



Vintage Heart Block

12" (finished)

Designed by Julie Cefalu
Exclusively for *The Crafty Quilter Blog*

www.thecraftyquilter.com



Supplies & Instructions for ONE quilt block

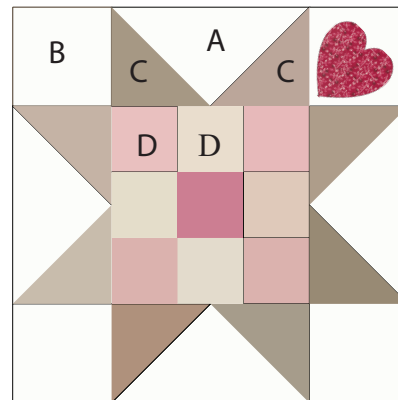
- 1/4 yard - Background
- 1/8 yard - Tan (star points)
- 2 1/2" squares - Pink & cream (9-patch)
- 5" squares - Red (heart applique)
- 1/4 yard fusible web product OR 1/4 yard lightweight fusible interfacing

Note: A charm pack works well for this project and will give you four blocks (with the addition of background yardage).

Cutting Chart for one block

Color	Qty	Piece	Cut size
back-ground	1	A	7 1/2" square
↓	4	B	3 1/2" squares
	4	C	4 1/8" squares
	5	D	2 1/2" squares
	4	D	2 1/2" squares
	2	applique	5" squares

- Please read ALL instructions before starting.
- All seams 1/4" seam allowance
- RST = right sides together
- FG = flying geese
- Follow pressing arrows



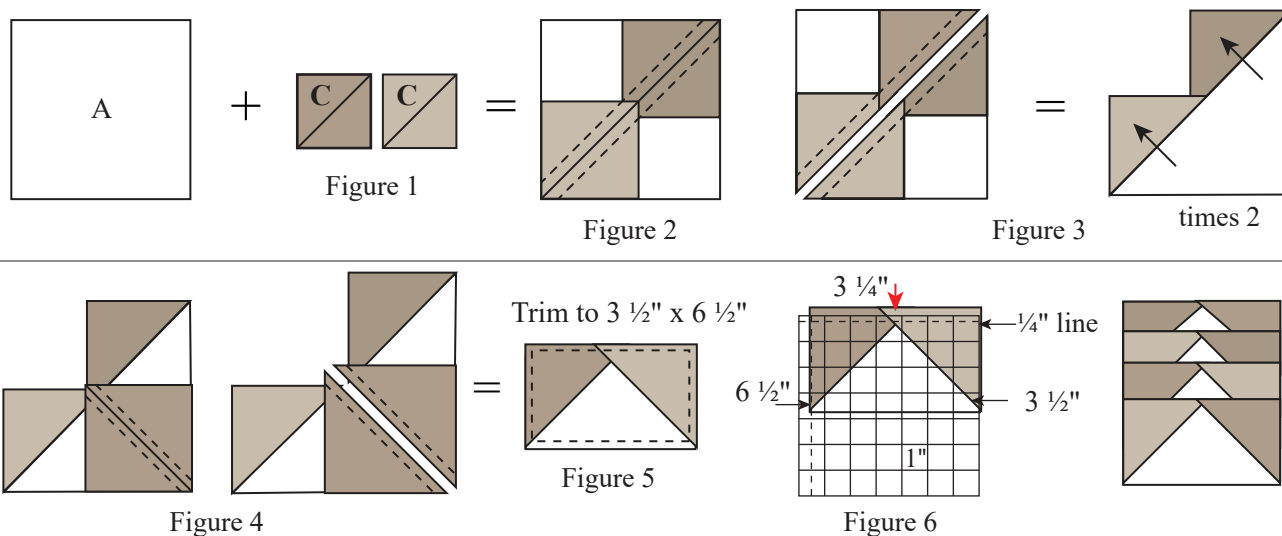
Instructions for flying geese use the 4-at-a-time method and are oversized so you can trim them perfectly. If you prefer to make them with the traditional stitch & flip method, cut the following:

- (4) 3 1/2" x 6 1/2" rectangles (background)
- (8) 3 1/2" squares (assorted tans)

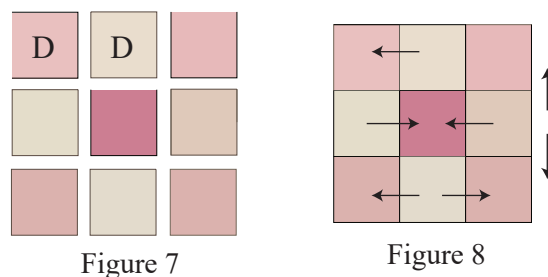
Flying Geese Units - 4-at-a-time method and oversized

