

SAMPLER QUILT

QUILT SEW ALONG

BLOCK 4



SISTER'S CHOICE QUILT BLOCK

Finished Size 12" (Unfinished 12-1/2")



Sister's Choice is our next quilt block. It is made with simple shapes, squares and half square triangles. These are some of the first units we learn to make when quilting and this block is perfect for honing those skills. This type of block is known as an uneven five patch because although it has been designed on a 5 x 5 grid the units are not all the same size.



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CUTTING

There are a few triangles in this block so, if you have trouble with stretching, I recommend using a quilter's spray starch like Best Press to stiffen them up, as it won't leave any nasty residue behind. Make sure you use it before you start cutting your fabrics as adding moisture after you have cut everything will lead to your shapes distorting. You will need two, contrasting fabrics for this block as well as the background fabric.



- A. One 7-1/4" x 7-1/4" square (white)
- B. One 7-1/4" x 7-1/4" square (poppy)
- C. Four 3" x 3" squares (poppy)
- D. Four 3" x 3" squares (white)
- E. Four 3" x 2-1/2" rectangles (multi)
- F. Four 3" x 2-1/2" rectangles (white)
- G. One 2-1/2" x 2-1/2" square (multi)

The background fabrics for this block are A, D & F.

BLOCK ASSEMBLY:

- ✂ All seams are 1/4" and I use a stitch length of 1.8.
- ✂ As a rule, you would press your fabric seams towards the dark side (darker fabric) but not always. I finger press my seams before pressing with an iron. This allows me to change the seams' direction if needed without stretching my fabrics.
- ✂ In bulky areas press your seams open as this will help reduce thickness.



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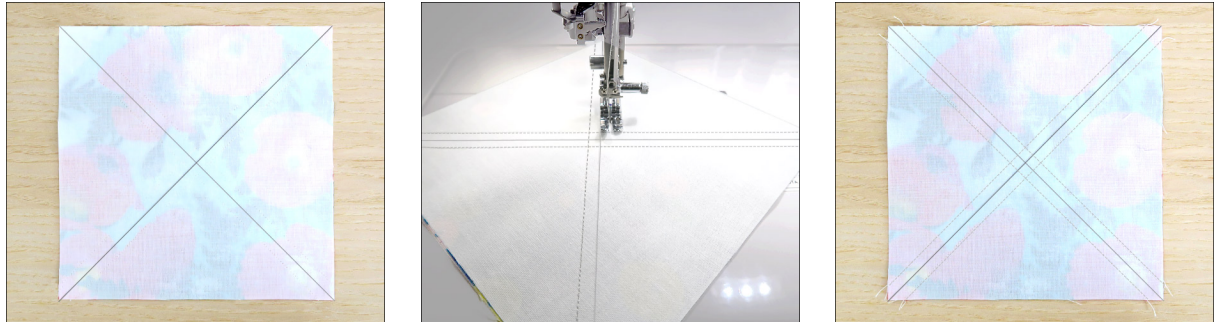


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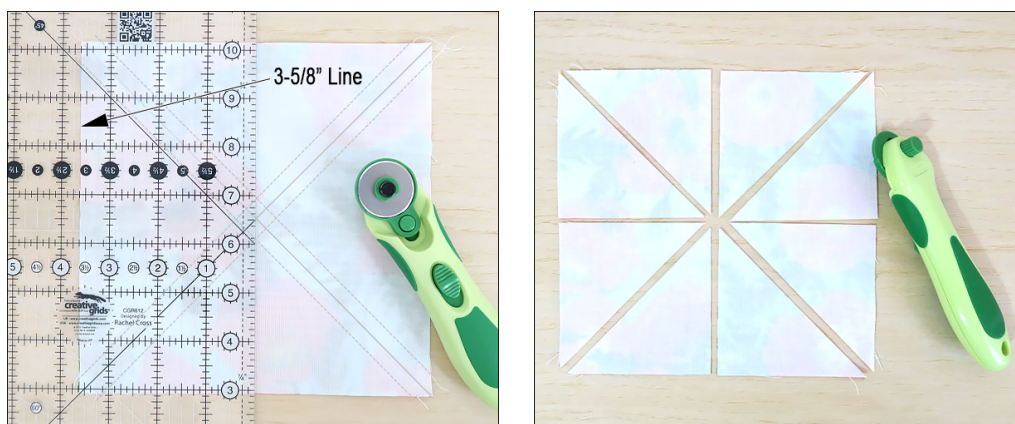
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We are going to begin by making all eight of our block's Half Square Triangles (HST) at once using the 'Eight at a Time' method. These HST aren't quite as stretchy as the 'four at a time' HST as all the edges of these triangles are cut with the fabrics straight of grain on their edges instead of on the bias. We are going to make them slightly larger and then trim them to size for accuracy. This is a super quick method for making multiple HST when you have hundreds to make for a quilt.



