

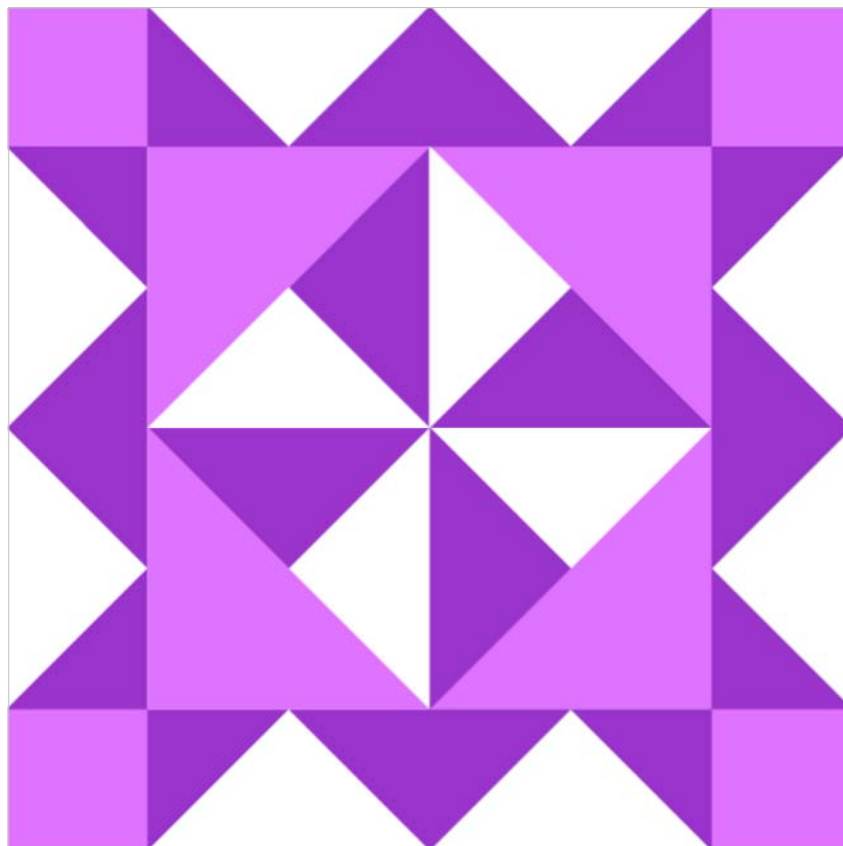


# Quilt Therapy



Saving Sanity through Quilt Therapy – One Stitch at a Time

## HOUSEWIFE QUILT BLOCK

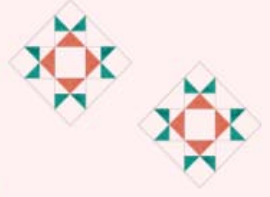


### Housewife Quilt Block

Finished Block = 12" Square  
Unfinished Block = 12 1/2" Square

All seams a scant 1/4"  
Press in the direction of the arrows

**Read ALL Instructions Before Beginning**



## HOUSEWIFE QUILT BLOCK



**"Housewife"  
Quilt Block**

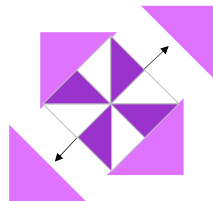
Cuts need for ONE (1) "Housewife" Quilt Block	
Purple:	Cut FOUR (4) 2 1/2" squares.
Purple:	Cut TWO (2) 4 7/8" squares.
Dark Purple:	Cut TWO (2) 4 1/2" squares.
Dark Purple:	Cut EIGHT (8) 2 7/8" squares. Then cut the squares diagonally, corner-to-corner, ONE (1) time. You'll end up with TWO (2) triangles per square.
White:	Cut TWO (2) 4 1/2" squares. On the back side the square draw a diagonal line, corner-to-corner, ONE (1) time.
White:	Cut TWO (2) 5 1/4" squares. Then cut the square diagonally, corner-to-corner, TWO (2) times. You'll end up with FOUR (4) triangles.

