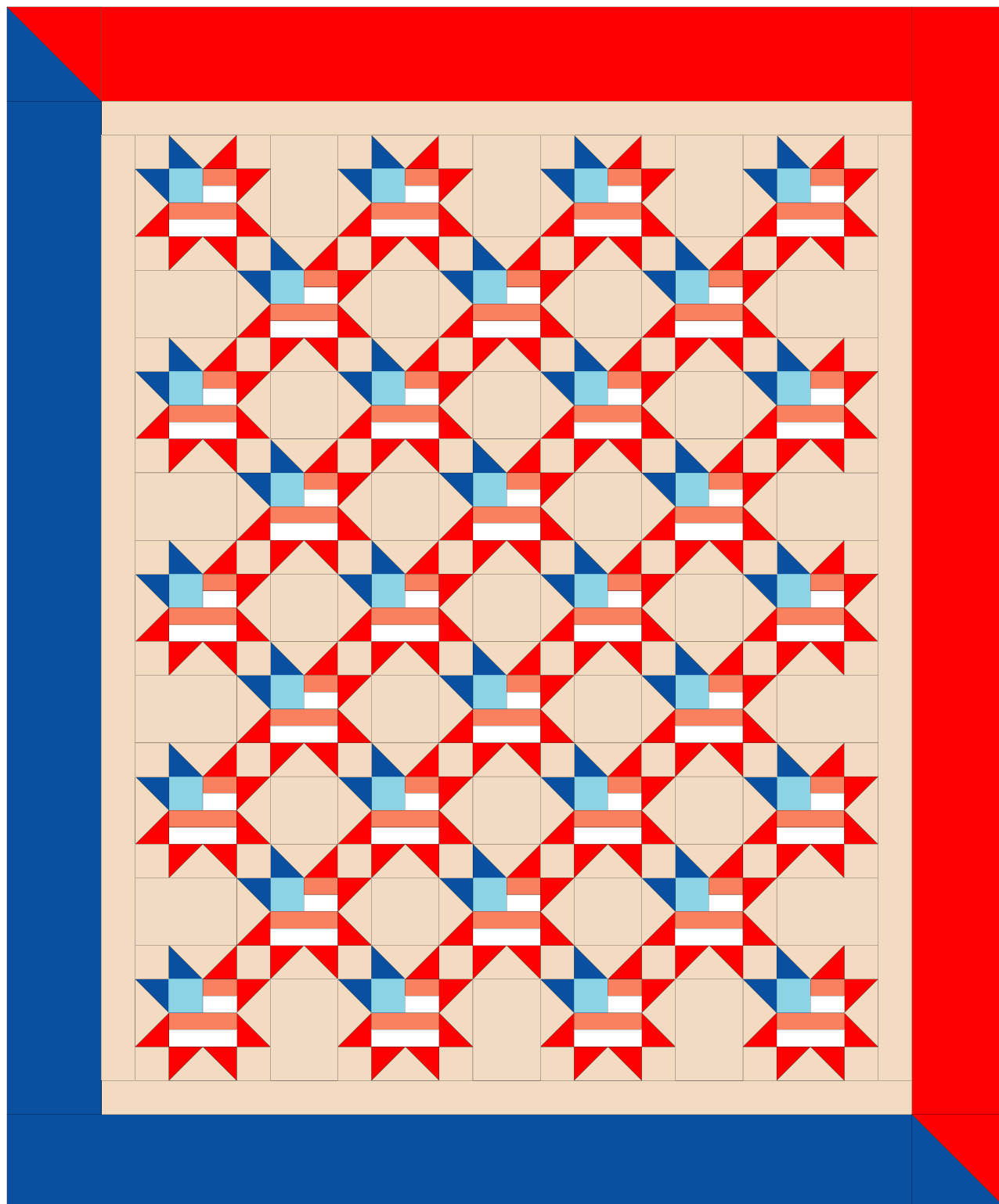


American Hero Stars Quilt

Wall/Lap, and Large Quilt



Designed by
Cindy Roth
Copyright 2024

American Hero 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.

| Stars and Stripes American Hero Stars Quilt | | |
|--|--|--|
| | Wall / Lap 59 x 59 inches | Large 72 x 88 inches |
| Background Includes Inner Border | 2-1/2 yards | 3-3/4 yards |
| Star Centers | | |
| Blue #1 - Star Center | 1/4 yard (1 FQ) | 1/2 yard |
| Pieced Stripes | | |
| White - Pieced Stripes | 1/2 yard | 1/2 yard |
| Red #1 - Pieced Stripes | 1/4 yard (1 FQ) | 1/2 yard |
| (Printed) Stripe Fabric | 1/2 yard | 3/4 yard |
| Star Points | | |
| 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 |
| Outer Border #1 Red fabric preferred | 1 yard | 1-1/4 yard |
| Outer Border #2 Blue fabric preferred | 1 yard | 1-1/4 yard |
| Binding | 2/3 yard | 3/4 yard |
| Backing Fabric | 40 inch wide Vertical Seam 4 yards 108 yard fabric 2 yards | 40 inch wide Vertical Seam 6 yards 108 yard fabric 3 yards |

American Hero Stars Quilt

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

Multi Size Half Square Triangle Ruler by Marti Michell
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

Stars and Stripes Stars Wall / Lap and Large Sizes Cutting Chart

based on 40 inch wof strips
wof = width of fabric
FGU = Flying Geese Unit

Note - The * indicates that these pieces will be used for FGU’s. If you are using a piecing template (see above) use the instructions for that template to make the appropriate size Flying Geese Units (**FGU**)

The “**stitch and flip**” method of Flying Geese Unit construction is used in this pattern. The pieces below are cut to this method of construction. If you are using another method to make your **FGU**’s, adjust your cutting as needed.

| | Wall / Lap | Large |
|--|---|---|
| Background Fabric | | |
| 5-1/2 inch x wof strips | 2 - 5-1/2 inch strips | 6 - 5-1/2 inch strips |
| Cut into - 5-1/2 x 8 inch rectangles. Label as Piece 2A | 8 - 2A rectangles | 14 - 2A rectangles |
| Cut into - 5-1/2 x 5-1/2 inch squares Label as Piece 2B | 4 - 2B squares | 17 - 2B squares |
| Cut 3 inch x wof strips | 17 - 3 inch strips | 28 - 3 inch strips |
| Reserve 3 inch strips for the Inner Border | 5 - 3 inch strips for Inner Border | 7 - 3 inch strips for Inner Border |
| Continued on the next page..... | | |

