

Sanctuary

Tilda®

Paperbird Quilt
Prussian



Paperbird Quilt

(Prussian Colourway) *Updated Oct 9th 2024*

This lovely quilt is ideal if your sanctuary is your bedroom, curled up under a quilt with a good book. The paperbirds on string garlands combine a love of fabric with a love of paper. There are two versions of the quilt – this one shows the Sanctuary fabrics on a prussian blue background, with the addition of a selection of subtle Chambray fabrics that complement the print fabrics beautifully. See tildasworld.com for the putty white colourway version of the quilt. There are also four pretty pillow projects, each with four birds arranged to make a square. With a different background colour for each pillow, make one or all of them for maximum comfort.

Difficulty Rating **

Materials

- Fabric 1: ½yd (15cm) – Adina maroon (100561)
- Fabric 2: ½yd (15cm) – Sanctuary warm (100562)
- Fabric 3: ½yd (15cm) – Daisydream rhubarb (100563)
- Fabric 4: ½yd (15cm) – Cottonfield maroon (100564)
- Fabric 5: ½yd (15cm) – Larissa rhubarb (100565)
- Fabric 6: ½yd (15cm) – Adina ochre (100566)
- Fabric 7: ½yd (15cm) – Sanctuary caramel (100567)
- Fabric 8: ½yd (15cm) – Daisydream tan (100568)
- Fabric 9: ½yd (15cm) – Cottonfield ochre (100569)
- Fabric 10: ½yd (15cm) – Larissa caramel (100570)
- Fabric 11: ½yd (15cm) – Adina eggplant (100571)
- Fabric 12: ½yd (15cm) – Sanctuary cool (100572)
- Fabric 13: ½yd (15cm) – Daisydream pitch blue (100573)
- Fabric 14: ½yd (15cm) – Cottonfield eggplant (100574)
- Fabric 15: ½yd (15cm) – Larissa eggplant (100575)
- Fabric 16: ½yd (15cm) – Adina grey-green (100576)
- Fabric 17: ½yd (15cm) – Sanctuary grey-green (100577)
- Fabric 18: ½yd (15cm) – Daisydream pistachio (100578)
- Fabric 19: ½yd (15cm) – Cottonfield grey-green (100579)
- Fabric 20: ½yd (15cm) – Larissa grey-green (100580)
- Fabric 21: ½yd (15cm) – Mira cream (110104)
- Fabric 22: ½yd (15cm) – Mira rhubarb (110105)
- Fabric 23: ½yd (15cm) – Mira pink (110106)
- Fabric 24: ½yd (15cm) – Mira caramel (110107)
- Fabric 25: ½yd (15cm) – Mira ochre (110108)
- Fabric 26: ½yd (15cm) – Mira blue (110109)
- Fabric 27: ½yd (15cm) – Mira lavender (110110)
- Fabric 28: ½yd (15cm) – Mira slate (110111)
- Fabric 29: ½yd (15cm) – Mira sage (110112)
- Fabric 30: ½yd (15cm) – Mira moss (110113)
- Fabric 31: 5¼yd (4.8m) – Chambray prussian (160031) (background)
- Fabric 32: about 9in (23cm) square – Chambray petrol (160005)
- Fabric 33: ¼yd (25cm) – Chambray dark blue (160007)
- Fabric 34: ¼yd (25cm) – Chambray lavender (160009)
- Fabric 35: ¼yd (25cm) – Chambray sage (160011)

- Fabric 36: ¼yd (25cm) – Chambray coral (160014)
- Fabric 37: ¼yd (25cm) – Chambray pine (160033)
- Fabric 38: ⅛yd (15cm) – Chambray brown (160035)
- Fabric 39: ¼yd (25cm) – Chambray beige (160036)
- Fabric 40: about 9in (23cm) square – Chambray rosewood (160037)
- Fabric 41: ⅛yd (15cm) – Chambray dark grey (160038)
- Fabric 42: ¼yd (25cm) – Chambray burgundy (160040)
- Fabric 43: ⅛yd (15cm) – Chambray ginger (160041)
- Fabric 44: ¼yd (25cm) – Chambray mustard (160042)
- Wadding (batting): 68in x 83in (173cm x 211cm)
- Backing fabric: 4¾yds (4.25m) – Mira sage (110112)
- Binding fabric: ½yd (50cm) – Chambray prussian (160031)
- Piecing and quilting threads
- Black stranded cotton (floss) for eye embroidery
- Quilter’s ruler, rotary cutter and mat

Finished Size

59½in x 75¾in (151cm x 190cm)

Fabric Notes

Where a long eighth or long quarter of a yard is given in the Materials list you could use fat eighths and fat quarters instead. A fat eighth is assumed to be approximately 10½in x 18in (26.7cm x 45.7cm) and a fat quarter approximately 21in x 18in (53.3cm x 45.7cm). If using a long eighth of a yard, make sure the fabric cut is *at least* 4½in (12cm) deep. For most of the fabrics, a fat eighth is a better cut to use. You could buy a fat eighth pre-cut pack for the Sanctuary fabrics.

General Notes

- Fabric quantities are based on a usable width of 42in (107cm), unless otherwise stated.
- Measurements are in imperial inches with metric conversions in brackets – use only *one* system throughout (preferably inches). Width measurements are generally given first.
- Press fabric before cutting and trim as needed to square up the fabric pattern/weave, using a quilting ruler to cut the top raw edge at 90 degrees to the selvages.
- Use ¼in (6mm) seams unless otherwise instructed.
- Read all the instructions through before you start.
- Always make one complete block as a test before going on to make the remaining blocks.

