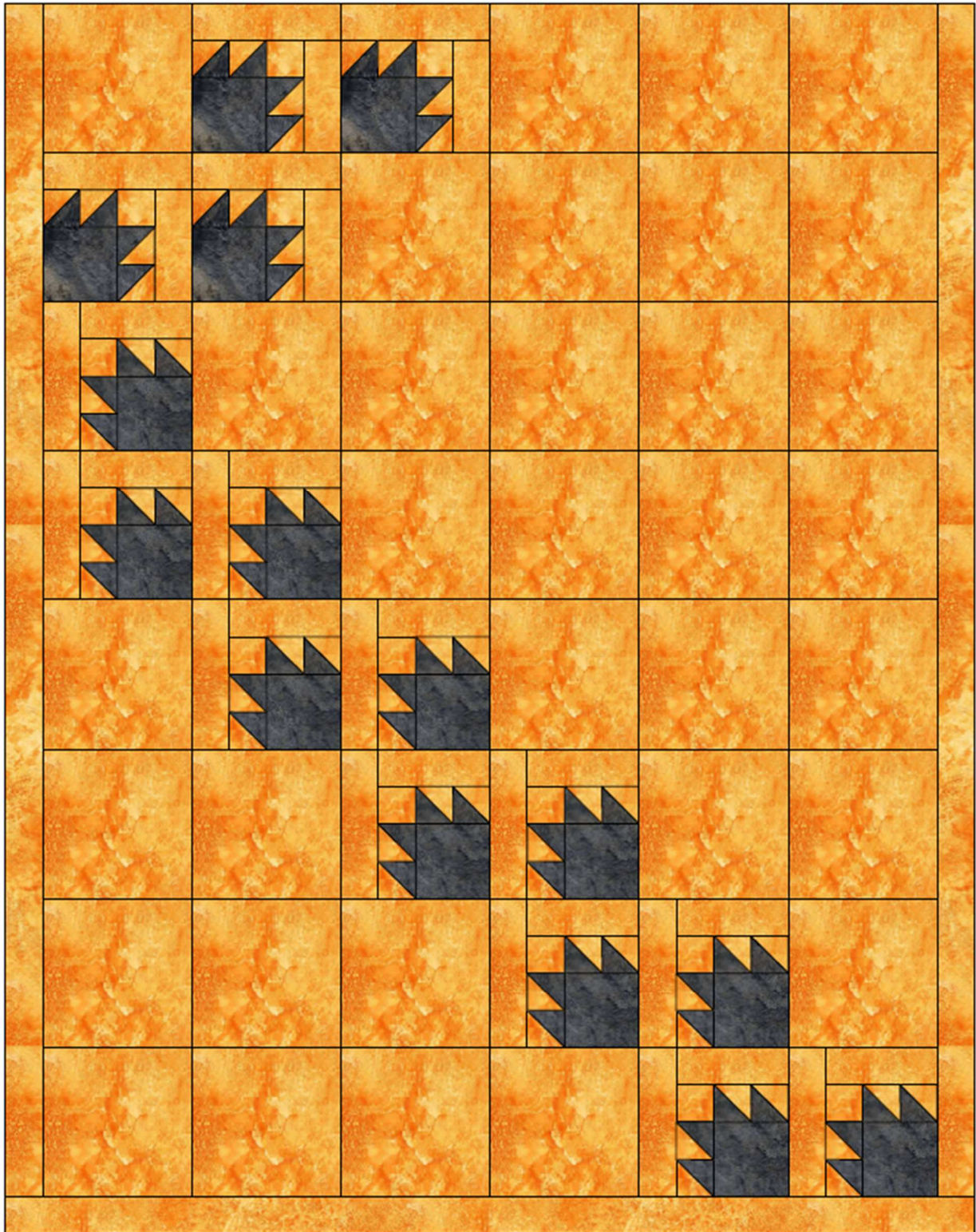


# ***Bear's Journey***

52" x 66" (Lap Size) Quilt Design by **Sue Sherman**



# ***Bear's Journey Pattern***

Lap Quilt 52"x66"

This pattern was created for the use of anyone wishing to make a quilt for **Quilts for Survivors**. You can learn more about **Quilts for Survivors** at <https://www.quiltsforsurvivors.ca>.

