

Al Lind's

Foundation Pieced String Blocks

Supplies needed for 48 blocks:

1. Lightweight muslin or batiste about 3.5 yds of 40" or 1.5 yds 108" for foundations
2. Red, White/cream, or blue fabric for center strips 1 yd
3. Assorted red, white/cream strips 1.5 to 3" wide cut from fat quarters or regular quarter yards to total about 1.5 yd each color. (Guesstimated)
4. Border fabric 1 yard; binding fabric ½ yd
5. 9.5 Square ruler with diagonal center line
6. Glue stick
7. Scissors
8. Functioning sewing machine
9. Rotary cutter and ruler for cutting strips and foundation squares
10. Iron and pressing surface

Making the blocks

1. Start with a foundation that is 10 inches square. Strips or "strings" are to be pieced on a square of thin fabric like muslin or batiste for the foundation.
2. Place a 2 inch wide RED, WHITE or BLUE strip diagonally across the center of the foundation square by dabbing a glue stick diagonally across the block and centering the strip. The center strips can be precut at 14 1/2" long. If you want your block to be ½ one color and ½ another, sew a 1.5 inch wide strip of each color together lengthwise and use as a center strip. (See block 2) Using the same fabric for each center gives the appearance of sashing when the blocks are put together. (See blocks 1 and 3)



Block 1



Block 2



Block 3

3. Add strings on either side of the center strip until the entire foundation is covered. (Hint: as you get to the edge of the block, chop the string off with your scissors) You may use strips of any width up to 3 inches wide in your blocks; you may use strips all the same width or a variety of different widths in each block. You can even use strips that are not a consistent width down their entire length if you wish. Hint: Save wider strings or use triangles for the corners.

4.

When you've covered the entire foundation, press it and then trim it back to 9.5 inches square with the center strip running evenly through two of the corners. Starting too large and trimming back helps avoid buckling of the foundations – i.e.... you're more likely to end up with blocks that lay flat. Line the diagonal line of your square-up ruler with the center strip and trim the side and top. Rotate block and trim the other two sides.

5.

If you use white fabric for the center with red on one side and blue on the other, this allows a place for signatures or messages to be placed in center with pigma pen. (See block 1)

Setting the Blocks

Lay the blocks out into 8 rows of 6. Turn them and move them until you find an arrangement that pleases you.

Sew the blocks together and press.

Measure through the center of the quilt lengthwise and make two borders this length.

Pin the border pieces to the long sides of the quilt. Pin on the ends, center, and quarters (half way between). Sew the side borders to the quilt.

Measure through the center of the quilt crosswise and make two borders this length. Follow the same pinning and stitching methods that you used for the side borders.

Here are some layout possibilities:

Quilts from Block 1



Quilt from block 2

Quilt from block 3



These directions were written by June Moore for the Quilts of Valor Foundation inspired by Heartstrings.com.

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