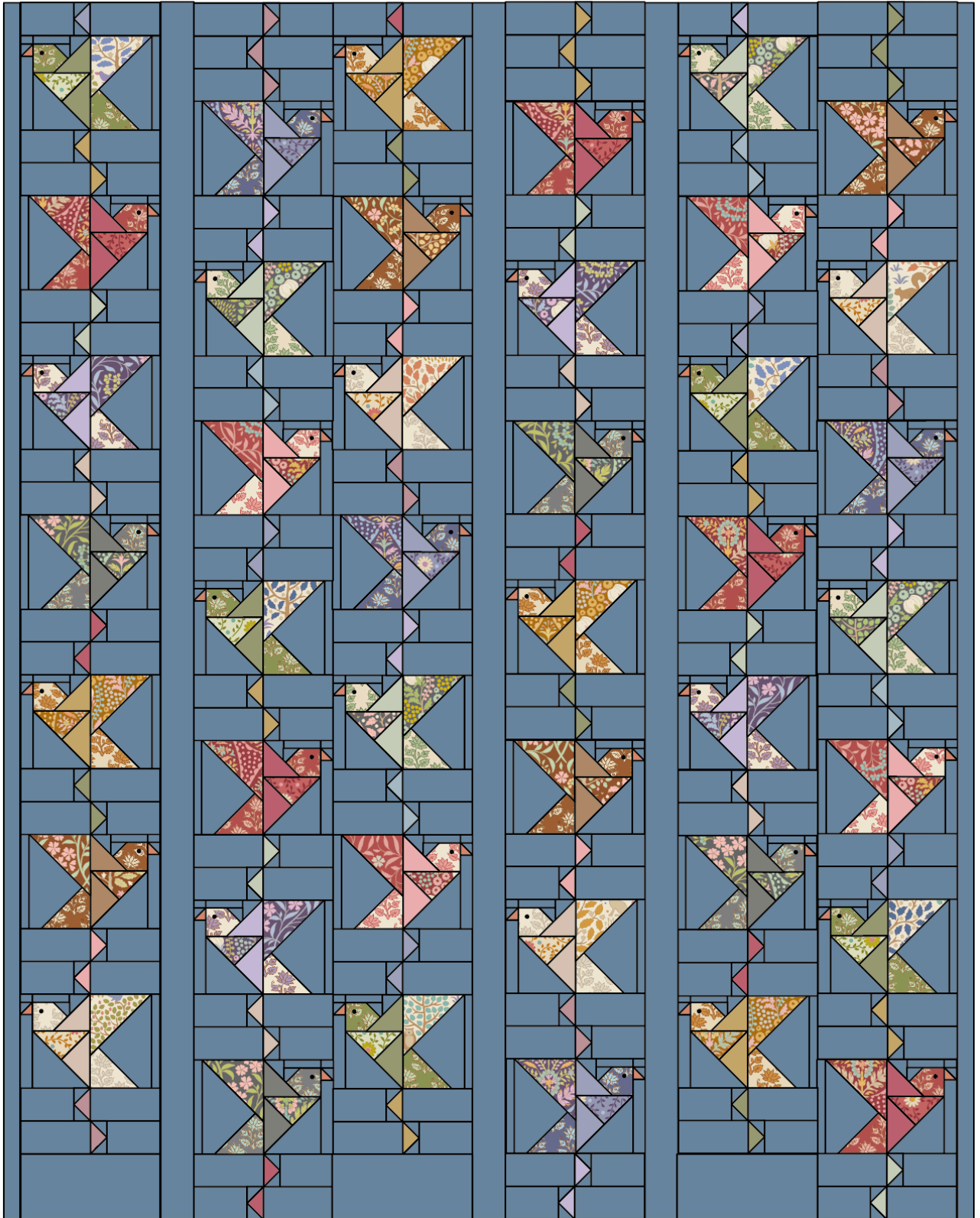
Quilt Layout

1 The quilt is made up of forty-two Bird blocks in ten different colourways with five of the colourways facing left and five facing right. Vertical sashing strips are used to separate the columns of Bird blocks. Some filler ‘string’ units and horizontal sashing pieces are used at the top and bottom of the quilt, to continue the design. See **Fig A** for the fabrics used and **Fig B** for the quilt layout.

Fig A Fabric swatches (Paperbird Quilt – Prussian)



Fig B Quilt layout (Paperbird Quilt – Prussian)

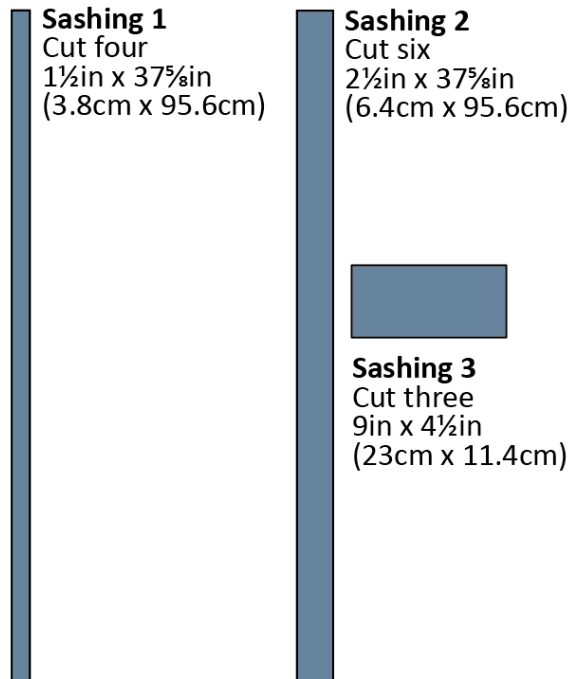


Cutting Out

2 Start by cutting the sashing pieces for the quilt from the background fabric (Fabric 31), as shown in **Fig C**. Cut the strips across the width of the fabric.

- For Sashing 1, cut four strips $1\frac{1}{2}\text{in} \times 37\frac{5}{8}\text{in}$ (3.8cm x 95.6cm). Using $\frac{1}{4}\text{in}$ (6mm) seams, sew them together into two pairs to make two strips $74\frac{3}{4}\text{in}$ (190cm) long. Press seams open.
- For Sashing 2, cut six strips $2\frac{1}{2}\text{in} \times 37\frac{5}{8}\text{in}$ (6.4cm x 95.6cm). Using $\frac{1}{4}\text{in}$ (6mm) seams, sew them together into three pairs to make three strips $74\frac{3}{4}\text{in}$ (190cm) long. Press seams open.
- For Sashing 3, cut three rectangles $9\text{in} \times 4\frac{1}{2}\text{in}$ (23cm x 11.4cm).

