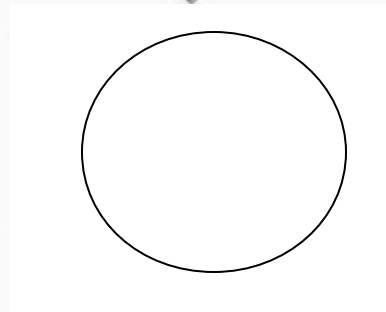
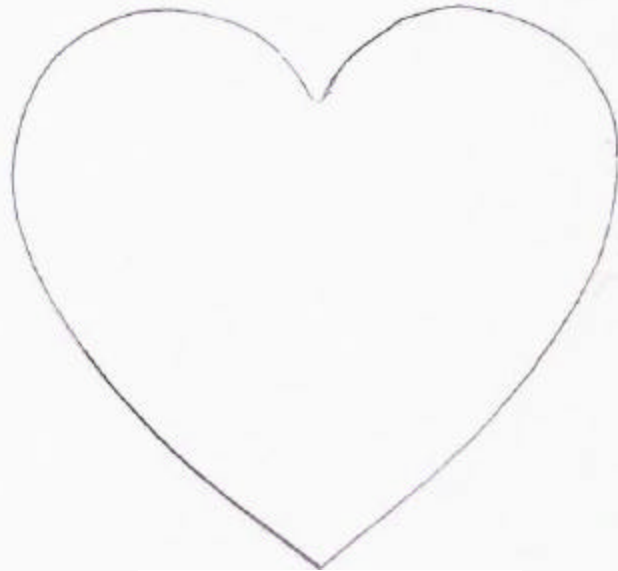


Fraser Valley Quilters' Guild

February 2009 Block of the Month - Heart Flower



Fabric... Pale pink
Deeper Pink
Maroon

Cut 10 1/2 inch square of pale pink fabric
Cut 4 hearts deeper pink
Cut one centre maroon.

Fold your fabric in half both ways and make a crease in the fabric in the centre. This will help you to place your block evenly. You can either hand appliqué this block or machine appliqué it. If you machine appliqué it please make sure that you sew around all the pieces. If you hand appliqué it please make sure to add a 1/4" to the template. You might want to make a yo yo instead of the plain round centre. If you want to make a yo yo, cut a circle 3 ins. in diameter. When you are finished sewing the block, trim down to 10 inches.