American Hero Stars Quilt

| Background Fabric - 3 inch x wof strips Continued | | |
|---|----------------------------|-----------------------------|
| | Wall / Lap | Large |
| Cut into—3 inch x 5-1/2 inch rectangles - FGU's* | 52 - FGU rectangles | 128 - FGU rectangles |
| Cut into - 3 inch x 3 inch squares. Label as Corners | 36 - Corners | 72 - Corners |
| Star Center, Version 1 - Pieced Stripes | | |
| Red #1 - Stripes These will be cut to size during construction | | |
| Cut 1-3/4 inch x wof strips. | 3 - 1-3/4 inch strips | 8 - 1-3/4 inch strips |
| White - Stripes These will be cut to size during construction | | |
| Cut 1-3/4 inch x wof strips. | 3 - 1-3/4 inch strips | 8 - 1-3/4 inch strips |
| Star Center, Version 2 - Printed stripe fabric | | |
| Cut into 3 inch x wof strips | 3 - 3 inch strips | 7 - 3 inch strips |
| Cut into - 3 inch x 3 inch squares | 13 - squares | 32 - squares |
| Cut into - 3 inch x 5-1/2 inch rectangles | 13 - rectangles | 32 - rectangles |
| Star Center - Blue #1 | | |
| Cut 3 inch x wof strips | 3 - 3 inch strip | 3 - 3 inch strips |
| Cut into 3 inch x 3 inch squares | 13 - squares | 32 - squares |

American Hero Stars Quilt

| Star Points - All Versions | | |
|---|---------------------|----------------------|
| | Wall / Lap | Large |
| Red #2 - Star Points | | |
| Cut 3 inch x wof strips | 6 - 3 inch strips | 15 - 3 inch strips |
| Cut into 3 inch x 3 inch squares - FGU's* | 78 - squares | 192 - squares |
| Blue #2 - Star Points | | |
| Cut 3 inch x wof strips | 2 - 3 inch strips | 5 - 3 inch strips |
| Cut into 3 inch x 3 inch squares - FGU's* | 26 - squares | 64 - squares |
| Outer Border #1 and #2 will be cut during construction | | |

----- **Notes** -----

About American Hero Quilts
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.

For more information on how to help and support American Hero Quilts, go to their website at **www.AmericanHeroQuilts.com**

American Hero Stars Quilt

Star Center Construction

All seams are 1/4 inch unless noted

Version 1—Pieced Stripes

Take a 1-3/4 inch Red #1 fabric strip and stitch it Right Sides Together (RST) to a White 1-3/4 inch fabric strip. Press seam to the red fabric. This strip set should measure 3 inches wide.

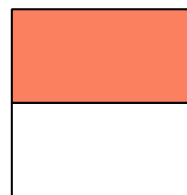
Repeat with the remaining Red #1 and White fabric strips.

Refer to chart below to cut the required number of pieces for your project.

3 inch x 3 inch squares. Unit 1A.

3 inch x 5-1/2 inch rectangles. Unit 1B.

| Unit 1A 3 x 3 inches | |
|---|----|
| Wall / Lap | 13 |
| Large | 32 |
| Unit 1B 3 x 5-1/2 inches | |
| Wall / Lap | 13 |
| Large | 32 |



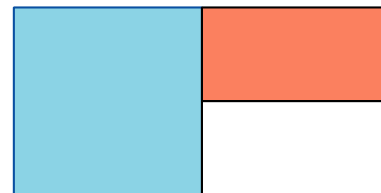
Unit 1 A



Unit 1 B

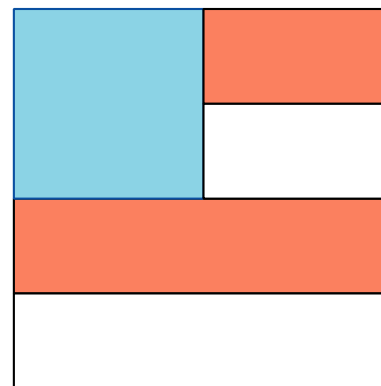
Place a Blue #1, 3 inch x 3 inch square RST with Unit 1A exactly as shown at the right.

Stich and press toward the blue fabric. This piece should measure 3 inches x 5-1/2 inches, which includes seam allowances.



Stitch this piece RST to Unit 1B exactly as shown at the right. Press as desired.

The Star Center Unit is complete and should measure 5-1/2 inches x 5-1/2 inches, which includes seam allowances.



Completed Star Center

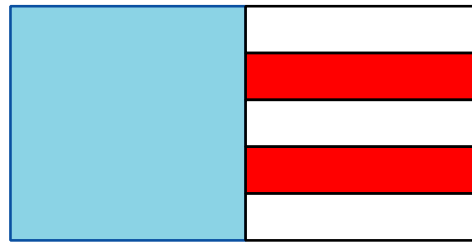
| Total Star Centers | |
|---------------------------|----|
| Wall / Lap | 13 |
| Large | 32 |

American Hero Stars Quilt

Version 2 - Printed Stripe Fabric

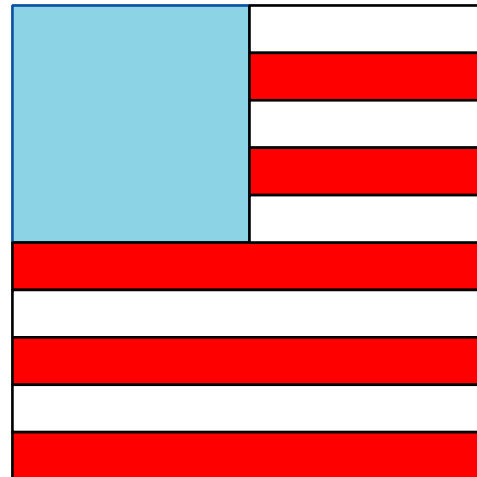
Place a Blue #1, 3 inch x 3 inch square RST with a 3 inch x 3 inch striped fabric piece exactly as shown at the right.

Stich and press toward the blue fabric. This piece should measure 3 inches x 5-1/2 inches, which includes seam allowances.



Stitch this piece RST to a 3 inch x 5-1/2 inch striped fabric piece exactly as shown at the right. Press as desired.

The Star Center Unit is complete and should measure 5-1/2 inches x 5-1/2 inches, which includes seam allowances.



Completed Star Center

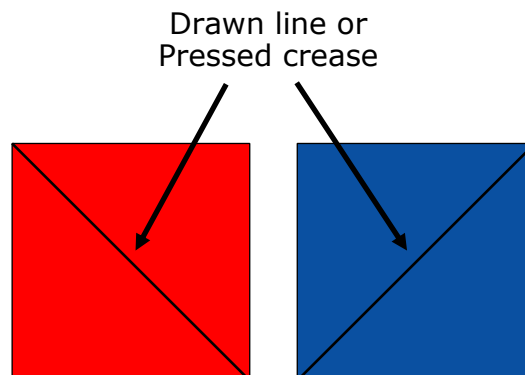
| Total Star Centers | |
|---------------------------|----|
| Wall / Lap | 13 |
| Large | 32 |

Star Points Construction

Star Point - LEFT

On the **WRONG** side of the Blue #2, 3 inch x 3 inch squares and the Red #2, 3 inch x 3 inch squares, draw a diagonal line from one corner to the other corner.