Fig C Cut measurements for the sashing

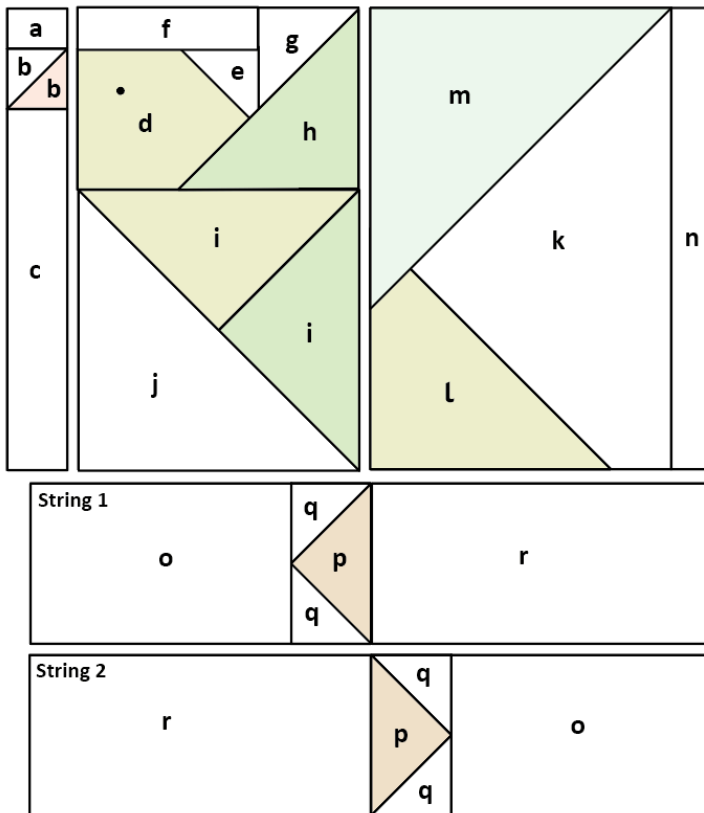


3 To cut the fabrics for the blocks, follow **Fig D** for the cut sizes for a single block and **Fig E** for the fabrics used for each of the ten colourways. **Fig D** shows both a left-facing bird *and* a right-facing bird, in case you have difficulty imagining what a reversed bird looks like. Note that the shapes for the half-square triangle (HST) units are larger to allow for the units to be made using a two-at-once method. **Fig D** also shows the ‘string’ units, which occur at the bottom of each block, but are also used as fillers at the top of the quilt. For the most economical use of the background fabric, cut the shapes across the width of the fabric, cutting the same size shapes at the same time if you can. For example, there are forty-two of shape **a** needed for the whole quilt, so cut these at the same time. For the Chambray fabrics to use for the filler ‘strings’ at the top of the quilt, see **Fig L**.

Fig D Cut measurements for the Bird blocks

Sizes include $\frac{1}{4}$ in (6mm) seam allowances. All pieces to be cut initially as squares or rectangles

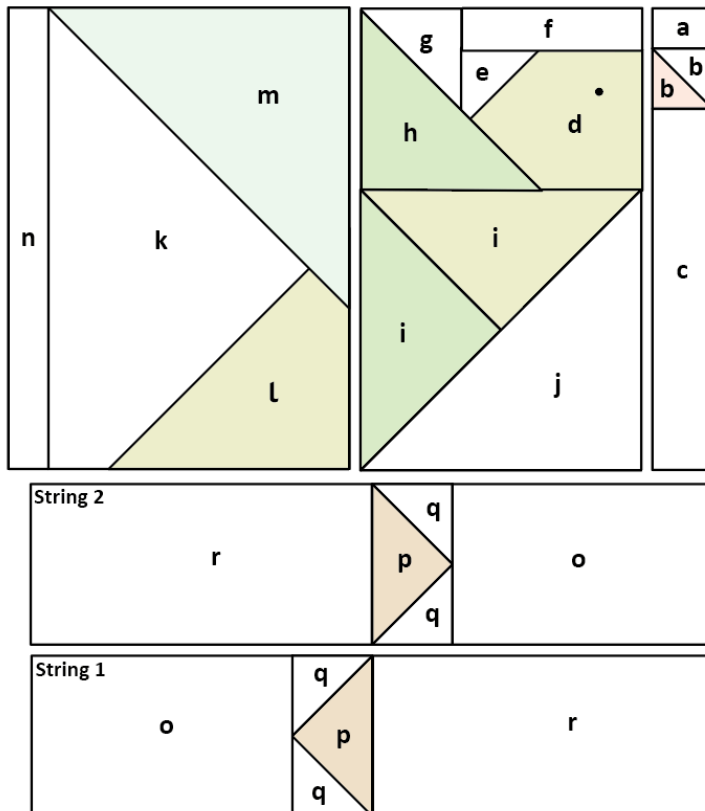
Bird block: 9in x 10 $\frac{1}{4}$ in (23cm x 26cm) unfinished

**Left-Facing Bird**

- a 1 $\frac{1}{4}$ in x 1in (3.2cm x 2.5cm)
- b 1 $\frac{5}{8}$ in (4.2cm) square, to make 1 $\frac{1}{4}$ in (3.2cm) half-square triangle (unfinished)
- c 1 $\frac{1}{4}$ in x 5in (3.2cm x 12.7cm)
- d 2 $\frac{3}{4}$ in x 2 $\frac{1}{4}$ in (7cm x 5.7cm)
- e 1 $\frac{1}{2}$ in (3.8cm) square
- f 2 $\frac{3}{4}$ in x 1in (7cm x 2.5cm)
- g 1 $\frac{3}{4}$ in x 2 $\frac{3}{4}$ in (4.4cm x 7cm)
- h 2 $\frac{3}{4}$ in (7cm) square
- i 4 $\frac{3}{8}$ in (11.1cm) square, to make 4in (10.2cm) half-square triangle (unfinished)
- j 4in (10.2cm) square
- k 4 $\frac{1}{4}$ in x 6 $\frac{1}{4}$ in (10.8cm x 15.9cm)
- l 3 $\frac{1}{2}$ in (9cm) square
- m 4 $\frac{1}{4}$ in (10.8cm) square
- n 1in x 6 $\frac{1}{4}$ in (2.5cm x 15.9cm)

