

## Quilted Keepsakes

Created by: Jennifer Tryon

The DIY series segment on The Morning Show with special guest Jennifer Tryon explores all the sewing possibilities anyone can accomplish on a Janome sewing machine.



Create a keepsake family heirloom quilt, using your cherished bin of baby clothes or hockey jerseys for a one-of-a-kind gift. This is a great way to up-cycle those wonderful years of youth into a lifetime quilt, full of new and past memories remembered.



[Watch Jennifer's Tryon's episode as seen on The Morning Show](#)



**Jennifer Tryon** is a craft and DIY television personality. You can find her making things on Global Television, The Shopping Channel and the Home Shopping Network and live streaming from her home craft studio on her [Instagram](#) and [Facebook](#). You can find all her tutorials, movies and sewing ideas at [www.jenniferryon.com](http://www.jenniferryon.com)

### QUILTED BABY KEEPSAKES SUPPLIES

- Old Baby Clothes
- Lightweight Fusible Stabilizer
- Rotary Cutter
- Quilting Ruler
- Self-healing Cutting Mat
- Quilting Cotton
- Standard Sewing Machine Supplies

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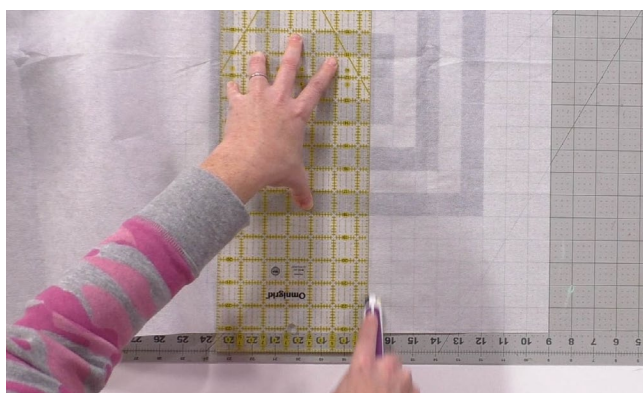
## INSTRUCTIONS

These instructions are to make the quilt top only, the sandwiching, basting, quilting and binding are done like all other quilts.

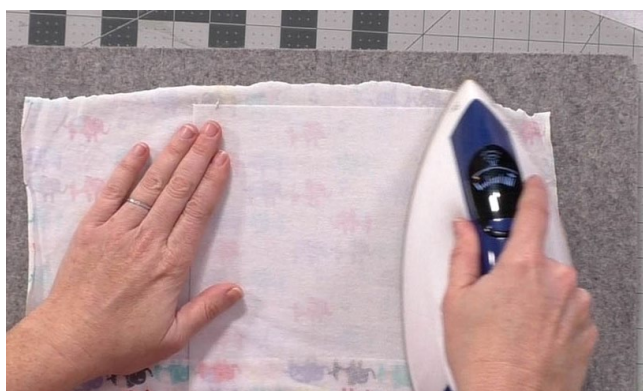
**Step 1:** Rough cut down baby clothes - removing arms and seams leaving only flat fabric. (this is typically found on the body of the clothes.)



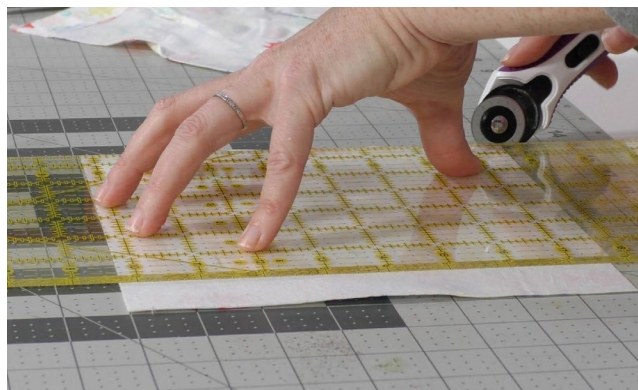
**Step 2:** Cut lightweight fusible stabilizer 7x7" or to desired size.



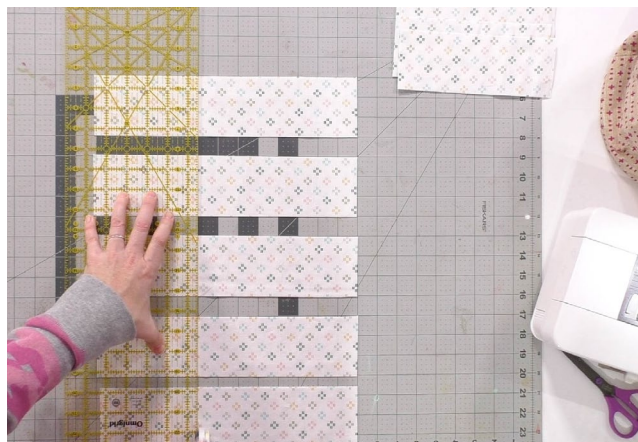
**Step 3:** Iron the 7x7 fusible squares to backs of rough cut baby clothes.



