

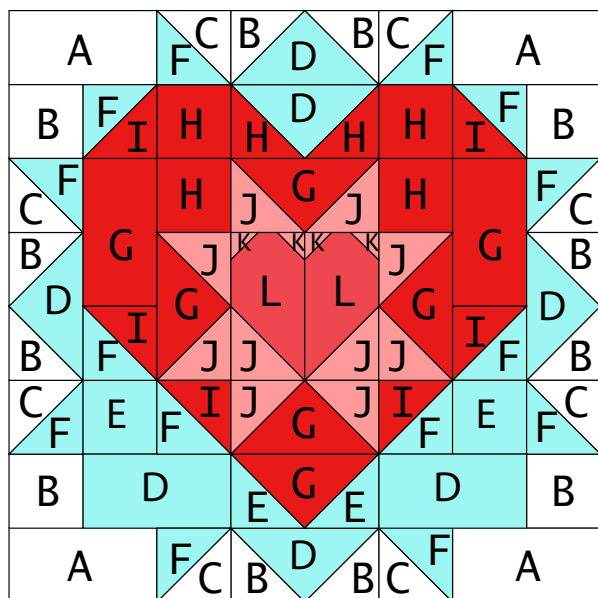
Be Still my Heart

by Jane Davidson

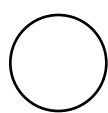
Finished block size 16" x 16"

Be Still my Heart

By Jane Davidson
Finished block size: 16" x 16"

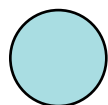


Cutting



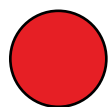
From the white solid cut:

- ∞ 4 rectangles 2 ½" x 4 ½" (A)
- ∞ 12 squares 2 ½" x 2 ½" (B)
- ∞ 4 squares 3 ¼" x 3 ¼" (C).



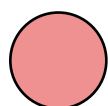
From the aqua solid cut:

- ∞ 6 rectangles 2 ½" x 4 ½" (D)
- ∞ 4 squares 2 ½" x 2 ½" (E)
- ∞ 7 squares 3 ¼" x 3 ¼" (F)



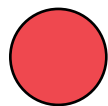
From the red solid cut:

- ∞ 7 rectangles 2 ½" x 4 ½" (G)
- ∞ 6 squares 2 ½" x 2 ½" (H)
- ∞ 3 squares 3 ¼" x 3 ¼" (I)



From the light pink solid cut:

- ∞ 10 squares 2 ½" x 2 ½" (J)
- ∞ 4 squares 1 ¼" x 1 ¼" (K)

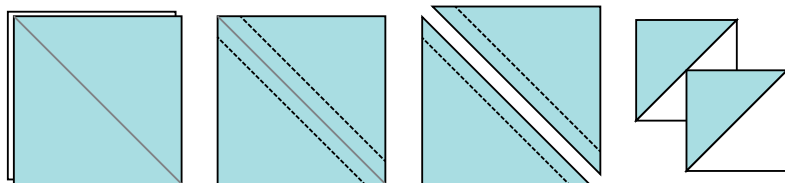


From the dark pink solid cut:

- ∞ 2 rectangles 2 ½" x 4 ½" (L)

Assembly

How to make a half square triangle (HST). This method yields 2 half square triangles.



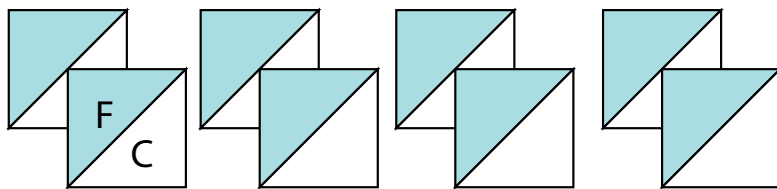
1. Draw a diagonal line on the wrong side of the lightest fabric. Place 2 - 3 ¼" x 3 ¼" squares right sides together.
2. Stitch ¼" on both sides of the drawn line.
3. Cut on the drawn line. Press towards the darkest fabric.
4. Trim HSTs to 2 ½" x 2 ½".

