



**Ann Arbor Sewing and Quilting Center**  
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### **Easy Flannel Strip Quilt** **39 1/2" x 58"**

- 3/8 yard each of 7 colors of flannel fabric
  - 3/8 yard flannel for binding
  - 1 2/3 yard flannel for backing
  - Crib size, cotton or polyester low loft batting
  - Temporary Spray Adhesive (such as 505)
  - Cotton thread (ie. Mettler or Aurifil) to blend with background
1. From your 7 fabrics, cut strips 6" wide by the width of the fabric. You will need 11 strips total for the quilt.
  2. Determine the order of your strips and find the strip you would like in the center of the quilt.
  3. Lay your backing fabric on a large table or the floor with the right side down. You will want to secure the batting to the wrong side of the backing fabric by using a temporary adhesive spray such as 505 spray. I usually spray the center first and spray the wrong side of the backing as I lay down the batting. Try to keep the wrinkles out. Trim the batting so it is only about a 1/2 inch larger than the backing.
  4. Find the center of the backing from the salvage to the salvage. Center your first strip on top of the batting with the right side facing up. You will spray the first strip down with 505 spray.
  5. Place the next strip on top of the strip you just sprayed down, right sides together. Pin in a few spots.
  6. Using a 1/2 inch seam allowance, sew through all the layers down the length of one side of the 2 strips. (A walking foot is very helpful)
  7. Flip over the top fabric and secure down lightly with 505 spray. Place another strip of fabric on top of the piece you just attached, right sides together and sew your strip on through all layers. Keep repeating this step until your quilt top is finished.
  8. Once your top is finished, run a stitch along the sides to secure any "floppy" ends. Trim even.
  9. Now it's time to add you binding. Cut your binding strips to 2 1/2" wide. Piece your strips together on a 45 degree angle until you have enough binding to go around the edges of the quilt. (you will need 5 strips) Press your binding in half lengthwise with the wrong sides together. Use a 1/4 inch seam allowance to sew the binding all along the wrong side of the quilt. Iron the binding towards the front of the quilt and secure with a decorative stitch.

