

March BOM - Delectable Mountain

A Disappearing Split Rectangle

This is a truly vintage block ! “Pilgrim’s Progress”, published in 1678, was the inspiration for this block. The Ladies Art Company included it in their 1898 catalog as pattern #210. Like the Log Cabin, Delectable Mountain has many ways to lay out the blocks. There are numerous patterns and tutorials that demonstrate how to make this block by starting with squares and Half Square Triangles. Easy to do but starting with a square yields a rectangular block. For our March BOM, we will start with rectangles to end up with a 12” finished square block.



You will make 4 units that are 6.5” square, then combine them to make our 12.5” unfinished block. I used 3 colors; a neutral print, a blue tonal print and a red tonal print and will refer to those colors in the instructions.

A couple of caveats before we start.

When cutting rectangles on the diagonal, DIRECTION MATTERS so please double check before you cut.

We will NOT be oversizing starting pieces as this block doesn’t lend itself to trimming down. Please measure carefully and use a scant 1/4 inch seam.

We are sewing on long, bias seams so be careful not to stretch the fabric when sewing and pressing. Using a walking foot might be helpful for this project.

Here we go !

- Step 1** Cut 2 neutral rectangles that measure 7 ” x 8.5 ”
Cut 1 blue rectangle that is 7 “ x 8.5 “.
Cut 1 red rectangle that is 7 “ x 8.5 “.

Step 2

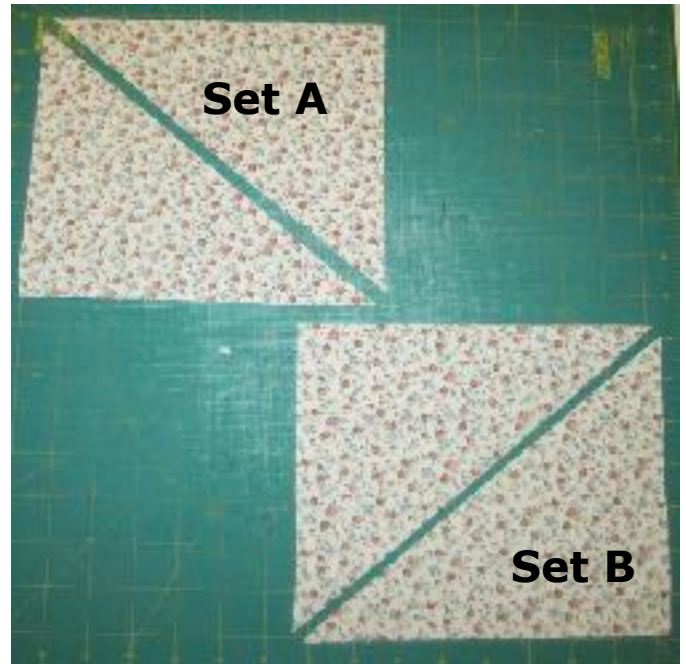
Cut 1 neutral rectangle on the diagonal from upper left to lower right. This will be Set A.

Cut 1 neutral rectangle from lower left to upper right. This will be Set B

Step 3

Cut blue rectangle on diagonal from upper left to lower right.

Cut red rectangle on diagonal from lower left to upper right.

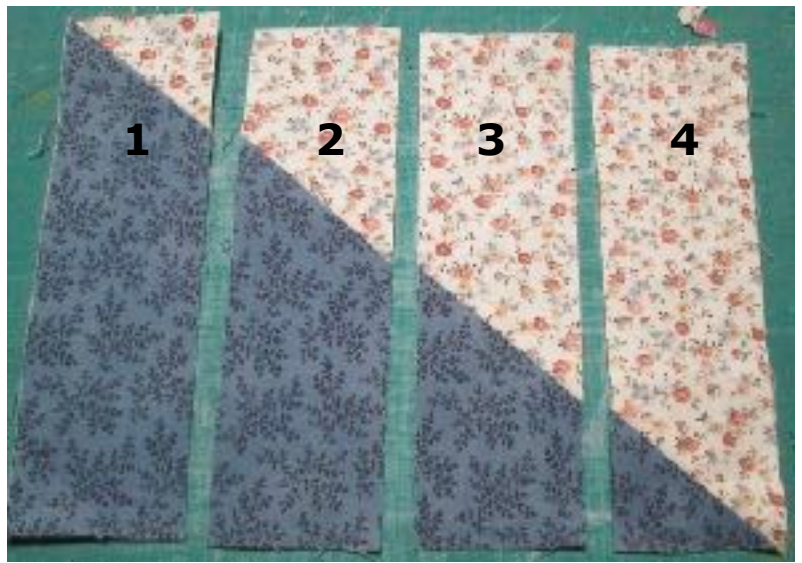


Step 4

With right sides together, match corners of a blue triangle to corners of a Set A neutral triangle. Notice the points won't match.

Step 5

Press seam open. Block should measure roughly 6.5 " x 8 ".
Cut into four sections that are each 2 " wide.



Step 6

Now we move the pieces to create a jagged mountain. Sew strips together in their new order. Unit should be approximately 6.5 square.

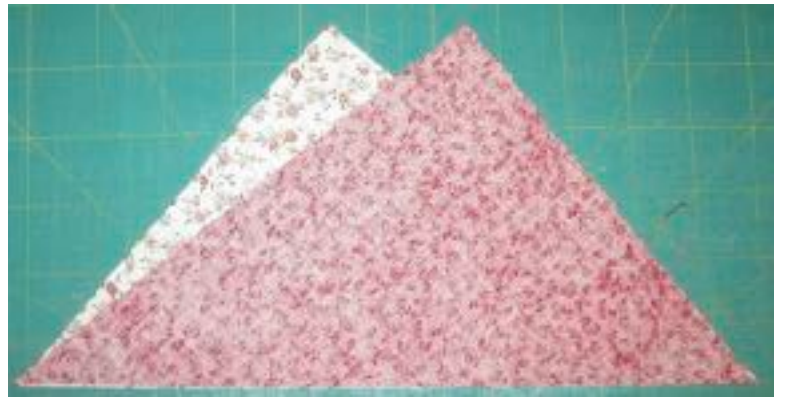


Repeat **Steps 3 - 6** with 2nd blue rectangle and a Set A neutral triangle.

Step 7

With the red triangles and Set B neutral triangles, we will repeat the process, creating a mirror image. I've included photos to show the steps.

Sew the triangles together.



Cut into 2" widths.



Rearrange and sew together.



6.5 " unfinished unit

Make 2 red units.



Step 8

There are many ways to put these units together. Play a bit and choose the one you like best. Sew units together as a 4 patch, nesting seams. Press and you are done !

