

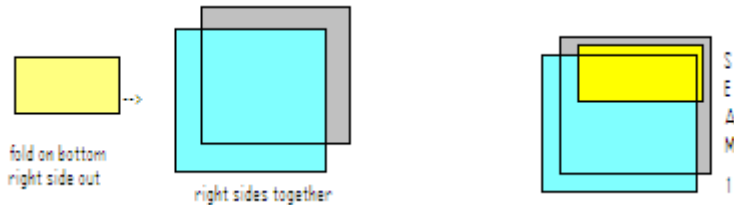
10 Minute Quilt Block

This technique is the 10 Minute Quilt Block as demonstrated on youtube by Suzanne McNeill, from Design Originals. The block is made using only 3 seams!

This quilt block is made of 3 fabrics: two 10" squares of one fabric; two 10" squares of a contrasting fabric and one 10" square of a focus fabric for the center. Using 10" squares, (think layer cakes!) with a 2 x 3 block layout, you can make an approx 40x60 quilt without borders.

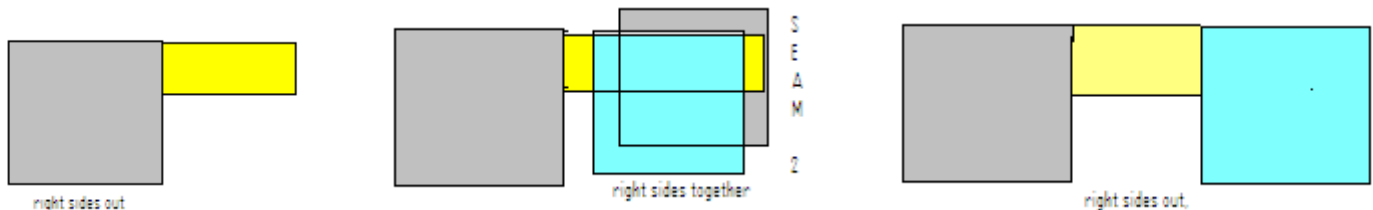
Seam 1:

- Fold the focus fabric in half, wrong sides together.
- Layer the folded fabric between 2 full size squares (to keep this simple, always put the dark fabric on the bottom), with the raw edges of the folded focus fabric at the top. Sew seam 1 all the way down the right side of the whole set.



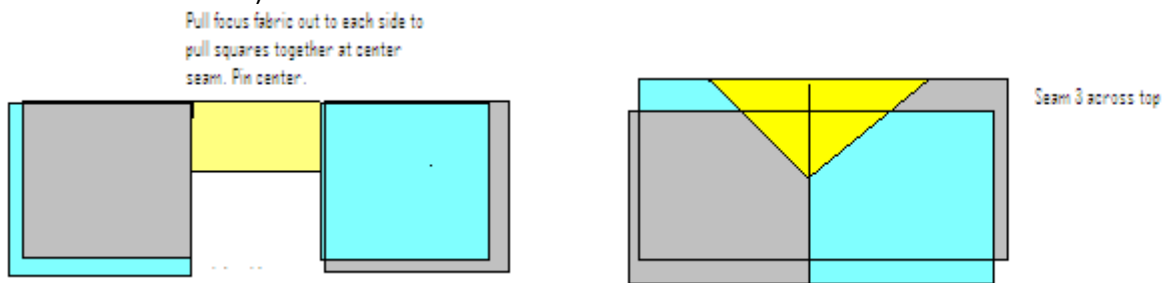
Seam 2:

- Fold back the top squares (so their wrong sides are together) and the folded fabric protrudes from the seam.
- Now layer the folded fabric between the other two squares (remember to put your dark fabric square on the bottom). Sew seam 2 through all layers down the right side of the whole set. Fold out squares. Seam 1 is on left, Seam 2 is on



Seam 3:

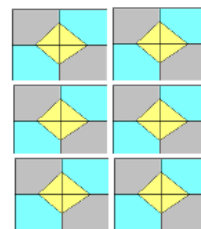
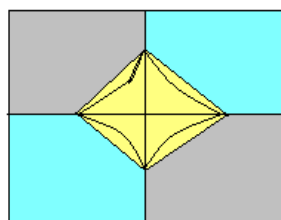
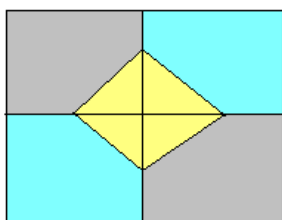
- Grab the center on each side of the folded fabric and pull flat so that the center seams of the outside squares meet.
- Sew seam 3 across top. (Tip: pin center seam and edge of 1st fold – sew to center – then pull other side of fold out and continue seam to end.)



Open fabrics and ta-daa! You have a block with a center focus square already sewn in! You may now top stitch the square down, or fold over the bias edge and topstitch to form a cathedral window! Sew rows together - add borders if desired - DONE!!

Variations:

- Use smaller squares and get a secondary design
- Use striped or pieced fabric for outer squares



TWIST AND TURN

For this technique you use two contrasting fabrics – one is focus fabric, the other background fabric. Cut 2 squares of each color for each block needed. (4 squares per block)

Cut rectangles of one of your fabrics. Iron one edge $\frac{1}{4}$ " under. Fold side to center to form a triangle and press.

You may make your triangles any size you wish – this is your creativity and design inspiration.

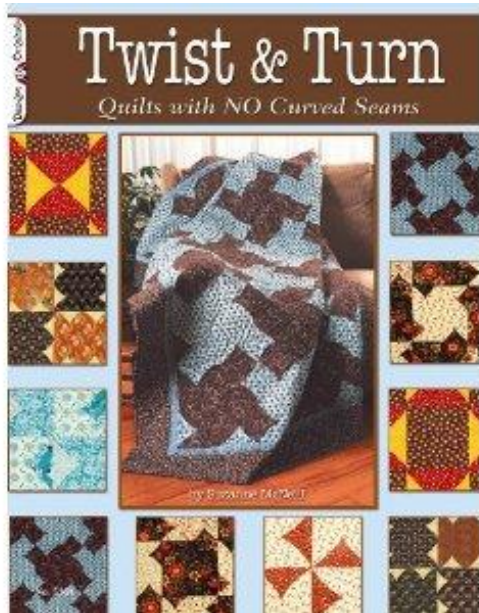
Sew the triangles to sides wanted and topstitch down (folded or flat)

Example:

Small triangles of light fabric were sewn to 4 sides of dark fabric and stitched on bias fold to form curves.



Ideas on Twist and Turn book cover



Red/white pinwheel above is actually large triangle sewn to one side of each square – all squares same fabric.

You can watch Suzanne McNeill's video demonstration of these techniques by searching for "10 minute quilt block" on youtube.com. Her book is: **10-Minute Blocks**, published by Design Originals, ISBN-10 is 1574216694, ISBN-13 is 978-1574216691