If you want to use this pattern for a quilt for yourself or a friend, go right ahead, but could we respectfully ask that you make one for **Quilts for Survivors** as well (doesn't need to be this pattern!).

In creating the pattern for this quilt called *Bear's Journey*, I have followed my usual practice of avoiding any strong boxes or borders that, to me at least, appear to box in a wild creature. In all my quilt designs, I endeavour to leave the creatures unconstrained. For the same reason, I made my quilt with an orange binding to match the background, even though a darker binding might be more conventional. This is just by way of explaining my own design choices in making this design, but please feel free to add whatever border or binding you like.

In case you're wondering, I auditioned quite a few options for different kinds of blocks to replace the large areas of plain orange, but nothing I tried looked better than the simple option shown here.

If you want to see my latest work, please visit [www.sueshermanquilts.com](http://www.sueshermanquilts.com) or **Facebook.com/sueshermanquilts**. If you have any questions or comments, you can email me at [sue@sueshermanquilts.com](mailto:sue@sueshermanquilts.com).

## Fabric Requirements

It is important to have a strong contrast between the main and contrasting colours on the quilt top, and also important that the contrasting colour be the darker of the two. Otherwise, please feel free to be creative about your colour selections.

Item	Used for	Amount Required
Dark colour contrasting fabric	Bear paws	0.6 m
Light/main colour	Quilt top background	2.7 m
Binding fabric		0.5 m (or 1.0m if cutting on the bias)
Backing fabric		3.2m
Batting		Approx.. 60" x 80"

## Glossary of Quilting Terms and Acronyms

**“scant quarter inch seam”** – This quilt uses “scant  $\frac{1}{4}$ ” seams”, meaning that each seam allowance should be slightly less than  $\frac{1}{4}$ ”, so that when the seam is pressed the two seams have the effect of removing exactly  $\frac{1}{2}$ ” from the total width of the fabric. The exact size of the seam allowance will depend upon the thickness of the fabric, the thickness of the thread, and other factors, but will usually be between  $\frac{3}{16}$ ” and  $\frac{1}{4}$ ”.

**“finished/unfinished size”** – when looking at a quilt block under construction, the “unfinished size” is the actual size of what you see, including the seam allowances. “Finished size” is when we ignore the seam allowances and think only about the part we are actually going to see in the finished quilt.