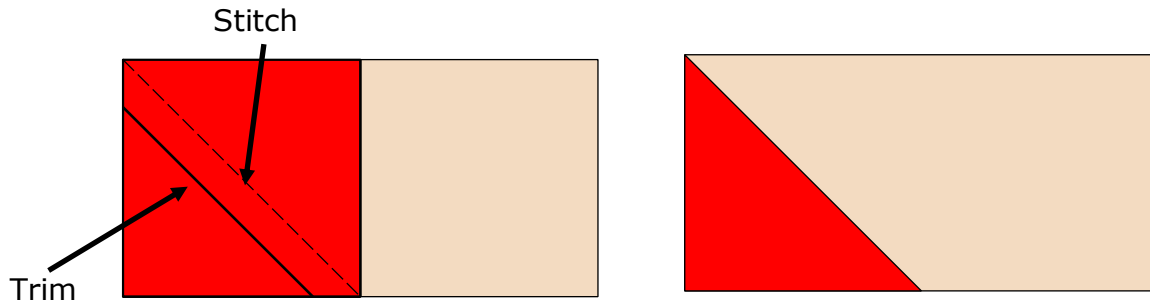
Or, with **WRONG** sides together, fold the square in half along the diagonal. Press a crease along the diagonal fold. The pressed diagonal crease will be your stitching line.



American Hero Stars Quilt

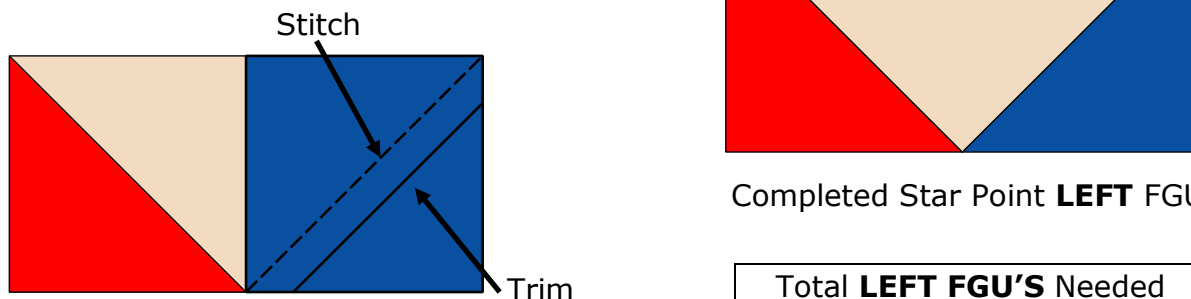
With Right Sides Together (RST) place a marked / pressed **Red #2**, 3 inch square on top of a **Background Fabric**, 3 x 5-1/2 inch rectangle exactly as shown below left. Line up the cut edges of these pieces, then stitch along the drawn line / pressed crease.

Trim to 1/4 inch away from the stitched line. For easier quilting, press this seam OPEN!



Take a marked / pressed **Blue #2**, 3 inch square and place it RST on the other corner of this piece exactly as shown below. Stich along the drawn line / pressed crease, then trim and press as you did the other side.

This makes **1 LEFT Flying Geese Unit (FGU)** that measures 3 inches x 5-1/2 inches which includes seam allowance.



Completed Star Point **LEFT** FGU

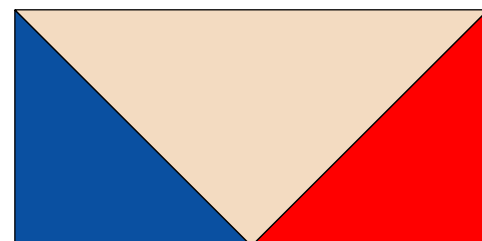
| Total LEFT FGU'S Needed | |
|--------------------------------|----|
| Wall / Lap | 13 |
| Large | 32 |

Star Point - TOP

Follow the construction steps above to make the Star Point TOP FGU's

Note the placement of the Red #2 and Blue #2 squares / HST's in this unit!

| Total TOP FGU'S Needed | |
|-------------------------------|----|
| Wall / Lap | 13 |
| Large | 32 |

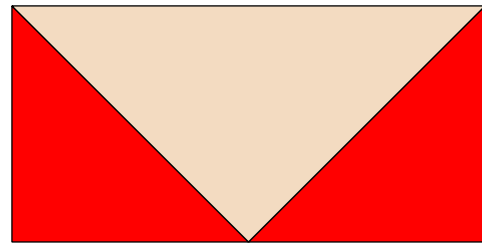


Completed Star Point **TOP** FGU

American Hero Stars Quilt

Star Point - RIGHT/BOTTOM FGU's

Using the remaining **Background Fabric** 3 x 5-1/2 inch rectangles and the remaining **Red #2**, 3 inch squares, follow the construction steps previously shown to make the Right/ Bottom FGU's.



Completed Star Point
RIGHT/BOTTOM FGU

| Total RIGHT/ BOTTOM FGU's Needed | |
|---|----|
| Wall / Lap | 26 |
| Large | 64 |

Note – This quilt is pieced in rows and the star block construction is a little bit different than traditional star blocks. **Please read each step of the instructions.**

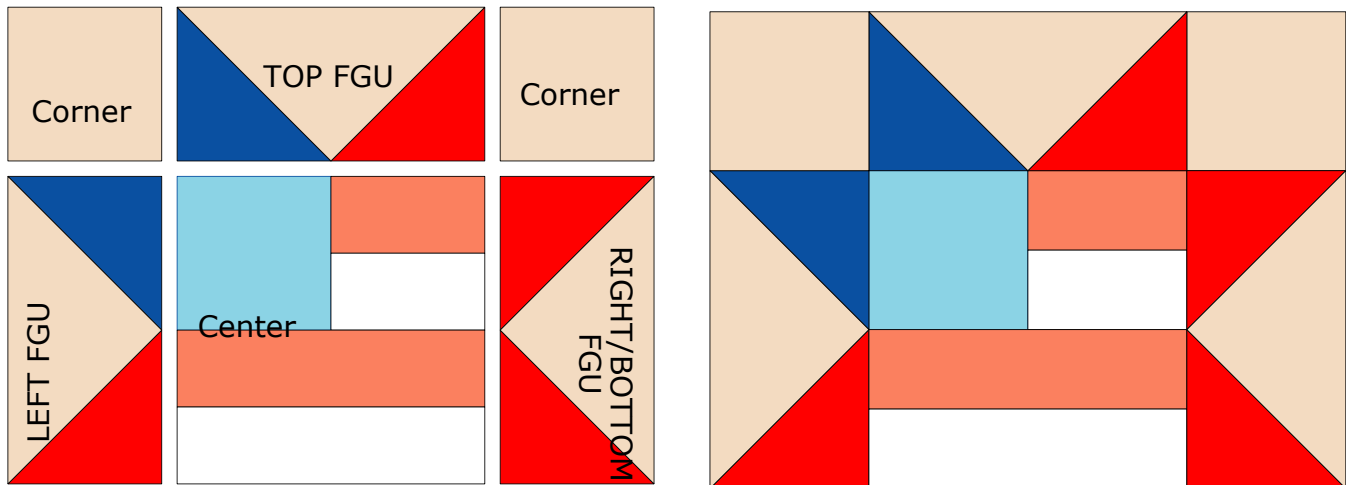
UNIT 1 - STAR

Pieces need for this Unit

- 1 - Star Center, 1 - RIGHT/BOTTOM FGU, 1 - TOP FGU, 1 - RIGHT FGU
- 2 - Background fabric, 3 inch x 3 inch squares (Corners)

Take these pieces and lay them out as shown in the left illustration. Stitch the pieces together and press as desired.