### Square in a Square Tutorial

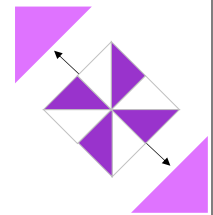
You'll see in my "Cutting Instructions" to cut some squares ONE (1) time, diagonally, corner-to-corner. There will also be a larger square associated with it. When piecing a portion of a quilt block that calls for a Square in a Square follow the diagram (Figure #1) first.

Then follow the diagram (Figure #2) second.

Press in the direction of the arrows.



**Figure #2**



**Figure #1**



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## HOUSEWIFE QUILT BLOCK

Page 3

### Half-Square Triangle (HST) Tutorial

Place the Dark Purple  $2\frac{7}{8}$ " square on the White  $2\frac{7}{8}$ " square (right sides together) and sew  $\frac{1}{4}$ " on EACH SIDE of the line you drew (shown in yellow in Figure #1). Then cut the Half-Square Triangles apart ON the line you drew (shown in red in Figure #1).

You'll end up with TWO (2) Half-Square Triangles (Figure #2). Press toward the darkest fabric. Then trim them down to  $2\frac{1}{2}$ " square. You need to make a total of FOUR (4) HST's out of the Dark Purple  $2\frac{7}{8}$ " squares & White  $2\frac{7}{8}$ " squares .



HST - Figure #1

Red line = Drawn line & cutting line

Yellow dashed line = Sew  $\frac{1}{4}$ " on EACH SIDE of the drawn line

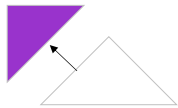


HST Figure #2

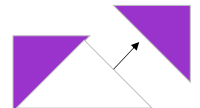


**Quilt Note:** When making HST's, try cutting your squares  $\frac{1}{4}$ " or  $\frac{1}{2}$ " larger than the pattern calls for, then trim them down to the exact size needed for your quilt block.

### Flying Geese Tutorial



You'll see on my instructions to cut some squares two times, diagonally, corner-to-corner. When piecing a Flying Geese for a quilt block, follow the diagram on the left first (sewing a smaller Dark Purple triangle to the larger White triangle), & then follow the diagram on the right (sewing the second smaller Dark Purple triangle to the newly created Dark Purple/White component).



You need a total of EIGHT (8) Flying Geese for "Housewife" Quilt Block.



**Quilt Note:** If you are making a quilt block that has a lot of Flying Geese in it, is best if you press all of your Flying Geese seams open.

See Page 4 for the "Housewife" Quilt Block Diagram

This pattern has been tested, to the best of our ability. If your block does not come out the size shown, please try adjusting your needle position to the appropriate position (left or right) to see if you get the correct block size.

