

**Four Hours**  
**July, 2009**

**Cutting**

**6 1/2 inch Center Square**

**Fabric A - Background**

Cut 4, 4 1/4 x 4 1/4 inch squares

Cut 4, 3 x 3 inch squares

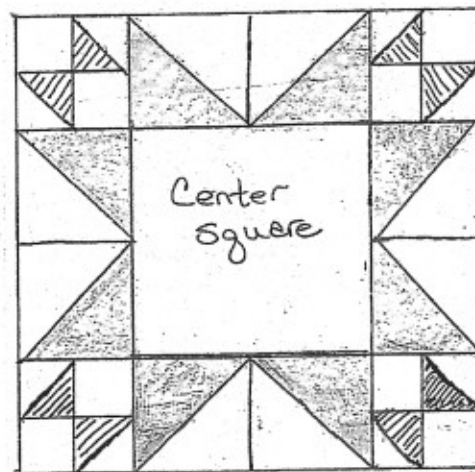
Cut 8, 2 x 2 inch squares

**Fabric B - Star**

Cut 4, 4 1/4 x 4 1/4 inch squares

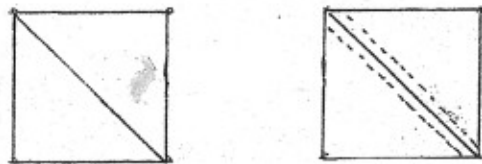
**Fabric C - Hour Glass**

Cut 4, 3 x 3 inch squares

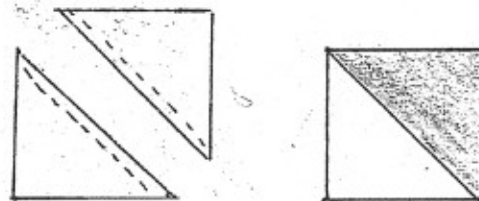


**Piecing**

**Step 1** Make a **Large Triangle Square** from Fabric A and Fabric B 4 1/4" squares. Draw a diagonal line (corner to corner) on wrong side of each Fabric A 4 1/4" square. With right sides together, place 1 Fabric A square on top of one Fabric B square. Stitch seam 1/4" from each side of drawn line.

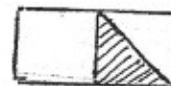


**Step 2** Cut along drawn line and press open to make 8 **Large Triangle-Squares**. Square to 3 1/2". Repeat with remaining 4 1/4" squares to make a total of 8 **Large Fabric A/B Triangle Squares**

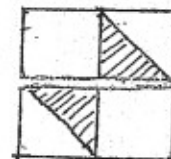


**Step 3** Make 8 **Small Triangle Squares**, from Fabric A and Fabric C, 3" squares. Follow directions above and square to 2".

**Step 4.** Connect 1 Fabric A, 2" square to 1 **Small Triangle-Square**. Make 8 strips.

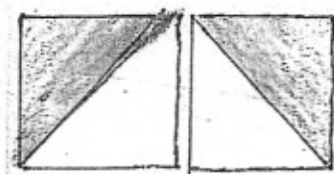


**Step 5** Connect 2 **Step 4 strips** with **Solid Square** on opposite corners. Make 4 **Hour Glass Corners**. If necessary, square to 3 1/2 inches.

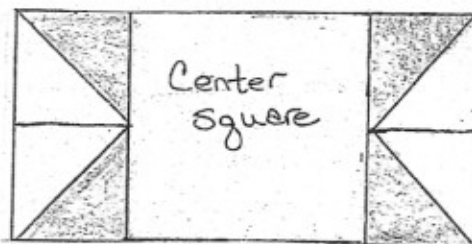


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**Step 6** Join 2 Large Triangle Square Units together with Fabric A in center. Repeat to create 4 Goose Units.

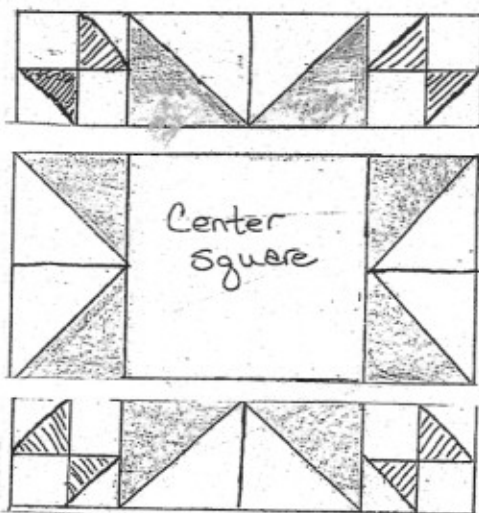


**Step 7** Sew a Goose Unit to each side edge of Center Square.



**Step 8** Sew Hour Glass Corner to each side of the remaining 2 Goose Units. Make 2.

**Step 9** Sew Step 8 Units to the top and bottom edges of Step 7, Center Square Unit. Your block should measure 12 1/2" square.



### Tips of the Month:

1. Children's coloring books are a good source of appliqué designs. Use a photocopier to reduce or enlarge the pictures.
2. To make tracing a pattern from a book easier, use a warm, dry iron to lightly press a piece of freezer paper directly onto the page. The paper won't shift or slide and you can see clearly. The freezer paper will then peel right off without leaving any residue.
3. Cookie cutters make great quilting templates
4. When machine stitching through unruly or slippery fabric, or machine appliquéing, try putting a piece of tissue paper under the fabric. You will be surprised how much easier the fabric will move under the presser foot. Tear away the tissue after stitching is complete.