

Zest for Life

By Cynthia Coulter



Table Topper: 59-1/2" square

Zest for Life

Please read all instructions carefully AND identify all fabrics before beginning.

All instructions include a 1/4" seam allowance and strips are cut selvage to selvage, unless stated otherwise.

1. Cut the following:

If using FAT CUTS, you may need to cut additional width-of-fabric strips.

Fabric A - PLEASE NOTE: Panels do not always print the size intended. For this pattern, panels have a coping border added then trimmed so they will fit the quilt correctly.

Fussy cut 1/4" beyond outside edges of 4 panels to approximately 11-1/2" x 16-1/2"

Fabric B - Referring to the quilt image, fussy cut strips, the length of fabric parallel to selvage: (4) 8-3/4" x 64" multi-stripe borders

Fabric C - Cut (1) 6-1/2" strip, subcut (4) 5-1/2" x 6-1/2" tall pieces
Cut (1) 4-1/2" strip, subcut (8) 4-1/2" squares

Fabric D - Cut (3) 1-1/2" strips, sewn together end to end and cut into (2) 1-1/2" x 43-1/2" borders
Cut (2) 1-1/2" strips, subcut (2) 1-1/2" x 41-1/2" borders

Fabric E - Cut (1) 5-1/2" strip, subcut (1) 5-1/2" square. From remaining strip, subcut (2) 2-1/2" x 21" strips.

Fabric F - Cut (3) 2-1/2" strips, subcut (20) 2-1/2" x 4-1/2" pieces and (4) 2-1/2" squares

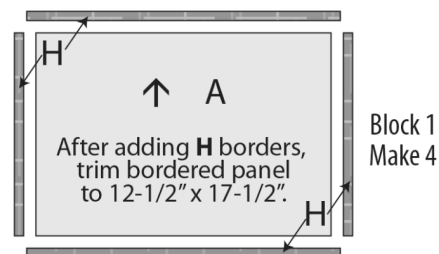
Fabric G - Cut (1) 3" strip, subcut (4) 3" squares and (1) 2-1/2" x 4-1/2" piece
Cut (1) 2-1/2" strip, subcut (4) 2-1/2" x 6-1/2" pieces and (3) 2-1/2" x 4-1/2" pieces

Fabric H - Cut (7) 2-1/2" strips (binding)
Cut (2) 2-1/2" strips, subcut (4) 2-1/2" x 6-1/2" pieces, (8) 2-1/2" x 4-1/2" pieces, and (4) 2-1/2" squares
Cut (7) 1-1/2" strips, sewn together end to end and cut into (8) 1-1/2" x 19" and (8) 1-1/2" x 12" strips

Fabric I - Cut (2) 2-1/2" strips, subcut (20) 2-1/2" squares
Cut (1) 2-1/2" strip, subcut (2) 2-1/2" x 21" strips

2. Piecing Order:

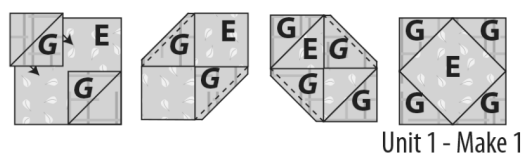
1. Stitch **Fabric H** 1-1/2" x 12" strips to sides of a **Fabric A** panel. Trim strip ends even. Add 1-1/2" x 19" **Fabric H** strips to top and bottom of panel. **Trim bordered panel to 12-1/2" x 17-1/2" (unfinished).** Make a total of 4 **Block 1**.



Arrows indicate orientation of directional prints.

2. Draw a diagonal line across the wrong side of all the **Fabric G** 3" squares. 

3. Arrange 2 marked **Fabric G** 3" squares on opposite corners of a **Fabric E** 5-1/2" square as shown. Stitch along marked lines. Trim seam allowances to 1/4". Press corners out. Repeat on remaining corners to complete Unit 1 (5-1/2" square unfinished).



Unit 1 - Make 1

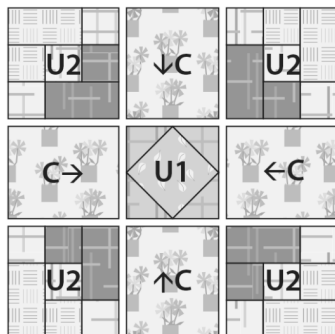
4. Arrange 1 each **Fabrics F** and **H** 2-1/2" x 4-1/2" pieces, 1 each **Fabrics F** and **H** 2-1/2" squares, and 3 **Fabric I** 2-1/2" squares in 3 rows as shown. Stitch into rows. Sew rows together. Make a total of 4 Unit 2 (6-1/2" square unfinished).



Unit 2 - Make 4

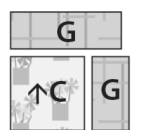
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5. Arrange Unit 1, 4 Unit 2, and 4 **Fabric C** 5-1/2" x 6-1/2" tall pieces in 3 rows. Stitch into rows. Sew rows together to complete **Block 2** (17-1/2" square unfinished).