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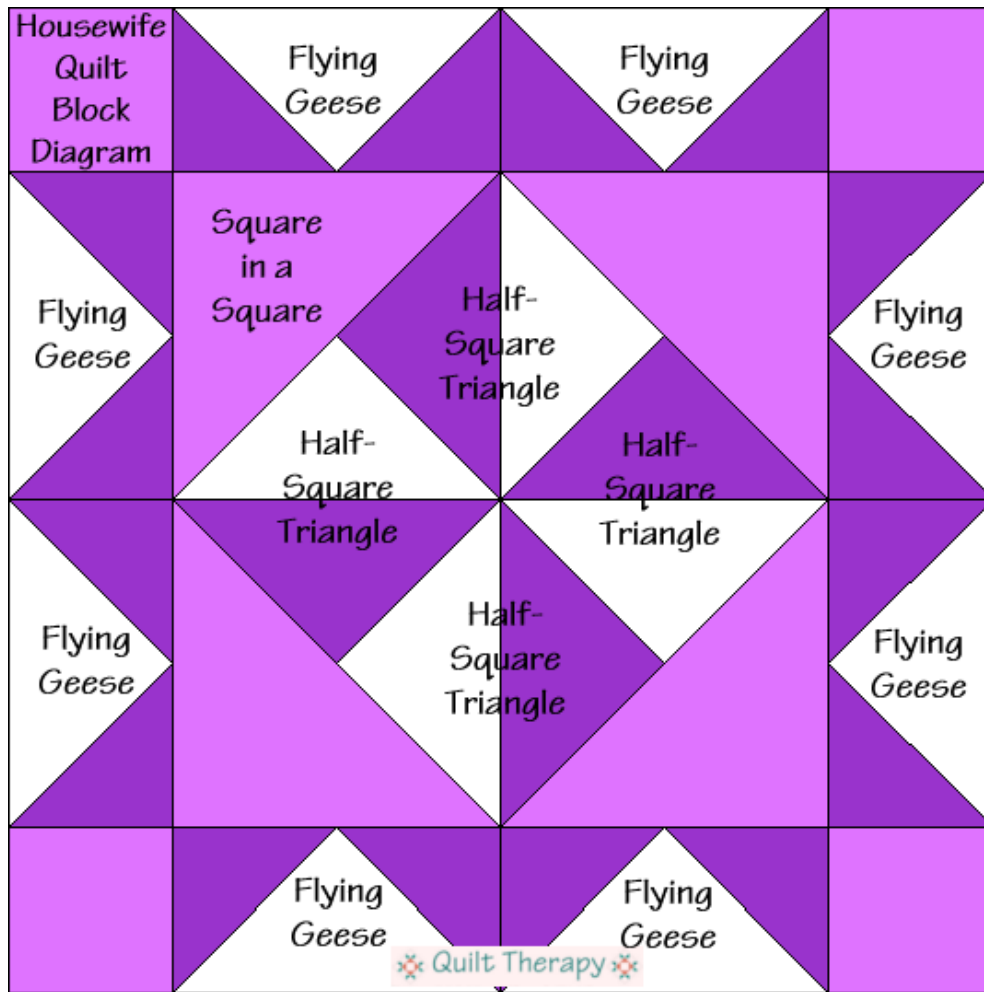
# Quilt Therapy



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## HOUSEWIFE QUILT BLOCK

“Housewife” Quilt Block Diagram



This pattern has been tested, to the best of our ability. If your block does not come out the size shown, please try adjusting your needle position to the appropriate position (left or right) to see if you get the correct block size.



# Quilt Therapy

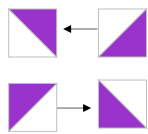


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## HOUSEWIFE QUILT BLOCK

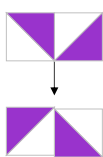
### Piecing the “Housewife” Quilt Block Together

1



Make FOUR (4) HST's out of the Dark Purple & White Fabrics. Then sew them together horizontally

2



Then sew them together vertically

3



Create the Square in a Square by following the Tutorial on Page 4

4



Make EIGHT (8) Flying Geese

5



Sew TWO (2) Flying Geese together FOUR (4) times

6



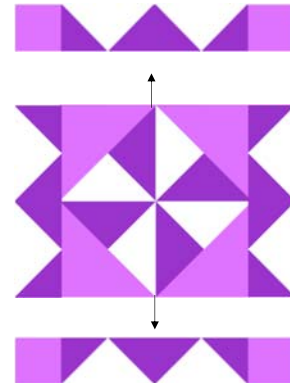
Sew TWO (2) Purple 2 1/2" squares to TWO (2) Flying Geese TWO (2) times

7



Sew TWO (2) of the Flying Geese that were sewn together to the Half-Square Triangles & the Square in a Square

8



Sew TWO (2) of the Flying Geese that were sewn together + the 2 1/2" squares to the Half-Square Triangles & the Square in a Square

Now you're Finished Sewing the “Housewife” Quilt Block Together!

This pattern has been tested, to the best of our ability. If your block does not come out the size shown, please try adjusting your needle position to the appropriate position (left or right) to see if you get the correct block size.