


Hi Everyone,

Another month has passed super quickly, and I have found it quite challenging to find the time for my own quilting projects this month, but I have managed a few things — I am still working on my applique corners from 2 months ago!

I went on a retreat at the end of May where I started a new sample of one of my "Behind the Blocks" quilts & the top is now together. 

I decided for my June challenge I would only make a small quilt, and because I had the star design as a pieced example already (the top is yet to be quilted) so for my "something new" I chose to machine applique an example of the night & day style of block & I picked a heart.

I had a bundle of 5" squares pre-cut, so I decided they would be my fabrics for this project.

I have a centre that has hand stitching of a quote.

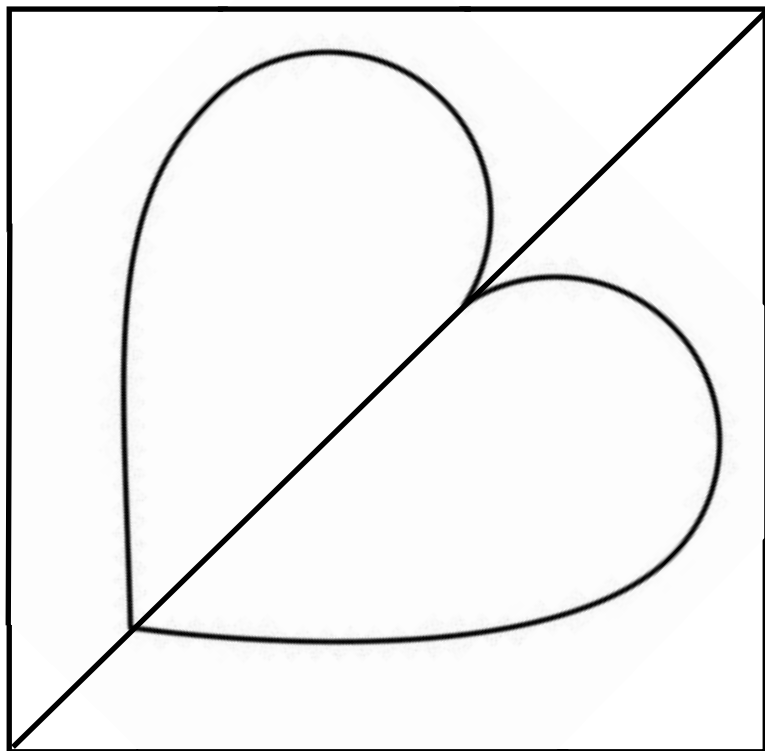
#### My Process:

- I paired fabrics to make the blocks, created the heart shape to fit a 4" finished blocks—my heart measures  $3\frac{1}{2}$ " from top to bottom.
- I drew the  $\frac{1}{2}$  heart for each side and added the seam allowance to the straight edge—this is the pattern I provide on the next page.
- From this I created the Vlisofix pieces for both sides of the heart for my 20 blocks—mark in Right side & Left, to make it easier when assembly a lot of blocks.
- I worked with each pair — I cut each square on one diagonal, & put  $\frac{1}{2}$  aside. The other  $\frac{1}{2}$  was used for the Vlisofix shape, ironing one piece of the heart to each fabric on wrong side. Cut out the shape, then iron into place on the opposite coloured triangle approx. in the centre of the long side. Check placement is same for both sides.
- Stitch around curve of heart in chosen method—hand or machine then sew the 2 triangles together, carefully matching the heart shape. Press this seam open.
- Trim the block to 4" (as I did) or  $4\frac{1}{2}$ " depending on your project. If you wish to enlarge the design to make bigger blocks, enlarge the pattern of the heart to the desired size, then use cut squares of fabric at least 1" to  $1\frac{1}{2}$ " bigger to allow for the centre seam & final trim step.
- Choose multi coloured blocks as I did, and make a quilt to a size that is practical for you. Limit your colour palette for a more dramatic look. Have fun exploring where you can use this style of block — corners, borders, alternate blocks.

Have fun!

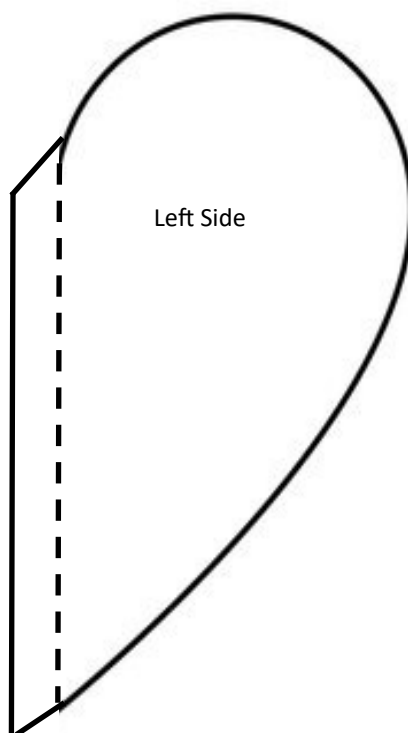
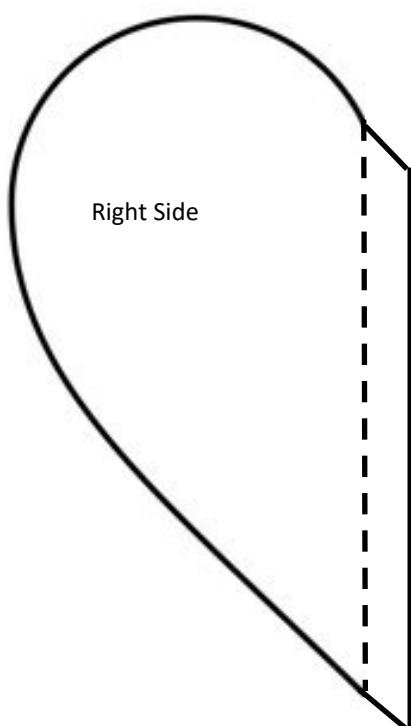
Jan P.





This is the heart pattern I used for my blocks.

You may prefer a taller style heart—change style to suit your project.



Trace 1 of each side per block onto Vlisofix, iron to back of fabric.