



## Be Good to Your Heart – 12" Quilt Block

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Cutting requirements per 12" finished block

### Fabric A

- (2) 3.5" x 6.5" rectangles

### Fabric B

- (3) 3.5" x 6.5" rectangles
- (4) 3.5" squares
- (4) 1.5" squares
- (1) 4" square

### Fabric C

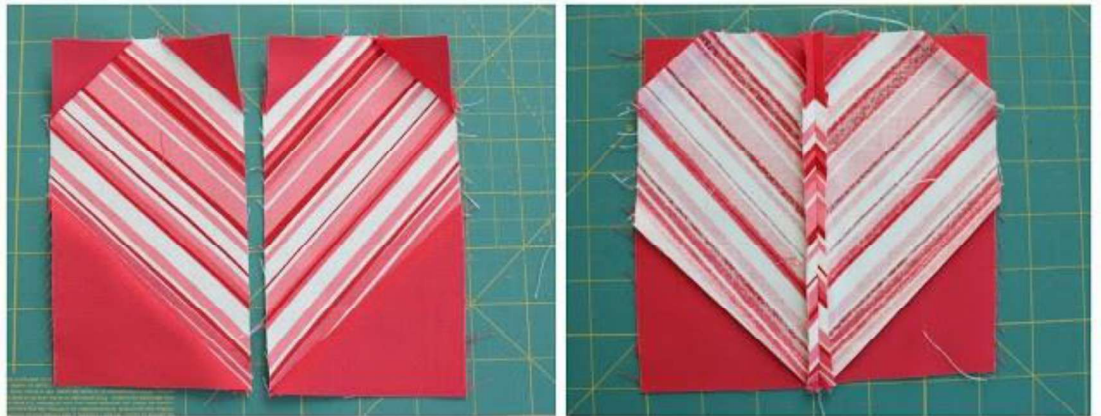
- 3.5" x 6.5" rectangle
- (6) 3.5" squares
- (1) 4" square



1 - From Fabric B take (4) 1.5" squares and (2) 3.5" squares and draw a single diagonal line on the back of each. Place them on top of the (2) Fabric A 3.5" x 6.5" rectangles as pictured above and sew them in place directly ON the drawn line. Carefully trim excess fabric 1/4" away from the seams as pictured.



2 – Open up pieces and press seams toward B Fabrics to create blocks as shown. Carefully sew 2 rectangles units together. Press this seam open.



3 - Take (2) Fabric C 3.5" squares and draw a single diagonal line on the back. Place them on top of the bottom half of (2) Fabric B 3.5" x 6.5" rectangles. Sew seam directly ON the drawn line and rotary cut off excess fabric.

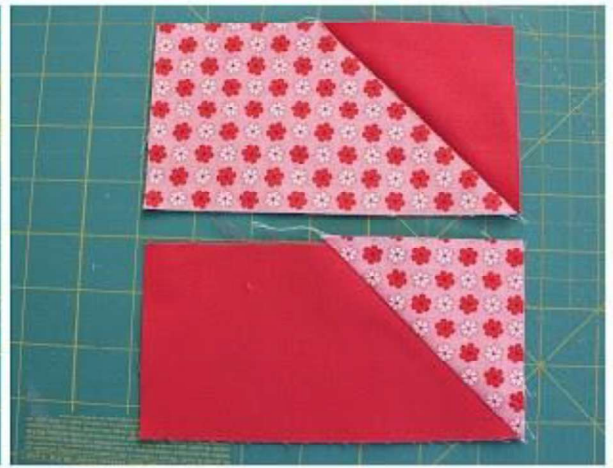


Open up blocks and press seams toward the C fabrics. Blocks should look like this.





4 - Create (2) Flying Geese blocks using opposite prints from Fabrics B and C. Draw diagonal lines on the back of (2) Fabric B 3.5" squares and (2) Fabric C 3.5" squares.



Line up a 3.5" Fabric B 3.5" square on the right side of a Fabric C 3.5" x 6.5" rectangle and sew seam directly ON the drawn line. Repeat with a Fabric C 3.5" square placed on a Fabric B 3.5" x 6.5" rectangle. Carefully trim off excess fabric and press sides open.

5 - Repeat using 3.5" squares placed on 3.5" x 6.5" rectangles on opposite sides. Sew seam along line, trim excess fabric and press open sides to create two flying geese units.



6 - Match up Fabric B and C 4" squares right sides together. Draw a diagonal line on the back of the lighter fabric. \*\*This step is different than previous seams!\*\* Sew a seam 1/4" away along BOTH SIDES of the diagonal line then rotary cut right on the line.



7 - Press both units open and square-off the excess fabric to be exactly 3.5" x 3.5" squares.



8 - Using all of your assembled units layout the block to look like this.

Assemble the units in three rows and then carefully sew the rows together. Press seams on first and third rows toward the center unit. Press seams on second row toward the outside units.

Block should be 12.5" unfinished for a 12" finished quilt block.

Enjoy!

