

**African Adinkra Quilt©  
by Debby Kratovil**

**Block Size: 10"**

**Number of Blocks in Quilt: 25 (12 appliqué, 13 Square in Square)**

**Quilt Size: 69" x 69"**

**Materials You Will Need...**

3/4 yard blue fabric for 6 background blocks

3/4 yard white fabric for 6 background blocks

13 fat eighths of African/ethnic prints OR total yardage of 1-5/8 yards

Twelve 10" squares of a variety of batiks (or scraps equal to 1-1/4 yard)

1/4 yard solid black for inner border

2 yards border print

Fusible webbing or lightweight, fusible interfacing for machine appliqué

Thread for embroidery to match appliqué patches (hand or machine)

Lightweight paper (or newsprint) to stabilize the machine appliqué

4-1/4 yards backing

74" square of batting (or larger if sending it for long arm quilting)

Sewing and quilting thread

Basic sewing and cutting supplies

**Getting Started**

**Step 1.** Pre-wash and iron all fabrics. Press all seams as you sew. Use 1/4" seam allowances.

**Step 2.** Transfer template markings to template material or freezer paper. (I prefer freezer paper because I can iron it to the RIGHT side of the fabric and thus see the exact placement of a pattern, etc. It stays put until I cut it out.) Cut out. If you are using hand appliqué, add turn-under seam allowance to fabric. No need to add seam allowance for machine appliqué.

**Step 3.** Select 1 pattern and fabric for each Adinkra symbol. (I used lightweight, fusible interfacing with each of my appliqué blocks. I prefer it to fusible web because it is softer and can also allow for trimming away underneath the patch, if needed.) Follow manufacturer's directions and fuse the interfacing (or fusible web) to wrong side of each fabric selected. Take care to keep interfacing away from the very edge of the fabric in order to protect your iron and ironing board from the gummy residue.

**Step 4.** Iron the freezer paper templates to the RIGHT side of the fabric and then cut out each selected Adinkra symbol. If you are using other template material, trace around the template and then cut patches out.

**Step 5.** Cut six 10-1/2" squares EACH from the blue and white background fabrics.

**Step 6.** For each of the 13 Square in a Square blocks you will need the following: one 7-3/4" square for the center and two matching 5-7/8" squares, each cut into four triangles. You can get enough units for one

## **Sewing**

**Step 7.** Center an appliqué symbol over a chosen blue or white background square. Secure in place with pins, fabric glue or basting thread. Appliqué the symbol to the background using your favorite method. If you are using machine appliqué, place a newsprint paper underneath the background square and stitch through all layers. This keeps the fabric from “tunneling” or otherwise bunching up. Press block when finished. Carefully tear off the paper from the underside. Repeat for remaining blocks.

**Step 8.** For each of the Square in a Square blocks, sew a triangle to each of the four sides of the larger center square (see Diagram 1). Press seams outward toward the triangles (see Diagram 2). Make 13 of these.

**Step 9.** Arrange your 12 Adinkra blocks with the 13 Square in a Square blocks either according to the quilt picture or as you desire. Consult the Quilt Assembly Diagram on the illustrations page to help with placement. Press seams. Quilt center should measure 50-1/2” x 50-1/2”.

**Step 10.** Measure quilt center through the middle, both vertically and horizontally. If your numbers differ, **STICK WITH YOUR OWN NUMBERS** as you cut your final borders.

**Step 11.** Cut six black inner border strips 1-1/2” x 42”. Cut two of the strips into 1-1/2” x 21” and sew one long and one short strip together. Repeat for remaining three sets. Press seams. Sew one to quilt top and one to quilt bottom. Press seams toward the border and trim. Repeat for remaining two black strips; press and trim.

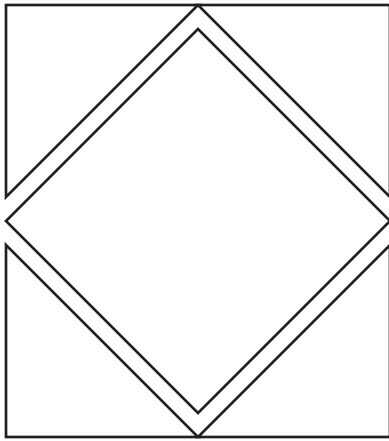
**Step 12.** Measure quilt through center from top to bottom. Cut two border strips 7” wide by that measurement. Sew to quilt sides. Press seams toward border. Measure quilt through center from side to side. Cut two border strips 7” wide by that measurement and sew to quilt top and bottom. Press seams.

