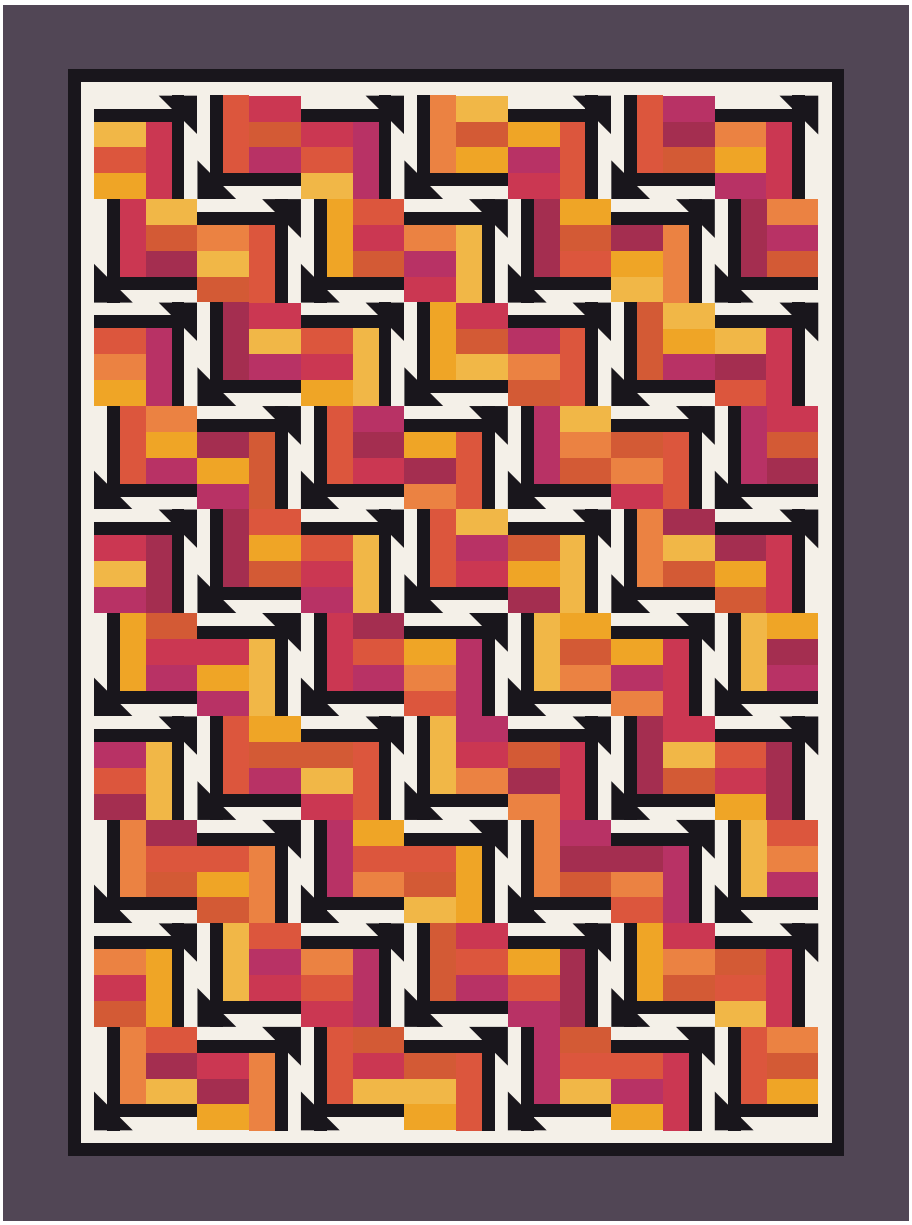
Hot Flashes

An illustrated quilt guide in five sizes



The twin layout

Warm rectangles travel down the quilt in short steps. A dark triangle at each turning point joins the black accent strips into a repeating flash. The drawing above follows the seven-block-wide layout shown in the cover photograph.

Design reference: Hot Flashes by Cozy Quilt Designs. This independent reconstruction uses the supplied cover and size chart. Cutting dimensions and sewing methods were calculated for this guide.

Choose a size & gather fabric

All dimensions are in inches. Measurements in the finished column exclude seam allowances.

Size	Across x down	Blocks	Finished center	Finished quilt
Baby	3 x 4	12	24 x 32	38 x 46
Throw	5 x 6	30	40 x 48	54 x 62
Twin	7 x 10	70	56 x 80	70 x 94
Queen	10 x 11	110	80 x 88	94 x 102
King	11 x 12	132	88 x 96	102 x 110

Fabric for this construction

Allow at least 40 inches of usable width after removing selvages. WOF means width of fabric. Yardages below are rounded up and allow a small cutting margin.

Fabric	Baby	Throw	Twin	Queen	King
Warm print strips*	7	17	39	61	72
Ivory, yards	1/2	7/8	1 3/4	2 1/2	2 7/8
Black, yards	3/4	1 1/4	2 1/2	3 5/8	4 3/8
Outer border, yards	3/4	1	1 3/8	1 5/8	1 3/4
Binding, yards	1/2	5/8	3/4	7/8	1

*Number of precut 2 1/2-inch x WOF strips. Choose a mix of orange, gold, red and berry. The ivory and black totals include the two narrow borders. The black total also includes fabric for the corner triangles.

