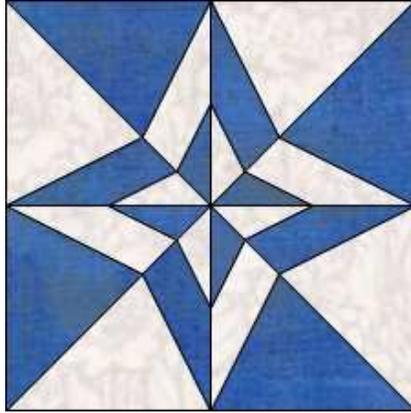


Hearts and Hands  
Block of the Month  
August 2021 - Night and Day



This pattern is a paper piecing pattern that is available free on line, directions on how to access the pattern are listed below

**Fabric requirements:** Cream and a Medium or Dark Blue

**Accessing the Pattern:**

This is a traditional foundation paper pieced block pattern which can be found on The Quilters' Cache website which is located at <https://www.quilterscache.com/>

Once you are on the Quilters' Cache home, you will see a white box which is a pull down menu in the middle of the page that reads "Where do you want to go today?"

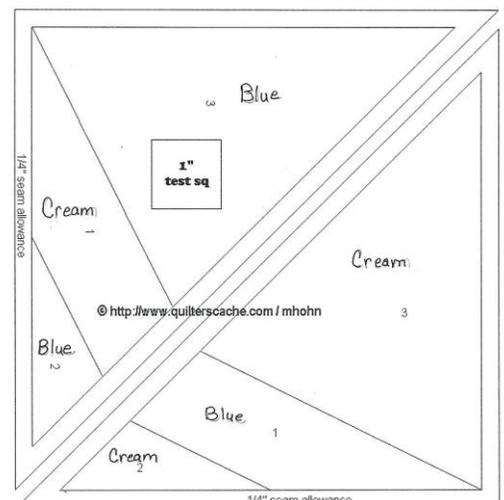
Left click on the down arrow and select "Quilt Blocks Galore – Free Quilt Block Patterns"

On the page that you have selected you will see a box that says "The Alphabetized List"; select "M-R"

On this page, scroll until you reach "Night and Day...12 inches"; select this and it will take you to the pattern instructions

You may print the instructions at this point if you choose or work directly from a computer.

At the top right of the page you will see "Click here for the templates"; click on this and it will take you to the paper pieced pattern. You will need to print 4 copies. (Suggestion – print one copy and check the size of the 1" square – your printer needs to be set to "actual size" in order to get an accurate foundation). Also, consider labeling your printed foundations with fabric colors as shown in the picture here ( it appears that the colors are reversed, but this is the reverse side of the block):



**The block is 12.5" unfinished; 12" finished.**