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\$3.50

# Bicentennial Quilt and Pillow Patterns

*Bonus: Needlepoint Instructions Included*



- ✓ Informative Pamphlet explains meaning of
  - ✓ National Bicentennial Symbol, gives
  - ✓ The History of Quilt Making, and
  - ✓ Provides Complete Embroidery and Sewing Instructions
- ✓ Quilt Pattern fits any size bed
- ✓ Pillow Pattern enables you to make Throw Pillow or Wall Hanging



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From one Betty  
to another. Betty Boyink



(Betty)

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49417

HSLD:(pattern) FL  
A Bicentennial quilt and  
pillow pattern, published by  
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**Bicentennial  
Quilt and Pillow  
Patterns**

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# THE HISTORY OF QUILT MAKING

The earliest quilts probably consisted of extra padding stitched to clothing and bed coverings for added warmth. We do know however that when the Crusaders returned from the Middle East (eleventh and twelfth centuries) they wore quilted material beneath their suits of armor introducing quilt making to the West. Adapted by the women of Europe to regular clothing and especially bed coverings, quilt making became a routine in farm cottages, convents, and castles.

Quilts, patterns, designs and quilt making skills travelled across the Atlantic to Colonial America from all over the World. New England quilt making was influenced by the Puritans, New York by Dutch and English, Pennsylvania by Quakers, Germans and Swedes, and throughout the South, the Cavaliers.

American quilt making is divided into five, easily recognizable periods. First, the **Colonial Period** where quilts naturally resembled the quilts of respective homelands. The **Revolutionary Era** employed French accents in tribute to our revolutionary ally. During the **Pioneer Period** and western movement, small pieces of scarce fabric were sewed together to make bed coverings. Often, a loaded rifle was balanced against the quilting frame to ward off wild animals or Indian raids.

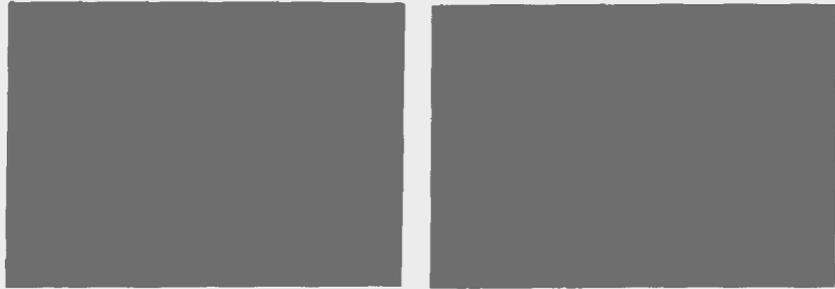
As pioneers settled down and farmed the virgin lands of the middle west, they prospered. Quilts reflected this new prosperity with ornamental details and ushered in the **Civil War Era**, which included the 1850's and 1860's. The **Centennial Period** ended a rich history of American quilt making as the Industrial Revolution brought with it power sewing machines.

Quilts which survived since the Centennial Period have become family treasures and are now being brought out of mothballs to link owners to the Bicentennial celebration. But, an American Revolution Bicentennial quilt, made with your own hands, will become a new family heirloom as it is proudly passed from generation to generation.

## How to Make Your Bicentennial Quilt

### Materials You Will Need

Iron-on Transfer Pattern inserted in flap  
White Cotton Fabric or New White Sheet (size determined by twin, double, queen or king size bed)  
Cotton or Polyester batting for interlining  
1/2 yard Bicentennial Red Cotton Fabric  
1/4 yard Bicentennial Blue Cotton Fabric  
The correct Bicentennial Red and Bicentennial Blue are shown below.  
Be sure to take these color samples when purchasing fabric.  
Lining (can be another white sheet or Bicentennial Red or Blue sheet)  
9 Skeins Black Embroidery Floss  
Quilting Frame or Quilting Hoop (see below for preference)  
Embroidery Hoop  
White Thread for Quilting



### Making the Quilt Top

After ironing out all creases and wrinkles, place fabric or sheet on your bed for ideal positioning of the iron-on transfer pattern. Pin iron-on transfer in place. Remove from bed and iron transfer pattern to sheet.

Cut out Bicentennial Blue and Bicentennial Red Stripes (pattern allows 1/4 inch seam allowance) and sew onto sheet. Press under seam allowance to exact curvature of stripes to preserve the integrity of the American Revolution Bicentennial Symbol.

After red and blue stripes are sewn in place, embroider the lettering using a satin stitch. Keep stitches even and close together to produce a solid black letter.

The 34 inch diameter symbol should be the only design used on the quilt top. The function of quilting permits varying patterns to personalize your quilt. Any instructional quilting book will show you traditional quilting designs. However you may wish to make your own design(s). For example, strategically quilt 50 stars on the quilt and 13 stars on the pillow. Or, quilt signs of Americana such as eagles, waving flags, liberty bell, statue of liberty, and so on.

### Preparing to Quilt

Before joining quilt top, batting and lining together, select and mark your quilting design(s) on the quilt top. Trace quilting design(s) on wrapping paper and, with an unthreaded needle stitch along outer edges.

Lay perforated paper on quilt top, rough side down, and rub stamping powder through perforations (light pencil marks will also do)

After marking quilt top, assemble top, batting and lining. Place lining face down. Then place batting on top of lining, smoothing out any bumps or wrinkles. Place quilt top on top of batting, face up. Pin all layers together to hold temporarily. Baste generously through all thicknesses.

