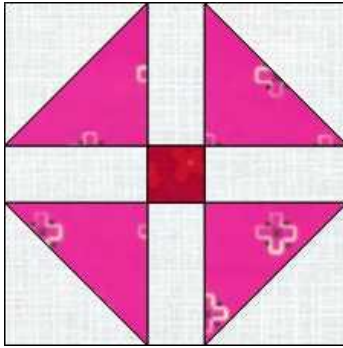


# Hearts and Hands BOM February 2026

## Lovers' Knot



### Fabric Requirements:

White on White

Hot Pink

RED

### Cutting Directions:

From red, cut 1 square  $2\frac{1}{2}'' \times 2\frac{1}{2}''$

From pink, cut 2 squares  $5\frac{7}{8}'' \times 5\frac{7}{8}''$

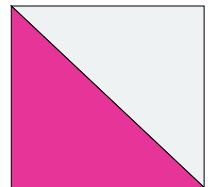
From white, cut 2 squares  $5\frac{7}{8}'' \times 5\frac{7}{8}''$   
cut 4 rectangles  $2\frac{1}{2}' \times 5\frac{1}{2}''$

### Assembly Directions:

Draw a diagonal line on the wrong side of the 2 white squares.

Place the white squares right sides together with the pink squares and sew  $\frac{1}{4}''$  on each side of the drawn line.

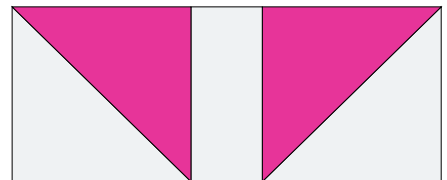
Cut on the drawn line and press to the pink. The unit should measure  $5\frac{1}{2}''$  square. Make 4.



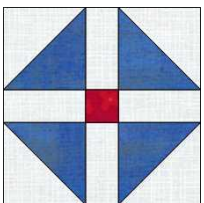
Sew a white rectangle to each side of the red square; press to the rectangle.



Sew a pink Half Square Triangle (HST) to each side of the white rectangle; press to the rectangle  
This unit should measure  $5\frac{1}{2}'' \times 12\frac{1}{2}''$ . Make 2.



Sew the block together in rows and press toward the center



RWB option – substitute blue for pink.

**This is a 12'' finished block  
(12  $\frac{1}{2}''$  unfinished)**