

# Welsh Cushion



**lâ Cnau Coco (Coconut Ice)**

**by Sandie Lush, 2020**

## INTRODUCTION

The design for this Welsh cushion was inspired by the centre of an old wholecloth quilt in the Jen Jones quilt collection at the Welsh Quilt Centre in Lampeter. Although this cushion was made using two different coloured fabrics, it is very much in the Welsh tradition to design the quilting patterns as if stitching a single piece of fabric.

The sample was made using Oakshott Fabric colours Tromso (03) and Bergen (01) from their Scandinavia range, and Mettler (40/2) quilting thread (colour 0637 Antique Pink).

For a 'classic' Welsh look, use Black (Colourshott 30) and Santa Cruz (Ruby Red 15) fabrics, or equivalents.

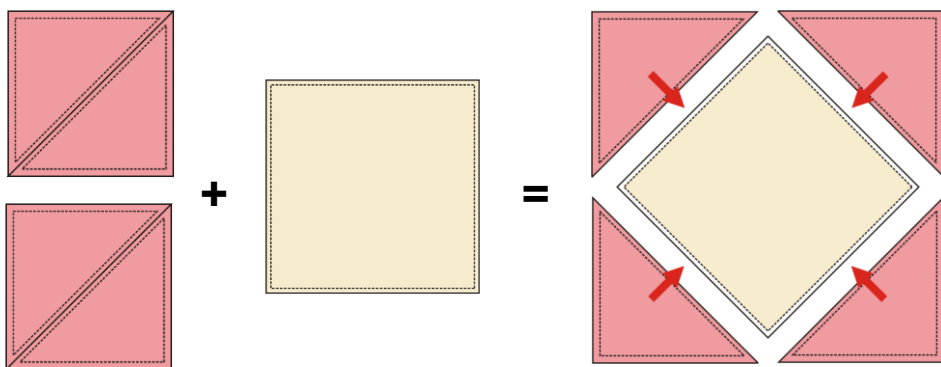
## MATERIALS

- 1 half metre (20") of main colour fabric
- 1 fat quarter of a secondary colour fabric
  - *To make two opposite colourway cushions, buy 0.5 m of each!*
- 1 x 17" (43 cm) square wadding (batting)
  - *For hand quilting use either polyester or wool*
  - *For machine quilting use either cotton or wool*
- 1 x 17" (43 cm) square soft calico or lawn for the interlining
- Quilting needle and thread
  - *To give the pattern better definition, use a thread slightly darker than the top fabric*
- Tacking needle and thread
- Watercolour pencil or fabric marker of your choice
  - *The watercolour pencil line should be visible on the fabric but ideally blend in with the quilting thread colour*
- Magic tape/Sellotape and paper scissors for assembling the pattern

## INSTRUCTIONS

### Making the Cushion Top

1. From the secondary colour cut a square measuring  $11\frac{1}{8}$ " (28.25 cm).
2. Using the main colour, trim the selvedge off one side. Cut two squares measuring  $8\frac{3}{4}$ " (22.25 cm) for the cushion front and two rectangles measuring  $15\frac{3}{4}$  x  $11\frac{1}{2}$ " (40 x 29.25 cm) for the cushion back.
3. Cut each small main coloured square across one diagonal to create two triangles from each square.
4. Piece the diagonal edge of each triangle onto a side edge of the large square of secondary coloured fabric using a  $\frac{1}{4}$ " (0.6 cm) allowance. This should leave an outer seam allowance of just over  $\frac{3}{8}$ " (0.95 cm).
5. Press seams open.



### Assembling the Pattern

1. Print out the four pattern pages from the accompanying PDF.
2. Each quadrant of the pattern is  $7\frac{7}{8}$ " (20 cm) wide, so your printer needs to be able to print that width if you want it full size.
3. Trim each page along the dotted lines, extending cuts to the edges.
4. Overlap, align and tape as per the instructions on the first page of the pattern PDF.

### Transferring and Quilting the Pattern

1. Pin the cushion front onto the assembled pattern and lightly trace on the design. If your fabric is too dark to do this, tape the pattern and fabric to a sunny window or use a lightbox.
2. On a flat surface, lay out the interlining fabric with the wrong side facing up; lay the wadding on top, smoothing out wrinkles as you go.
3. Remove the marked fabric from the pattern and position it on top of the interlining and wadding to complete the quilt "sandwich."
4. Tack the three layers together in a 3" - 4" (7.5 - 10 cm) grid using a neutral-coloured cotton tacking thread.
5. Quilt the design, starting in the centre and working out towards the edges. DO NOT STITCH the two outermost lines as these are guides for the stitching and trimming lines when completing the cushion.
6. If you are hand quilting, please remember that it is more important to get your stitches even rather than small. You should aim to get at least 70% of the stitches through all three layers to hold the work together.

### Completing the Cushion

1. Take the two pieces of cushion back fabric. On one long edge of each piece, machine stitch a narrow hem to enclose the raw edge.
2. Trim the quilted cushion front to  $15\frac{3}{4}$ " (40 cm) square (ie the outermost line of the pattern). Lay it on a flat surface, right side up.
3. With their wrong sides facing uppermost, overlay the two back pieces onto the cushion front so that all raw edges align and the hemmed edges overlap. Pin in place.
4. Using a  $\frac{3}{8}$ " (0.95 cm) seam allowance, machine stitch the layers together along the raw edges.
5. Turn work right side out and insert a 16" (40 cm) cushion pad via the overlapping back panels.

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**For more Welsh quilt inspiration, visit [jenjones.co.uk](http://jenjones.co.uk)**