### Quilting

If a **quilting frame** is to be used, sew opposite sides of lining to fabric strips attached to the frame. Use several rows of stitches to prevent quilt from pulling away from frame when stretched tight. Start quilting in the middle and quilt toward you.

If a **quilting hoop** is used, start quilting at the center of the quilt and work toward outer edges. At the edges, smaller embroidery hoops may be substituted for the larger quilting hoop.

To begin quilting, bring needle up through quilt starting on the lining side. Pull knot through lining so it is imbedded in the batting. Then, push needle down through the quilt and up again next to the first stitch. Continue with short, even stitches around your quilting design. Stitches should be of equal length on both sides of the quilt. Quilt in an arc around the black embroidered lettering and in the white space around the symbol. Do not quilt on the red or blue fabric with white thread. However red or blue thread may be used within the respective color. Again, this is to preserve the integrity of the symbol.

### Quilt Care

Quilts should be used and enjoyed. Dry cleaning keeps all fine quilts in excellent condition. Even if you store your quilt for posterity, it should be taken out of mothballs every five to six years and dry cleaned to keep it from deteriorating.

## How to Make Your Bicentennial Pillow

### Materials You Will Need

Iron-on Transfer Pattern for 15-inch square pillow inserted in flap  
1/2 yard White Cotton Fabric  
16-inch square Muslin Interlining (if pillow is quilted)  
15-inch square Pillow  
1/2 yard Bicentennial Red Cotton Fabric  
1/4 yard Bicentennial Blue Cotton Fabric  
1 Skein Black Embroidery Floss  
18-inch square Cotton or Polyester Batting

### Pillow Assembly

Cut two 16-inch squares of white cotton fabric. Use one of the squares for pillow top and follow steps outlined under "How to Make Your Bicentennial Quilt" for assembly. If pillow top is to be quilted, place muslin interlining beneath cotton batting, which is under quilt top.

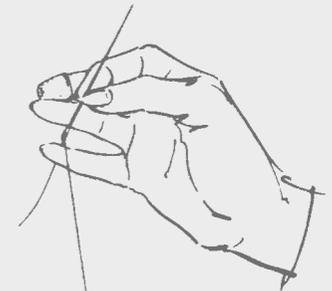
Place right sides together and sew front to back using a back stitch. Leave opening on the bottom to fill with foam rubber pillow. Finish sewing the open part using a whip stitch. Cording or fringe is optional.

## Iron-on Transfer Directions

Use Betty Boyink sewing symbol as a test sample. Gently brush off any specks that may flake off design in handling. Trim excess paper, pin in position, set dry iron at WOOL heat (or 400° F). Using downward stroke of iron to anchor iron back and forth. If test is not clear, heat is not correct. At this time, also test swatch for removal of transfer ink before ironing on transfer patterns (in case of error) as removal of ink due to various chemicals used in new fabrics cannot be guaranteed.

Lay material which is to accept iron-on transfer on ironing board. Carefully move iron back & forth, lift corner periodically to double check.

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## American Revolution Bicentennial Symbol

The Congress of the United States enacted Public Law 91-528, approved by the President on December 7 1970, which authorized the American Revolution Bicentennial Commission (ARBC), to originate "logos, symbols, or marks" for use in connection with the commemoration of the American Revolution Bicentennial. Pursuant to such legislation, the ARBC selected the present symbol designed by the firm of Chermayeff and Geismar Inc.

Subsequently, Congress enacted Public Law 93-179, approved by the President on December 11, 1973, which established the American Revolution Bicentennial Administration (ARBA). The ARBA reaffirmed that selection as the Official Bicentennial Symbol. Public Law 93-179 vests all rights in the official symbol in the ARBA.

The official symbol of the American Revolution Bicentennial is derived from the stars, stripes and colors of the United States flag.

The symbol takes the form of an American five-pointed star in white, surrounded by continuous red, white, and blue stripes which form a second star. This double star is symbolic of the two centuries which have passed since the American Revolution.

These colorful stripes also evoke a feeling of festivity and suggest the furled bunting traditionally used in time of celebration throughout the nation.

The symbol is contemporary in design in keeping with the forward-looking goals of the Bicentennial celebration: "to forge a new national commitment, a new spirit for '76, a spirit which will unite the nation in purpose and dedication to the advancement of human welfare as it moves into its third century



Official Symbol of  
The United States of America's  
200th Anniversary

# NEEDLEPOINT

## Materials You Will Need

Needlepoint Canvas 12-inch square canvas or larger depending on your project: pillow, picture, chair seats, handbags, etc.)

Red, Blue, Black and White Needlepoint and Tapestry Yarn. One skein each of red, blue, and black should be sufficient. White depends on size of project; as a rule of thumb, a 12" square, 10-mesh canvas requires approximately 70 yards of 3 ply yarn. Be sure to purchase the correct Bicentennial Red and Bicentennial Blue shown on the pamphlet.

## Preparing Needlepoint Canvas

Pin iron-on PILLOW PATTERN in position on needlepoint canvas. Dry iron should be set at hottest possible heat. Remember this is canvas and not fabric. For canvas to accept transfer ink, heat must be intense and back & forth movement of iron must be very slow. Check transferring before removing pins.

Red and blue stripes plus black lettering should be colored in with acrylic paints or markers specially designed for needlepoint. **Do not use regular waterproof felt tip pens** as colors may run, discoloring your work.

## Needlepointing

Needlepointing is an enjoyable craft. However if this is your first attempt, you would be well advised to acquire an instructional needlepoint book or enlist the assistance of a knowledgeable friend. The basic Continental needlepoint stitch is recommended.