

July BOM - Cain & Abel



This month we will focus on making Half Square Triangles (HST) and matching their points when sewn into a block. The examples above show a number of color layouts. I'll be using 3 solid colors and a print.

Cutting:

Color 1 - Magenta Solid

two 5" squares

one 3.5" square ** See note in [Step 4](#) RE:Center square. **

Color 2 - Pink solid

two 5" squares

four 3.5" x 4.25" rectangles

Color 3 - Blue Solid

four 3.5" x 4.25" rectangles

Background - Multi Print

four 5" squares

eight 4.25" squares

Step 1 - HST

On the back of 4 background 5" print squares, draw a diagonal line from corner to corner.

Place background square and a Color 1 Solid 5" square right sides together.





Sew together 1/4" on both sides of the diagonal line, as shown by the dotted line at the left.

Cut apart on the drawn line. Press to the solid side.

Repeat these steps with remaining 5" Color 1 & 2 squares.

You will have a total of 8 HST in both Colors 1 & 2.

Trim these units to 4.25". Line up the diagonal line on your ruler along the unit's diagonal, as close to the top & right side as possible. Trim top and side. (Fig. A) Rotate unit 180 degrees. Line up cut side of unit along the 4.25" ruler line, again using the diagonal as center guide. Trim top & side. (Fig. B)

Fig. A

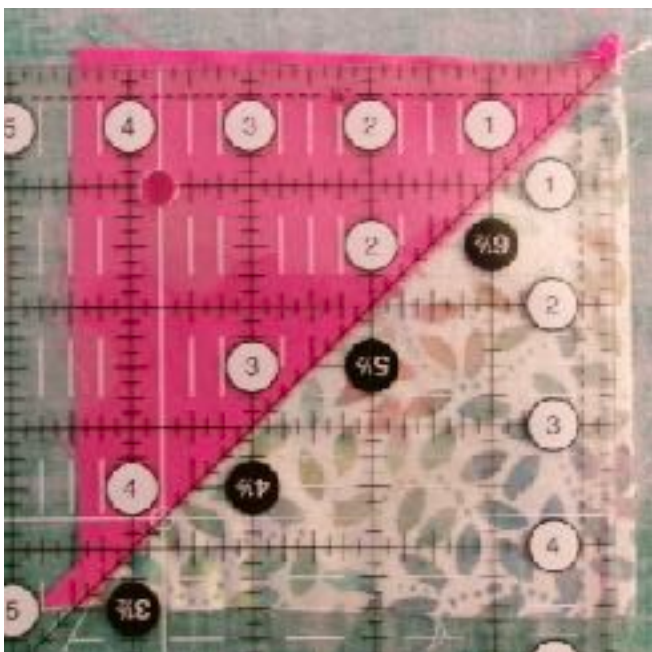
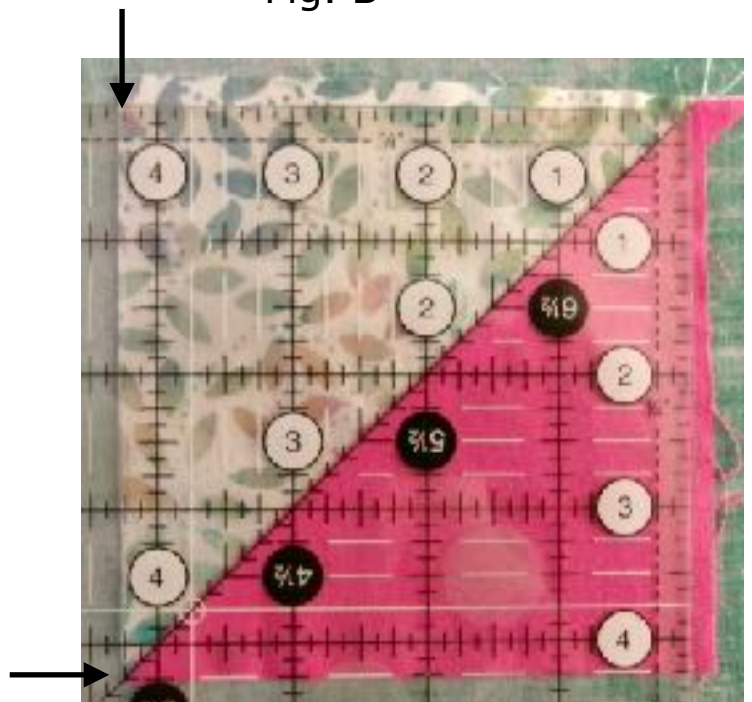


Fig. B



You now have 4 Color 1 and 4 Color 2 HST, trimmed and ready to go !



Step 2 - Corner Units

With HST from Step 1 and Background 4.25" squares, lay out the corner unit as shown. Please note the direction of the HST. The solid colors should be facing each other.

Sew top 2 pieces together, pressing towards the background. Repeat with bottom 2 pieces, again pressing towards the background.



Now sew the 2 rows together. Press this long seam AWAY from Color 1.

This will help seams nest later.