The completed Unit 1 is shown at the right. Reserve these Units for later.



| Total STAR UNITS Needed | |
|--------------------------------|----|
| Wall / Lap | 13 |
| Large | 32 |

American Hero Stars Quilt

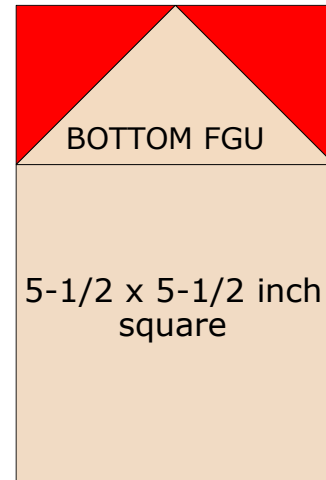
UNIT 2B - STAR Bottom -

Pieces need for this Unit

- 1 - BOTTOM FGU
- 1 - Background fabric,
5-1/2 inch x 5-1/2 inch squares
(Piece 2B)

Take these pieces and lay them out as shown at the right. Stitch the pieces together and press as desired.

The completed Unit 2B is shown at the right.



Completed Unit 2B

| Total UNIT 2B's Needed | |
|-------------------------------|----|
| Table Runner | 0 |
| Wall / Lap | 4 |
| Large | 17 |

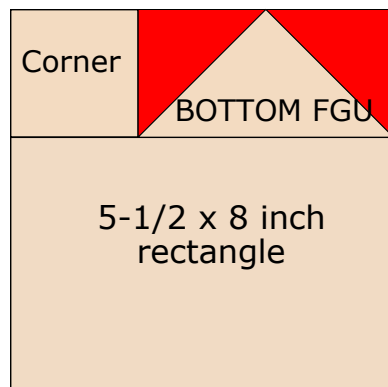
UNIT 2C - STAR Left Side Edge

Pieces need for this Unit

- 1 - Background Corner piece
- 1 - BOTTOM FGU
- 1 - Background fabric,
5-1/2 inch x 8 inch rectangles
(Piece 2A)

Take these pieces and lay them out as shown below. Stitch the pieces together and press as desired.

The completed Unit 2C is shown below.



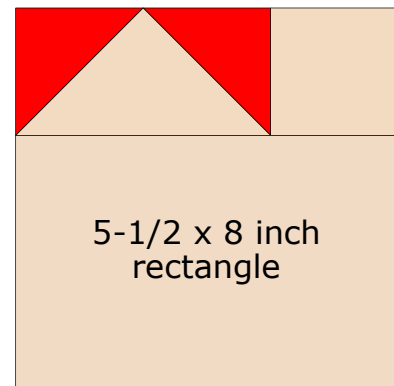
UNIT 2D - STAR Right Side Edge

Pieces need for this Unit

- 1 - Background Corner piece
- 1 - BOTTOM FGU
- 1 - Background fabric,
5-1/2 inch x 8 inch rectangles
(Piece 2A)

Take these pieces and lay them out as shown below. Stitch the pieces together and press as desired.

The completed Unit 2D is shown below .



| Total UNITS 2C and 2D Needed | |
|-------------------------------------|---|
| Wall / Lap | 2 |
| Large | 4 |

American Hero Stars Quilt

UNIT 2E - STAR Bottom Row

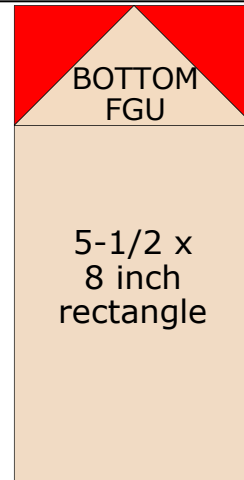
Pieces need for this Unit

- 1 - BOTTOM FGU
- 1 - Background fabric,
5-1/2 inch x 8 inch rectangles
(Piece 2A)

Take these pieces and lay them out as shown at the right. Stitch the pieces together and press as desired.

The completed Unit 2E is shown at the right.

Note - you should have some 2A pieces left. Don't worry, we will be using them soon.



| Total UNIT 2E's Needed | |
|-------------------------------|---|
| Wall / Lap | 2 |
| Large | 3 |

UNIT 3 - FULL STAR - Bottom Row

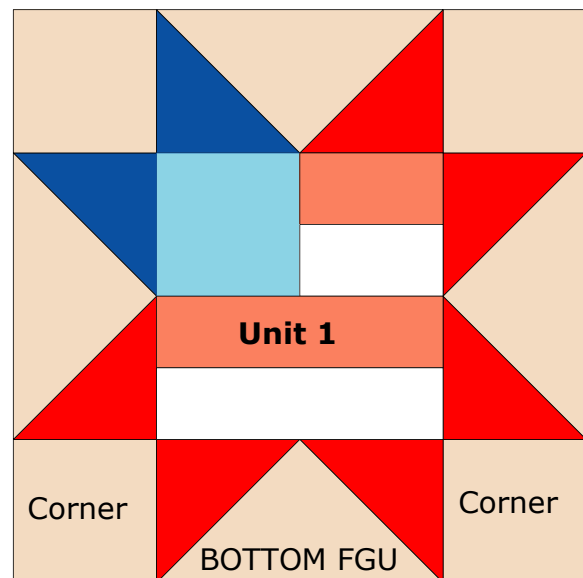
Pieces need for this Unit

- 1 - Unit 1 - Star
- 1 - BOTTOM FGU
- 2 - 2 - Background fabric,
3 inch x 3 inch squares (Corners)

Take these pieces and lay them out as shown at the right. Stitch the pieces together and press as desired.

The completed Unit 3 is shown at the right.

All the Units are made and ready to be made into the quilt top.



| Total UNIT 3's Needed | |
|------------------------------|---|
| Wall / Lap | 3 |
| Large | 4 |

American Hero Stars Quilt

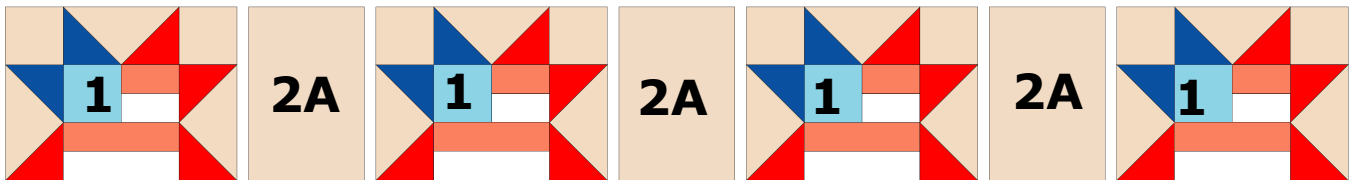
To Construct the Wall / Lap quilt go to Page 15