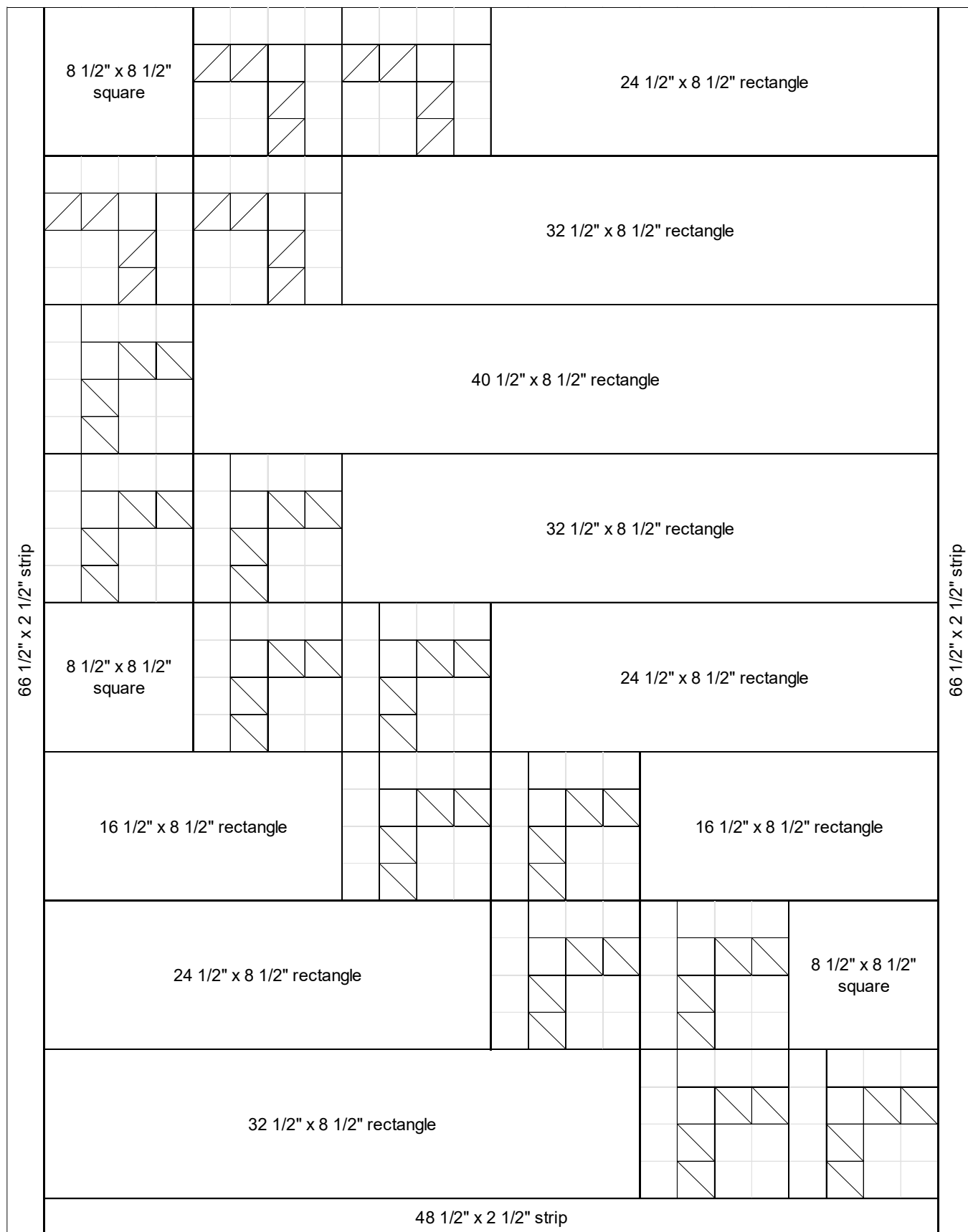
**WOF:** width of fabric (usually between 40” and 45”)

**HST:** half-square triangle – a square block made from 2 triangular pieces, joined together along the diagonal.

## Assemble the Quilt Top

Figure 1 shows the general layout of the quilt, and identifies how the blocks and rectangles are assembled to make the overall design.

Other than strips and rectangles, the quilt is made up of only one type of block. Called a bear paw block, it is relatively easy to make and can be assembled in lots of different ways for different looks. I wanted this one to look like a bear had walked across the quilt, so I have created a modified version of the usual bear paw for the purpose of this quilt.



**Figure 1: Layout Drawing**

## Cutting Instructions

Cut your fabric as shown in Table 1, below. (Note: Fabric should be ironed prior to measuring and cutting. Prewashing is up to you, but if you are using fabrics that will run it may be a good idea to wash them separately before sewing them together.)

