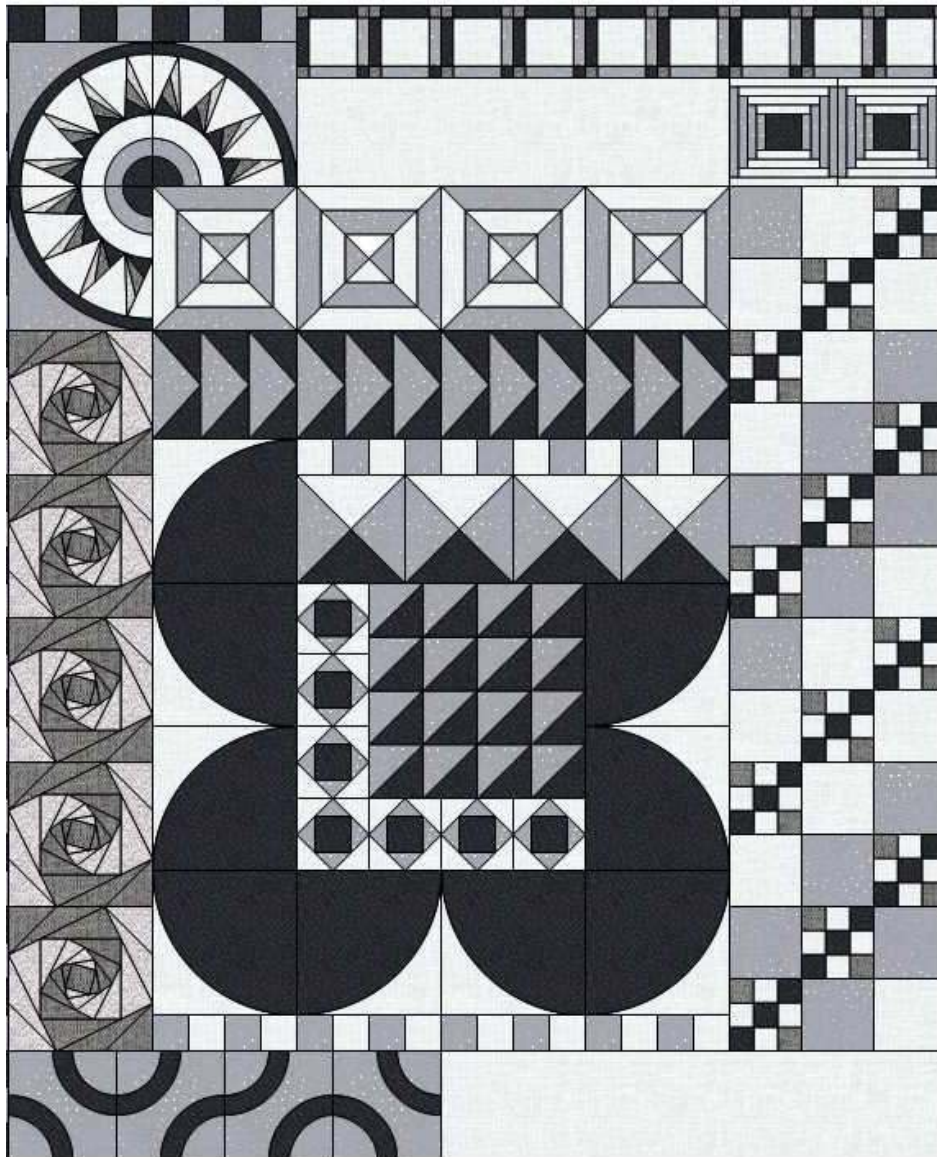


Skill Builder Block Of The Month

This quilt skill builder is designed to allow the quilter to try out different piecing techniques over seven months. Novice and experienced quilters can find new tips and tricks to increase their skill level and explore the many ways to achieve similar results – as they say, there is never just one way to do something.