Construct the Rows - Large Quilt

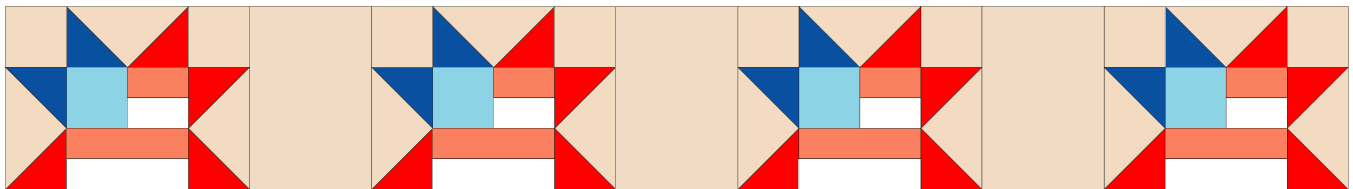
ROW 1 - Top Row - Make 1

Pieces used - 4 Unit 1's, 3 piece 2A.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



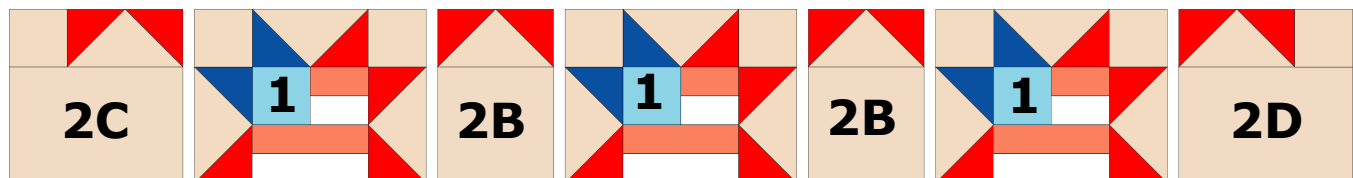
Completed Row 1



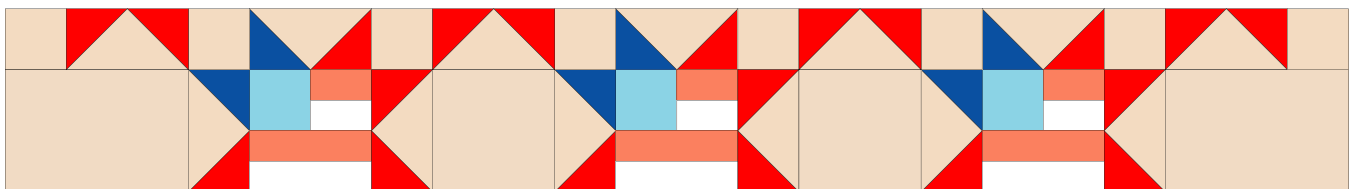
ROW 2 - Make 4

Pieces used for one (1) row- 3 Unit 1's, 2 Unit 2B's, 1 Unit 2C, 1 Unit 2D.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



Completed Row 2



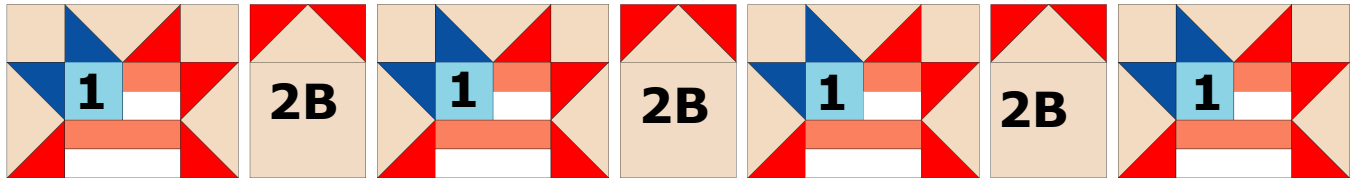
American Hero Stars Quilt

Construct the Rows - Large Quilt (continued)

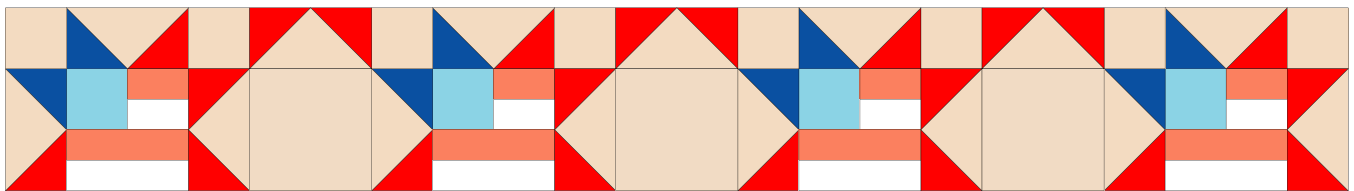
ROW 3 - Make 3

Pieces used for one (1) row- 4 Unit 1's, 3 Unit 2B's.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



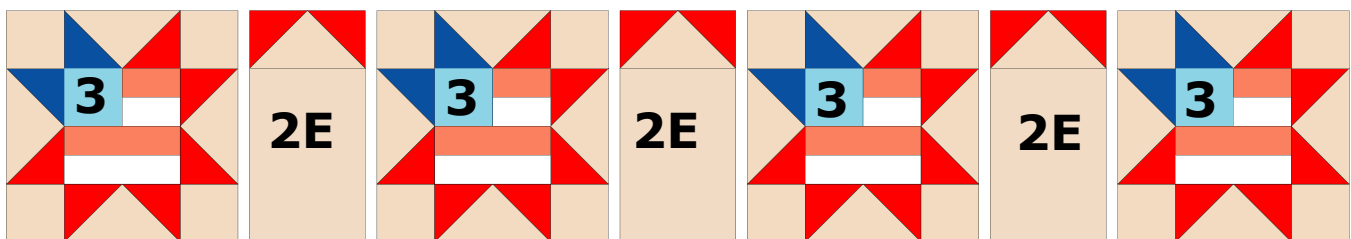
Completed Row 3



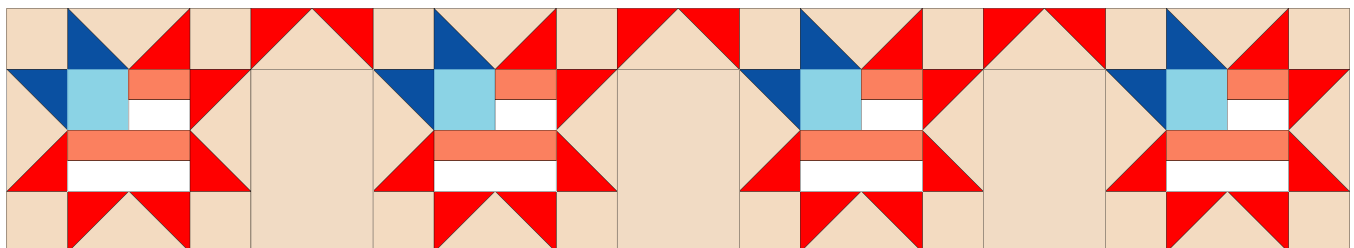
ROW 4 - Bottom - Make 1

Pieces used - 4 Unit 3's, 3 Unit 2E's.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