**Table 1: Fabric Cutting Instructions**

Fabric	Instructions	Result
darker fabric (bear paws)	Cut two strips 4½" wide by WOF Subcut into fifteen 4½" squares	15 squares 4½" x 4½"
	Cut three strips 3" wide by WOF <sup>1</sup> Subcut the strips into thirty 3" squares (you should have a few extra) Subcut the squares into triangles	60 triangles
	Cut seven strips 8½" wide by WOF Strip 1: Subcut to measure 40½" x 8½" Strips 2 , 3 & 4: Subcut into one piece measuring 32½"x8½" and one piece measuring 8½" square Strips 5 & 6: Subcut into one piece measuring 24½" x 8½" and one piece measuring 16½" x 8½" Strip 7: Subcut one piece to measure 24½" x 8½".	3 squares 8½" x 8½" 2 rectangles 16½" x 8½" 3 rectangles 24½" x 8½" 3 rectangles 32½" x 8½" 1 rectangle 40½" x 8½"
Lighter fabric (shown as orange on sample quilt)	Cut 12 strips 2½" wide by WOF Set aside 5 strips for later use Subcut four of the strips into four rectangles 8½" x 2½" (you will have one extra rectangle) Subcut two of the strips into six rectangles 6½" x 2½" Subcut the remaining strip into three rectangles 6½"x2½" Use the remainder of the 2½" strips to cut fifteen 2½" squares. (Depending on the width of your fabric, you may need to scrounge a little from the leftovers of the 8½" strips.)	5 strips x WOF 15 rectangles 8½" x 2½" 15 rectangles 6½" x 2½" 15 squares 2½" x 2½"
	Cut three strips 3" wide by WOF Subcut the strips into thirty 3" squares (you should have a few extra) Subcut the squares into triangles	60 triangles
	Cut 6 strips 2½" by WOF, or the equivalent of 4.5 bias strips from selvedge to selvedge NOTE: this is for a double binding of approximately 3/8" width. You may choose to use a different binding size or method, but if it is to be wider than 3/8" you will need to go with a single layer.	6 strips 2½" by WOF Or the equivalent length of bias strips

<sup>1</sup> If you are an experienced quilter, you can cut these squares/triangles at 2-7/8" instead of 3". This will virtually eliminate the need to trim the finished HST's, but will require more precision in cutting and sewing.



## How to Make Half Square Triangles (HSTs)

This procedure will make one 2½" HST (2" finished size) from:

- A triangle of the darker colour
- A triangle of the lighter colour

You will need to make 60 of these triangles for *The Bear's Journey* quilt.

1. Being very careful not to stretch the fabric, sew the two pieces together along the diagonal edge (the *hypotenuse* of the triangle).
2. Now finger press gently so that the piece opens up as shown in Figure 2, and **finger press the seam allowance towards the darker colour**. (Note that in Figure 2 the seam is pressed towards the lighter side just so you can see what happens. Even in the photo you can see the seam through the light coloured fabric. That is why we say to press towards the darker side!)
3. Gently press the pieces. You may find this step goes a little easier if you use a little bit of a starch or non-starch spray product, but do not use steam as it can lead to distortion.
4. If necessary, trim the HSTs to 2½" x 2½".



Figure 2: Half-Square triangle (HST).

### Troubleshooting/Pointers to Success:

1. I would suggest not to pin first – the two fabrics will naturally hold together with friction, and the pins will just weigh them down.
2. Sew slowly, especially at the beginning of the seam.
3. If you have trouble with pulling or bunching, try a smaller needle. Change your needle if it might be getting dull from sewing.
4. If you have trouble with pulling, check that your machine has the slide plate with its smallest hole. This is the hole where the needle goes down into the sewing machine to engage with the bobbin. (Sometimes we like to have a wide hole here when the needle needs to go from side to side, but we won't be doing any zigzag here, and the big hole just allows your fabric to get pulled down into it.)
5. The seam allowance is a scant ¼", maybe as low as 3/16". You may need to test a few HSTs before you get the perfect dimension. This is worth the effort, because it is better if you can avoid having to trim all those pieces down after sewing them. But if you just can't do it, then just try to make your seams a little on the small side and you can trim the HSTs later.

