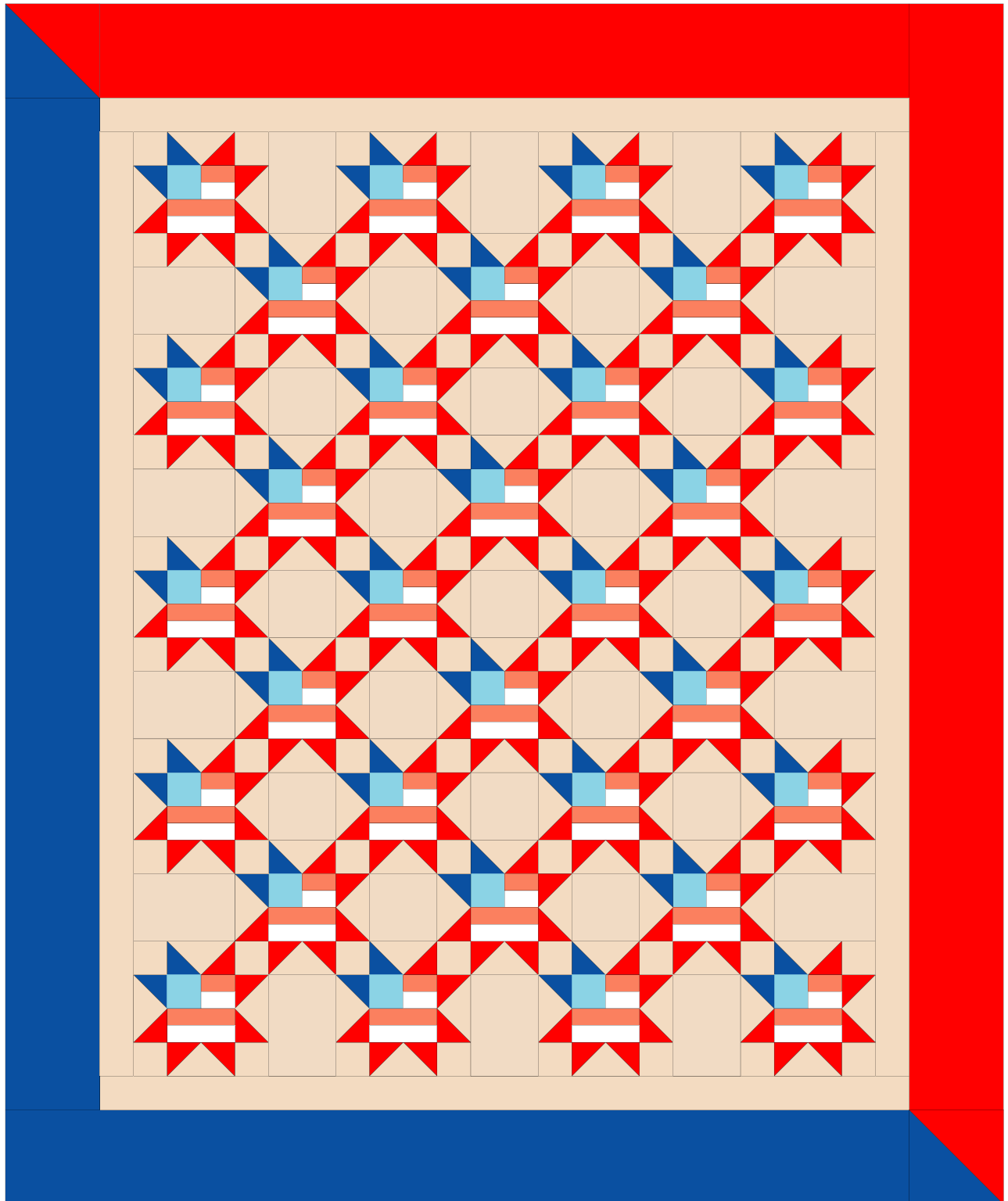


# American Hero Stars Quilt

Wall/Lap, and Large Quilt



Designed by  
Cindy Roth  
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# American Hero Stars / Scrappy Stars Quilt