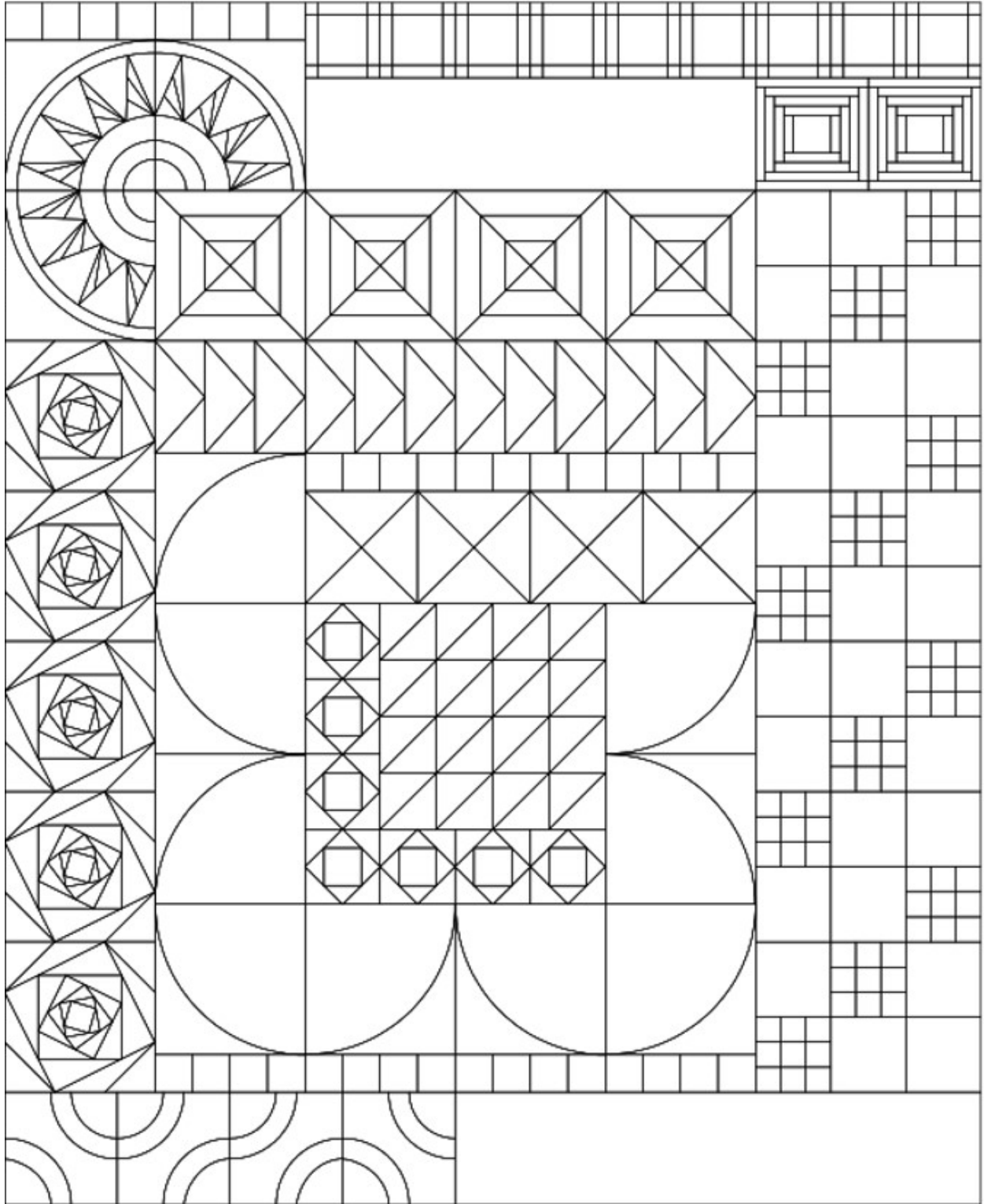
The finished quilt as designed is 52" x 64" but there are lots of opportunities for the quilter to make it unique to them. This can be as scrappy as you want, a perfect opportunity to use up those scraps and left over fabric from prior projects or you can pick a color palate for a coordinated look. There will also be opportunities to swap out blocks or rearrange them. The quilt top should take about 4 ½ yards of fabric.

Here is an example of the quilt in a simple gray scale color palate. The large blank spaces are for improv piecing and applique. On the next page is a coloring page so you can play with how you want the quilt to look.



