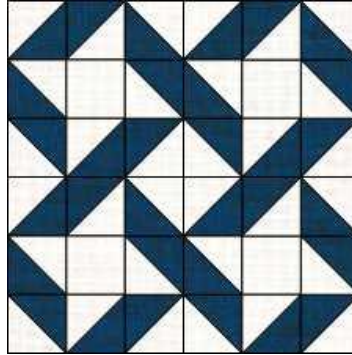


Hearts and Hands
Block of the Month
August 2024 – Circle of Friends



Fabric Requirements: White on white and navy blue

Cutting Instructions:

White: cut 4 - $2\frac{1}{2}$ " squares and 16 - $2\frac{7}{8}$ " squares

Navy: cut 16 - $2\frac{7}{8}$ " squares

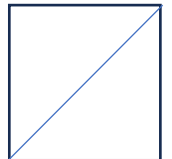
Sewing Instructions:

HSTs – draw a diagonal line on wrong side of each white $2\frac{7}{8}$ " square.

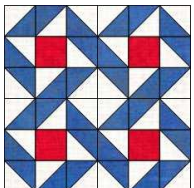
Place each square right sides together with a navy $2\frac{7}{8}$ " square.

Sew $\frac{1}{4}$ " on each side of the diagonal line. Cut on the diagonal line, press to the navy. Each HST should measure $2\frac{1}{2}$ " square.

You will make 32 HSTs.



Assemble in rows as shown in the diagram at the top of the page. Press Rows 1,3 and 5 to the left. Press Rows 2, 4 and 6 and 4 to the right. Sew the rows together and press toward the bottom of the block.



RWB Option – substitute
4 red $2\frac{1}{2}$ " squares for the
white squares.

This is a 12" block; $12\frac{1}{2}$ " unfinished