

## PAL Quilt Guidelines, Fall 2023

PAL quilts are intended to bring comfort to persons in palliative care. On behalf of the hospices receiving these quilts, we kindly request that you follow these guidelines carefully. PAL quilts represent our Guild in the community and should be of high quality materials and construction.

### Materials

- Fabrics should be new, good quality 100% cotton. Repurposed fabric, such as denim from jeans, may be used provided it is clean and in good condition.
- Batting should be 100% cotton or an 80/20 cotton/poly blend.
- Some batting may be available to assist you in completing your PAL quilt. If you need batting, please email Megan Stauch with your request. You will receive an email confirming availability of the materials and that you can pick up your material at the next Gatherings.

### Size

- PAL quilts must be a minimum of 60"x76", to fit a hospital bed.

### Construction and Finishing

- Colour and design are up to you – please be aware that these quilts must stand up to frequent laundering.
- Quilts must have a top, batting, and backing, and must be machine quilted or hand quilted. Tied quilts are not acceptable as these quilts will be washed frequently.
- If the backing fabric is seamed, the selvages must be trimmed from the seamed edges, so that the seams don't shrink unevenly when washed.
- The quilt must be completed with binding. Binding strips should be joined with diagonal seams. For durability, binding should be double-fold ("French fold"), attached by machine, and may be finished by hand or machine.

### Donation

- Finished quilts can be dropped off at our monthly Gatherings meetings, at the designated table. Your finished quilt should include a WCQG label. Print-your-own labels are available on the guild website; printed labels may also be available from the PAL committee.

<p style="text-align: center;">PAL Quilt Waterloo County Quilters' Guild Bridgeport Post Office P.O. Box 38044 Waterloo, ON N2J 4T9</p> <p>Made by _____</p>
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- Please include your name and contact information (phone number and email) pinned to your donated quilt so that your donation can be acknowledged.