## How to Make the Bear Paw Block

This procedure will make 1 Bear Paw block from:

- Four half square triangles (see above)
- One  $4\frac{1}{2}$ "x $4\frac{1}{2}$ " square of the darker colour
- One  $2\frac{1}{2}$ "x $2\frac{1}{2}$ " square of the lighter colour
- One  $6\frac{1}{2}$ " x  $2\frac{1}{2}$ " rectangle of the lighter colour
- One  $8\frac{1}{2}$ " x  $2\frac{1}{2}$ " rectangle of the lighter colour

You will need to make 15 Bear Paw blocks to make *The Bear's Journey* quilt. These instructions are written for making one block at a time. If you are an experienced quilter, you will probably want to do all 15 together.

1. Sew together two of the half-square triangles as shown in Figure 3. Note the orientation of the dark square and the light square, with the darker triangle in the bottom left corner of each square. Press the seam towards the darker fabric.



Figure 3:  
Step 1: Sewing together two HSTs.  
*Note: seam allowances not shown in*

2. Rotate the assembled half-square triangles a quarter turn clockwise and sew its left edge to the right edge of the  $4\frac{1}{2}$ " rectangle, as shown in Figure 4. Press seams towards the  $4\frac{1}{2}$ " square.



Figure 4:  
Step 2: Sewing the  $4\frac{1}{2}$ " square to the two HSTs. *Note: seam allowances not shown in this image.*

3. Sew together the remaining two half-square triangles as shown in Figure 5. Note that these are in a different orientation to the ones you sewed together in Step 1. This will be important later.



Figure 5:  
Step 3: Sewing together two HSTs.  
*Note: seam allowances not shown in this image.*

4. Keeping the two triangles from Step 3 in the same orientation, sew the 2½" square to the right side, as shown in Figure 6.



Figure 6:  
Step 4: Sewing the 2½" square to the two HSTs. *Note: seam allowances not shown in this image.*

5. Sew the assembly from Step 2 to the bottom of the assembly from Step 4, as shown in Figure 7.

Note the orientation of the half-square triangles to form the claws. If your bear paw doesn't look like this you may need to get out your seam ripper.

This 6½" block (6" finished size) is the usual bear paw block you will find in quilts. We are going to add some more strips to the top and side so that the spacing of our paw prints is more realistic.



Figure 7: Step 5: The basic bear paw. *Note: seam allowances not shown in this image.*



6. Sew the 6½" x 2½" strip to the right side of your assembly as shown in Figure 8.



Figure 8:  
Step 6: Sewing the 6½" x 2½" rectangle to the right side of the basic bear paw.  
*Note: seam allowances not shown in this image.*

