

July 2026 Block of the Month

Stars & Stripes by Amy Smart

This month's block is an edited version of [Stars & Stripes Pillow and Runner Tutorial - Diary of a Quilter](#) (click on the link to go to the site for Amy Smart's directions)

Basic sewing supplies are needed for this project.

Materials:

For 2 - 6 ½" strip Blocks

3 – 1 ½" X 14" strips of red on white

3 – 1 ½" X 14" strips of white on red

(I used 3 different fabrics for each color)

For 2 – 6 ½" Star blocks

5 – 2 ½" squares light blue

5 – 2 ½" squares dark blue

4- 4" squares white on white

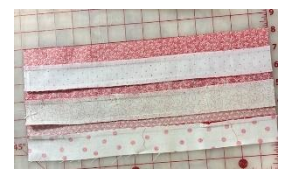
2 – 4" squares light blue (same as above)

2 – 4" squares dark blue (same as above)

Striped Blocks:

Sew the 1 ½" X 14" strips together alternating the red and white fabrics.

Press seams towards the red fabric



Cut the 14" strip set into 2 - 6 ½" X 6 ½" squares.



Star Blocks:

Draw two lines ¼" off the center diagonal on the wrong side of each of the white squares (I used my magic wand for this step)

Place a white square on top of each of the blue squares (light & dark) right sides together, and stitch on the drawn lines

Cut on the diagonal between the sewn lines

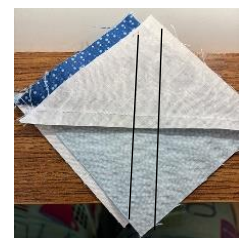
Press to the darker color.

You should have 4 dark blue half square triangles and 4 light blue half square triangles.



On the wrong side of the light blue half square triangle blocks, draw 2 lines ¼" off center diagonally from the white corner to the light blue corner.

Place one of these blocks, right sided together on top of a dark blue half square triangle block. The dark blue should be beneath the white, and the white beneath the light blue. The seam should nest together. Repeat for the remaining 3 blocks.



After the blocks are aligned stitch on the drawn lines making sure that the seams are nested in the center. Cut the blocks apart by cutting on the diagonal between the sewn lines. Press the seam open.



Trim the blocks to $2\frac{1}{2}$ " square. I used my Tucker Trimmer for this step as it has easy to read diagonals that are placed on the diagonal lines of the block. The blocks are oversized for more accurate trimming. You will make 8 of these hour glass units.



the
arrows
point
to the

diagonal lines

Lay out your rows as pictured and sew each row together. The dark blue block has the light blue side of the hour glass block touching the middle dark blue block. The light blue block has the dark blue side of the hour glass block touching the middle light blue square. Sew the three rows together to create a $6\frac{1}{2}$ " square block.



Lay out your blocks as pictured. There should be a red stripe at the top and bottom edge of the completed block. Stitch the top two blocks together. Stitch the bottom two blocks together. Press seams in opposite directions. Sew the top row to the bottom row.



Your finished block should now measure $12\frac{1}{2}$ " square.



For this month's table runner I made 3 blocks and placed them side by side with no sashing. I then added a $1\frac{1}{4}$ " inner border of dark blue, and a $2\frac{1}{2}$ " outer border of a white print. I bound it with the same dark blue as the inner border.