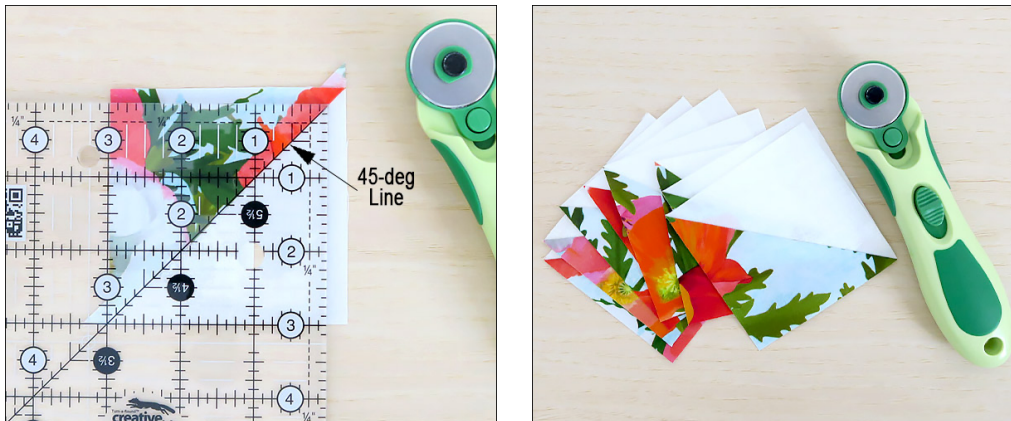
Place your two 7-1/4" x 7-1/4" fabric squares A and B with right sides together (RST) and draw two diagonal lines on the wrong side from corner to corner.

Now pin your fabrics together to stop them moving and sew 1/4" away from each side of both your diagonal lines. You should have four stitched lines.



Next cut your 7-1/4" unit in half through its centre point. Your ruler's 3-5/8" line should run along its edge. Then repeat Horizontally. Check your ruler is straight and centred before cutting.

Finally cut along your drawn diagonal lines. You should now have eight HST.



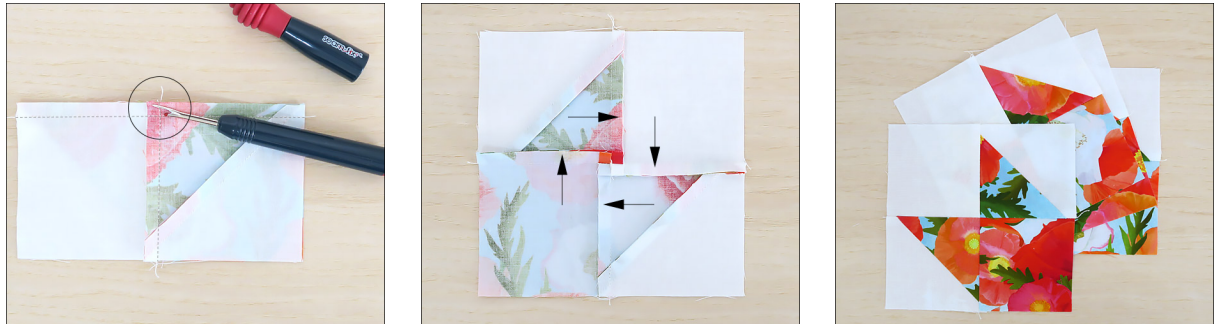
Open one of your HST and finger press your seam to the dark side and set with an iron. Then trim to 3" by placing your ruler's 45° diagonal line along your seam line, squaring up your block, and trimming away the excess fabric. Now repeat with the other seven units until you have eight perfect HST.



Lay out the top left-hand corner of your unit using two of your 3" HST and one fabric C and D 3" squares.

Now sew the top two squares together followed by the bottom two to form two rows. Make sure that your seams are pressed in the right direction - see image above.

Then sew the two rows together making sure you nest the centre seams by pushing your fabrics towards each other until they butt tightly. Use pins to hold everything in place then sew your seam.



Before you open your unit take your seam ripper and unpick the two or three stitches that lie above your horizontal seam. Don't cut them just unpick them. Do the same on the other side.

Turn your pinwheel over and twirl your centre seam by finger pressing your seams in a clockwise direction before setting with an iron. You should see a little four patch in the centre. Now make three more.



Take one 3" x 2-1/2" rectangle E and F and sew together along the short side. Finger press your seams open before pressing with an iron. Make four in total.



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Now lay out all your units to form the Sister's Choice block. Make sure that everything is pointing in the right direction.



Keeping your fabrics in order, sew them together one row at a time, taking care to nest your seams and match your points. Finger press your seams in the direction of the arrows before fixing with an iron.

Finally sew your completed rows together pressing your seams towards the centre. Don't forget to match your points and nest your seams together as you go.

If you have sewn your block together accurately it should measure 12-1/2" square but if you need to trim it make sure you leave 1/4" seam allowance on all your points.

That's block four, you're on your way!



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