Using this technique make:

1

8 - aqua and white HSTs

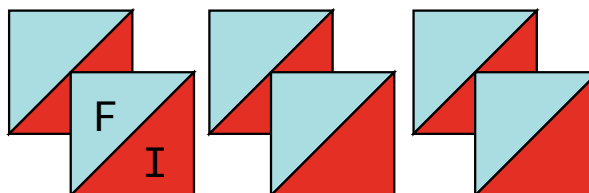
Use 4 squares 3 ¼" x 3 ¼" (C) and 4 squares 3 ¼" x 3 ¼" (F)



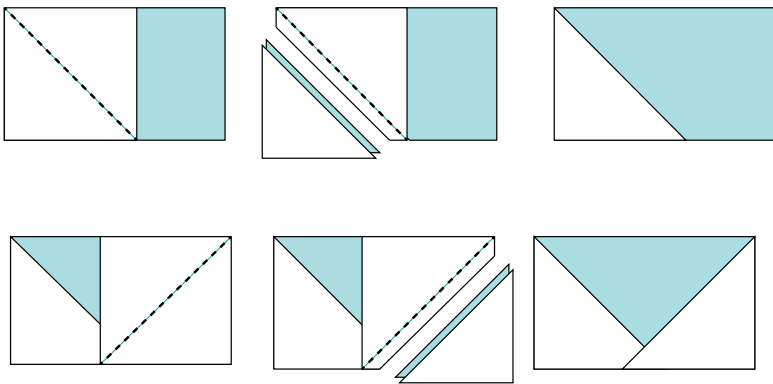
2

6 - aqua and red HSTs

Use 3 squares 3 ¼" x 3 ¼" (F) and 3 squares 3 ¼" x 3 ¼" (I)



How to make a flying geese unit

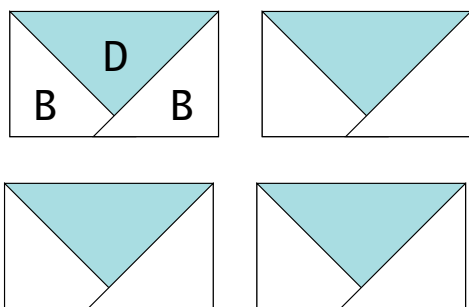


1. Draw a diagonal line on the wrong side of the $2\frac{1}{2}'' \times 2\frac{1}{2}''$ square. Place a $2\frac{1}{2}'' \times 2\frac{1}{2}''$ square, right sides together on a $2\frac{1}{2}'' \times 4\frac{1}{2}''$ rectangle. Stitch on the drawn line.
2. Trim $\frac{1}{4}''$ from stitching.
3. Press away from the rectangle.
4. Repeat steps 1-3 on the opposite side.

Using this technique make:

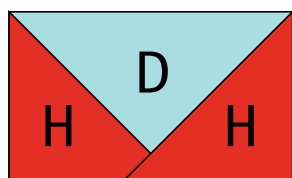
3 4 - aqua and white flying geese units

Use 4 aqua rectangles - $2\frac{1}{2}'' \times 4\frac{1}{2}''$ (D) and 8 white squares - $2\frac{1}{2}'' \times 2\frac{1}{2}''$ (B)



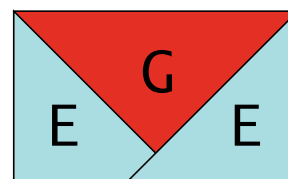
4 1 - aqua and red flying geese unit

Use 1 aqua rectangle - $2\frac{1}{2}'' \times 4\frac{1}{2}''$ (D) and 2 red squares - $2\frac{1}{2}'' \times 2\frac{1}{2}''$ (H)



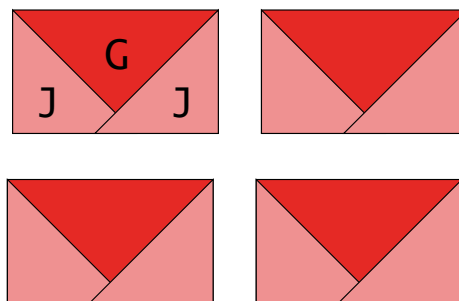
5 1 - red and aqua flying geese unit

Use 1 red rectangle - $2\frac{1}{2}'' \times 4\frac{1}{2}''$ (G) and 2 aqua squares - $2\frac{1}{2}'' \times 2\frac{1}{2}''$ (E)