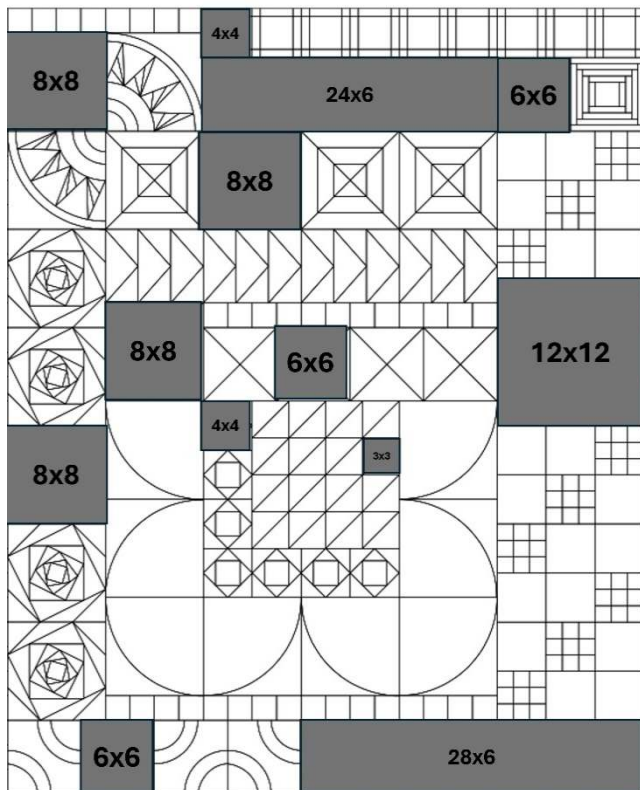
Skill Builder Block Of The Month

Coloring Page for you to get creative.



Skill Builder Block Of The Month

Block Sizes (Finished Size):



Make It Yours!

The goal is for you to make at least one of each block, so you experience each skill. The repetitions of blocks are to provide additional practice on skills or try multiple methods for the skill.

You can decide to swap around blocks that are the same size to easily customize the quilt and make it yours.

It is recommended that you make the blocks but don't assemble until month 7. This is a great opportunity to leverage a design wall.

Skill Builder Plan Month by Month:

Month 1: HSTs, QSTs, Economy Block

Month 2: Flying Geese, Strip Piecing

Month 3: Nine-Patches, Courthouse Steps

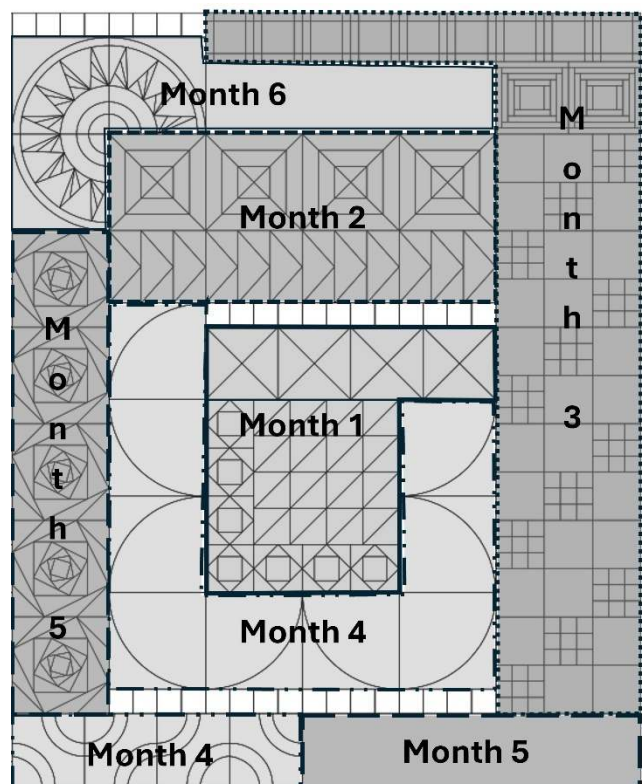
Month 4: Curves

Month 5: Foundation Paper Piecing Twisted Log Cabin, Applique

Month 6: Foundation Paper Piecing New York Beauty, Improv Piecing

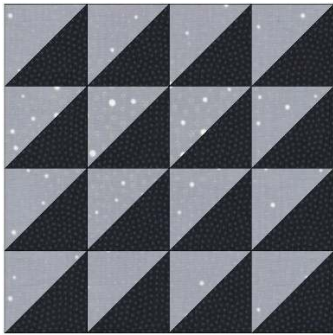
Month 7: Assembly (including filler/border options)

There are three sections of "filler" strips that multiple options will be provided (these do not have a month assignment).