7. Sew the 8½" x 2½" strip to the top of your assembly as shown in Figure 9.

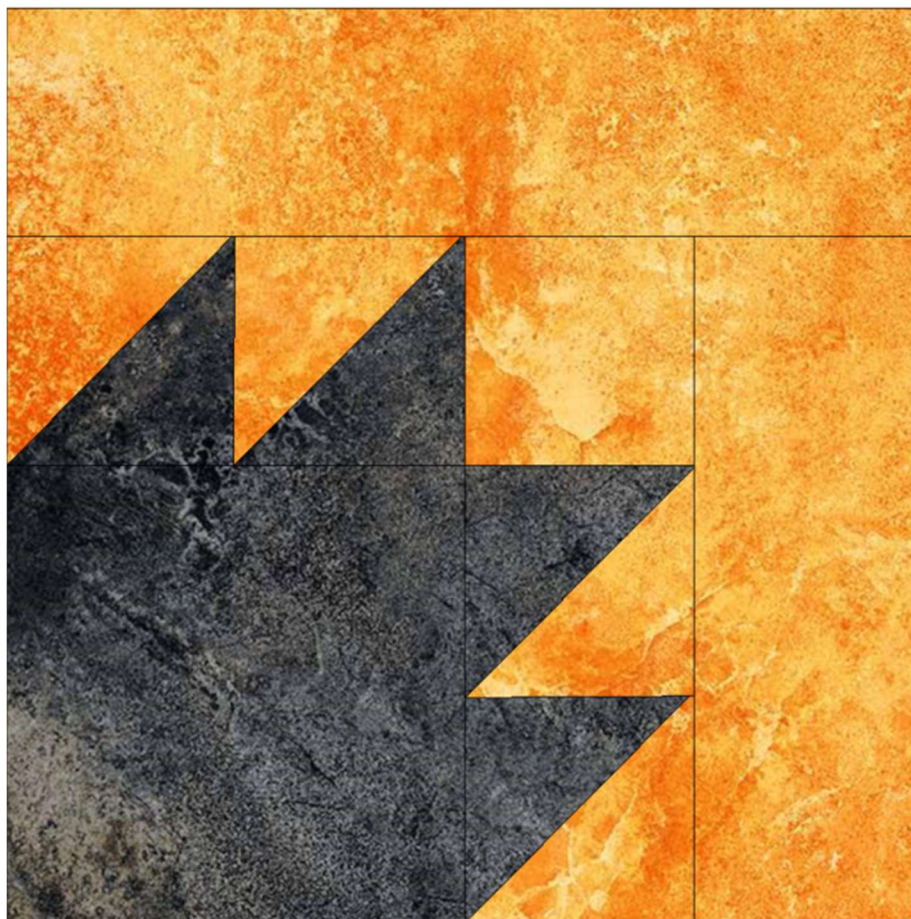


Figure 9:  
Step 7: Sewing the 8½" x 2½" rectangle to the top of the basic bear paw. *Note: seam allowances not shown in this image.*

## Assembling the Quilt Top

Assemble the main centre portion of *The Bear's Journey* one row at a time, starting from the top. Use Table 2, below, Figure 1 or the front cover<sup>2</sup> to identify which pieces go where in each row. Press the seams towards the right for odd numbered rows and towards the left for even numbered rows (this will reduce bulk where the seams meet when we sew the rows together).

All seams are scant  $\frac{1}{4}$ " and right sides together unless indicated otherwise. Please see the Glossary on Page 1 for a definition of a "scant  $\frac{1}{4}$ " seam".

Each row will have a finished width of 48", or an unfinished width of 48½".

**Table 2: Assembly of the Quilt Top Rows**

Row No. (from the top)	Squares/rectangles on the left	Number of Bear paw blocks	Bear Paw Block Orientation	Squares/rectangles on the right	Press seams to the . . .
1	8½" x 8½" square	2	Claws to the right	24½" x 8½" rectangle	right
2		2	Claws to the right	32½" x 8½" rectangle	left
3		1	Left or right	40½" x 8½" rectangle	right
4		2	Claws to the left	32½" x 8½" rectangle	left
5	8½" x 8½" square	2	Claws to the left	24½" x 8½" rectangle	right
6	16½" x 8½" rectangle	2	Claws to the left	16½" x 8½" rectangle	left
7	24½" x 8½" rectangle	2	Claws to the left	8½" x 8½" square	right
8	32½" x 8½" rectangle	2	Claws to the left		left

Sew the eight rows together starting from the top. Press the seams towards the bottom of the quilt top.

Trim off the selvages from the five remaining 2½" strips and sew together to make one really long strip. From the long strip, cut two pieces 64½" long and sew them to the two sides of the quilt. Then cut one piece 52½" long and sew it to the bottom edge. There is no top border. The reason for adding these strips is just so that the bear paws don't go right to the edge of the quilt.

## Assembling the Quilt

1. Trim the batting to approximately the same size as the backing. Place carefully on top of the backing, making sure not to create any wrinkles or folds in the backing piece.
2. Carefully place the quilt top, right side up, on the top of the sandwich. Spot check to make sure the pattern of the backing is more-or-less lined up with the horizontal and vertical lines of the quilt top.
3. Baste the quilt sandwich using the method you prefer.
4. Quilt as desired. Figure 10 shows one of the many quilting designs you could choose for this.
5. Bind the quilt using the binding strips.

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<sup>2</sup> Note: the image on the front cover shows 8" blocks rather than larger rectangles for the large background spaces. You may want to refer to Figure 1 to make sure you get the sizes right.



