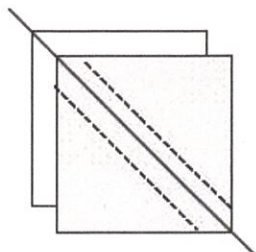


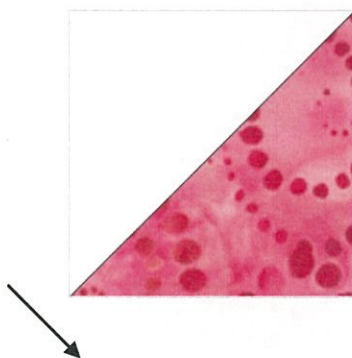
Graceful Moments Step 1



The traditional method of making Half Square Triangle Blocks (HSTs) is to place a $3\text{-}\frac{7}{8}$ " x $3\text{-}\frac{7}{8}$ " dark square right sides together with a $3\text{-}\frac{7}{8}$ " x $3\text{-}\frac{7}{8}$ " light square. Draw a diagonal line on the back of one square. Sew $\frac{1}{4}$ " on both sides of the line. Cut on the line and press to the dark. You will have made two blocks which measure exactly $3\text{-}\frac{1}{2}$ " x $3\text{-}\frac{1}{2}$ " square.

In this pattern you will be using oversize squares which will create HSTs that are slightly too large. To square up this block, place a $3\text{-}\frac{1}{2}$ " square ruler on top of the block, matching the diagonal corners. Cut around the ruler. This straightens the edges and clips off any dog ears. If you don't have a $3\text{-}\frac{1}{2}$ " ruler, use the corner of a larger ruler by matching the diagonal seam of the block with the $3\text{-}\frac{1}{2}$ " mark on the ruler and cutting off any excess.

Using the (12) 4" x 4" dark pink squares and the (12) 4" x 4" background squares, make (24) HSTs. Press and square them up to $3\text{-}\frac{1}{2}$ " unfinished.



If you are making the bonus table runner,

Make (24) additional HST's now using the (12) 4" x 4" dark pink squares and the (12) 4" x 4" background squares. Press. Square them up to $3\text{-}\frac{1}{2}$ " unfinished.

Sew (2) HSTs together as shown below to make a Flying Geese Unit. Make (12) Flying Geese Units. They should measure $3\text{-}\frac{1}{2}$ " by $6\text{-}\frac{1}{2}$ ". Don't bother to press just yet.

