

## Checked



*Finished band is about 6" x 42"*

### Fabric

You will need 4 contrasting fabrics for the **Checked** band. Cut all strips the width of the fabric (selvage to selvage). I highly recommend starching your fabric for this band. I use liquid starch in spray bottle with a 1:1 starch to water dilution. This gives the fabric a nice firmness and reduces distortion when sewing the narrow segments together.

- Fabric A (red in example)
  - Cut (2) 3" strips
- Fabrics B & C (orange and green in example)
  - Cut (2) 1 1/2" strips
- Fabric D (light blue in example)
  - Cut (1) 1 1/2" strip

### Construction

- Sew one strip set:  
A-B-C-D-C-B-A
- Press all seam allowances in the same direction.



- Cut the strip set into 1 1/2" segments.

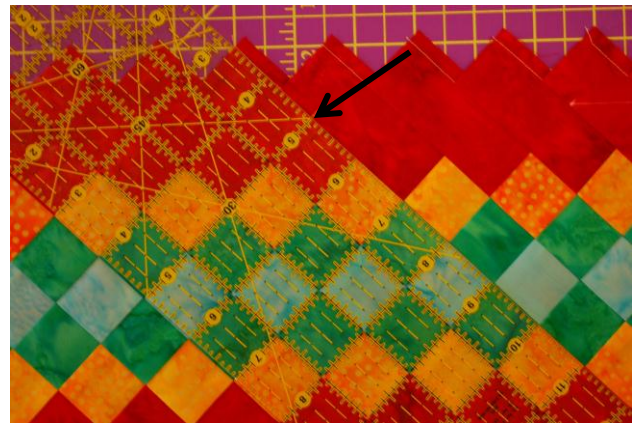


- Sew pairs of segments together.
- Flip one of the two segments so that the seam allowances are going in the opposite directions. This will help your seams line up.
- Be careful to sew all pairs in the same orientation. The first 3 pairs in the picture are sewed the same way, but the 4<sup>th</sup> is a mirror image and will not work in your band.
- Press all the pairs in the same direction.
- Sew 2 pairs together to make sets of 4 segments.
- Continue sewing groups of segments together until they are all joined into one continuous piece. It will be about 40" long.
- This sounds crazy, but cut the band in half. It doesn't matter where in the band you make the cut.
- Align the 45° line on your ruler with the seams to get straight vertical cut.
- Sew the diagonal ends of the two halves together and now you have a band with straight ends and no waste!



- To trim the long edges of your final band, mark the points where each fabric A square would be complete.

(Each square should be 1" so align your ruler on the squares and make a mark at the tip of the A square.)



- Join the points with a straight line.
- This IS NOT your cutting line!!!***
- Use your long ruler to cut  $\frac{1}{4}$ " **ABOVE** the line you drew. This will give you a  $\frac{1}{4}$ " seam allowance.



### Alternatives

- Use 7 different fabrics to make a complete rainbow or gradient. Cut the first and last fabric wider to allow for trimming. Sew the strip set as A-B-C-D-E-F-G.
- Use fabrics from one color family for a more subdued pattern.



- Try narrower strips for smaller checks and wider strips for larger checks.