- o 3 $\frac{3}{8}$ in x 2 $\frac{1}{2}$ in (9.5cm x 6.4cm)
- p 1 $\frac{1}{2}$ in x 2 $\frac{1}{2}$ in (3.8cm x 6.4cm)
- q 1 $\frac{1}{2}$ in (3.8cm) square
- r 4 $\frac{3}{8}$ in x 2 $\frac{1}{2}$ in (12cm x 6.4cm)

French knot eye – see instructions

**Right-Facing Bird**

- a 1 $\frac{1}{4}$ in x 1in (3.2cm x 2.5cm)
- b 1 $\frac{5}{8}$ in (4.2cm) square, to make 1 $\frac{1}{4}$ in (3.2cm) half-square triangle (unfinished)
- c 1 $\frac{1}{4}$ in x 5in (3.2cm x 12.7cm)
- d 2 $\frac{3}{4}$ in x 2 $\frac{1}{4}$ in (7cm x 5.7cm)
- e 1 $\frac{1}{2}$ in (3.8cm) square
- f 2 $\frac{3}{4}$ in x 1in (7cm x 2.5cm)
- g 1 $\frac{3}{4}$ in x 2 $\frac{3}{4}$ in (4.4cm x 7cm)
- h 2 $\frac{3}{4}$ in (7cm) square
- i 4 $\frac{3}{8}$ in (11.1cm) square, to make 4in (10.2cm) half-square triangle (unfinished)
- j 4in (10.2cm) square
- k 4 $\frac{1}{4}$ in x 6 $\frac{1}{4}$ in (10.8cm x 15.9cm)
- l 3 $\frac{1}{2}$ in (9cm) square
- m 4 $\frac{1}{4}$ in (10.8cm) square
- n 1in x 6 $\frac{1}{4}$ in (2.5cm x 15.9cm)

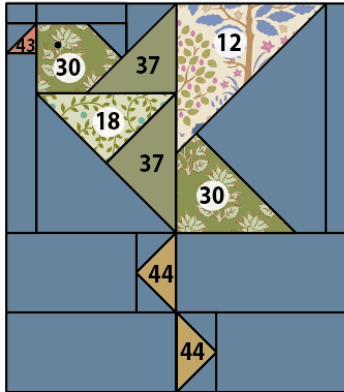
- o 3 $\frac{3}{8}$ in x 2 $\frac{1}{2}$ in (9.5cm x 6.4cm)
- p 1 $\frac{1}{2}$ in x 2 $\frac{1}{2}$ in (3.8cm x 6.4cm)
- q 1 $\frac{1}{2}$ in (3.8cm) square
- r 4 $\frac{3}{8}$ in x 2 $\frac{1}{2}$ in (12cm x 6.4cm)

French knot eye – see instructions

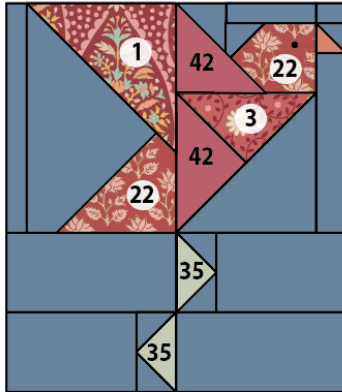
Fig E Block colourways for the Bird blocks

Bold numbers indicate fabrics used (see Fig A). All backgrounds are Fabric 31. All beaks are Fabric 43. Make the number of blocks indicated