1. On the wrong side of each C $4\frac{1}{8}$ " square, draw a diagonal line from corner to corner. **Figure 1**
2. Place two C squares RST on opposite corners of A $7\frac{1}{2}$ " square - they will overlap slightly in the middle. Stitch $\frac{1}{4}$ " on each side of the diagonal lines. **Figure 2**
3. Cut apart on the diagonal line and press towards C. **Figure 3**
4. Place a C $4\frac{1}{8}$ " square on the remaining A corner of each unit from above. Stitch $\frac{1}{4}$ " on each side of the diagonal line and cut apart on the diagonal line. **Figure 4** Press towards C.
5. *Trim flying geese units to $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles. **Figure 5** and **Figure 6**

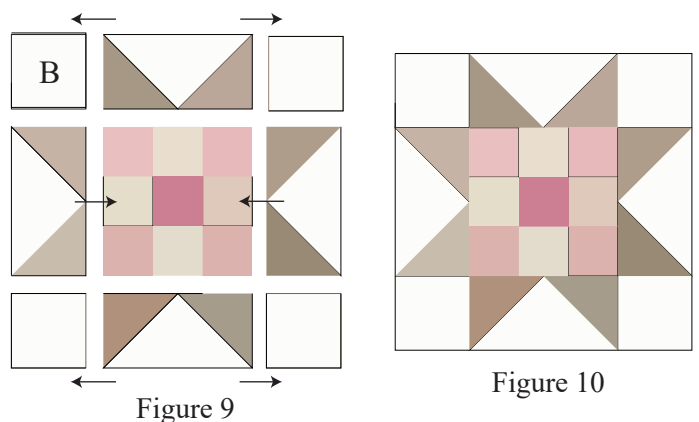
*See [this blog post](#) for more details on oversized flying geese and how to trim them.

**Make 9-patch unit**

6. Sew the $2\frac{1}{2}$ " D and E squares together to form a 9-patch. **Figure 7**
7. Press seams as shown. **Figure 8**
8. Unit should measure $6\frac{1}{2}$ " square.

**Assembly**

9. Arrange the $3\frac{1}{2}$ " B squares, flying geese units and center 9-patch unit as shown. **Figure 9**
10. Sew the units into rows. Press seams as indicated. **Figure 9**
11. Sew the rows together and press as shown. **Figure 10**
12. Final block should measure $12\frac{1}{2}$ " square.



Use your favorite applique method to create the hearts.

The heart template is the finished size, so it does not include a seam allowance. This is perfect for fusible applique.

Using the heart template and the 5" squares of red fabric, make four hearts. Position them in the four corners of the block. Stitch hearts in place. **Figure 11**

You might want to choose Option B for a different look!

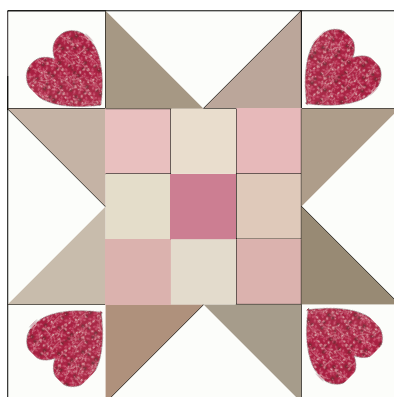
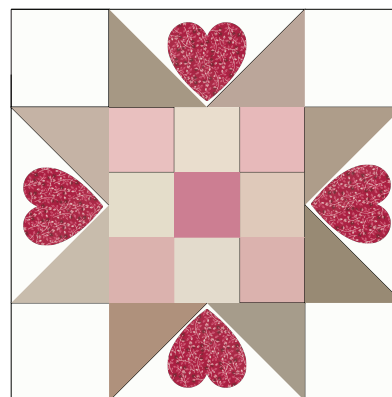
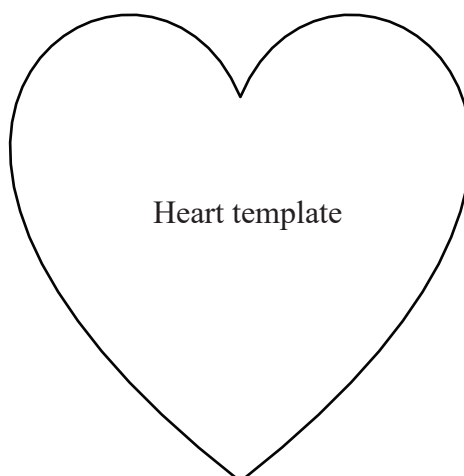


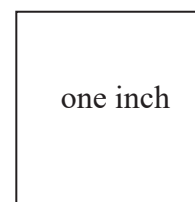
Figure 11



Option B



Heart template



one inch

Make sure to print at actual size.

Here are a few ideas for your next quilt project using the Vintage Heart block!



With sashing



Without sashing



Table runner