## American Hero Stars Quilt Stars and Stripes Version

### Yardage Amounts

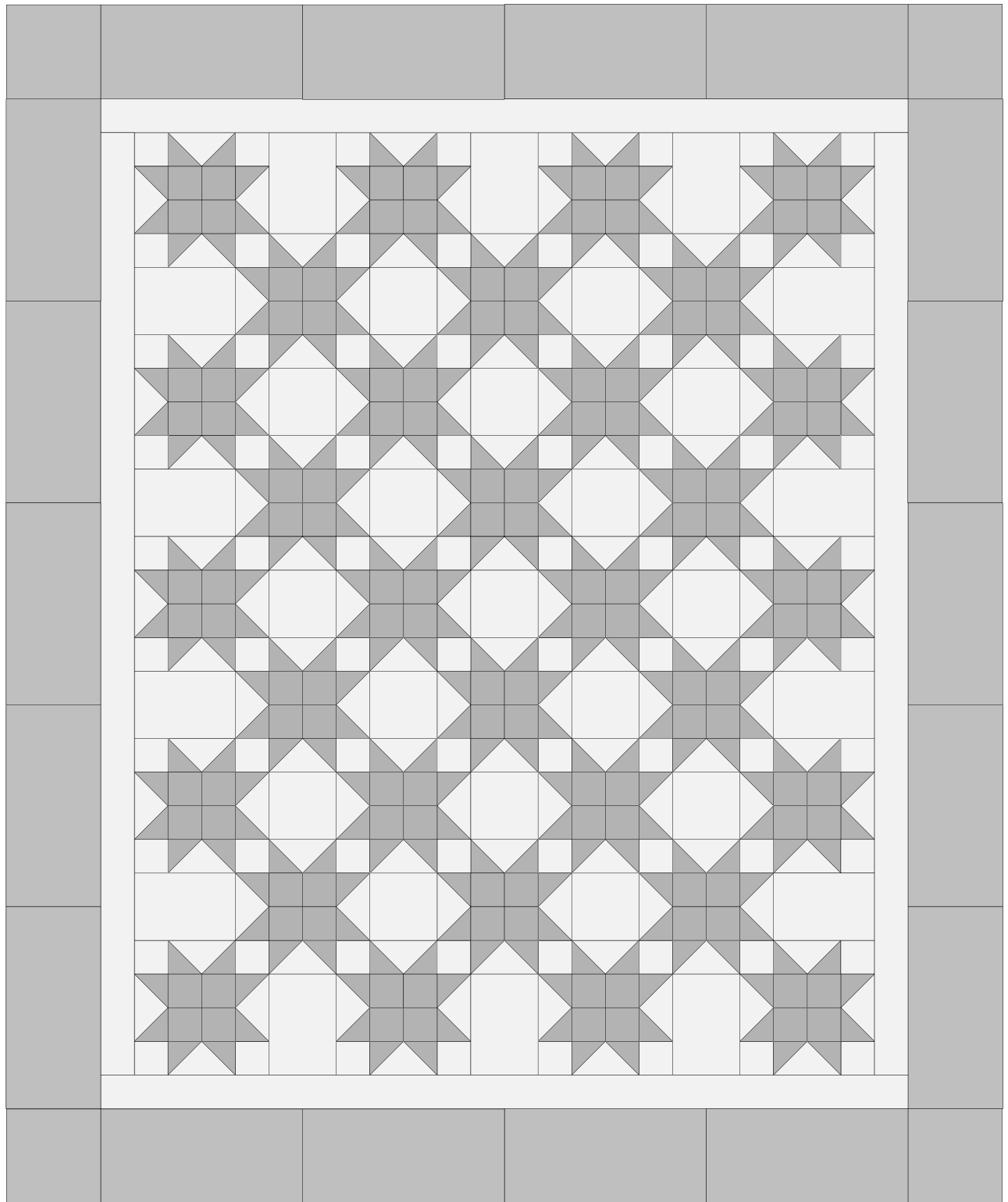
Note: Amounts are generous

Note - if you are making this quilt to donate to a military / veteran group, check their requirements. They may prefer that the background fabric be a print or non-white fabric.

<b>Stars and Stripes American Hero Stars Quilt</b>		
	Wall / Lap 59 x 59 inches	Large 72 x 88 inches
<b>Background</b> Includes Inner Border	2-1/2 yards	3-3/4 yards
<b>Star Centers</b>		
Blue #1 - Star Center	1/4 yard (1 FQ)	1/2 yard
<b>Pieced Stripes</b>		
White - Pieced Stripes	1/2 yard	1/2 yard
Red #1 - Pieced Stripes	1/4 yard (1 FQ)	1/2 yard
<b>(Printed) Stripe Fabric</b>	1/2 yard	3/4 yard
<b>Star Points</b>		
Red #2 - Star Points	3/4 yard (3 FQ's)	1-1/2 yard
Blue #2 - Star Points	1/4 yard (1 FQ)	3/4 yard
<b>Outer Border #1</b> Red fabric preferred	1 yard	1-1/4 yard
<b>Outer Border #2</b> Blue fabric preferred	1 yard	1-1/4 yard
Binding	2/3 yard	3/4 yard
Backing Fabric	<b>40 inch wide</b> Vertical Seam 4 yards <b>108 yard fabric</b> 2 yards	<b>40 inch wide</b> Vertical Seam 6 yards <b>108 yard fabric</b> 3 yards
<b>For more supply information go to the bottom of PAGE 4</b>		

# Scrappy Stars Quilt

Wall/Lap - Large Quilt



Designed by  
Cindy Roth  
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# American Hero Stars / Scrappy Stars Quilt

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## Scrappy Stars Quilt Yardage Amounts