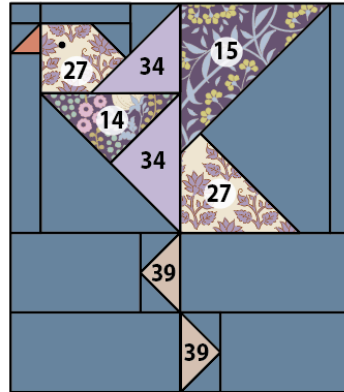
Bird 1 – make 5



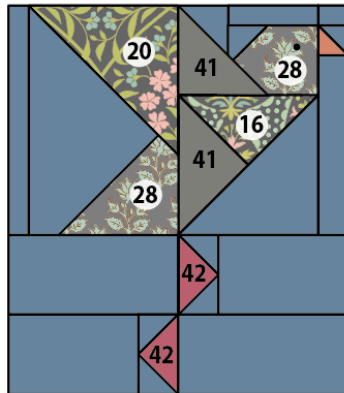
Bird 2 – make 5



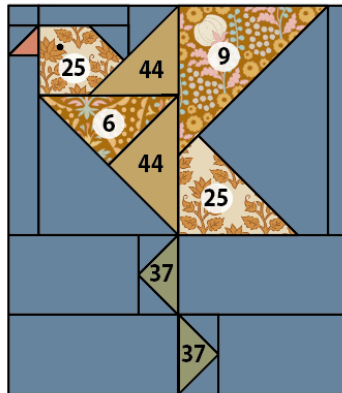
Bird 3 – make 4



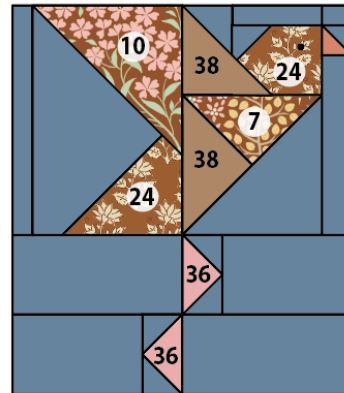
Bird 4 – make 4



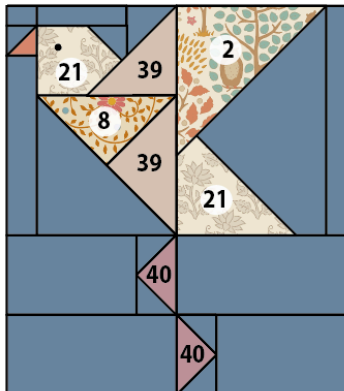
Bird 5 – make 4



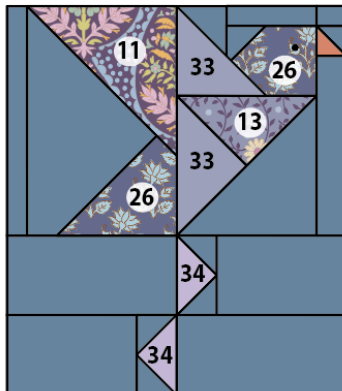
Bird 6 – make 4



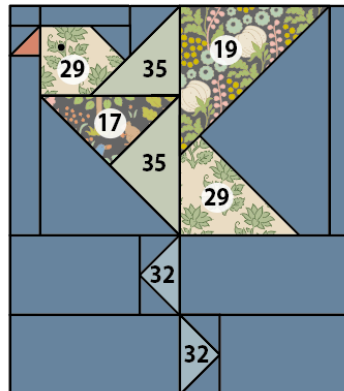
Bird 7 – make 4



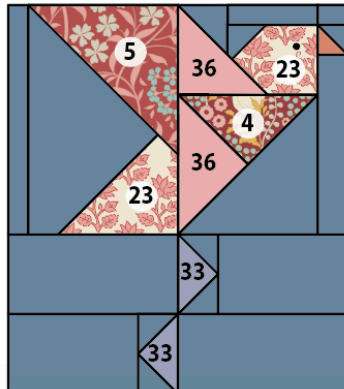
Bird 8 – make 4



Bird 9 – make 4



Bird 10 – make 4



4 Cut the backing fabric across the width into two pieces. Using a $\frac{1}{4}$ in (6mm) seam, sew together along the long side and press the seam open. Trim to a piece about 68in x 83in (173cm x 211cm). This is about 4in (10.2cm) larger all round than the quilt top, to allow for quilting and finishing.

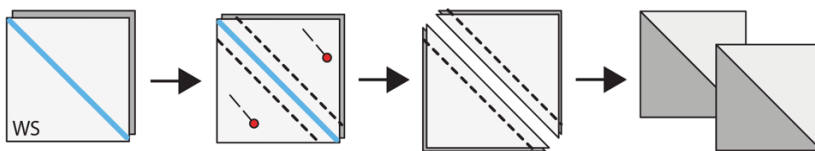
5 Cut the binding fabric into seven $2\frac{1}{2}$ in (6.4cm) x width of fabric strips. Sew the strips together end to end and press seams open. Press the binding in half along the length, wrong sides together.

Making a Bird Block

6 The block is fairly simple to make and Block 1 is described and illustrated in detail. This bird faces left, but the same techniques are used to sew a right-facing bird. Three techniques occur in a block – half-square triangle (HST) units, corner triangle units and flying geese units – and these are described here (with diagrams shown in greys), so refer back here when making the blocks.

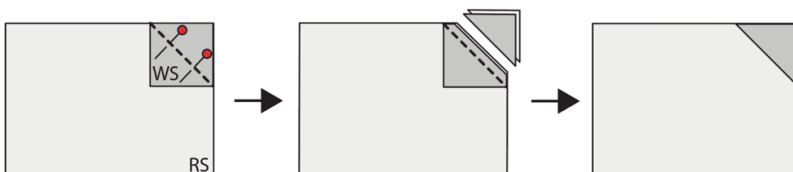
7 Making half-square triangle units: There are two of these units in a block – shape **b** and shape **i**. The method described here makes two units at the same time and the process is shown in **Fig F**. Take two squares of the two fabrics needed and on the wrong side of the lighter square, pencil mark the diagonal line. Place the squares right sides (RS) together and sew $\frac{1}{4}$ in (6mm) away from the marked line on both sides, as shown. Cut the units apart along the marked line and press the units. The seam is normally pressed towards the darker fabric. Check each unit is the size it is meant to be – the **b** HSTs should be $1\frac{1}{4}$ in (3.2cm) unfinished and the **i** HSTs should be 4in (10.2cm) unfinished. These **i** units will have the addition of another piece later (**j**) – see Step 10 and **Fig I** (body unit).

Fig F Making half-square triangle units



8 Making corner triangle units: The block uses corner triangle units in various places to create angled pieces. The basic process is shown in **Fig G**. Take the larger piece of fabric and place it right side (RS) up. Take the smaller square and pencil mark the diagonal line on the wrong side. Pin the square right sides together with the larger piece of fabric, aligning the edges as shown and with the diagonal line in the direction needed. Sew along the marked line. Trim off excess fabric $\frac{1}{4}$ in (6mm) outside the sewn line and press the triangle outwards. Check the unit is the size it is supposed to be. Some units need to have a corner triangle formed before a second corner is added on a second corner – for example, square **h** is added after unit **d/e/f/g** has been sewn together. Further instructions are given on this in later steps.

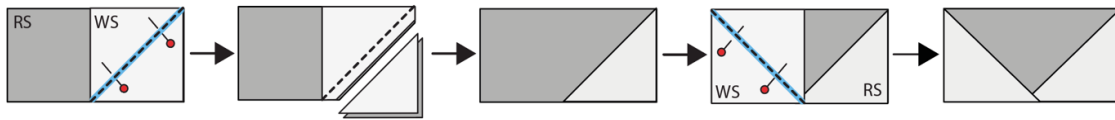
Fig G Making a corner triangle unit



9 Making flying geese units: Flying geese units are needed for the ‘strings’ that hang beneath each bird. The process is shown in **Fig H**. Take one rectangle (**p**) and place it right side up. Take

a square (**q**) and pencil mark one diagonal line on the wrong side of the square. Place the square right side down on the right-hand side of the rectangle, aligning the top, bottom and right side and with the diagonal line in the direction shown in **Fig H**. Sew along the marked line. Trim off excess fabric $\frac{1}{4}$ in (6mm) outside of the sewn line and press the triangle outwards. Repeat with the other square (**q**) on the other side of the rectangle, angling the marked line in the opposite direction. Press and trim as before. Check the unit is the same size as the original rectangle. You will need two units like this for a string unit under a bird. The fillers at the top of the quilt will need flying geese.

Fig H Making a flying goose unit



10 When the HSTs, corner triangle units and flying geese units have been made for a block, the units can be pieced together. **Fig I** shows the stages needed for the beak, head, body and wing/back. Using $\frac{1}{4}$ in (6mm) seams, sew the beak units together in a column, as shown, and press seams open.