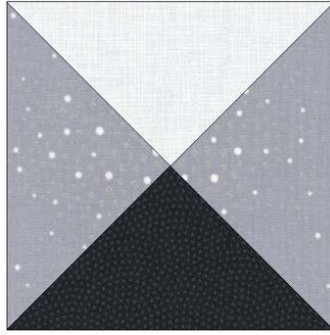


Skill Builder Block Of The Month

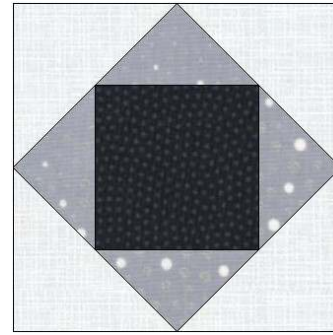
Month 1



16 HST Block



QST



Economy Block

Skill 1: HST (Half Square Triangle)

The humble HST is probably one of the hardest working blocks in quilting and on its own can create thousands of designs based on fabric variations and rotation in the layout. There are two uses of HSTs in this month's blocks, the 16 HST block and the QST (Quarter Square Triangle). There will be several methods to creating HSTs for you to try.

Block 1: 16 HST Block:

For this block you will need to make 16 HSTs measuring $3\frac{1}{2}$ " (3" finished) sewn together in four rows of four. Depending on how many matching HSTs you want you and use any of the methods to create your HSTs.

Seam allowance = scant $\frac{1}{4}$ " (a thread or two smaller than a quarter inch to allow for fabric fold)

HST Block Size: $3\frac{1}{2}$ " (3" finished) *This is the set of numbers you'll need for the reference chart.*

16 HST Block Size: $12\frac{1}{2}$ " (12" finished)

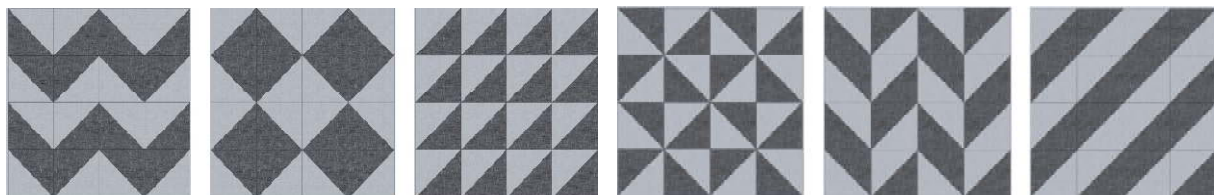
Fabric cuts will be based on the method used.

Instructions:

Using one or more methods below, create your 16 HSTs pressing toward the dark or pressing seams open as you prefer. Sew together in pairs, then in rows of 4 and finally sew the 4 rows together to create your 16 HST Block.

Make It Yours:

The example shows all the HSTs going the same direction, but you can customize the look by rotating some of the HSTs. This is a great time to lay out those 16 HSTs and play before sewing them into the completed block. Here are some layout examples:



Skill Builder Block Of The Month

Two At A Time HSTs Reference Page

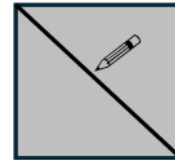
These sizes are to make slightly oversized HSTs that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations.

Finished HST Size	Unfinished HST Size	Starting Squares Size
1"	1 ½"	2"
1 ½"	2"	2 ½"
2"	2 ½"	3"
2 ½"	3"	3 ½"
3"	3 ½"	4"
3 ½"	4"	4 ½"
4"	4 ½"	5"
4 ½"	5"	5 ½"
5"	5 ½"	6"
5 ½"	6"	6 ½"
6"	6 ½"	7"
6 ½"	7"	7 ½"
7"	7 ½"	8"
7 ½"	8"	8 ½"
8"	8 ½"	9"
8 ½"	9"	9 ½"
9"	9 ½"	10"
9 ½"	10"	10 ½"
10"	10 ½"	11"
10 ½"	11"	11 ½"
11"	11 ½"	12"
11 ½"	12"	12 ½"
12"	12 ½"	13"

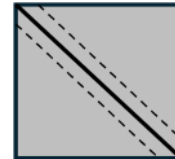
Based on size of HST needed (see chart) cut two squares of the fabrics for the HSTs and place right sides together.