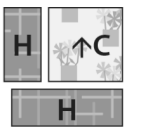
Block 2 - Make 1

6. Stitch a **Fabric G** 2-1/2" x 4-1/2" piece to right side of a **Fabric C** 4-1/2" square. Add a **Fabric G** 2-1/2" x 6-1/2" piece to top of the unit. Make a total of 4 Unit 3a (6-1/2" square unfinished).



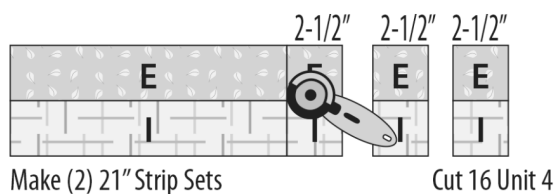
Unit 3a - Make 4

7. Stitch a **Fabric H** 2-1/2" x 4-1/2" piece to left side of a **Fabric C** 4-1/2" square. Add a **Fabric H** 2-1/2" x 6-1/2" piece to bottom of the unit. Make a total of 4 Unit 3b (6-1/2" square unfinished).



Unit 3b - Make 4

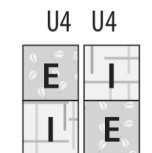
8. Stitch 1 each **Fabrics E** and **I** 2-1/2" x 21" strips together lengthwise. Make a second strip set. From these, cut (16) 2-1/2" wide Unit 4.



Make (2) 21" Strip Sets

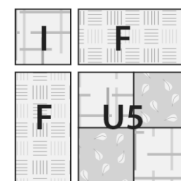
Cut 16 Unit 4

9. Stitch 2 Unit 4 together, alternating fabrics. Make a total of 8 Unit 5 (4-1/2" square unfinished).



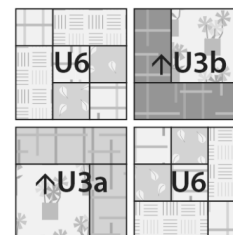
Unit 5 - Make 8

10. Arrange 1 Unit 5, 1 **Fabric I** 2-1/2" square, and 2 **Fabric F** 2-1/2" x 4-1/2" pieces in 2 rows as shown. Stitch into rows. Sew rows together. Make a total of 8 Unit 6 (6-1/2" square unfinished).



Unit 6 - Make 8

11. Arrange 1 Unit 3a, 1 Unit 3b, and 2 Unit 6 in 2 rows as shown. Stitch into rows. Sew rows together. Make a total of 4 **Block 3** (12-1/2" square unfinished).



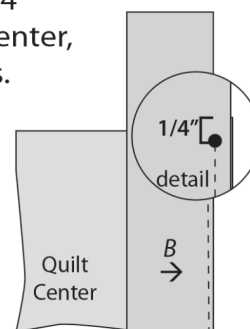
Block 3 - Make 4

12. Refer to Quilt Layout (Page 4) for arrangement and placement of blocks and borders.

13. Arrange blocks in 3 rows. Stitch into rows. Sew rows together completing quilt center (41-1/2" unfinished).

14. Sew **Fabric D** 1-1/2" x 41-1/2" borders to right and left sides of quilt center. Add **Fabric D** 1-1/2" x 43-1/2" borders to top and bottom of quilt center.

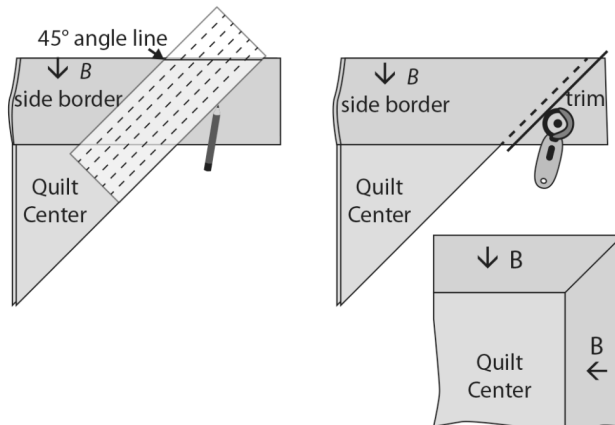
15. Center **Fabric B** 8-3/4" x 64" borders on all sides of quilt center, noting orientation of borders. Stitch borders to sides starting and stopping 1/4" from corners of quilt center. Do not trim. Press borders out.



*Letters in italics indicate wrong side of fabric.
Arrows indicate orientation of directional prints.*

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16. Working with 1 corner at a time, fold the quilt right sides together so the outside edges of the borders line up. Using a 45-degree ruler, mark from the end of border seams to outer edges of borders. Stitch along marked line. Trim seam allowance to 1/4". Press corner seam open. Repeat on remaining corners.