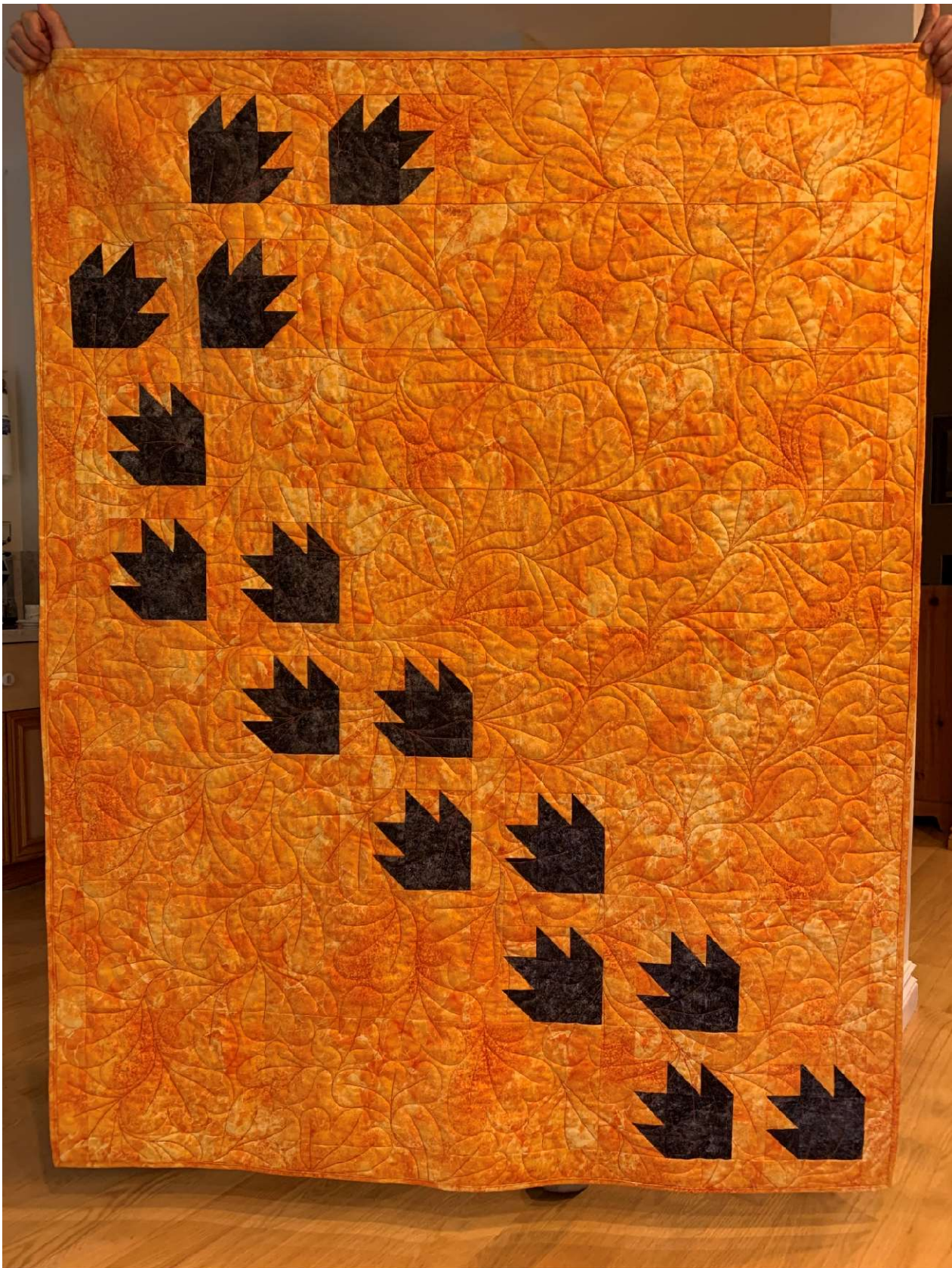


Figure 10: The finished quilt