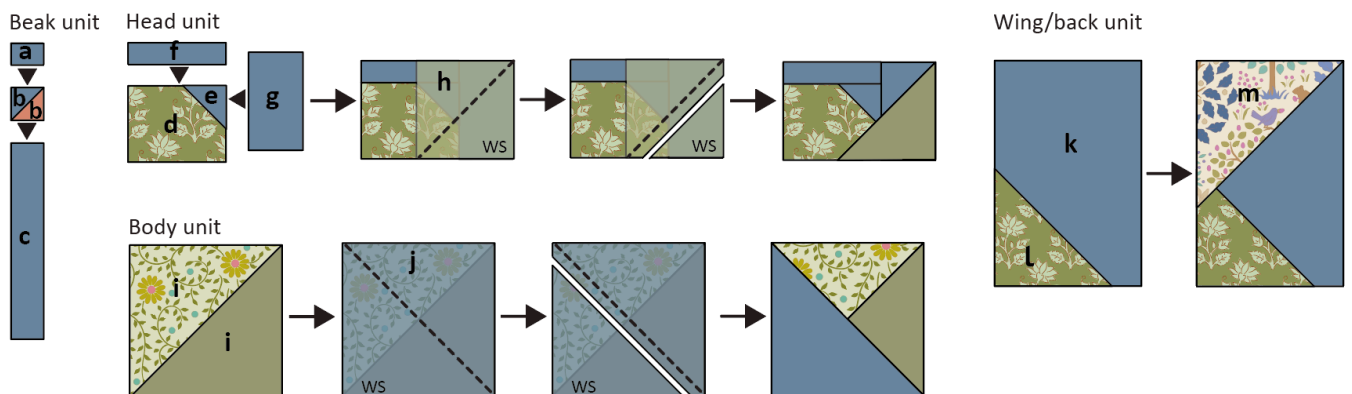
For the head unit, sew pieces **d/e** and **f** together and then add piece **g**. Now make a corner triangle across the whole unit using piece **h**, as shown, using the same basic technique described before.

For the body, take the 4in (10.2cm) unfinished HST made earlier (**i**), place piece **j** on top, right sides together and mark the diagonal line. Sew along the line, as shown, trim off excess fabric and then press the background triangle into place. Check the unit is still 4in (10.2cm) square.

For the wing/back unit, make a corner triangle with piece **l** and then make a second corner with piece **m**, using the same basic technique as described before.

Fig I Assembling the units for a block

Block 1 shown



11 Now assemble the block as shown by the stages in **Fig J**, pressing seams as you go, pressing them open or to one side. Check the block is 9in x $10\frac{1}{4}$ in (23cm x 26cm). Make five of Bird 1 like this in total. You can add the French knot eye to the bird now or leave it until all of the blocks are made. Use all six strands of black stranded cotton and wrap the thread twice around the needle.

12 Repeat this block-making process to make the rest of the blocks, changing fabrics as shown in **Fig E** and making the number of blocks indicated in that diagram. When making the right-facing birds, simply reverse the pieces so they face the opposite way. **Fig K** shows the basic stages.

Fig J Assembling a block

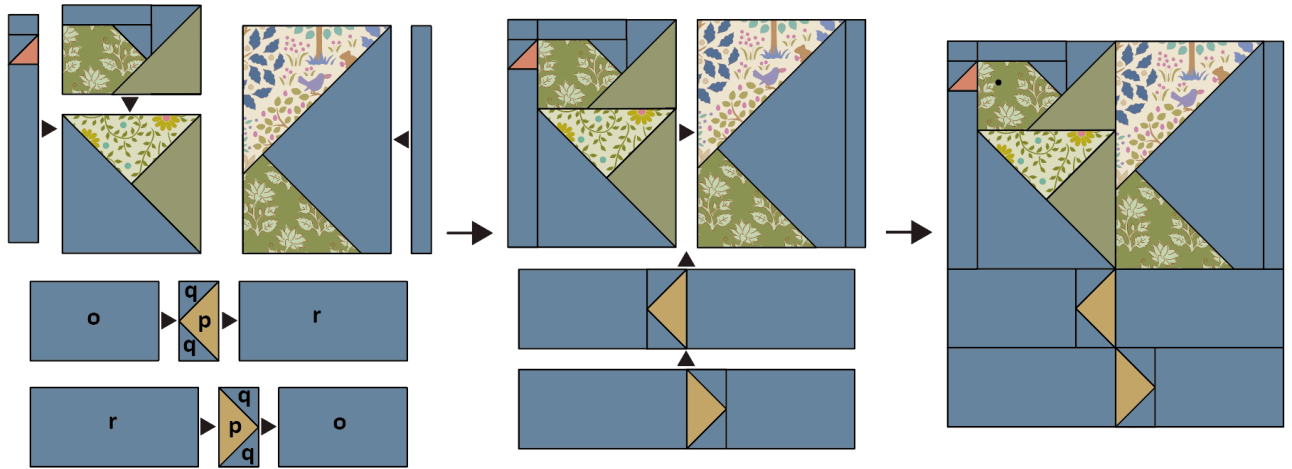
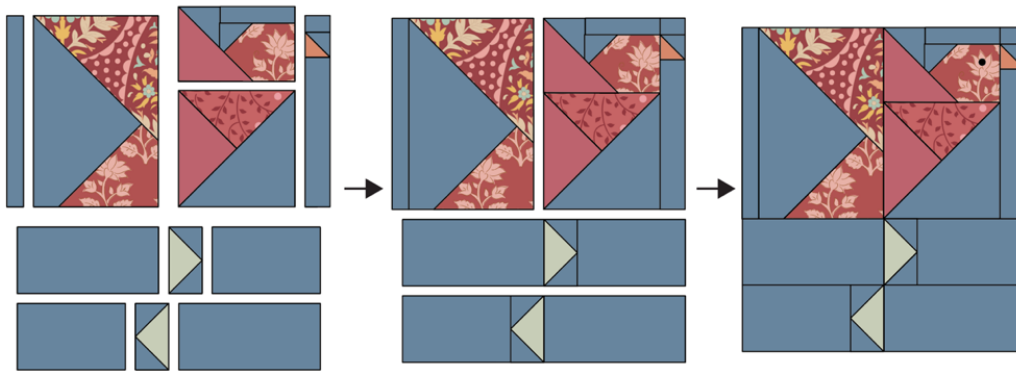


