

Heart Block

Fabric Required. Light color fabric for the background and a color print fabric for the heart.

Step 1 – Prepare and Cut the Fabric.

Starch and press the fabric flat, removing all wrinkles. Line up selvages and straighten the fabric. Cut a straight edge to make your first cuts.

From the light color fabric (background):

- Cut (1) 4-inch strip by WOF, then sub-cut (6) 4-inch squares (for HSTs).
- Cut (1) 3½-inch strip by WOF, then sub-cut into (2) 3½-inch squares.

From the color print fabric (heart):

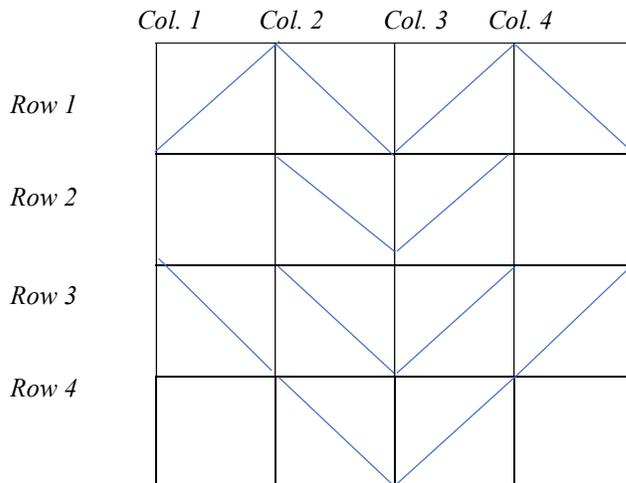
- Cut (1) 4-inch strip by WOF, then sub-cut (6) 4-inch squares (for HSTs).
- Cut (1) 3½-inch strip by WOF, then sub-cut (2) 3½-inch squares.

Step 2 – Half Square Triangles (HSTs).

Make 12 HSTs using (6) 4-inch squares of light color fabric and (6) 4-inch squares of the print fabric.

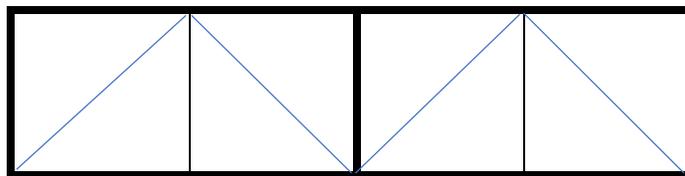
- On the wrong side of the darker fabric use a heat erase pen and draw a diagonal line from corner to corner (the cutting line). Then draw a scant ¼-inch on each side of the cutting line (this is the sewing line).
- Using one light color square and one print square, put right sides together and pin in place. Sew a scant ¼ inch on each side of the cutting line.
- Press to set the seams. Using a ruler and rotary cutter, cut on the diagonal line in between the sewn lines.
- Open up the two half square triangles and press seams open. Press the block flat.
- Repeat for the remaining 5 light color and 5 print squares. Square up each HST to 3½-inch block.

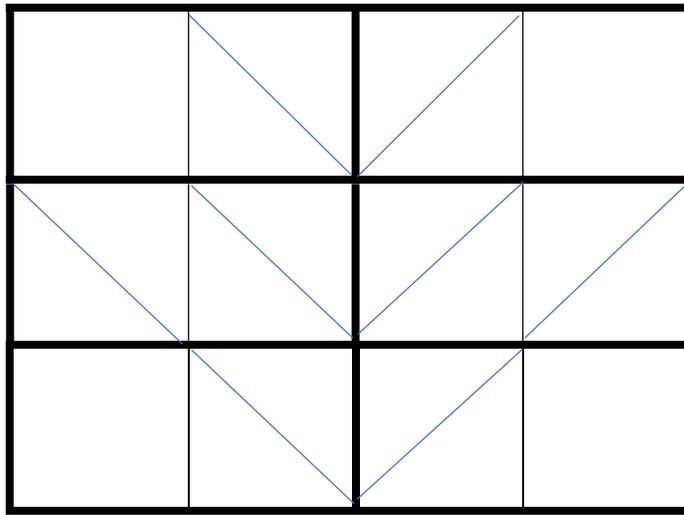
Step 3 – Using the diagram below, lay out the HSTs and solid blocks.



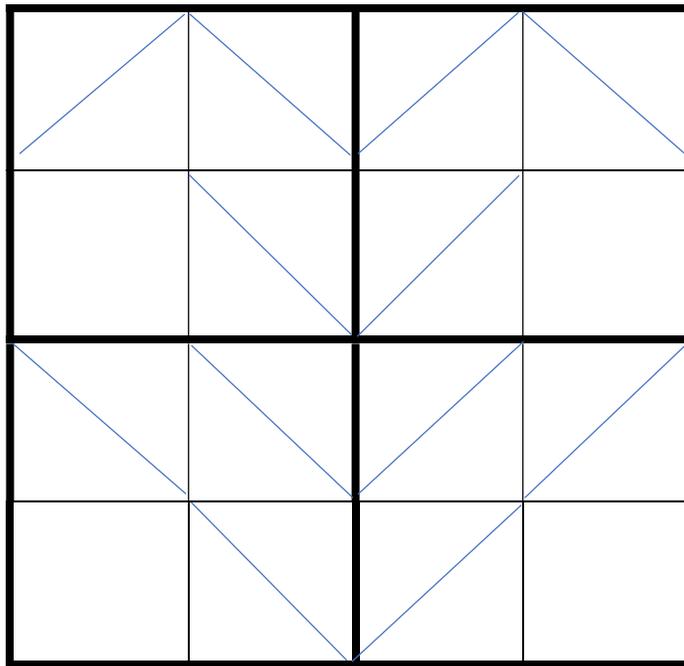
Step 4 – Assembling The Block.

First, sew the pieces together into pairs as shown below.





Next, sew the pairs into 4 blocks.



For each block, set the seams, press open and square each block to measure 6 ½-inch block. Sew the 4 blocks together. Again, set the seams, press open and square your finished block.

Finished block measures

What can you make with your finished heart block?

- The finished heart block can be used to make a pillow, wall hanging, table runner or quilt.
- Try using different colored “hearts” but same background.
- In a quilt, the blocks can be staggered or lined up.
- Use with or without a sashing.