

Kwilty Sew Sisters ♥

Celebrate colour, pretty fabrics, and diversity!



For each 10 1/2 inch Kwilty Sew Sister block (10" finished), cut the following:

Dress	One (1) 7 inch square (skirt)	[1 x (7" x 7")]
& Head-	One (1) rectangle, 2 inches x 2 1/2 inches	[1 x (2" x 2.5")]
Wrap	One (1) rectangle, 2 inches x 4 inches	[1 x (2" x 4")]
Sleeves:	Two (2) rectangles, 1 1/2 inches x 4 inches	[2 x (1.5" x 4")]
Palms:	Two (2) 1 1/2 inch squares	[2 x (1.5" x 1.5")]
Face:	One (1) 2 1/2 inch square	[1 x (2.5" x 2.5")]
Background:	Two (2) rectangles, 1 1/2 inches x 3 1/2 inches	[2 x (1.5" x 3.5")]
	Two (2) rectangles, 3 inches x 7 inches	[3 x (3" x 7")]

CONSTRUCTION:

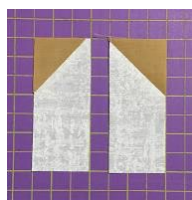
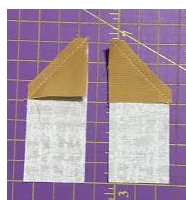
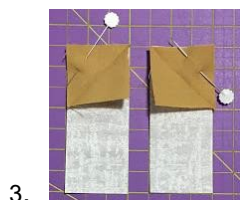
1. Scant 1/4" seams are suggested throughout.

2. Sew the two Head Wrap rectangles to the top and left of the Face square. Press seams towards the darker fabric.



3a. On the back of each Palm square (for the hands), draw a diagonal line. Take the small background rectangles (NOT the sleeve rectangles), and place the squares at the top ends, Right Sides Together (RST), with the diagonal lines pointing in opposite directions. Stitch a scant 1/4" to the outside of the line (making a snowball corner). Trim away the excess underneath, leaving a 1/4" margin, and press the Palms into place at each end of the backgrounds.

3b. Add the sleeve rectangles to the palm / background rectangles. Press seams to the dark.



4 / 5.



5. Lay out all the parts. It's time to decide whether the Kwilty Sister will have her Palms down, or Palms up. Switching the sleeve / palm / background strips (left to right and right to left) will result in different looks (see image in step #4 above). Palms down, or 'closed', brings the Sister's hands to her side. With Palms up, or 'open', the Sister appears to be reaching out to her companions to join in a circle and dance together.

6. Stitch the large background rectangles to the sleeve / palm / background strips, in whichever way you choose to orient the Palms. Press seams towards the darker fabric.

7. Sew the left sleeve / background unit to the left side of the Skirt square, and the right sleeve / background unit to the right side of the Face / Head Wrap unit. Press seams towards the dark.



8. Sew the right sleeve / Head unit to the right side of the left sleeve / Skirt unit, ensuring that the one seam at the 'neck' junction is snugly nested. Press seams for a neat flat finish.

The completed block will be 10 1/2 inches (10.5") square, or 10" when sewn into a project.



Time for a Happy Dance. 😊

These instructions were adapted from a free non-video tutorial developed in 2019 by Preeti Harris of Sterling, Virginia, for her International Sisters block, which can be found on her blog at <https://sewpreetiquilts.blogspot.com/2019/05/international-sister-block.html?m=1>.

Other names for the block are African Queen, African Ladies, and African Sisters.