Fig K Assembling a right-facing bird

Bird 2 shown

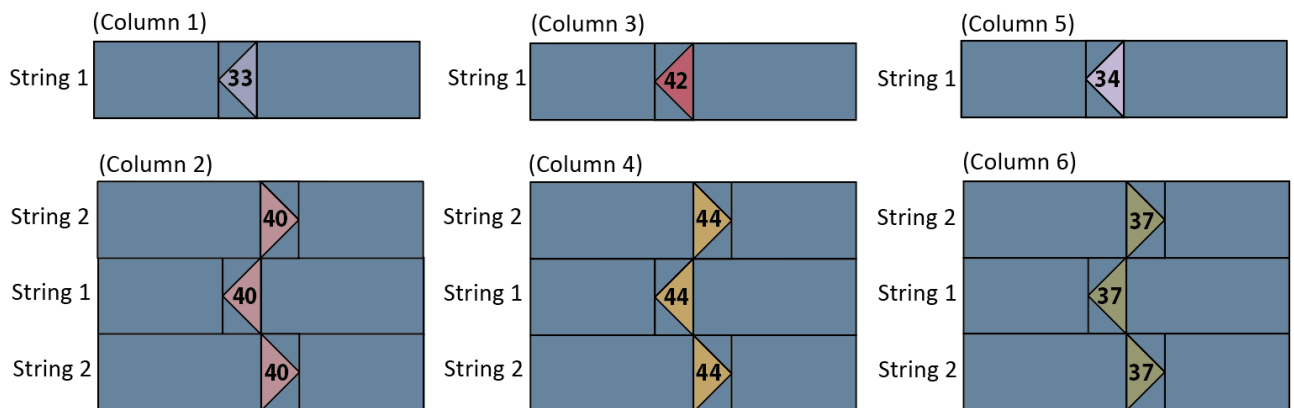


Making the Filler ‘String’ Units

13 ‘String’ units of this type have already been made for the Bird blocks, so use the measurements given in **Fig D** and the Chambray colours shown in **Fig L** to make the units shown. Keep three of the units as single units. For the other units, sew them together into triple units, as shown.

Fig L Making the filler ‘string’ units

Bold numbers indicate fabrics used. All background is Fabric 31



Assembling the Quilt

14 The quilt is assembled into six columns first. **Fig M** shows the columns, with the positions of the Bird blocks. Lay out the blocks for each column and then add the string filler units at the top and the Sashing 3 pieces at the bottom, as shown. Sew each column together, matching seams neatly where needed. Press the seams open or to one side. Each column should measure 74³/₄in (190cm) long. Once all the quilt columns are sewn, add the Sashing 1 strips to the sides of the quilt and the Sashing 2 strips where indicated in **Fig N** – note that some block columns are sewn together *without* Sashing 2 strips. Press the seams open or to one side. Your quilt top is now finished.

