

This is a “quilt as you go” type block using one 10 inch square of fabric as a backing, batting and four 9 inch squares for the top.

Materials needed:

- At least 4 different small flowered prints such as calicos -2 darks and 2 lights containing combinations of beige, pinks, burgundy, sea foam green, **or** medium soft blues. Try to avoid stark white backgrounds especially on the uppermost fabric.
- 1 piece of cotton quilt batting 8.5 inches square and basting spray (or baste by hand)

Method:

- From a darker print, cut a 10 inch square for the backing. (This fabric may be repeated once in the next step)
- From each of 4 fabrics cut a 9 inch square.
- Place the 10 inch square wrong side up and centre the batting on it and baste with spray.
- Line up the 9 inch squares right side up on top of each other in a light, dark, light, dark order or reverse, dark, light, dark, light. This will be based on the fabric you choose for your top layer. Centre the stack on the batting, right side up. Spray baste between each layer.
- Place a pin 1 ½ inches in from each side as an outer limit for drawing then draw 3 concentric hearts, free hand, each about an inch apart. Wonky is alright. Then stitch on the drawn lines with threads that match the top and the bottom.
- Starting at the centre heart, cut away the top layer of fabric leaving an allowance of slightly more than ¼ inch from the stitching line. Repeat this on the other side of the stitching line but remove the top 2 layers. Move to the inner side of the next stitching line and remove the top 2 layers with the same size allowance. Move to the outside of this stitching line and remove 3 layers of fabric with the same allowance. Repeat for the inside of the last stitching line. **Do not cut the outside of the last stitching line.**
- Using sharp small scissors, cut into all the allowances surrounding each heart at every approximately eighth of an inch. Once done, ruffle-up the fringes slightly, using an old toothbrush. Finger press the fringes to make them stand up and let the under fabric show through

Blocks may be joined using a “quilt as you go” method or may be put together as a rag quilt with raw edges to the upper side then clipped like the heart allowances were. Because of the thickness, blocks could be used to make a fabric rug.