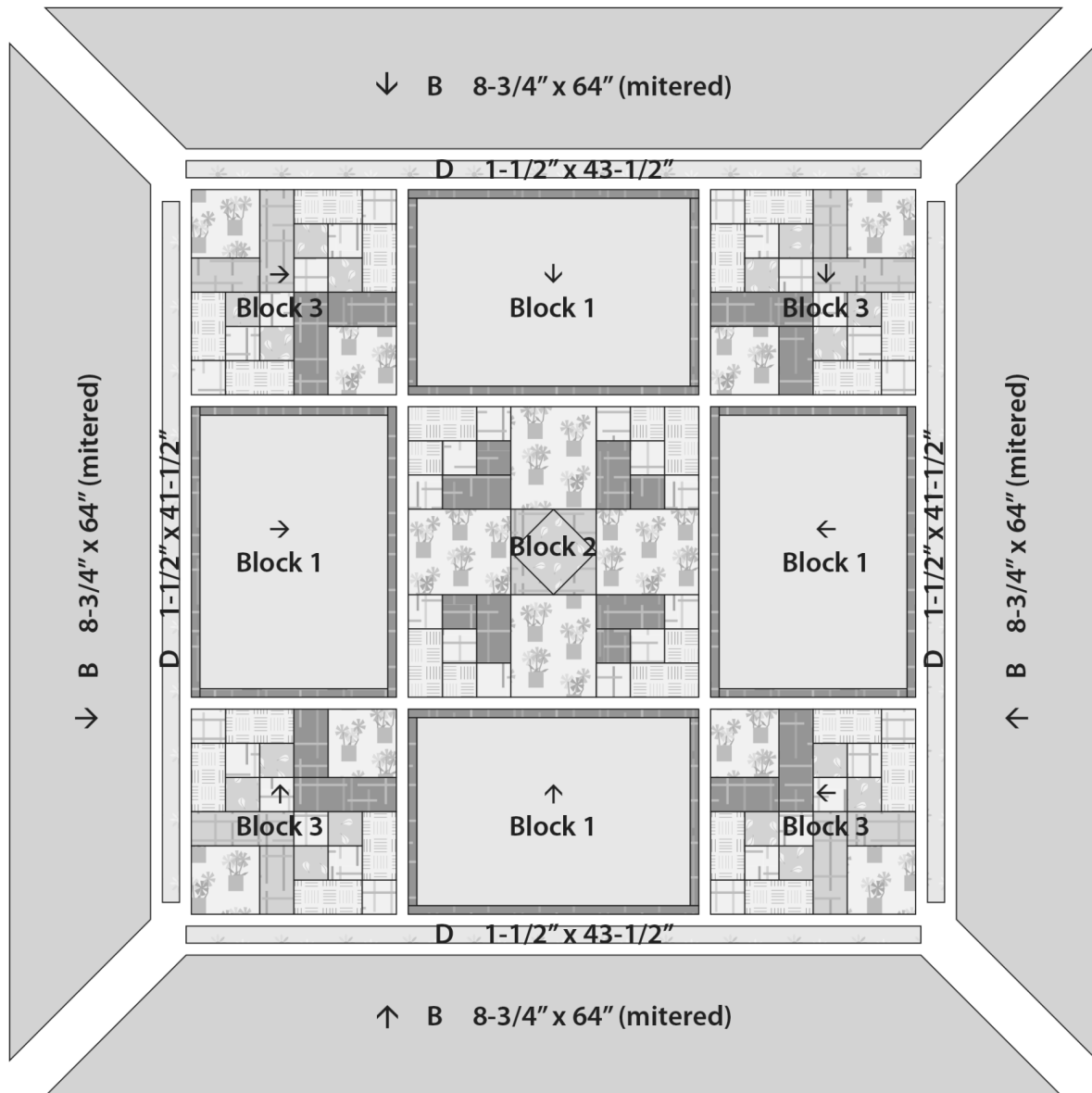
17. The quilt measures approximately 60" square (unfinished). Make backing (**Fabric J**) approximately 8" larger than the top.

18. Layer and baste top, batting, and backing together. Quilt as desired. Attach binding (**Fabric H**) and enjoy!!

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QUILT LAYOUT

Border measurements are the cut size.
Arrows indicate orientation of directional prints.



3063

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Fabric A
3063-19151-954
2/3 yard (1 Panel)



Fabric B
3063-19152-594
2 yards



Fabric C
3063-19153-547
1/2 yard



Fabric D
3063-19154-715
1/3 yard



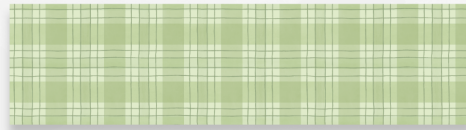
Fabric E
3063-19155-957
1/4 yard (or Fat Quarter)



Fabric F
3063-19158-554
1/3 yard (or Fat Quarter)



Fabric G
3063-19159-555
1/4 yard (or Fat Quarter)



Fabric H
3063-19159-777
1-1/4 yards (Incl. Binding)



Fabric I
3063-19159-999
1/3 yard (or Fat Quarter)

Quilter's Choice

Fabric J
44/45" - 3-7/8 yards
108" - 2 yards

