forward to seeing your version.

Assembly Instructions

I recommend starching the fabrics before cutting. Use a 2.0 stitch length when piecing.

PIECING THE HEART SECTION

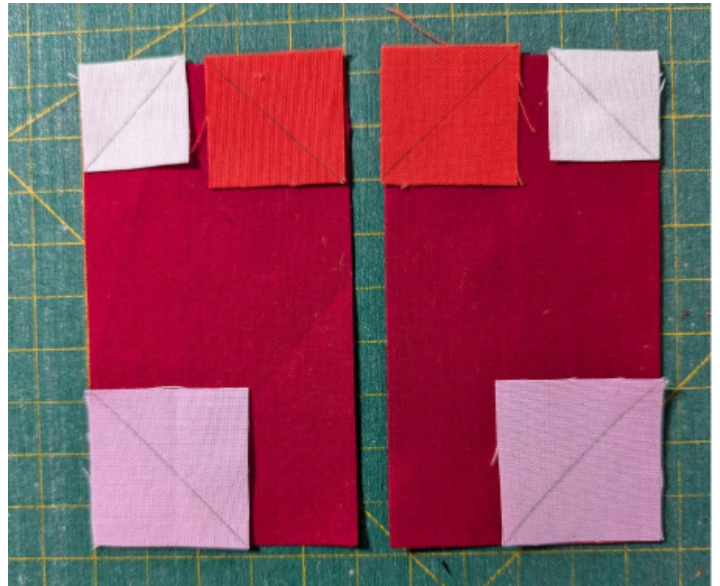
Take the white (0.75"), pink (1.5") and orange (1.25") squares and using your favourite marking method (pencil, chalk, hera marker) draw a line on the diagonal on each square.

Lay these squares on the red rectangles as shown. Sew on the diagonal and cut a quarter inch away from the sewn line.

Fold triangle back and press away from the red rectangle for the white and pink triangles.

For the orange triangles press one away from and one towards the red rectangle so you can nest the seams and sew the two rectangles together. Press seams open.

Your heart block should measure 4.5" square.

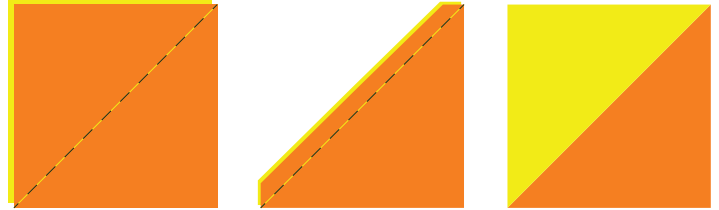


PIECING THE HALF SQUARE TRIANGLES (HST)

Take the remaining 1.5" squares and pair them as follows.

- yellow/orange
- green/yellow
- light blue/green
- dark blue/light blue
- violet/dark blue
- black/violet
- brown/black

Draw a diagonal on one of the paired squares and sew each pair on the diagonal. Cut a quarter inch from the sewn line and press open.



PIECING THE LEFT COLUMNS

Take a yellow/orange HST and place it on top of an orange column, making sure the angle of the HST goes from the lower left to upper right and the column colour HST raw edges are on the bottom and right sides. Press towards the column.

Piece the remaining HSTs with the following columns as above:

- green/yellow with yellow column
- light blue/green with green column
- dark blue/light blue with light blue column
- violet/dark blue with dark blue column
- black/violet with violet column
- brown/black with black column



TO COMPLETE THE BLOCK

Lay out the rows and columns around the heart section.

Sew an orange row on top of the heart and press away from the heart section.

Nest the HST seam with the row seam and sew the orange column to the left of the heart section. Press away from the heart section.

Measure your square to verify it is 5.5" square.

TIP For the strip with the HST on it, always make sure the seam lines up with the block seam when sewing that strip together.

Repeat for the yellow, green, light blue, dark blue, violet, and black rows and columns.

For the brown row, place a 1.5" x 11.5" (or 2" x 11.5") row on top. Sew together.

Sew the 1.5" x 12.5" (or 2" x 12.5") column on the left of the heart.

Your block should measure 12.5" square.

If you used the 2" brown strips, square the block to 12.5" square.



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Got questions?

Please contact Kelly Moore, CQA/ACC Membership Director at: membership@canadianquilter.com

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