



November 11, 2019

Quilts of Valor Quilt 2019- 2020 Quilt block challenge | November 2019

Use 100% Cotton Fabrics

Shades of Red, Blue and White or cream

Please use white or cream as the background color fabric for all blocks in the 2019-20 Gorham White Rock Grange #380 Quilt Block

This block is not an original design but doesn't have an official name. There are similar blocks on Pinterest called "double arrows" but I could not find the instructions. This quilt block will use the "[no waste flying geese](#)" method and "[quarter square triangles](#)" method.

The prep work for this quilt blocks will be for more than one 12.5" block. If you do not want to make more than one of this block, don't worry, we will use those flying geese in future months.

Each Block contains:

- 4 Flying Geese (one of each shade of blue and red fabric)
- 1 Quarter Square (same colors as flying geese)
- 4 Background Corner Squares



Flying Geese – Full instructions for [No Waste Flying Geese](https://www.thesprucecrafts.com/no-waste-flying-geese-for-quilts-2821760) :
<https://www.thesprucecrafts.com/no-waste-flying-geese-for-quilts-2821760>

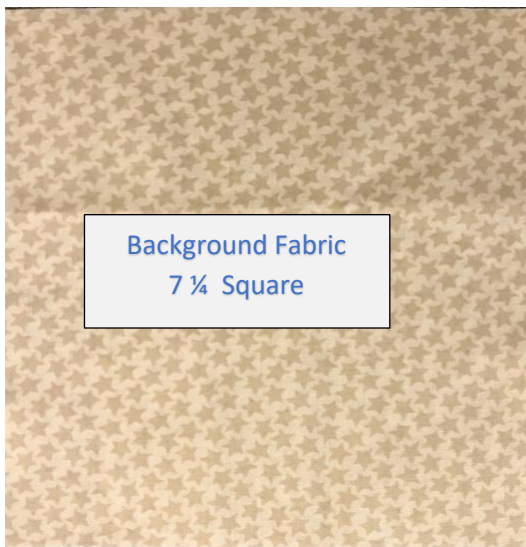
Instructions make 4 – you will only need one per 12” block if you use 4 different fabrics for the chevron.

Start with background Crème Fabric

2 - 7 ¼ Crème background Square

4 - 3 7/8 shades of blue and red squares

1. Place 3 7/8 squares in each corner, draw a line down the center corner to corner and sew ¼ seam down each side of the center line. Iron open.
2. Place remaining two 3 7/8 squares in corner, draw a line down the center corner to corner and sew ¼ seam down each side of the center line. Iron open.



1. Put two $7\frac{1}{2}$ squares right sides together.
2. Draw a diagonal line from one corner to the other
3. Stitch $\frac{1}{4}$ seam allowance down the side of each side of the center line.
4. Cut down the line into two halves
5. Repeat with two different fabric colors
6. Take half of one set and sew to second set.
7. Cut 4 quarter triangle square down to $6.5''$ square

Picture illustrations at <https://www.bonjourquilts.com/quarter-square-triangles/>



QUARTER SQUARE TRIANGLE CHART



Finished QST Size	Starting Square Size	Trim QST to	Centre point located at
1"	2 ½"	1 ½"	¾"
1 ½"	3"	2"	1"
2"	3 ½"	2 ½"	1 ¼"
2 ½"	4"	3"	1 ½"
3"	4 ½"	3 ½"	1 ¾"
3 ½"	5"	4"	2"
4"	5 ½"	4 ½"	2 ¼"
4 ½"	6"	5"	2 ½"
5"	6 ½"	5 ½"	2 ¾"
5 ½"	7"	6"	3"
6"	7 ½"	6 ½"	3 ¼"
6 ½"	8"	7"	3 ½"
7"	8 ½"	7 ½"	3 ¾"
7 ½"	9"	8"	4"
8"	9 ½"	8 ½"	4 ¼"
8 ½"	10"	9"	4 ½"
9"	10 ½"	9 ½"	4 ¾"
9 ½"	11"	10"	5"
10"	11 ½"	10 ½"	5 ¼"
10 ½"	12"	11"	5 ½"
11"	12 ½"	11 ½"	5 ¾"
11 ½"	13"	12"	6"
12"	13 ½"	12 ½"	6 ¼"
12 ½"	14"	13"	6 ½"
13"	14 ½"	13 ½"	6 ¾"
13 ½"	15"	14"	7"

Assemble Block

1. Row 1 - Sew 3.5" square to flying geese and other 3.5" square
2. Row 2 – Sew Flying Geese to Quarter Square Triangle, to flying Geese
3. Row 3 – repeat row 1
4. Sew row 1, to row 2, to row 3



Tips:

- Remember to press and trim all pieces to square up before assembly
- Press seams in opposite directions to nest your seams for perfect fit at joints
- Might increase the size of the light background fabric to 7 ½ to allow for scant over seam allowances and trimming down to size.
- Best to choose fabrics with no real direction requirement. The strips were hard to orient, but if you don't mind different directions then any patten will do.

Have fun! December Block is already chosen – I can't wait to share!