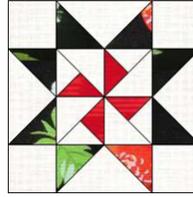


Hearts and Hands
Block of the Month
January 2022– Martha Washington



Fabric Requirements:

White on white, (WoW), small or medium print for the Flying Geese and a coordinating tonal or solid for the center pinwheel.

Cutting Directions:

From WoW: cut 4 squares - 3" x 3"

cut 2 squares - 3 3/8" x 3 3/8", cut once on the diagonal

cut 1 square - 3 3/4" x 3 3/4", cut twice on the diagonal

cut 1 square - 6 1/4" x 6 1/4" (for Flying Geese)

From tonal/solid: cut 1 square - 3 3/4" x 3 3/4", cut twice on the diagonal

From print: cut 4 squares - 3 3/8" x 3 3/8"; draw a diagonal line on the wrong side of each of these squares

Sewing Directions:

Flying Geese -With right sides together, place two of the 3 3/8" marked print squares on opposite corners of the large white square. Stitch a scant 1/4" seam allowance on both sides of the drawn lines and cut apart on the drawn line. Press toward the small print triangles.



With right sides together, place one of the remaining print marked squares on the corner of each piece. Stitch a scant 1/4" seam allowance on both sides of the drawn line. Cut the pieces apart on the drawn lines. Press toward the small triangles.



Inner pinwheel - sew one white triangle that was cut from the 3 3/4" square to the left side of the tonal triangle of the same size, press to the tonal triangle.



Then sew the triangle you just made to white 3 3/8" half square triangle, press to the large triangle. (Make 4 total)



Sew the 4 QST together to form the pinwheel as shown in the block diagram above.

Sew 2 of the 3" white squares to a flying geese unit (Make 2); press to the squares

Sew a flying geese unit to each side of pinwheel block; press to the pinwheel

Sew the rows together, pressing to the bottom; press away from the center

The block is 10.5" unfinished; 10" finished.