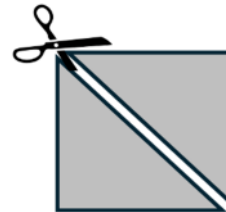
Mark a line on the back of one of the squares.



Sew the two squares together, sewing ¼" on both sides of the line.



Cut on the drawn line.



Press open and trim to desired size.



Calculate larger sizes: Finished Size HST + 1" = Starting Squares

For a single HST, cut the same size squares as making two at a time, cut each square in half on the diagonal then sew two triangles together. This is needed when you don't want any two HSTs to match.



Skill Builder Block Of The Month

Four HSTs at a time Reference Page

These sizes are to make slightly oversized HSTs that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations. Note that this method does produce HSTs where the outer edges are on the bias so be careful not to stretch the block.

Finished HST Size	Unfinished HST Size	Starting Squares Size
1"	1 ½"	2 ¾"
1 ½"	2"	3 ½"
2"	2 ½"	4 ½"
2 ½"	3"	5"
3"	3 ½"	5 ¾"
3 ½"	4"	6 ½"
4"	4 ½"	7 ½"
4 ½"	5"	8"
5"	5 ½"	8 ¾"
5 ½"	6"	9 ½"
6"	6 ½"	10 ½"
6 ½"	7"	11 ¼"
7"	7 ½"	12"
7 ½"	8"	12 ¾"
8"	8 ½"	13 ½"
8 ½"	9"	14 ¼"
9"	9 ½"	15"
9 ½"	10"	16"
10"	10 ½"	16 ¾"
10 ½"	11"	17 ½"
11"	11 ½"	18 ¼"
11 ½"	12"	19"
12"	12 ½"	20"

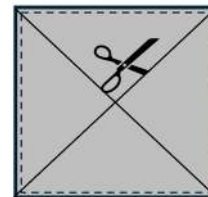
Based on size of HST needed (see chart) cut two squares of the fabrics for the HSTs and place right sides together.



Sew all the way around the two squares ¼" from the edge.



Cut the sewn squares diagonally from corner to corner.



Separate and press the four HSTs being careful of the bias edges then trim to size.



Calculate larger sizes: Finished Size HST + ½" = Unfinished size

Unfinished Size ÷ 0.64 Round results up to next ¼" (or a bit more) = Starting Squares



Skill Builder Block Of The Month

Eight HSTs at a time Reference Page

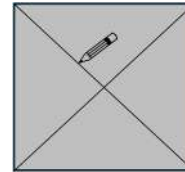
These sizes are to make slightly oversized HSTs that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations.

Finished HST Size	Unfinished HST Size	Starting Squares Size
1"	1 ½"	4"
1 ½"	2"	5"
2"	2 ½"	6"
2 ½"	3"	7"
3"	3 ½"	8"
3 ½"	4"	9"
4"	4 ½"	10"
4 ½"	5"	11"
5"	5 ½"	12"
5 ½"	6"	13"
6"	6 ½"	14"
6 ½"	7"	15"
7"	7 ½"	16"
7 ½"	8"	17"
8"	8 ½"	18"
8 ½"	9"	19"
9"	9 ½"	20"
9 ½"	10"	21"
10"	10 ½"	22"
10 ½"	11"	23"
11"	11 ½"	24"
11 ½"	12"	25"
12"	12 ½"	26"

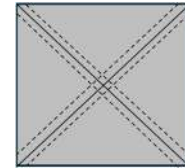
Based on size of HST needed (see chart) cut two squares of the fabrics for the HSTs and place right sides together.



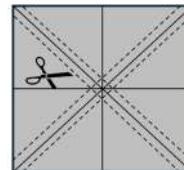
Draw two lines on the back of one square, corner to corner.



