Design the center to personalize your block or to make it particularly meaningful to the one to whom you gift it. Make one of the centers shown, or applique or embroider something in the center—anything you can imagine.

Fabrics: Choose a white tone on tone for the background and a bright red or pink tone-on-tone, or a heart print for the design. [Or if you want the block to signify President’s Day as well as Valentine’s Day, use red for A, B and C and make a star in red, white and blue for the center square. See Step 3 below.]

Cutting Instructions
Red/pink/heart fabric:
A: 1 strip 1½” x 19” Cut into 4 1½” x 4½” pieces.
B: 1 strip 2½” x 10” Cut into 2 2½” x 4½” pieces.
C: 2 5½” squares

White tone-on-tone:
D: 1 strip 1½” x 19” Cut into 4 1½” x 4½” pieces.
E: 1 strip 2½” x 10” Cut into 2 2½” x 4½” pieces.
F: 2 5½” squares
G: For a plain center or a center to stencil, embroider or applique, cut 1 5” square and trim to 4½” square when assembling the final block. Step 3 has ideas for personalizing the center.

Assembly Instructions
1 Corners: Place one C and one F right sides together. Draw a line diagonally on the back of one. Make two half square triangles (HST) by sewing ¼” on each side of the diagonal line. Cut apart on the line, press the seam open and trim to 5” square. Put these two HSTs right sides together, making sure the white triangle is against the red/pink/heart triangle and the diagonals are nestled together. Draw a diagonal line perpendicular to the seam. Sew ¼” on each side of the line. Cut apart on the line. This gives two hour-glass blocks. Trim it to 4½” square. Repeat with the remaining white and red/pink/heart squares to make two more HSTs. Press and set aside.

2 Sides: Sew one A to each long side of an E. Repeat with remaining A and E pieces. Sew one D to each long side of a B. Repeat with remaining D and B pieces. These should measure 4½” square. Trim if needed.

3 Center square: Your challenge this month is to design and make a 4½” square for the center block. A few ideas are to choose an interesting fabric to complement or contrast with the fabric in the block, or fussy-cut an image in the center of a 4½” square, or sew a pieced heart like the sample, or sew a star or chevron, or applique something (heart, basket, flowery vine, etc.) onto the 4½” background square. Or make a 4½” square version of your favorite block. Surprise us. Remember, you’re making just one 4½” square. Here are a few ideas as small diagrams.

4 Assemble the block. Row 1: Sew one CF hourglass block to the left side of an AEA block with E and F touching to make a left-pointing arrow. Then sew another CF hourglass block on the right side of the AEA block to make a right-pointing arrow where E and F touch. Repeat for Row 3 at the bottom of the block.

5 Row 2 (middle row): Sew one DBD block to each side of G. DBD should be oriented vertically (see diagram).

6 Sew Row 1 to the top of Row 2. Where B and C touch, you’ll see an arrow pointing up. Finally, sew Row 3 to the bottom of Row 2. Now you’ll also see arrows pointing down.

Continued on next page
Block of the Month continued

Make this block to celebrate President’s Day as well as Valentine’s Day by making a red, blue and white star in the center.

BOM GUIDELINES: Follow the directions above to make one, two, or three blocks for our monthly drawing. Please include a return-address label (add your phone number) on the back of your entry, or write your name, address, and phone number on paper and pin to the back of your block(s). You may wish to include leftover scraps with your block (pinned to the back or in an attached baggie) for the winner to use in a border or for other finishing touches. If you cannot bring the blocks to the meeting, mail them to the MQ office. Please allow adequate time for them to arrive in advance of Saturday’s morning meeting. Mail to Block of the Month, Minnesota Quilters, Inc., 253 State Street, St. Paul, MN 55107. We’ll draw for the blocks at each Saturday meeting except June and December. Winners will be notified by phone if not present. Winning blocks may be picked up during the month at the MQ office, or claimed at the next meeting.

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