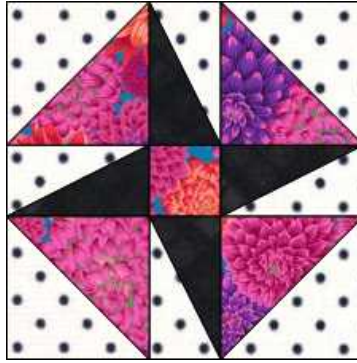


**Hearts & Hands Quilters Guild  
Block of the Month  
July 2023 – Twist and Turn**



**Fabric Requirements:** Black on white print, black solid or tonal, bright print

**Cutting Instructions:**

From Black, cut 2 rectangles 3" x 6"

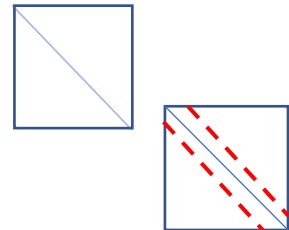
From Bright Print, cut 2 squares 4 7/8" x 4 7/8" and 1 square 2 1/2" x 2 1/2"

From Black on White print, cut 2 squares 4 7/8" x 4 7/8" and 2 rectangles 3" x 6"

**Sewing Instructions:**

**Half Square Triangles (HST):** Draw a diagonal line on wrong side of both of the 4 7/8" black on white squares

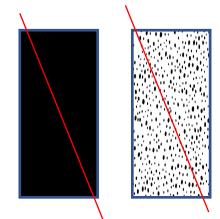
Place right sides together with the 2 bright print 4 7/8" squares. Sew 1/4" on each side of the drawn line. Cut on the drawn line and press to the bright print side. Your HST should measure 4 1/2" square.



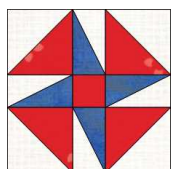
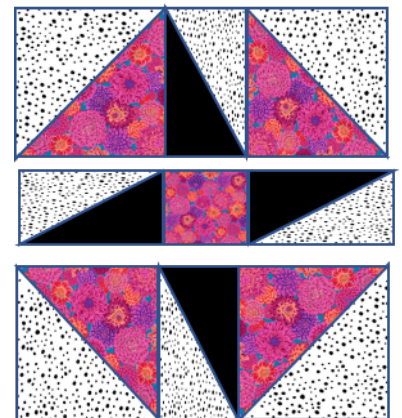
**Half Rectangle Triangles (HRT):** Cut the 3" by 6" rectangles on the diagonal from the top left to the bottom right

Place the B&W print fabric triangle right sides together with the black triangle. View a tutorial at <https://blog.treasurie.com/half-rectangle-triangles/> for instructions

on alignment and trimming of the HRT. Press to the black. Your triangle should be trimmed to 2 1/2" x 4 1/2".



**Block Assembly:** Assemble the block in rows. The 1st and 3rd rows should be pressed to the HSTs. The 2nd row should be pressed to the center square. Sew the rows together pressing away from the center.



**RWB Option** – substitute white for B&W print, blue for black and red for bright print

**This is a 10" block;  
10 1/2" inch unfinished.**