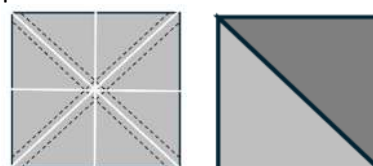
Sew the two squares together, sewing ¼" on both sides of the lines.



Cut the sewn square first north to south, then east to west, then on the drawn diagonal lines.



Press open and trim to desired size.



Calculate larger sizes: Finished Size HST x 2 then add 2" = Unfinished size



Skill Builder Block Of The Month

Strip Piecing HSTs Reference Page

These sizes are to make slightly oversized HSTs that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations. Note that this method does produce HSTs where the outer edges are on the bias so be careful not to stretch the block.

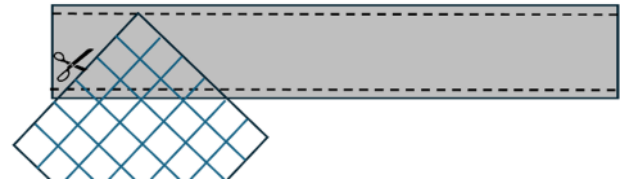
Finished HST Size	Unfinished HST Size	Width of Strips
1"	1 ½"	1 ¾"
1 ½"	2"	2"
2"	2 ½"	2 ½"
2 ½"	3"	2 ¾"
3"	3 ½"	3"
3 ½"	4"	3 ½"
4"	4 ½"	3 ¾"
4 ½"	5"	4 ¼"
5"	5 ½"	4 ½"
5 ½"	6"	4 ¾"
6"	6 ½"	5 ¼"
6 ½"	7"	5 ½"
7"	7 ½"	6"
7 ½"	8"	6 ¼"
8"	8 ½"	6 ¾"
8 ½"	9"	7"
9"	9 ½"	7 ¼"
9 ½"	10"	7 ¾"
10"	10 ½"	8"
10 ½"	11"	8 ½"
11"	11 ½"	8 ¾"
11 ½"	12"	9"
12"	12 ½"	9 ¼"

Based on size of HST needed (see chart) cut two strips of the fabrics for the HSTs and place right sides together. This works well for jelly roll strips or left-over binding strips.

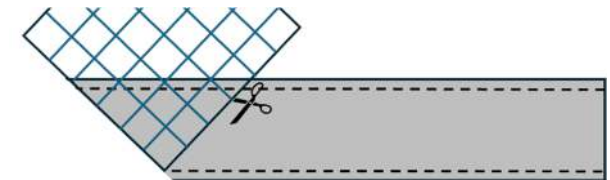
Sew a seam ¼" from both long edges of the strips.



Using a square ruler and rotary cutter cut the triangles. Line up one seam under the ruler with it hitting the same measurement mark on both sides and the tip at the other seam.



Rotate the ruler to the other side of the strip and repeat. Continue down the strip.



Press open being careful of the bias edges and trim to size.



Skill Builder Block Of The Month

Skill 2: QST (Quarter Square Triangle)

The cousin of the HST and made by using HSTs, the QST can provide variety based on how many different fabrics are used in one block. Now you can practice your newly found HST skills with a different result.

Block 2: QST

For this block you will need to make 4 QSTs measuring 6 ½" (6" finished) you can use your new HST skills to make the HSTs that become the QSTs since a QST can be an HST where the two squares used are already made HSTs. There are different styles of QSTs based on the HSTs/squares used to make the QST.

Seam allowance = scant ¼" (a thread or two smaller than a quarter inch to allow for fabric fold)

QST Block Size: 6 ½" (6" finished) *This is the set of numbers you'll need for the reference chart.*

Fabric cuts will be based on the chart below.

Instructions:

Using the 1x or 2x HST method, create the needed HSTs (2 per QST) based on the QST layout desired.

