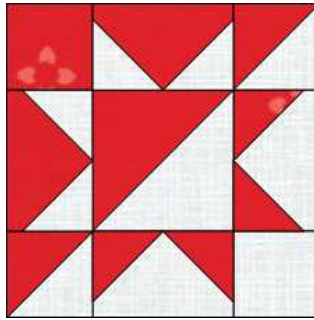


# Hearts and Hands

## Block of the Month

### July 2022 – Dark-Light Star



**Credit** - adapted from Star Power by Bev Getschel for Quilts of Valor.

**Fabric requirements: Red and white on white**

#### Cutting Directions:

From red: cut one square  $3\frac{1}{4}''$  x  $3\frac{1}{4}''$   
 cut one square  $3\frac{5}{8}''$  x  $3\frac{5}{8}''$  (will be used to make corner HST)  
 cut one square  $5\frac{3}{8}''$  x  $5\frac{3}{8}''$  cut once on the diagonal (you need one triangle)  
 cut four squares  $2\frac{3}{4}''$  x  $2\frac{3}{4}''$ ; draw a diagonal line on the wrong side of each square  
 cut two rectangles  $5''$  x  $3\frac{1}{4}''$

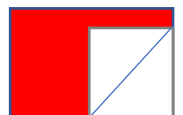
From white: cut one square  $3\frac{1}{4}''$  x  $3\frac{1}{4}''$   
 cut one square  $3\frac{5}{8}''$  x  $3\frac{5}{8}''$  and draw a diagonal line on the wrong side  
 cut one square  $5\frac{3}{8}''$  x  $5\frac{3}{8}''$ ; cut once on the diagonal (you need one triangle)  
 cut four squares  $2\frac{3}{4}''$  x  $2\frac{3}{4}''$ ; draw a diagonal line on the wrong side of each square  
 cut two rectangles  $5''$  x  $3\frac{1}{4}''$

#### Sewing Directions:

Sew the large white triangle to the large red triangle along the diagonal; press to the red

Place the white  $3\frac{5}{8}''$  square right sides together with red  $3\frac{5}{8}''$  square; sew  $\frac{1}{4}''$  seam on either side of the drawn line. Cut on the line and press to the red. This unit should measure  $3\frac{1}{4}''$  square.

Place a white  $2\frac{3}{4}''$  square right sides together on the corner of a red rectangle; sew *just* to the *outside* of the line—the outside of the line is the side toward the corner you'll flip toward. Your stitches should barely touch the line you drew. Trim a  $\frac{1}{4}''$  seam; press away from the rectangle. Repeat on the other corner of the rectangle. Make two red rectangle units. Repeat with the small red squares and white rectangles.



Sew the block in rows

Press Rows 1 and 3 to the outside

Press Row 2 to the center

Sew the rows together, press open

Quilts for Vets option: Use blue for the large red center triangle, OR use blue



For the right and bottom geese backgrounds.

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