

Mountains and Valleys

April, 2009

Cutting

6 1/2 inch Center Square

Fabric A:

Cut 1, 4 1/2 x 9 inch strip

Cut 1, 4 x 8 inch strip

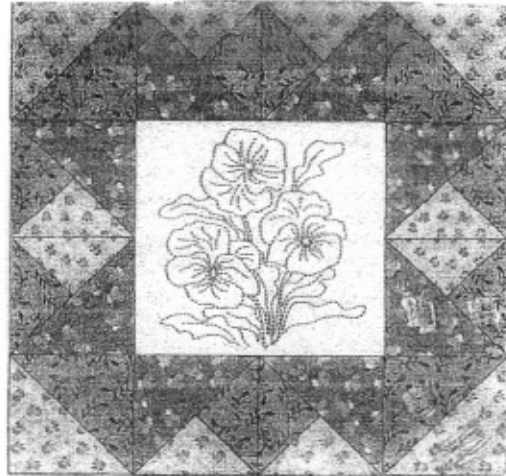
Fabric B:

Cut 1, 4 1/2 x 9 inch strip.

Cut 1, 4 x 8 inch strip

Fabric C:

Cut 4, 3 7/8 inch squares



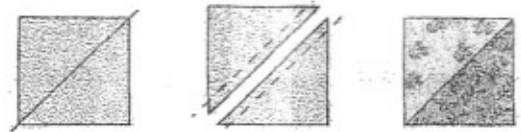
Piecing

Step 1 With right sides together, layer together the 4 x 8 inch Fabric A and Fabric B strips. Press together, but do not sew. Cut the layered strip into 2, 4 inch squares and draw a diagonal line on each set. Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 1/2 inches. Set aside these 4 units.



Make 4 3-1/2-inch triangle-pieced squares

Step 2 With right sides together, layer the 4 1/2 x 9 inch Fabric A and Fabric B strips. Press together but do not sew. Cut the layered strip into 2, 4 1/2 inch squares and draw a diagonal line on each set. Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 7/8 inch. Set aside these 4 units.



Make 4 3-7/8-inch triangle-pieced squares

Step 3 With right sides together, layer the Step 2, 3 7/8 inch units on the 3 7/8 inch Fabric C squares. Press together but do not sew. Draw a diagonal line on each set (make sure to mark the opposite diagonal of Step 2 Units). Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 1/2 inch. Set aside these 8 units.



Make 4 3-1/2-inch triangle-pieced squares

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Cut 1, 4 1/2 x 9 inch strip

Cut 1, 4 x 8 inch strip

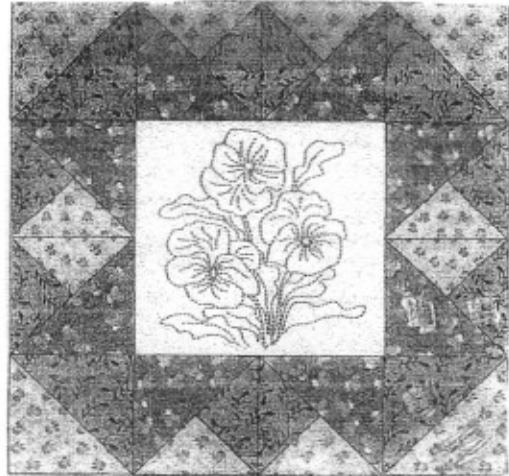
Fabric B:

Cut 1, 4 1/2 x 9 inch strip.

Cut 1, 4 x 8 inch strip

Fabric C:

Cut 4, 3 7/8 inch squares



Piecing

Step 1 With right sides together, layer together the 4 x 8 inch Fabric A and Fabric B strips. Press together, but do not sew. Cut the layered strip into 2, 4 inch squares and draw a diagonal line on each set. Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 1/2 inches. Set aside these 4 units.



Make 4 3-1/2-inch triangle-pieced squares

Step 2 With right sides together, layer the 4 1/2 x 9 inch Fabric A and Fabric B strips. Press together but do not sew. Cut the layered strip into 2, 4 1/2 inch squares and draw a diagonal line on each set. Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 7/8 inch. Set aside these 4 units.



Make 4 3-7/8-inch triangle-pieced squares

Step 3 With right sides together, layer the Step 2, 3 7/8 inch units on the 3 7/8 inch Fabric C squares. Press together but do not sew. Draw a diagonal line on each set (make sure to mark the opposite diagonal of Step 2 Units). Sew a scant 1/4 inch seam on both sides of the line and the cut on the line. Press open each unit and square to 3 1/2 inch. Set aside these 8 units.



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Mountains and Valleys – Page 2

Step 4 Matching the inside $\frac{1}{4}$ triangles by color, sew together the Step 3 units in pairs; press. You will have 2 units of each color and each rectangular unit should measure $3\frac{1}{2} \times 6\frac{1}{2}$ inches.



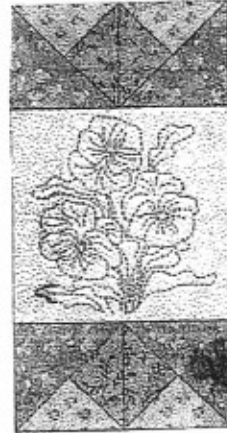
Make 2
A Units



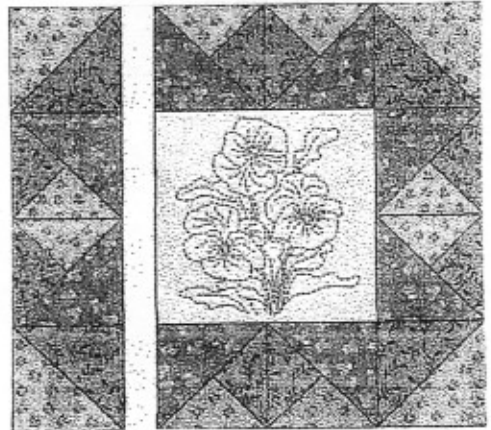
Make 2
B Units

Assembly

Step 5 Sew 2 units of the same color pattern from Step 4 to the top/bottom edges of the Center Square; press. At this point, the Center Square unit should measure $6\frac{1}{2} \times 12\frac{1}{2}$ inches.



Step 6 Sew the Step 1, $3\frac{1}{2}$ inch triangle pieced squares to both ends of the remaining Step 4 units; press. Sew these 2 units to the side edges of the Center Square; press. At this point your block should measure $12\frac{1}{2}$ inches square.



TIPS

1. Use a dry, nylon kitchen scrubby to clean your cutting mat. It will clean away all the lint and threads and help heal the mat as well.
2. Use a small sticky note to mark your strip width on your ruler while rotary cutting. Never forget and cut the wrong width again.
3. Place a small strip of non-slip rubber shelf liner under your ruler as you cut to keep the ruler from slipping on the fabric.