Note: Amounts are generous

<b>Scrappy Stars Quilt</b>		
	Wall / Lap 59 x 59 inches	Large 72 x 88 inches
<b>Background</b> Includes Inner Border	2-1/2 yards	3-3/4 yards
<b>Star Centers, Star Points and Scrappy Borders</b>		
Use a variety of prints to equal	4-1/2 yards (includes border fabric)	6-3/4 yards (includes border fabric)
<b>Or Fat Quarters</b>		
Fat Quarters (FQ)	18 FQ's	27 FQ's
<b>Binding and Backing</b>		
Binding	2/3 yard	3/4 yard
Backing Fabric	<b>40 inch wide</b> Vertical Seam 4 yards <b>108 yard fabric</b> 2 yards	<b>40 inch wide</b> Vertical Seam 6 yards <b>108 yard fabric</b> 3 yards

This quilt uses **Flying Geese Units (FGU)** to make this quilt.

The "stitch and flip" method of Flying Geese Unit construction is used in this pattern.

A more fabric efficient way to cut the Flying Geese Units is to use a special piecing template.

Here are a few of my favorite piecing stencils -

**Flying Geese Rulers** by Marti Michell  
[www.frommarti.com/collections/flying-geese-ruler](http://www.frommarti.com/collections/flying-geese-ruler)

**Multi Size Half Square Triangle Ruler** by Marti Michell  
[www.frommarti.com/collections/multi-size-half-square-triangle-ruler](http://www.frommarti.com/collections/multi-size-half-square-triangle-ruler)

These templates are available through Longarm University or your local quilt shop.

For a video on how to make **Flying Geese Units** with the Marti Michell templates go to [www.longarmuniversity.com/Education/Basic-Piecing.html#FGR](http://www.longarmuniversity.com/Education/Basic-Piecing.html#FGR)

# American Hero Stars / Scrappy Stars Quilt

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## Items you will need for the quilting -

**Thread** - Use whatever thread works in your quilting machine and we will be using a few different threads for this project. Here are some suggestions for thread.

**Feather Quilting** - For this quilt, we WANT the quilting to show! For the feather work I highly recommend using a contrasting thread color for the quilting!

**Background Fabric Quilting** - we do want our feather quilting to "show" but we don't want the quilting to overwhelm the piecing. I recommend a contrasting thread that is a few shades darker than your background fabric.

**Border Fabric Quilting** - because the border fabric is much darker than the background fabric, I would recommend a thread that DOES contrast a lot! This is where we DO want the quilting to show!

**Star Block Quilting** - choose a thread that coordinates with the fabrics in the star. For the American Hero Stars quilt, you may choose a thread for the blue on the flag and another color for the stripes. For the Scrappy Stars quilt, choose a thread that coordinates with the fabrics in the star.

**Fill In Stitching** - For the background, fill in stitching use a thread that matches your fabric. We want this quilting to "disappear" into the fabric.

We are also going to be making registration lines on the fabric and a contrasting thread will make your quilting "stand out" and be much easier to see!

**Marking Pens.** I prefer the Fine Point Crayola Washable Markers. Note - to remove the marker, the quilt **MUST** be washed in warm water, with detergent, in a washing machine.

There is going to be a **LOT** of marking on this quilt and we will be using different color markers for marking different areas / designs. **I suggest getting a brand new set of the Crayola Washable Markers.**

**Straight edge rotary cutting rulers** for marking registration lines.

**Piecing template material** - We are going to be making templates which we will be drawing around and using as quilting guides. These templates work best if they are made from **PIECING plastic** template material. This material can be found in most quilting and chain fabric stores.

**IMPORTANT** - I have found that **HEAVY DUTY** template plastic works best. I recommend Dritz Heavy Duty Template Plastic which comes in a 12 x 18 inch sheet. The templates we need can be cut from **1 sheet** of this plastic.

You can find this heavy duty template plastic at most JoAnn Fabrics and online at

<https://www.joann.com/heavy-duty-plastic-templates/4793428.html>

If you can't find this type of template plastic, that's ok. Your templates may be a bit "floppy" but they will work!

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## About American Hero Quilts [www.AmericanHeroQuilts.com](http://www.AmericanHeroQuilts.com)

**From the American Hero website** - American Hero Quilts was established in 2004 to provide a recognition and an appreciation to our wounded service men and women who served in the Iraq and Afghanistan wars. We think of each quilt as a metaphoric hug and a way to express our gratitude for their service to our country.

Little did we realize that we would still be providing patriotic quilts to these warriors 20 years later. We have over 800 volunteers participating in our program—ranging from piecers, binders, quilters and other helpers, including generous contributors. And, as of the end of 2023, we provided approximately 32,000 quilts to our deserving men and women and their families. Our quilts are sent to Madigan Hospital as Joint Base Lewis McCord (WA), other Warrior Transition Centers in the US, and directly to bases in Afghanistan and Qatar. (At the end of 2022, we are no longer sending quilts to Afghanistan.) We thank **ALL** who have helped in this mission.

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