## **Quilting**

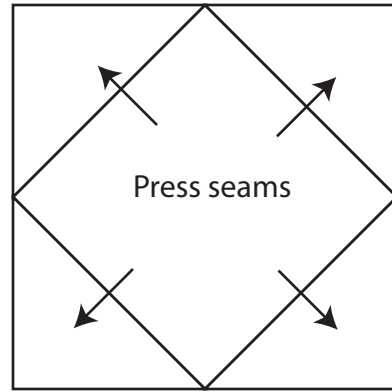
**Step 10.** Layer the quilt top, batting and backing. Pin the layers together and quilt securely in place.

## **Binding**

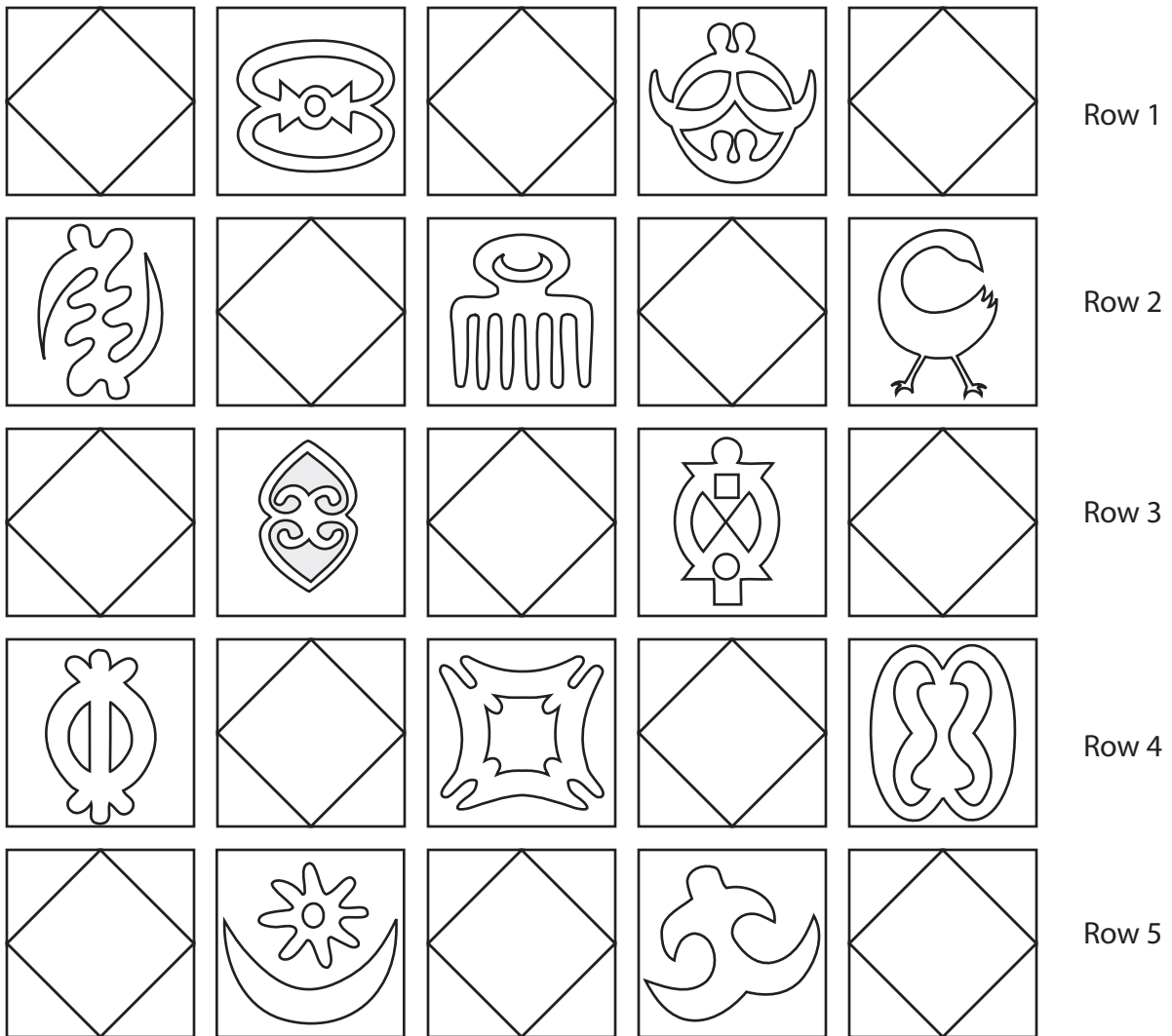
**11.** Bind outside edges of quilt by cutting 2” wide fabric strips. Fold in half lengthwise and press on fold line. Pin and sew raw edges of binding to raw edges of top and quilt. Turn folded edge to back of quilt and stitch in place.



**Diagram 1**



**Diagram 2**



**Quilt Assembly Diagram**