



NORTHCOTT  
*Cottons that feel like silk*

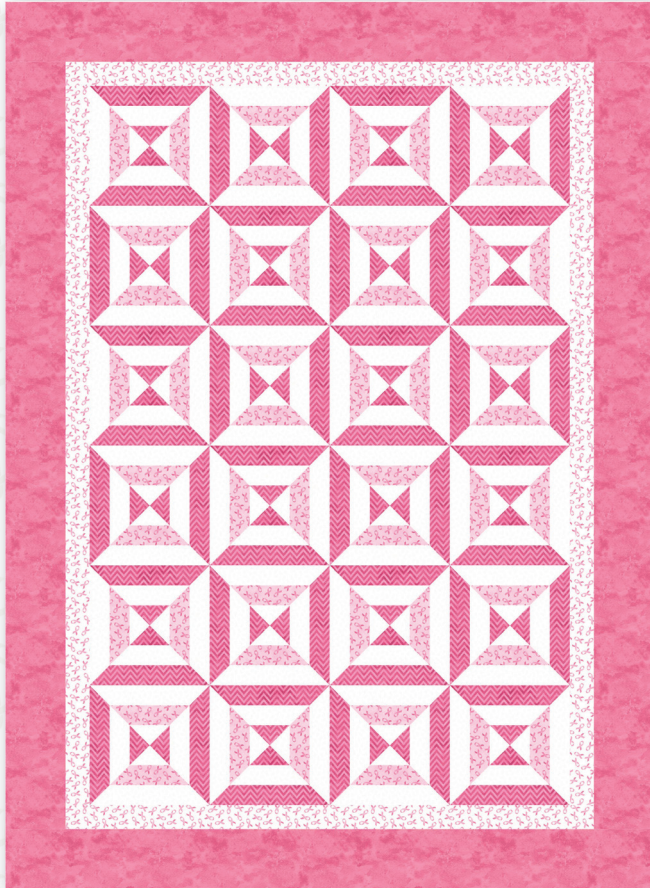


# Pink Warrior

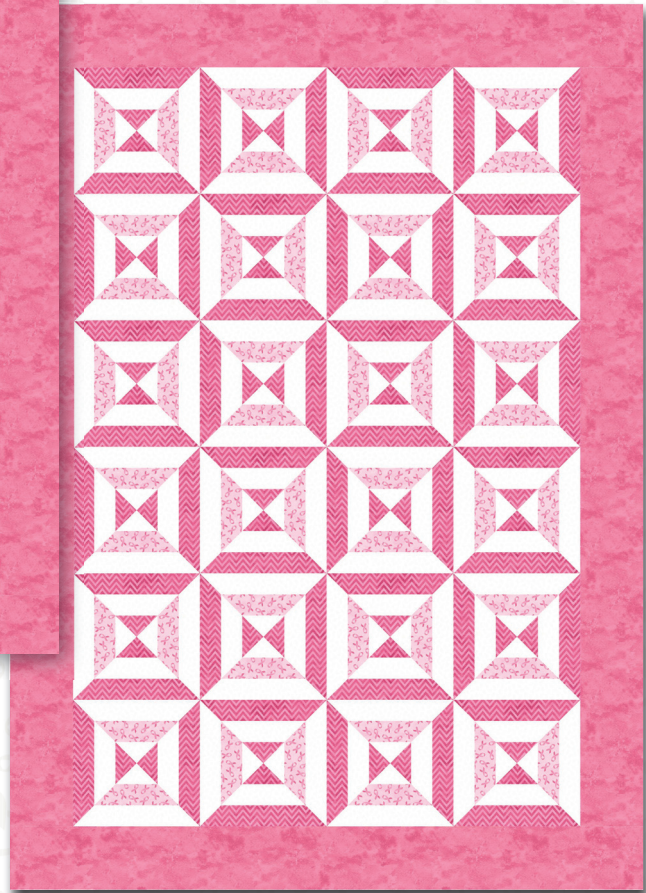


by Deborah Edwards

Version 1: 54" x 74"



Version 2: 50" x 70"



FREE PATTERN • **Twist and Turn** • 50" x 70" • Pattern includes 2 versions  
By Elaine Theriault of Northcott

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# Twist and Turn

Finished Size: 50" x 70" (without inner border), 54" x 74" (with inner border)  
wof = width of fabric

