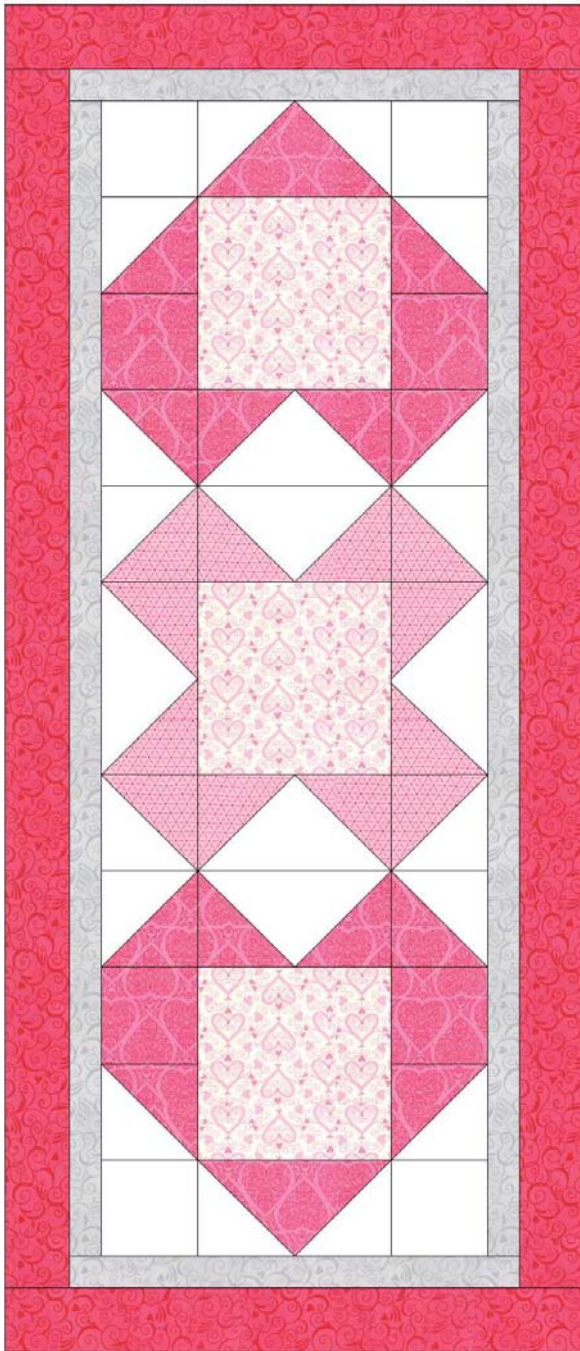
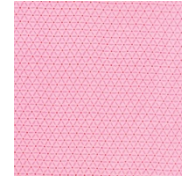


KISSING HEARTS



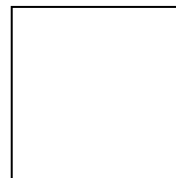
Fabric A
Hearts
1/3 Yard



Fabric B
Kiss
1/4 Yard



Fabric C
Hearts & Kiss
Centers
1/4 Yard



Fabric D
Background
1/3 Yard



Fabric E
Inner Border
1/4 Yard



Fabric F
Outer Border &
Binding
1/2 Yard



Backing
1 Yard

Finished Size 18" x 42"



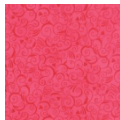

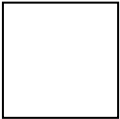
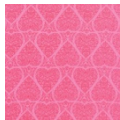

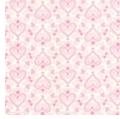
Questions:

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Cutting & Sewing Instructions:

		First Cut	Second Cut
Outer Border & Binding Fabric F		(3) 2 ½" x WOF (3) 2 ¼" x WOF	(2) 2 ½" x 38 ½" (2) 2 ½" x 18 ½"
Inner Border Fabric E		(3) 1 ½" x WOF	(2) 1 ½" x 36 ½" (2) 1 ½" x 14 ½"
Background Fabric D		(1) 4" x WOF (2) 3 ½" x WOF	(6) 4" squares (for HST) (6) 3 ½" x 6 ½" rectangles (for flying geese) (8) 3 ½" squares
Heart Patches Fabric A		(1) 4" x WOF (2) 3 ½" x WOF	(4) 4" squares (for HST) (8) 3 ½" squares (2) 3 ½" x 6 ½" rectangles (for flying geese)
Kiss Patches Fabric B		(1) 4" x WOF (1) 3 ½" x WOF	(2) 4" squares (for HST) (8) 3 ½" squares
Heart & Kiss Block Centers Fabric C		(1) 6 ½" x WOF	(3) 6 ½" Squares

HST – Half Square Triangle Block



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Step 1: Heart Blocks (Make 2)

Step 1: Heart Blocks (Make 2)

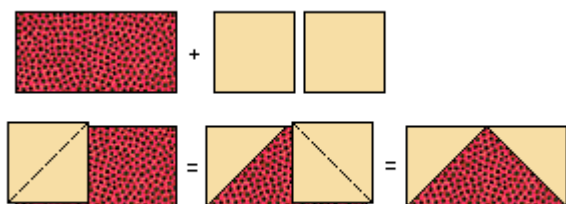
Make **HST** blocks:

- **Draw** a diagonal line corner to corner on the back of (4) light background 4" squares. (Fabric D)
- **Place** right sides together on top of the (4) heart patch 4" squares. (Fabric A)
- **Sew** a scant $\frac{1}{4}$ " seam on each side of the drawn line. **Cut** on the line.
- **Press** to the dark print.
- **Square** each block to $3\frac{1}{2}$ ". Yield (8) Half Square Triangle Blocks (HST).