**Step 4:** Once ironed on, cut clothes down to 7x7- equal size of stabilizer squares.



**Step 5:** Cut strips of quilting cotton 3x7" or width of fabric. Sew right sides together to squares and rows for sashing and borders.



**Step 6:** Sew 7 inch strips to squares right sides together.





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**Step 7:** Sew blocks and strips together to make rows.  
Sew long strips between rows to divide them



**Step 8:** Sew all the rows together until your quilt top is your desired size.



**Step 9:** Optional - Don't be afraid to preserve matching outfit pieces and applique them onto the block for added interest and texture.

Or try layering pieces with open necks and sleeves to solid onesies for a more complete looking block



**Step 10:** Finish by sandwiching with batting and backing, quilting and binding.



[Watch Jennifer's Tryon's project video tutorial](#)

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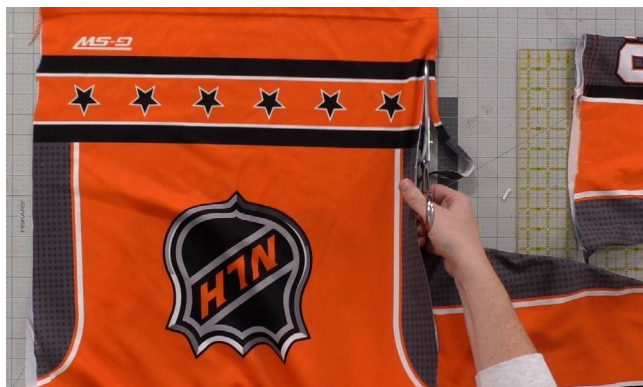
## QUILTED JERSEY KEEPSAKES SUPPLIES

- Old Sports Jerseys
- Tear Away Stabilizer
- Rotary Cutter
- Quilting Ruler
- Self Healing Cutting Mat
- Fabric Scissors
- Basic Sewing Machine Supplies

## INSTRUCTIONS



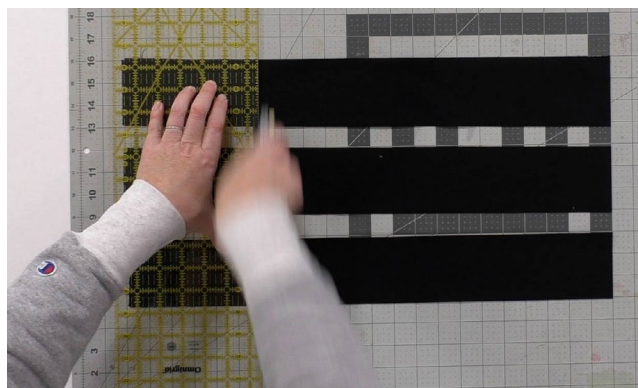
**Step 1:** Cut the arms off of the jersey with fabric scissors and separate the shirt at the neck/shoulders, preserving the logo on the front and the number on the back.



**Step 2:** Square up fabric. 16 x 16 inches or desired size.  
TIP! Try preserving laces for more authenticity & texture.



**Step 3:** Cut strips of fabric 3 x 16 inches or desired length. These will be used to separate the squares.



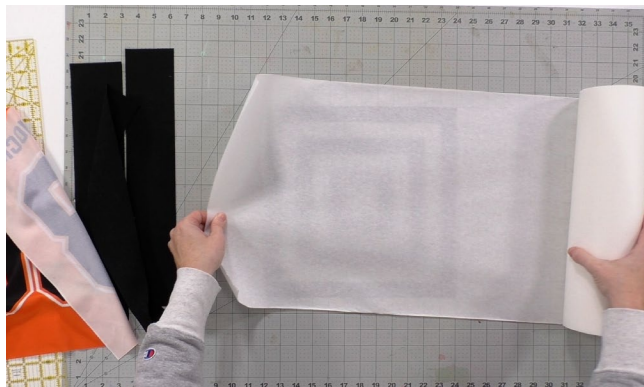
[Watch Jennifer's Tryon's project video tutorial](#)



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**Step 4:** Cut 2 x 16 inch strips of tear away stabilizer. One for each strip of quilting cotton. This will help stabilize the jersey & cottons strips when sewing together. Stabilizers should be placed on the bottom of the sandwich closest to feed dogs when sewing.



**Step 5:** Sew strips to jerseys that will make your CENTRE BLOCK right sides together and make rows with 3 jerseys per row. Then, sew the right side jersey and left side jersey to the centre strips.



**Step 6:** Cut strips 3 inches by length of rows and sew to rows, to separate rows. Use long strips of tearaway stabilizer if necessary.



**Step 7:** Sew all rows together and then tear away the stabilizer.



**To Finish:** The quilt will still need to be sandwiched with batting and backing, quilted and bound.