Fabric requirements	Meters	Cutting Instructions
Fabric A - #21258-10 White ribbon on white	1 ¾ yds	• Cut 24 strips measuring 2 ¼" by wof
Fabric B - #21257-21 Pink ribbon on pink	¾ yds	• Cut 8 strips measuring 2 ¼" by wof
Fabric C - #21259-22 Dark pink zig-zag	1 ¼ yds	• Cut 16 strips measuring 2 ¼" by wof
Fabric D - #9020-262 Medium pink (includes binding)	2 yds	<ul style="list-style-type: none"> <li>• Cut 6 strips measuring 5 ½" by wof <ul style="list-style-type: none"> <li>• Join the strips together end to end using a diagonal seam. Press the seam to one side</li> </ul> </li> <li>• Cut 7 strips measuring 2 ½" by wof (binding) <ul style="list-style-type: none"> <li>• Join the strips together end to end using a diagonal seam (press the seam open to reduce bulk)</li> </ul> </li> </ul>
Fabric E - #21257-10 Pink ribbon on white (Optional inner border)	¾ yds	<ul style="list-style-type: none"> <li>• Cut 6 strips measuring 2 ½" by wof <ul style="list-style-type: none"> <li>• Join the strips together end to end using a diagonal seam. Press the seam to one side</li> </ul> </li> </ul>
Fabric F - #F21257-21 Pink ribbon on pink (flannel)	3 ½ yds	• Backing

## Block Assembly

### Step One: Create Strip Sets

Sew a strip of Fabric A (White ribbon on white) to either side of Fabric B (Pink ribbon on pink) to create Strip Set A. Make 8 strip sets. Press seams towards Fabric B (Pink ribbon on pink).



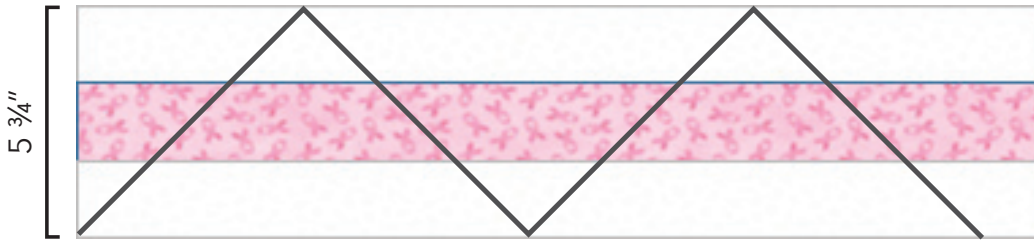
**Strip Set A**

Sew a strip of Fabric C (Pink zigzag) to either side of Fabric A (White ribbon on white) to create Strip Set B. Make 8 strips sets. Press seams towards Fabric C (Pink zigzag).



**Strip Set B**

## Step Two: Cutting the triangles



Using a ruler such as the Creative Grids "Square It UP", cut triangles as per the diagram above. You should be able to get 6 triangles from each strip set.

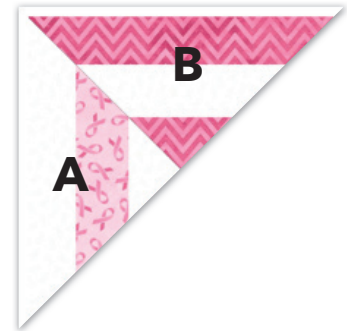
You'll need 48 triangles from Strip Set A and 48 triangles from Strip Set B.

Each block consists of two triangles from Strip Set A and two triangles from Strip Set B.

Sew a Strip Set A and a Strip Set B triangle together as shown. Make 48 units of AB.

Then take two AB units and sew them together to get a block. Make 24 blocks.

The blocks should measure 10 1/2" unfinished. Due to the nature of cutting the triangles from a strip set, the blocks may be slightly larger than 10 1/2". That isn't a problem as long as they are consistent.



## Quilt Top Assembly:

Sew the blocks together 4 blocks by 6 blocks, rotating every second block as per the diagram on the front cover.

**Inner border (Optional):** Using Fabric E, cut two border strips measuring 60 1/2" long or the length that corresponds to the length of your quilt. Sew a border strip to either side of the center section. Press towards the border. Cut two more border strips for the top and bottom that measure 44 1/2" or the length that corresponds to the width of your quilt and sew them to the top and bottom. Press towards the border. The quilt should measure approximately 44 1/2' by 64 1/2".

**Striped border:** Using Fabric D, sew on the outer border. Press seams towards the outer border. The quilt should measure approximately 54 1/2" by 74 1/2". If you did not add the optional inner border, the quilt should measure approximately 50" x 70".

**NOTE:** It is best to NOT prewash preprinted fabrics such as panels and border prints. The fabric goes through many processes to be delivered to the consumer and there may be some size variations. If you're unable to cut the panels to the size mentioned above, cut the pieces to a size that works for your panels and adjust any other measurements accordingly.