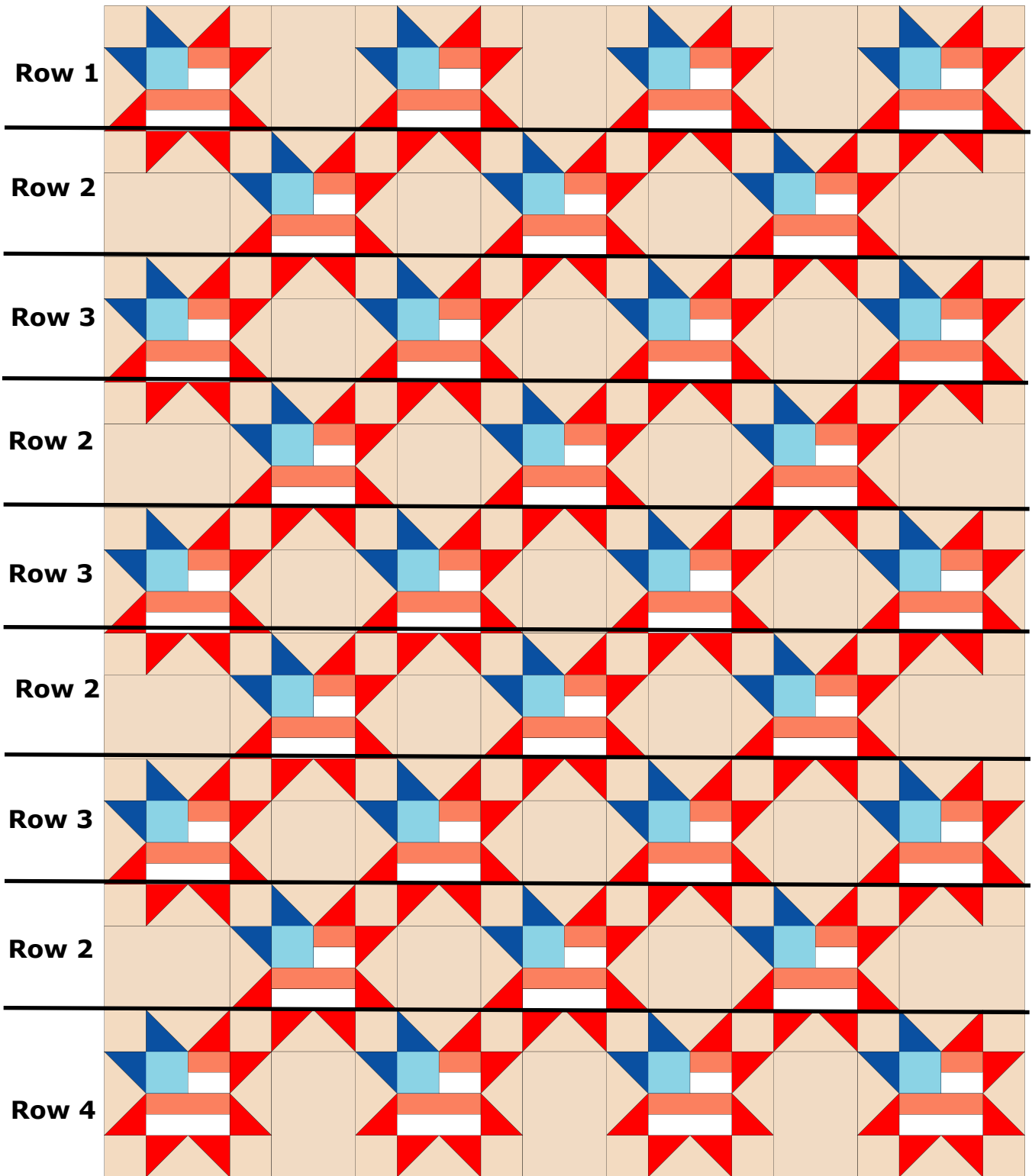
Completed Row 4



American Hero Stars Quilt

Large Quilt - Put the quilt top together

Lay out the Rows as shown below and stitch along the long edges.
Press as desired.



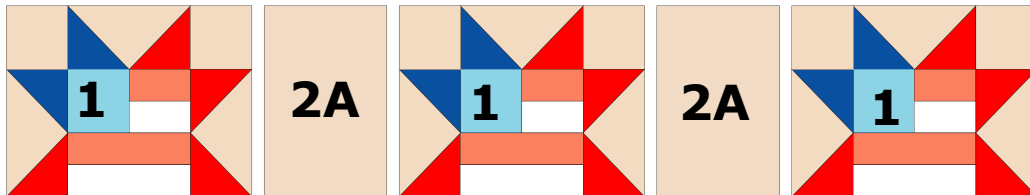
American Hero Stars Quilt

Construct the Rows - Wall / Lap Quilt

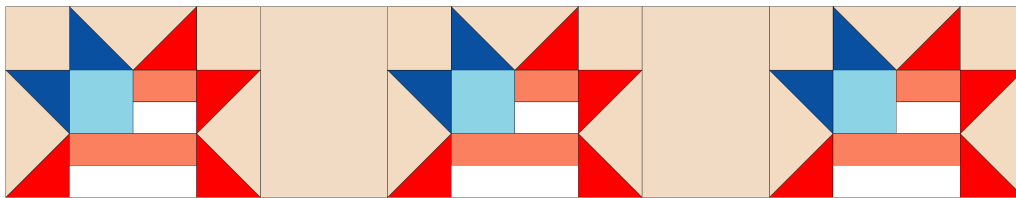
ROW 1 - Top Row - Make 1

Pieces used - 3 Unit 1's, 2 pieces 2A.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



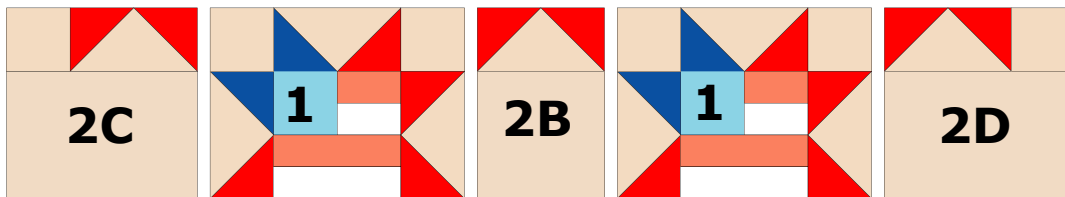
Completed Row 1



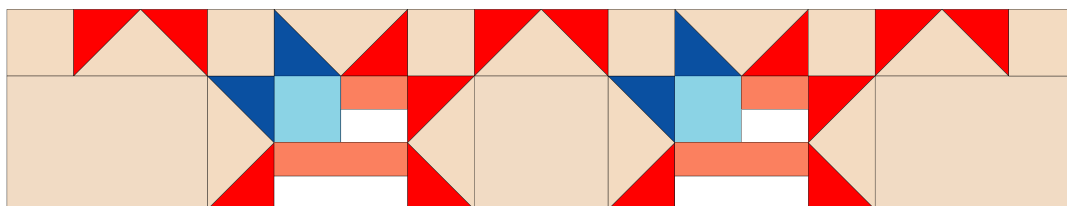
ROW 2 - Make 2

Pieces used for one (1) row- 2 Unit 1's, 1 Unit 2B, 1 Unit 2C, 1 Unit 2D.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