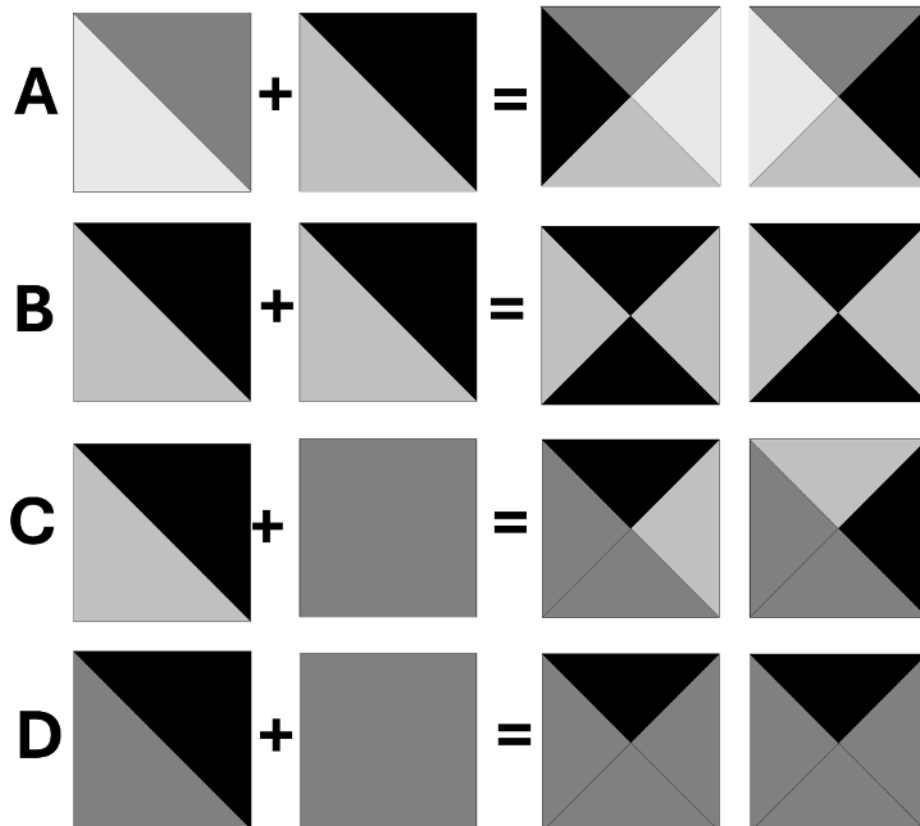
Pairs of HSTs are then layered, right sides together with seams nested (pressed opposite directions).

Don't trim the HSTs, wait until the QST is done to trim to size.

Draw a line corner to corner perpendicular to the HST seam and sew ¼" on either side of the line.

Cut on the drawn line then press open. If desired, you can spin the center seam so that it lays flatter.

Based on the HSTs used, you can make a variety of QST units (pay attention to mirror images) to allow design flexibility.



Skill Builder Block Of The Month

Quarter Square Triangles (QST) Reference Page

These sizes are to make slightly oversized QSTs that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations.

Finished QST Size	Unfinished QST Size	Center Point	Starting Squares for HSTs
1"	1 ½"	¾"	2 ½"
1 ½"	2"	1"	3"
2"	2 ½"	1 ¼"	3 ½"
2 ½"	3"	1 ½"	4"
3"	3 ½"	1 ¾"	4 ½"
3 ½"	4"	2"	5"
4"	4 ½"	2 ¼"	5 ½"
4 ½"	5"	2 ½"	6"
5"	5 ½"	2 ¾"	6 ½"
5 ½"	6"	3"	7"
6"	6 ½"	3 ¼"	7 ½"
6 ½"	7"	3 ½"	8"
7"	7 ½"	3 ¾"	8 ½"
7 ½"	8"	4"	9"
8"	8 ½"	4 ¼"	9 ½"
8 ½"	9"	4 ½"	10"
9"	9 ½"	4 ¾"	10 ½"
9 ½"	10"	5"	11"
10"	10 ½"	5 ¼"	11 ½"
10 ½"	11"	5 ½"	12"
11"	11 ½"	5 ¾"	12 ½"
11 ½"	12"	6"	13"
12"	12 ½"	6 ¼"	13 ½"



Skill Builder Block Of The Month

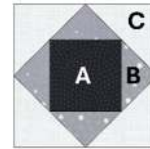
Skill 3: Square in a Square (in a Square) aka Economy Block

The economy block is a great opportunity to fussy cut a fabric for the center square, so it gets the focus and highlight. For this quilt we'll be doing a square in a square in a square but the same technique can be used as just a square in a square making the center on point (a diamond) or you can even keep adding layers around the so it becomes square in square in square in square in square in square....

