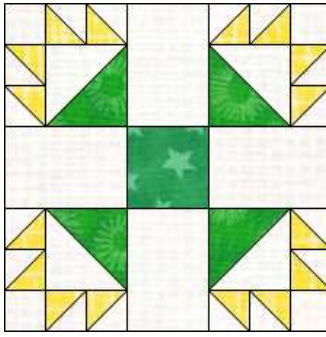


Hearts and Hands

Block of the Month - March 2022– Bear Paw



Fabric requirements: White on white, spring green and bright yellow

Cutting Directions:

From green, cut 1 square 3" x 3"

From white, cut 4 rectangles 4 1/4" x 3" and 4 squares 1 3/4" x 1 3/4"

Large HST – from green and white, cut 2 squares 3 3/8" x 3 3/8" , draw a diagonal line on the wrong side of the white squares.

Small HST – 3 methods:

Traditional – from yellow and white cut 8 squares 2 1/8" x 2 1/8" , draw a diagonal line on the wrong side of the white squares .

EZ Angle – from yellow and white, cut a strip 1 3/4" by approximately 19" ; cut 16 pairs of triangles

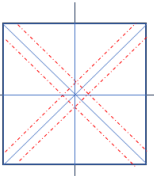
Magic 8 – from yellow and white, cut two squares 4 1/4" x 4 1/4" , draw two diagonal lines.

Sewing Directions:

Large HST (make 4) – sew 1/4" on both sides of the line; cut on line; press to green; trim HST to 3" x 3".

Small HST (make 16) (completed HST should measure 1 3/4" square)

Magic 8 – Pair a white square and a yellow square. Sew 1/4" on both sides of the diagonal lines. Then make four cuts – a vertical cut down the middle of the square, a horizontal cut across the middle of the square and finally cut the two diagonals - resulting in 8 HSTs. Be careful not to move the squares during the vertical and horizontal cuts.



Traditional – use same method as the large HST

EZ Angle – sew on the diagonal

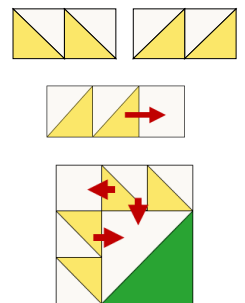
Assemble the corner units (arranging them as shown at the top of the page):

Sew 8 sets of 2 small triangles together as shown in the diagram

Add a small white square to 4 of these sets; press to the white square

Sew the 4 sets of 2 triangles to the 4 green and white HSTs; press to the larger triangle; the paw unit should be 4 1/4" x 4 1/4"

Sew the strip with the 2 triangles and square to the unit you just made; press to the larger triangle



Assemble the Block: Press Rows 1 and 3 to the center rectangle; Press Row 2 away from the center

Sew the rows together; press toward the center

The block is 10.5" unfinished; 10" finished.



Red, White and Blue – Make an additional block substituting blue for green and red for yellow.
We will collect these to use in Q4V quilts