Completed Row 2



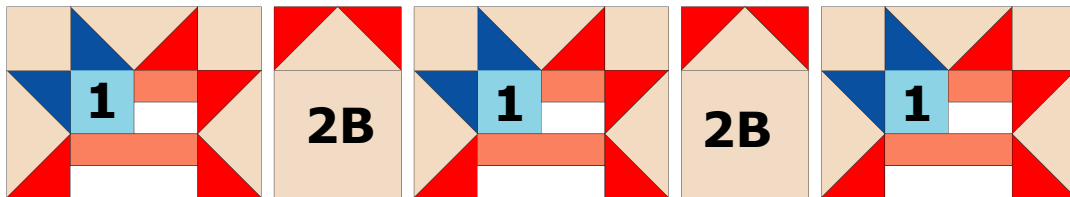
American Hero Stars Quilt

Construct the Rows - Wall / Lap Quilt (continued)

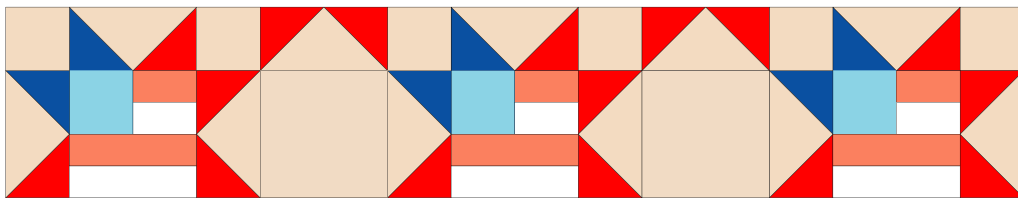
ROW 3 - Make 1

Pieces used for one (1) row- 3 Unit 1's, 2 Unit 2B's.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



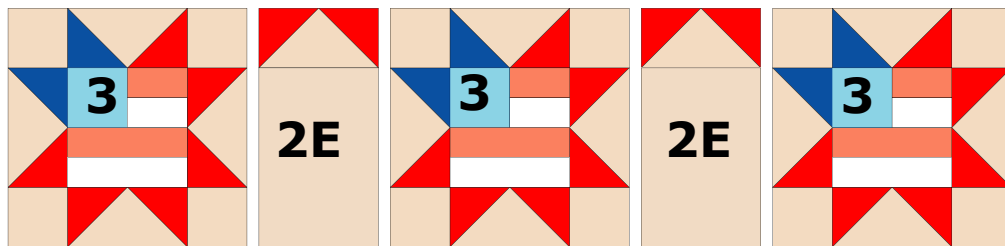
Completed Row 3



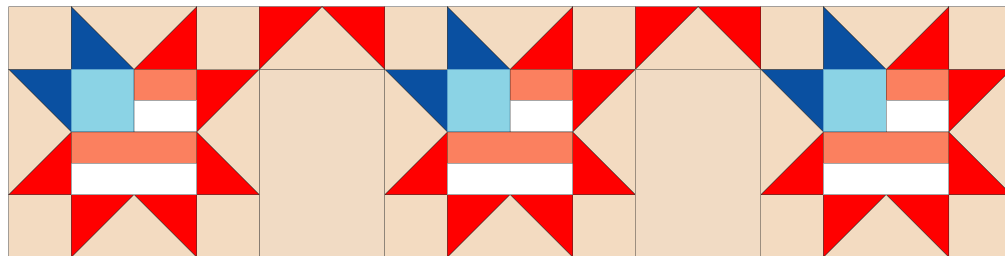
ROW 4 - Bottom - Make 1

Pieces used - 3 Unit 3's, 2 Unit 2E's.

Lay out these pieces exactly as shown below. Stitch along the short edges and press as desired.



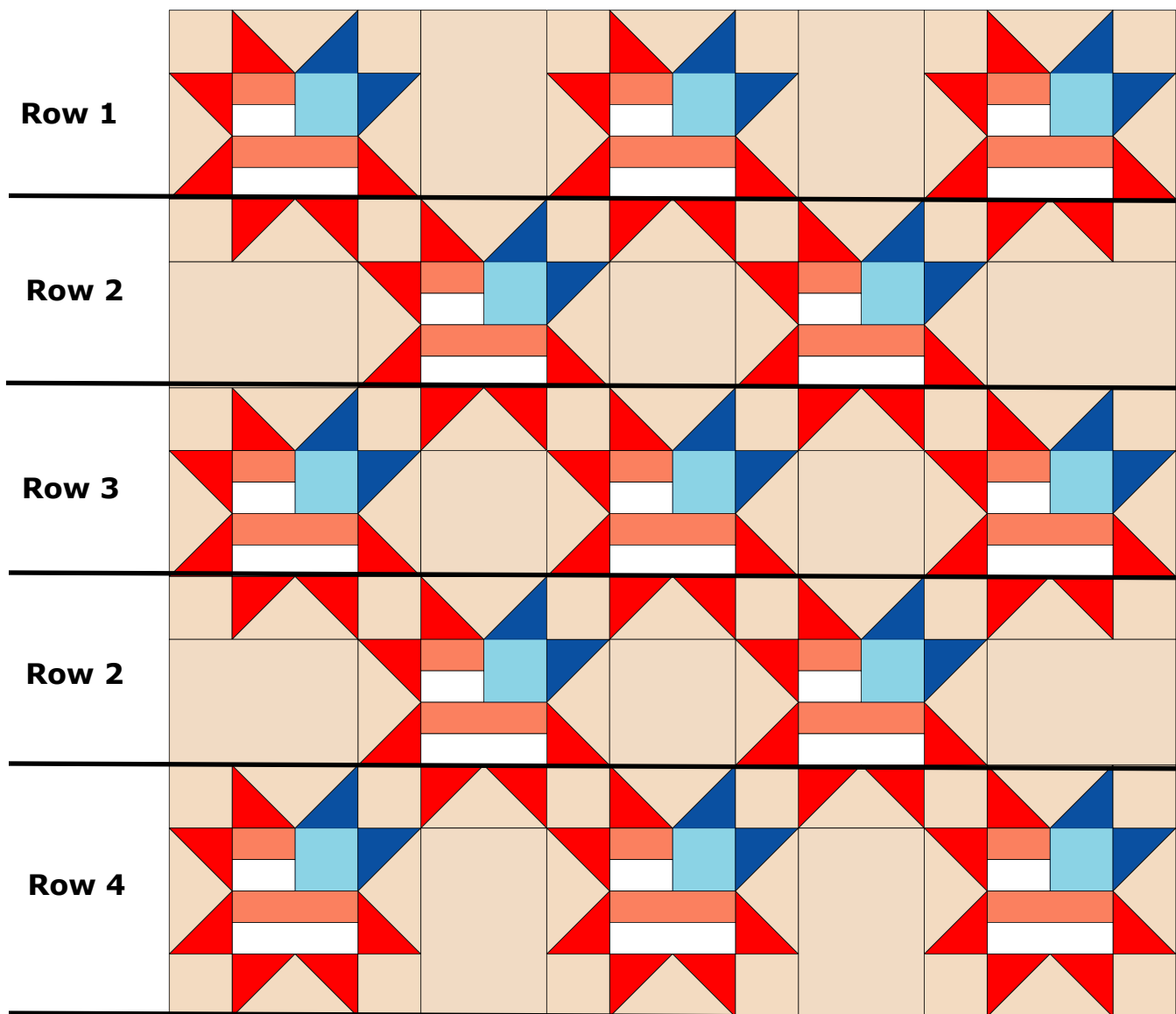
Completed Row 4



American Hero Stars Quilt

Wall / Lap Quilt - Put the quilt top together

Lay out the Rows as shown below and stitch along the long edges.
Press as desired.