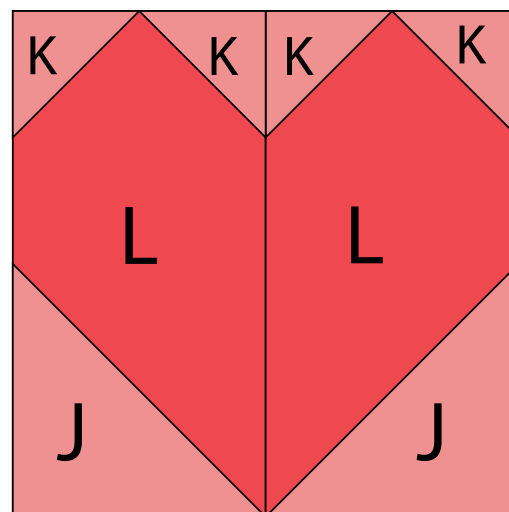


6 4 - red and light pink flying geese units

Use 4 red rectangles - $2\frac{1}{2}'' \times 4\frac{1}{2}''$ (G) and 8 light pink squares - $2\frac{1}{2}'' \times 2\frac{1}{2}''$ (J)

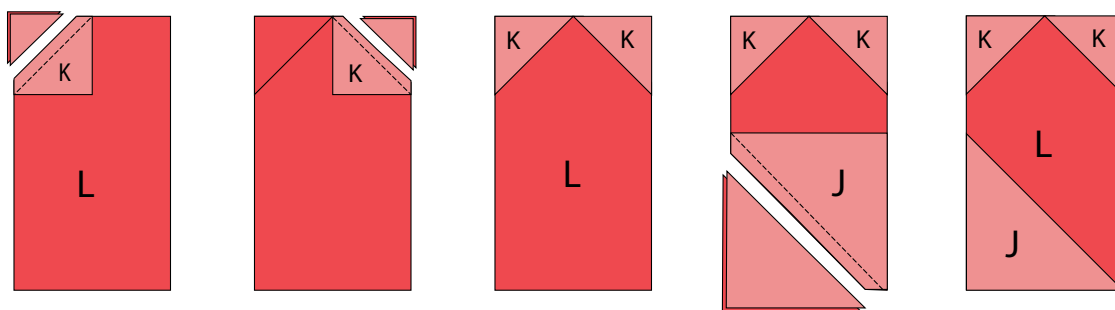


How to make the heart block



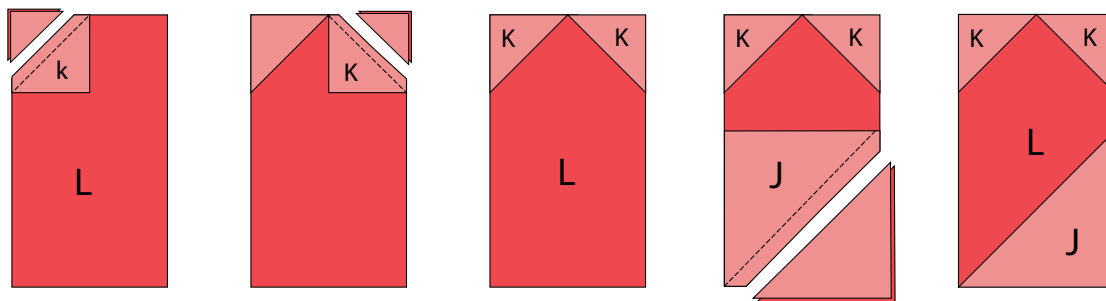
7 Left side of the heart

1. Draw a diagonal line on the wrong side of 2 - $1\frac{1}{4}'' \times 1\frac{1}{4}''$ squares (K) and 1 - $2\frac{1}{2}'' \times 2\frac{1}{2}''$ square (J).
2. Place a $1\frac{1}{4}'' \times 1\frac{1}{4}''$ square (K), right sides together on a $2\frac{1}{2}'' \times 4\frac{1}{2}''$ rectangle (L).
3. Stitch on the drawn line.
4. Trim $\frac{1}{4}''$ from stitching. Press away from the rectangle
5. Repeat steps 1 to 4 on the opposite side.
6. Place a $2\frac{1}{2}'' \times 2\frac{1}{2}''$ square (J), right sides together on the left side of a $2\frac{1}{2}'' \times 4\frac{1}{2}''$ rectangle (L).
7. Stitch on the drawn line.
8. Trim $\frac{1}{4}''$ from stitching. Press away from the rectangle
9. Make 1 - left side of the heart block