Fig M Assembling the quilt columns

B = Positions of the Bird blocks

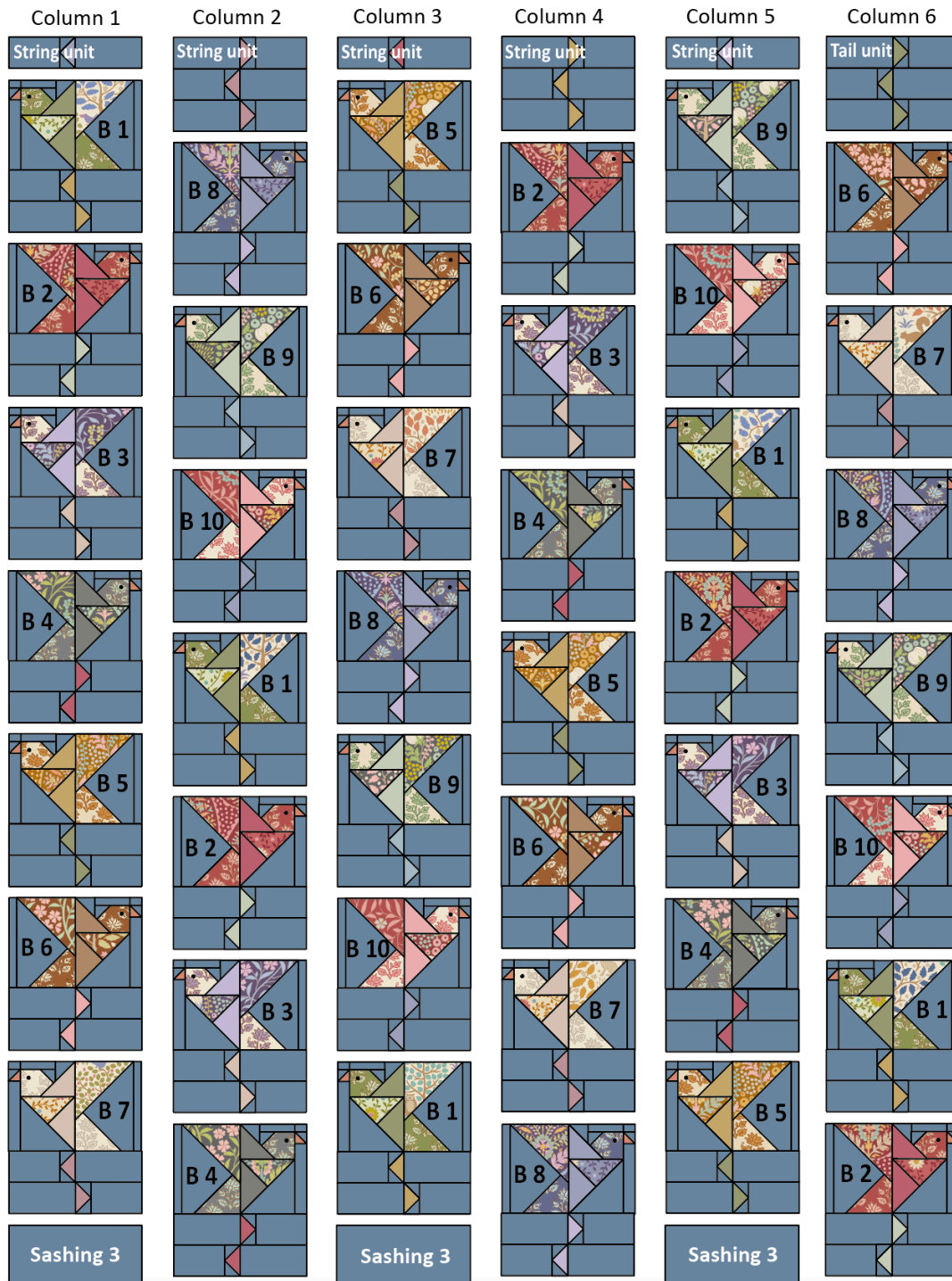
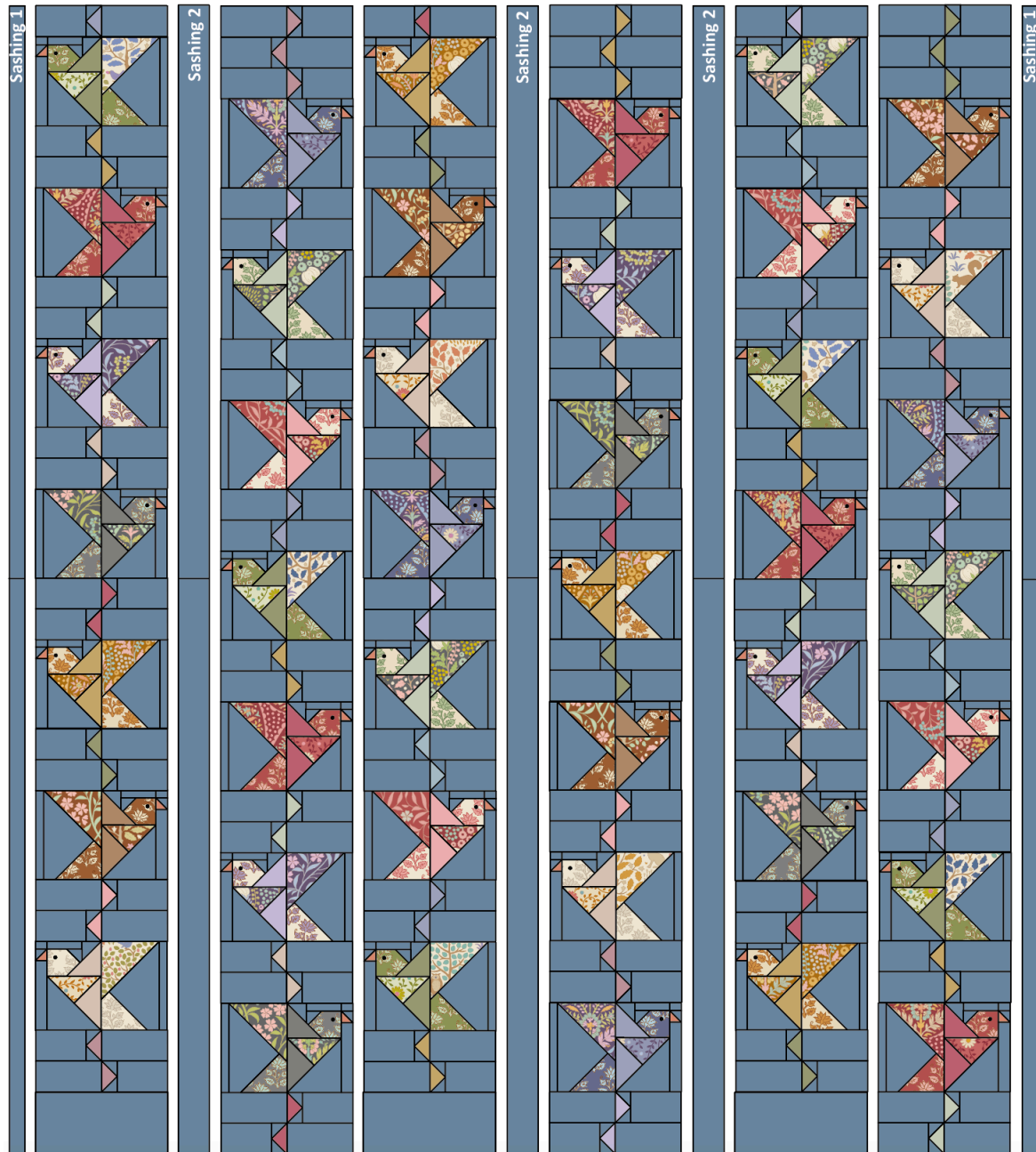


Fig N Adding the vertical sashing

Quilting and Finishing

15 If you are quilting the quilt yourself you now need to make a quilt sandwich – you can do this in various ways, as follows.

- Use large stitches to tack a grid through the layers of the quilt in both directions, with lines about 4in (10cm) apart.
- Use pins or safety pins to fix the layers together.
- Use fabric glue, sprayed onto the wadding to fix the layers together.

If you are sending the quilt off to be commercially long-arm quilted you won't need to make a sandwich, as this is done when the quilt is mounted on the machine. When the layers of the quilt are secured you can quilt as desired.

16 Use the prepared double-fold binding strip to bind your quilt. Sew the binding to the quilt by pinning the raw edge of the folded binding against the raw edge of the quilt. Don't start at a corner. Using a ¼in (6mm) seam, sew the binding in place, starting at least 6in (15.2cm) away

from the end of the binding. Sew to within a $\frac{1}{4}$ in (6mm) of a corner and stop. Take the quilt off the machine and fold the binding upwards, creating a mitred corner. Hold this in place, fold the binding back down and pin it in place. Begin sewing the $\frac{1}{4}$ in (6mm) seam again from the top of the folded binding to within $\frac{1}{4}$ in (6mm) of the next corner and then repeat the folding process. Do this on all corners. Leave a 6in (15.2cm) 'tail' of unsewn binding at the end.

17 To join the two ends of the binding, open up the beginning and end of the binding tails, lay them flat and fold the ends back so the two ends touch. Mark these folds by creasing or with pins – this is where your seam needs to be. Open out the binding and sew the pieces together at these creases. Trim off excess fabric and press the seam. Re-fold the binding and finish stitching it in place on the front of the quilt.

18 With the quilt right side up, use a medium-hot iron to press the binding outwards all round. Now begin to turn the binding over to the back of the quilt, pinning it in place. Use matching sewing thread and tiny stitches to slipstitch the binding in place all round, creating neat mitres at each corner. Press the binding and your charming quilt is finished.