For batting and backing, add 8 inches to each finished quilt dimension for a 4-inch margin all around. Piece backing panels if needed. Also gather lightweight paper-backed fusible web, matching black thread and a ruler with a 45-degree line.

Cut the block pieces

Cut one test block first. Each block finishes at 8 x 8 and measures 8 1/2 x 8 1/2 before joining.

Piece	Cut size	Per block	Color
Short print logs	2 1/2 x 4 1/2	3	Three warm prints
Tall print log	2 1/2 x 6 1/2	1	Fourth warm print
Top rails	1 1/2 x 6 1/2	1 each	Ivory and black
Right rails	1 1/2 x 8 1/2	1 each	Black and ivory
Corner patch	see below	1	Black

Batch cutting

Use the table below to divide the print strips into two stacks. From each strip in the first stack, cut up to eight short logs. From each strip in the second, cut up to six tall logs. Stop when you have three short logs and one tall log per block.

Cut WOF strips	Baby	Throw	Twin	Queen	King
Print, short logs	5	12	27	42	50
Print, tall logs	2	5	12	19	22
Each rail color, short	2	5	12	19	22
Each rail color, long	3	8	18	28	33
Black, 4-inch strips	2	3	7	11	14

Prepare the black flash

Subcut one 4-inch black square per block from the 4-inch strips. Fuse web to its wrong side according to the manufacturer's directions. Trim the fused square to 3 1/2 inches. Cut it once diagonally. Use one triangle per block and reserve the spares.

For the rails, cut 1 1/2-inch WOF strips. Each short-rail strip yields six 6 1/2-inch lengths. Each long-rail strip yields four 8 1/2-inch lengths.

Sew the flash block

Use a 1/4-inch seam throughout. Join pieces right sides together unless applying the triangle.



1 Print core **2 Top rails** **3 Right rails** **4 Corner flash**

1 Build the print core

Stack three short logs horizontally. Stitch their long edges and press. The stack measures 4 1/2 x 6 1/2. Sew a tall log to the right side. Press toward the tall log. The core measures 6 1/2 inches square.

2 Add the top rails

Join the short ivory and black rails along one long edge. Press toward black. Sew the pair across the top of the core with black touching the prints and ivory along the outside. The unit measures 6 1/2 wide x 8 1/2 high.

3 Frame the right edge

Join the long black and ivory rails lengthwise. Press toward black. Sew to the right side with black touching the core and ivory at the outside. Press the seam. Check for an 8 1/2-inch square.

4 Fuse and stitch

Remove the paper. Align the two straight legs of the triangle with the top and right raw edges, placing its right angle in the top-right corner. Fuse. Secure the diagonal with a narrow zigzag or blanket stitch. The two outer edges will be caught in the joining seams. Make all blocks facing this same way.

Arrange the rows

Two orientations create the stepped bands. Rotate every other block a half-turn.



A Upper-right flash



B Lower-left flash



Baby layout

Start at the upper left

Lay out the number of rows and columns for your size. In row 1, alternate A, B, A, B across. In row 2, alternate B, A, B, A. Keep alternating those two row starts to the bottom. Every neighboring pair shares one upper-right and one lower-left orientation.

Spread repeated prints around the center. Photograph the arrangement and pin a row number to the left edge of each row. Keep the first block in each row facing up as a reference while you sew.

Join and check

Sew blocks across each row. Press odd-row seams to the right and even-row seams to the left. Pin where the seams meet and join the rows in order. Press the row seams open or to one side. Measure through the center before adding borders.

The unfinished center should measure 1/2 inch more in both directions than the finished center on page 2. For the twin, this is 56 1/2 x 80 1/2 inches.

Frame & finish the quilt

Work from the center outward. The three borders finish at 1 inch, 1 inch and 5 inches.

Cut WOF strips	Baby	Throw	Twin	Queen	King
Ivory, 1 1/2 wide	4	5	8	9	10
Black, 1 1/2 wide	4	5	8	9	10
Outer, 5 1/2 wide	4	6	8	10	11
Binding, 2 1/2 wide	5	7	10	11	12

Border cut lengths

For each color, join its WOF strips end to end with straight 1/4-inch seams. Press open. Cut two sides and two ends to the nominal lengths below, or adjust to match your measured top. Each cell lists side length / top and bottom length, in inches.

Border	Baby	Throw	Twin	Queen	King
Ivory	32.5 / 26.5	48.5 / 42.5	80.5 / 58.5	88.5 / 82.5	96.5 / 90.5
Black	34.5 / 28.5	50.5 / 44.5	82.5 / 60.5	90.5 / 84.5	98.5 / 92.5
Outer	36.5 / 38.5	52.5 / 54.5	84.5 / 70.5	92.5 / 94.5	100.5 / 102.5

Start with ivory. Measure the length through the middle, cut two matching side strips, pin at the centers and ends, and sew them on. Press outward. Measure across the new center and add the top and bottom strips. Repeat for black, then the outer border.

Quilt and bind

Lay the backing wrong side up, center the batting, then add the pressed top right side up. Baste from the center outward. Quilt along the print logs and rails, adding lines as needed to meet the batting maker's maximum spacing. Trim the sandwich square.

Join the binding strips with diagonal seams and trim allowances to 1/4 inch. Press open and fold the strip in half lengthwise, wrong sides together. Sew to the front with a 1/4-inch seam, miter the corners, join the tails, then fold over and stitch to the back.