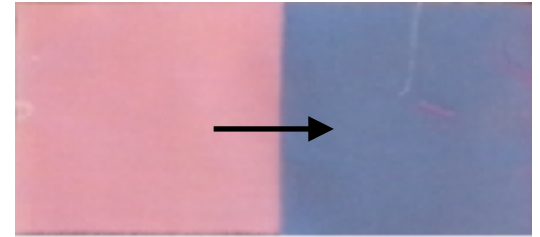
Repeat with remaining HST and background squares to make 4 Corner Units.

Step 3 - Sashing

With the 3.5" x 4.25" Color 2 and Color 3 rectangles, sew together on short ends. Press towards Color 3.



Make 4 sashing units.



Step 4 - Assembly

Lay out all pieces as shown. **The center square can be any of the solid colors or the background print. Go with what works for you ! **



You will be sewing this together in rows, just like a 9-Patch block. Seams should all nest.

Double check the direction of your corner units.

Sew with the HST on top so you can see the point of the triangle seam (green dotted line Below in Fig. 3)

Sew just a thread to the outside of where the seams intersect. (Black dotted line)

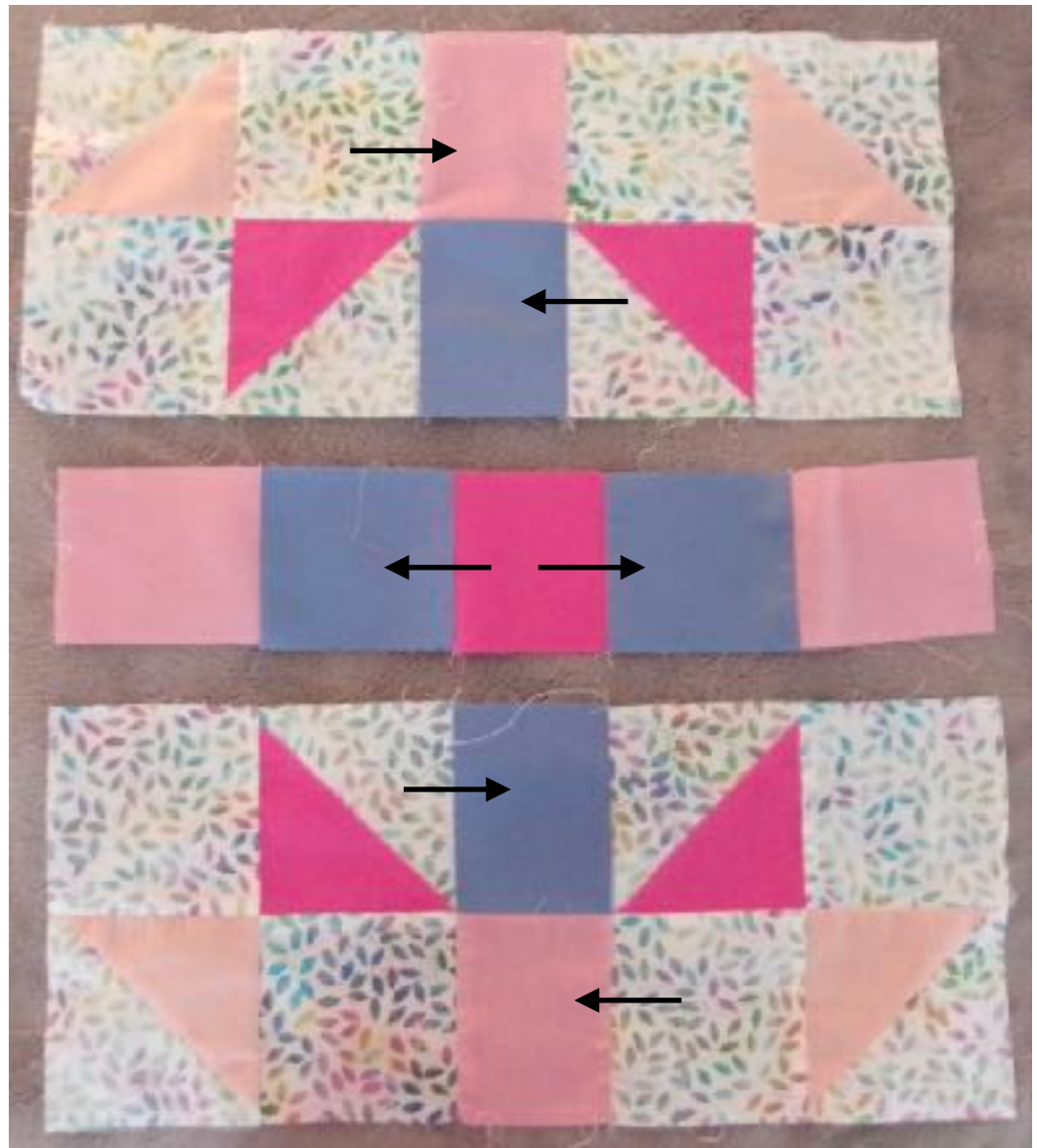


Fig. 3



This will help preserve the HST points.

Arrows above show which directions to press.



Now sew the 3 rows together, again with the HST on top. Press towards the center horizontal sashing strip. Press block flat and trim (if needed) to 18.5". And your Cain & Abel block is done !