Block 3: Economy Block

For this block you will need 3 fabrics.

- Fabric A – center focal square – the opportunity to fussy cut
- Fabric B – first outer square
- Fabric C – second outer square



Seam allowance = scant $\frac{1}{4}$ " (a thread or two smaller than a quarter inch to allow for fabric fold)

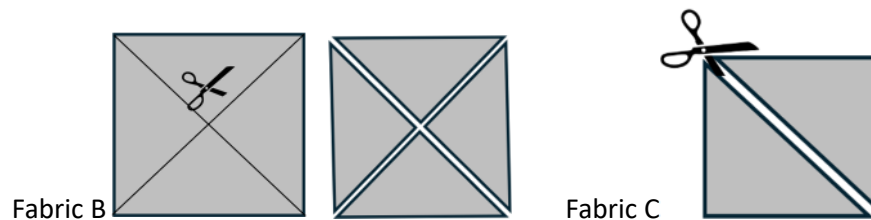
Economy Block Size: $4\frac{1}{2}$ " (4" finished) *This is the set of numbers you'll need for the reference chart.*

Fabric cuts will be based on the reference chart.

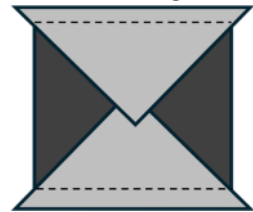
Instructions:

Take the squares of fabric B and cut corner to corner in both directions to create 4 triangles.

For fabric C just cut on one diagonal (you need 2 squares to make 4 triangles)



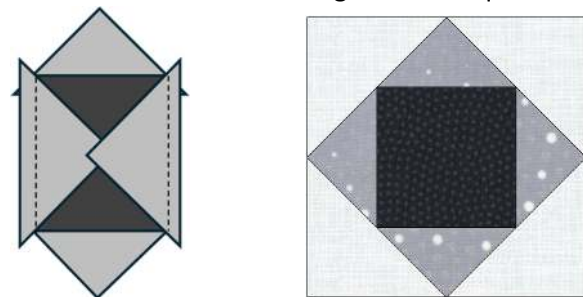
Sew the triangles onto opposite sides of the square. Press the triangles out.



Precision Tip:

Finger press the square so you can align the triangle points with the center of the square.

Sew the second set of triangles to the square.



This block should be trimmed with each round of added fabric ensuring the outer round extend $\frac{1}{4}$ " beyond the point of the prior square. Repeat for the next round.



Skill Builder Block Of The Month

Economy Block/Square in a Square Reference Page

These sizes are to make slightly oversized blocks that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations. This block should be trimmed with each round of added fabric ensuring the outer round extend ¼" beyond the point of the prior square.

Chart is for blocks with a center square and two rounds (Square in a Square in a Square)

Finished Block Size	Unfinished Block Size	Center Fabric A Cut 1	Fabric B Square Cut 1	Fabric C Square Cut 2
2	2 ½"	1 ½"	2 ¼"	2"
2 ½"	3"	1 ¾"	2 ½"	2 ¼"
3"	3 ½"	2"	2 ¾"	2 ½"
3 ½"	4"	2 ¼"	3"	2 ¾"
4"	4 ½"	2 ½"	3 ½"	3"
4 ½"	5"	2 ¾"	3 ½"	3 ¼"
5"	5 ½"	3"	3 ¾"	3 ½"
5 ½"	6"	3 ¼"	4"	3 ¾"
6"	6 ½"	3 ½"	4 ¼"	4"
7"	7 ½"	4"	4 ¾"	4 ½"
8"	8 ½"	4 ½"	5 ¼"	5"
9"	9 ½"	5"	5 ¾"	5 ½"
10"	10 ½"	5 ½"	6 ¼"	6"
11"	11 ½"	6"	6 ¾"	6 ½"
12"	12 ½"	6 ½"	7 ¼"	7"
13"	13 ½"	7"	7 ¾"	7 ½"
14"	14 ½"	7 ½"	8 ¼"	8"
15"	15 ½"	8"	8 ¾"	8 ½"
16"	16 ½"	8 ½"	9 ¼"	9"