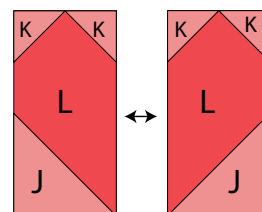


8 Right side of the heart

1. Use steps 1 to 5 from 'Left Side of Heart' instructions.
2. Place a $2\frac{1}{2}'' \times 2\frac{1}{2}''$ square (J), right sides together on the right side of a $2\frac{1}{2}'' \times 4\frac{1}{2}''$ rectangle (L).
3. Stitch on the drawn line.
4. Trim $\frac{1}{4}''$ from stitching. Press away from the rectangle
5. Make 1 - right side of the heart block

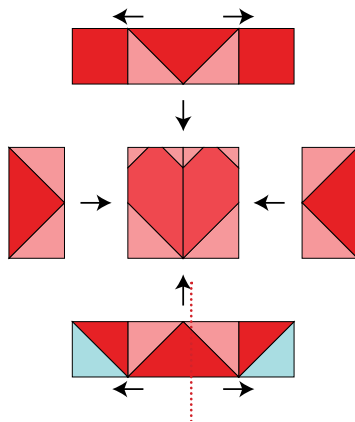


1. Sew the left and right sides of the heart block together,
2. Press seam open.

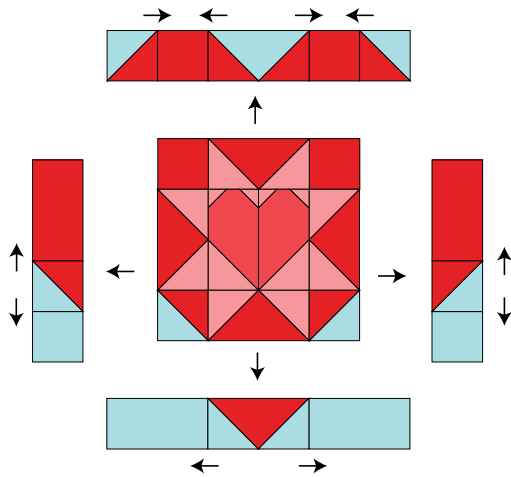


Finishing the block

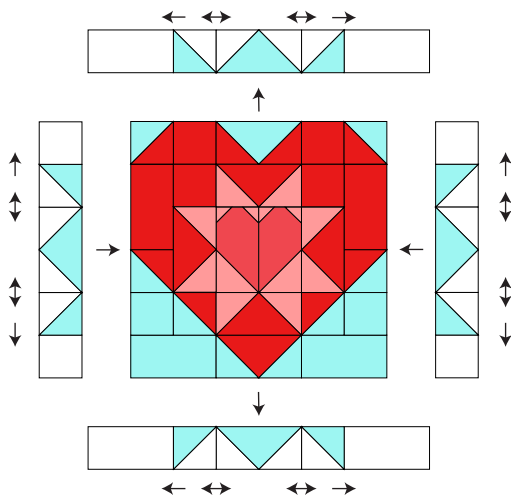
1



2



3



Follow me



Want it need it quilt



@quiltjane



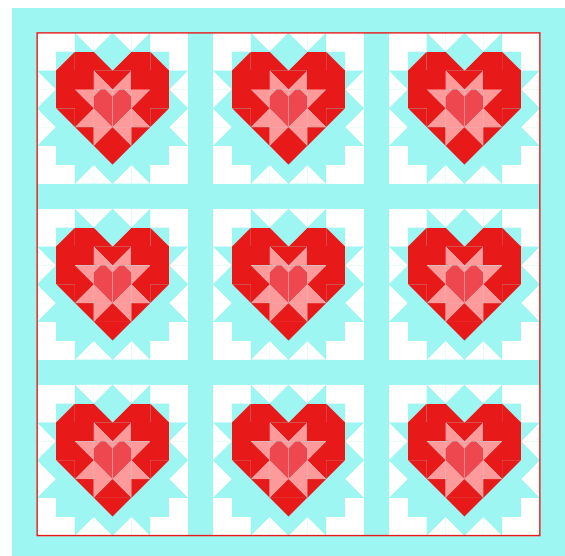
@quiltjane



<https://www.pinterest.com.au/quiltjane/quilts-and-other-things/>

Shop for more patterns here

<https://www.wantitneeditquilt.com.au>



#BeStillMyHeartBlock #quiltjane

© Copyright 2021 Jane Davidson, Want it Need it Quilt

This pattern is for personal use only. It cannot be used for commercial purposes. It cannot be copied or distributed in any format. It cannot be used with distribution of any product, including kits or made into a pattern for re-sale without the written permission from the designer Jane Davidson.

A

B

C

D

E

Colour your block

F

G

H

I

J

K