American Hero Stars Quilt

Borders - All Sizes

Inner Border

Take the reserved **3 inch x wof** Background fabric, Inner Border strips and stitch them to the outer edges of the quilt top in your usually manner.

Outer Borders

Follow the chart below and cut the required number of strips for your project.

Outer Border #1 Fabric (Red)

| | | |
|---------------------------------------|-------------------------------------|--------------------------------|
| Table Runner 3 - 7-1/2 inch strips | Wall / Lap 3 - 7-1/2 inch strips | Large 4 - 7-1/2 inch strips |
|---------------------------------------|-------------------------------------|--------------------------------|

Outer Border #2 Fabric (Blue)

| | | |
|---------------------------------------|-------------------------------------|--------------------------------|
| Table Runner 3 - 7-1/2 inch strips | Wall / Lap 3 - 7-1/2 inch strips | Large 4 - 7-1/2 inch strips |
|---------------------------------------|-------------------------------------|--------------------------------|

Corners - ALL sizes - From the 7-1/2 inch strips above,
Cut 2 — 7-1/2 x 7-1/2 inch squares

Corners - Make 2

Place a Border Fabric #1 square, RST with a Border fabric #2 square. Either draw or press a diagonal line on one of the squares (just like you did with the FGU's) and stitch along the drawn / pressed line, then trim, to form a 7-1/2 inch Half Square Triangle (HST)

Adding the Borders—Both Sizes

Refer to the illustration on the next page on how to lay out the border pieces.

I like to stitch the border pieces together along the short edges, then measure and cut the border to size from these loooong strips.

Here is the sequence I like to use when applying these borders. Press as desired.

#1 - Left Side Edge - Measure, cut, then stitch the left side border to the quilt.

#2 - Ride Side Edge - Measure, cut, then stitch the right side border to the quilt

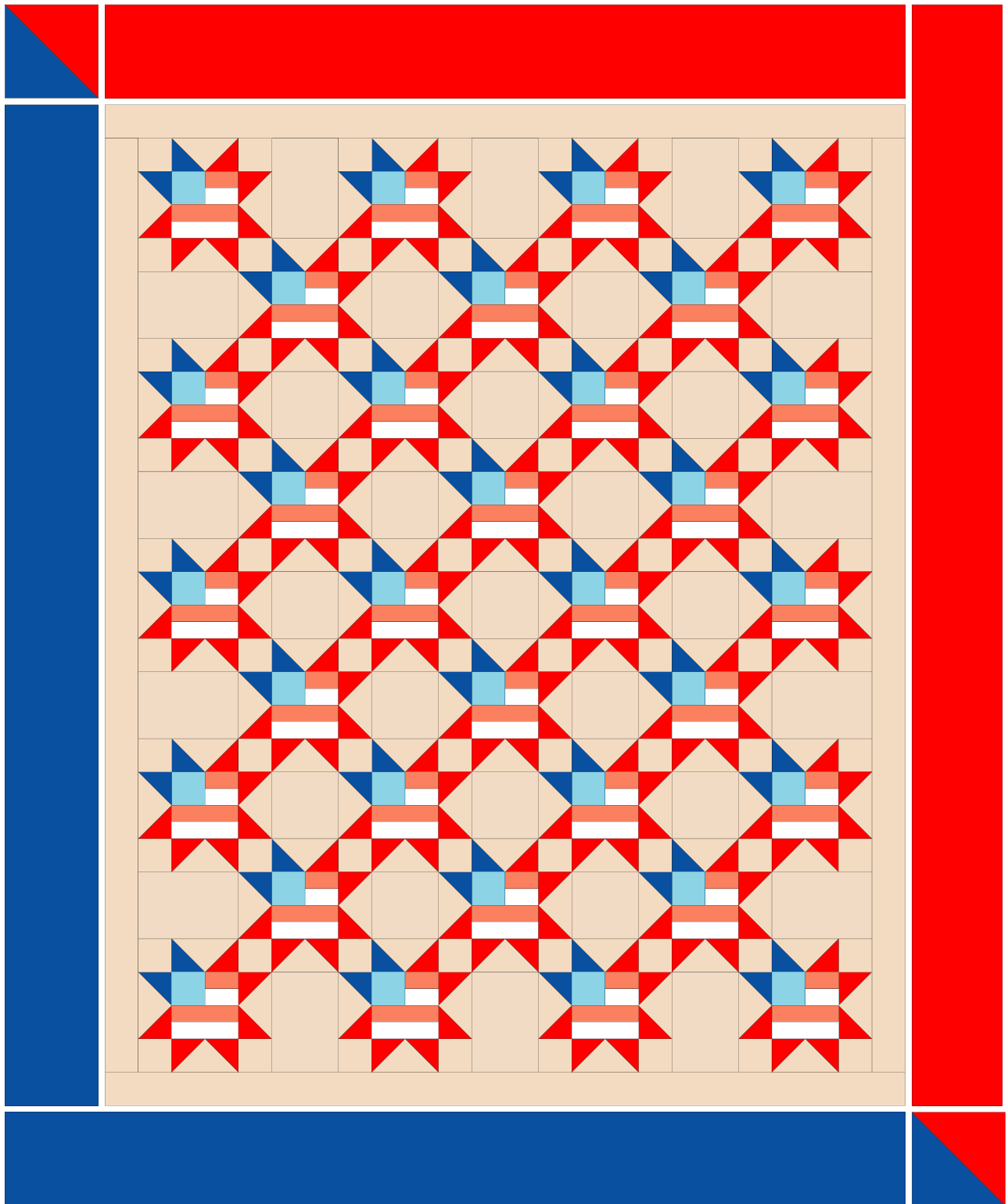
#3 - Top Border - Stitch the Corner HST as shown on the next page, to the loooong strip of border fabric. Measure, then cut the top border piece and stitch to the top of the quilt.

#4 - Bottom Border - Stitch the remaining Corner HST as shown on the next page, to the edge of the loooong strip of border fabric. Measure, then cut the top border piece and stitch to the bottom of the quilt.

Once the borders are stitched in place, your quilt top is finished and ready for quilting.

American Hero Stars Quilt

Large Quilt Border Placement



American Hero Stars Quilt

Lap / Wall Quilt Border Placement

