

# Hearts and Hands BOM November 2019

## Year's Favorite

### Cutting Directions: (Traditional Method)

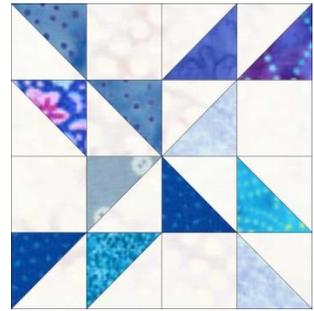
From a white on white fabric:

Cut 4 – 3" squares

Cut 6 - 3 3/8" squares

From blue fabric (s) :

Cut 6 – 3 3/8" squares



### Sewing Directions:

On the wrong side of each 3 3/8" white square, draw a diagonal line

Place a white 3 3/8" square, right sides together, on each blue squares

Sew 1/4" on each side of the diagonal line, cut on the line and press to the dark side to form 12 HSTs.

Following the picture at the top of the page, make the 4 patch in the top left corner; press the top row to the right (plain square) and the bottom row to the left. Sew together and spin your center seam. Repeat this for the other three 4 patches. Turn the patches to form the block; your seams should nest.

### Alternate Methods (for HSTs):

#### Foundation Method:

Cut 4 – 3" white squares

Cut a white rectangle and a blue rectangle 8 1/2" x 10"

Go to [Quiltville.com](http://Quiltville.com); Tips and Techniques; Half Square Triangle Foundations and print the 2 1/2" Finished PDF. Check the One Inch Square to ensure that your foundation is the proper size. Place your white and blue fabric right sides together and stitch using your printed foundation.

Complete the 4 patches as described in the traditional method

#### Easy Angle Ruler Method (for HSTs):

Cut 4 3" squares from the white fabric.

Cut a 3" strip of both white and blue fabrics; place right sides together and cut 12 sets to make your HSTs. There are 12 HSTs; you will need 12" of both fabrics for every 6 HSTs.

Complete the block as described in the traditional method

This is a 10" finished block (10 1/2" unfinished)