Make **Flying Geese Blocks**:

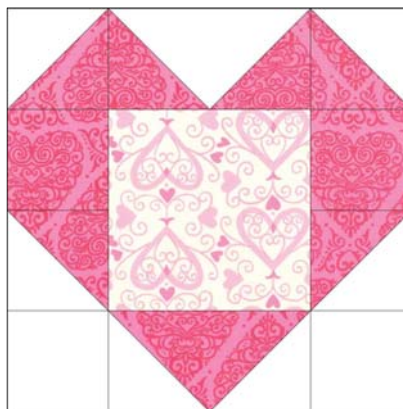
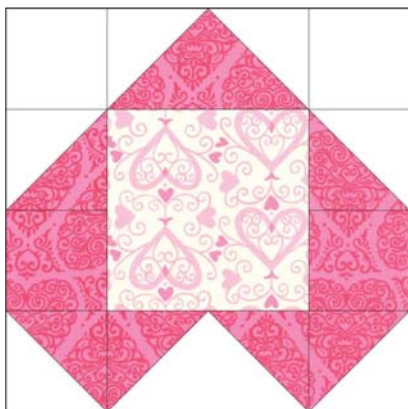
- **Draw** a diagonal line corner to corner on the back of (4) $3\frac{1}{2}$ " light background squares (Fabric D) and (4) heart patch $3\frac{1}{2}$ " squares.
- **Place** (1) of the light background squares on a $3\frac{1}{2}$ " x $6\frac{1}{2}$ " heart patch rectangle, lining up the edges. Sew on the drawn line. **Trim** to $\frac{1}{4}$ " seam allowance. Press to the corner square. **Repeat** for the other side. (Make 2)
- **Repeat above** using the heart print squares on the white $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles. (Make 2)
- **Square** each block to $3\frac{1}{2}$ " x $6\frac{1}{2}$ " if necessary. Yield (2) Flying geese with heart fabric centers and (2) flying geese with light centers.

For a good illustration of how to: [How To Make Flying Geese Tutorial](#)



Assemble the Heart Blocks:

- **Sew** an HST unit to a heart print $3\frac{1}{2}$ " square. Press to the heart print. (Make 2)
- **Sew** each of these block units to either side of the center $6\frac{1}{2}$ " square. Press toward the center block.
- **Sew** a $3\frac{1}{2}$ " background square to each side of the flying geese unit with heart print centers. Press to the background squares.
- **Sew** an HST unit to each side of the flying geese unit with the light center. Press to the HST units.
- **Sew** The units created into a block as pictured at the right.
- Make (2) heart blocks.



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Step 2: Kiss Block (make 1)

Make **HST** blocks:

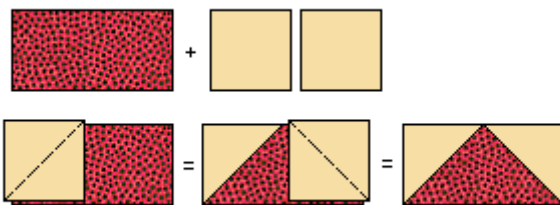
- **Draw** a diagonal line corner to corner on the back of (2) light background 4" squares. (Fabric D)
- **Place** right sides together on top of the (2) kiss patch 4" squares. (Fabric B)
- **Sew** a scant $\frac{1}{4}$ " seam on each side of the drawn line. **Cut** on the line.
- **Press** to the dark print.
- **Square** each block to $3\frac{1}{2}$ ". Yield (4) Half Square Triangle Blocks (HST).



Make **Flying Geese Blocks**:

- **Draw** a diagonal line corner to corner on the back of (8) $3\frac{1}{2}$ " kiss patch squares (Fabric B).
- **Place** (1) of the kiss squares on a $3\frac{1}{2}$ " x $6\frac{1}{2}$ " light background patch rectangle, lining up the edges. Sew on the drawn line. **Trim** to $\frac{1}{4}$ " seam allowance. Press to the corner square. **Repeat** for the other side. (Make 4).
- **Square** each block to $3\frac{1}{2}$ " x $6\frac{1}{2}$ " if necessary. Yield (4) Flying geese with light centers.

For a good illustration of how to: [How To Make Flying Geese Tutorial](#)



Assemble the Kiss Block:

- **Sew** a flying geese unit to each side of the center $6\frac{1}{2}$ " square. Press toward the center block.
- **Sew** an HST unit to each side of the remaining (2) flying geese units with the light center. Press to the HST units.
- **Sew** The units created into a block as pictured above.

Make (1) Kiss block.

Step 3: Assemble Center

- Being careful to keep the heart blocks facing in the correct direction, (refer to runner layout page 1), sew the Heart blocks to the top and bottom of the Kiss block. Press seams towards the heart blocks.

Step 4: Add Borders

- **Measure**, cut and sew the inner border side strips. (Fabric E 36 $\frac{1}{2}$ " strips) **Press** to the border.
- **Measure**, cut and sew the inner border top and bottom strips. (Fabric E 14 $\frac{1}{2}$ " strips) **Press** seams to the border.
- **Measure**, cut and add the outer border sides (Fabric F) same as above, sewing the side strips first, then adding the top and bottom borders. **Press** to the border.

Layer, quilt as desired and **bind**.



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