

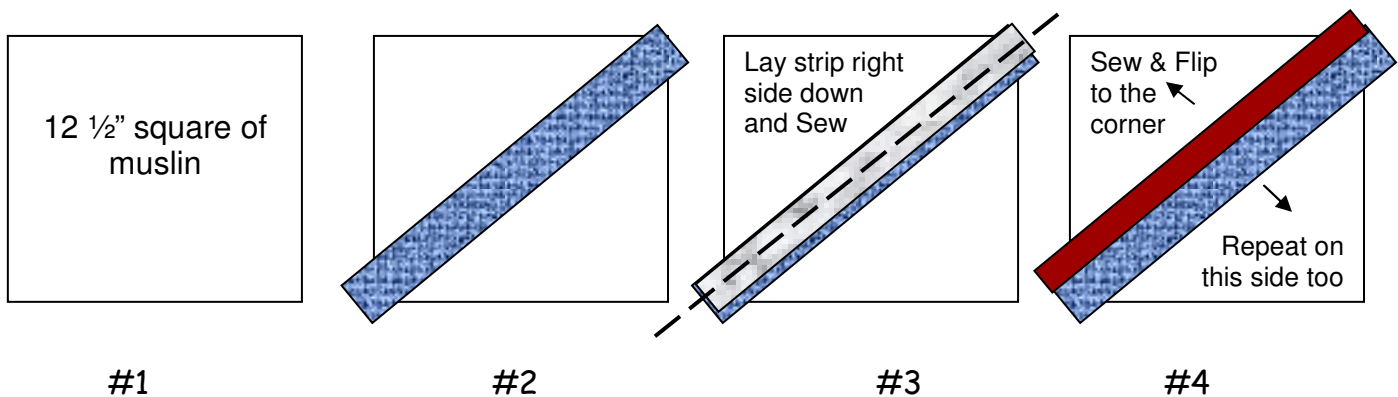
Strip Pieced Foundation Block

Quilts of Valor Sew-In Symposium

Sponsored by the Georgia Quilt Council and SewFree Retreats

The technique is foundation strip piecing. Make a 12 ½" block of strips sewn diagonally.

- You can vary the size of the strips in a block between 1 ½", 2" and 2 ½" wide
- Use ONLY patriotic colors and prints - red, white, blue and gold
- Please use 100% cotton, nice quality cotton - say to yourself, "*Would I like this fabric in a quilt?*" **IMPORTANT:** pre-wash fabric, especially red



- Start with a 12 ½" square of muslin - see #1
- Lay your first strip of fabric face up along the middle, diagonally - see #2
- Lay your second strip face down on top of your first strip - See #3
- Sew a ¼" seam along the outside edge, then flip and press - See #3 & See #4
- Continue this flip and press technique all the way to the edge on both sides of the center diagonal strip until the muslin square is covered - see #5
- Do NOT trim up the block, we'll recycle the scraps!
- Attach your name to the block with a safety pin
 - You CAN make more than one (1) block if you wish !!

All blocks must be sent in by July 15, 2011



Mail to:

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