

Anxiety

by Sandi Walton

12" finished block

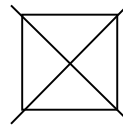
I believe this is an original block, although it was so easy to design that I wouldn't be surprised if someone else created it before. I was having some trouble with anxiety, and I couldn't focus. I decided to give myself a little therapy project - design and sew a complicated quilt block. It required focus and attention to detail, but had no real consequences for errors. This block was the result. Although it looks scary, the hardest part is the cutting. You must be very accurate, so watch the measurements carefully.



Step 1 - Cutting

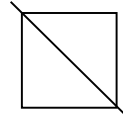
Background: (4) 3 1/2" squares

(1) 7 3/16" square, cut diagonally both ways



Center: (1) 4 1/2" square

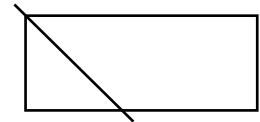
Pink star points: (4) 2 7/8" squares, cut diagonally once



Light green: (8) 1 1/2" x 3 7/8" rectangles

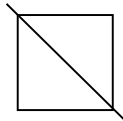
(8) 1 1/2" x 2 7/8" rectangles

Place all rectangles in pairs, wrong sides together. Cut a 45 degree angle on one end of each pair. This will give you four pieces of each size with the angle cut one way, and four with the angle cut the other way.

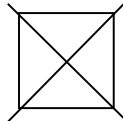


Dark green: (4) 1 1/2" squares

(2) 1 7/8" squares, cut diagonally once



Gold: (1) 3 3/16" square, cut diagonally both ways



Step 2 - Layout

Lay out the pieces as shown to the right. (The four triangles on the sides are not shown in the photo - you will add these last.) Watch the angle placement. Separate the groups that will be sewn together. Check the photo very closely! It indicates the sewing groups. You will sew each corner unit first, then the center square, then attach two opposite corner units to the center square, then the side triangles to the remaining corner units, then assemble the three diagonal rows. The next photos will show these steps more closely.

(Yes, this photo uses different fabrics from the rest of the photos. My aunt Karen started sewing before I grabbed the camera, so this is my aunt Pat's block. Both turned out absolutely beautiful!)



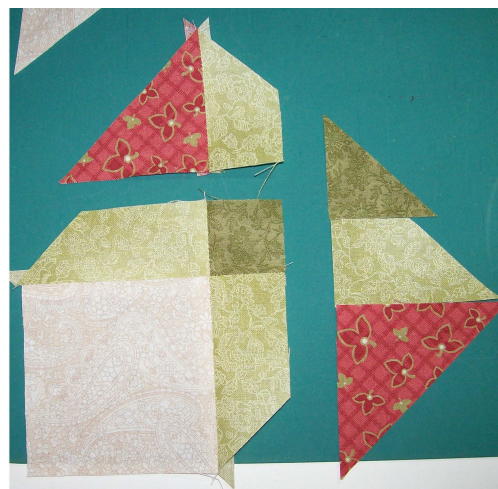
Step 3 - Sewing

Starting in one corner, sew the pieces in the groups as shown.

Sew one long strip to a corner square. Sew the small dark square to another long strip. Sew each short strip to a star point. Sew the small dark triangle to one of the star/strip units.



Next, sew the long strip with the small dark square to the corner square with the other long strip. Match the seams - don't worry about the points.



Now sew the smaller star point unit to the corner square unit, again matching the seams.

(Note: The dark green triangle in these photos was cut too large! Cut correctly, it will not extend past the edge of the light green piece.)

Finally, sew the larger star point unit to the corner square unit. Always match the seams and don't worry about the points - they'll take care of themselves.



Repeat for the other three corner units.



Step 3 - Sewing, continued

Unfortunately, I don't have a photo to illustrate the center square unit. It isn't difficult, though. Fold the center square in half, top to bottom, and press the outer edges to mark the halfway point. Repeat, folding side to side, and press the outer edges again. Do the same thing with the triangles - fold to find the center point and press to mark the center point. If you press, fold the triangles the opposite way you folded the center square (right sides together vs. wrong sides together). This way the folds will nest together instead of going the opposite direction. Line up one triangle with one side of the square, matching your center point, pin and sew. Repeat for each side.

Trim the center square unit to match your corner units. I'm not sure exactly what it should be - it's either 4 1/2" or 4 3/4". (My aunts' blocks had some corner units at each measurement.) There's a lot of give in these pieces, so you'll be able to stretch them a little to fit if necessary.

Sew two triangle units to each of two opposite corner units.

Sew the other two corner units to the center square, matching your intersections.



Finally, sew the three diagonal units together, matching all of your intersections. Finished!

