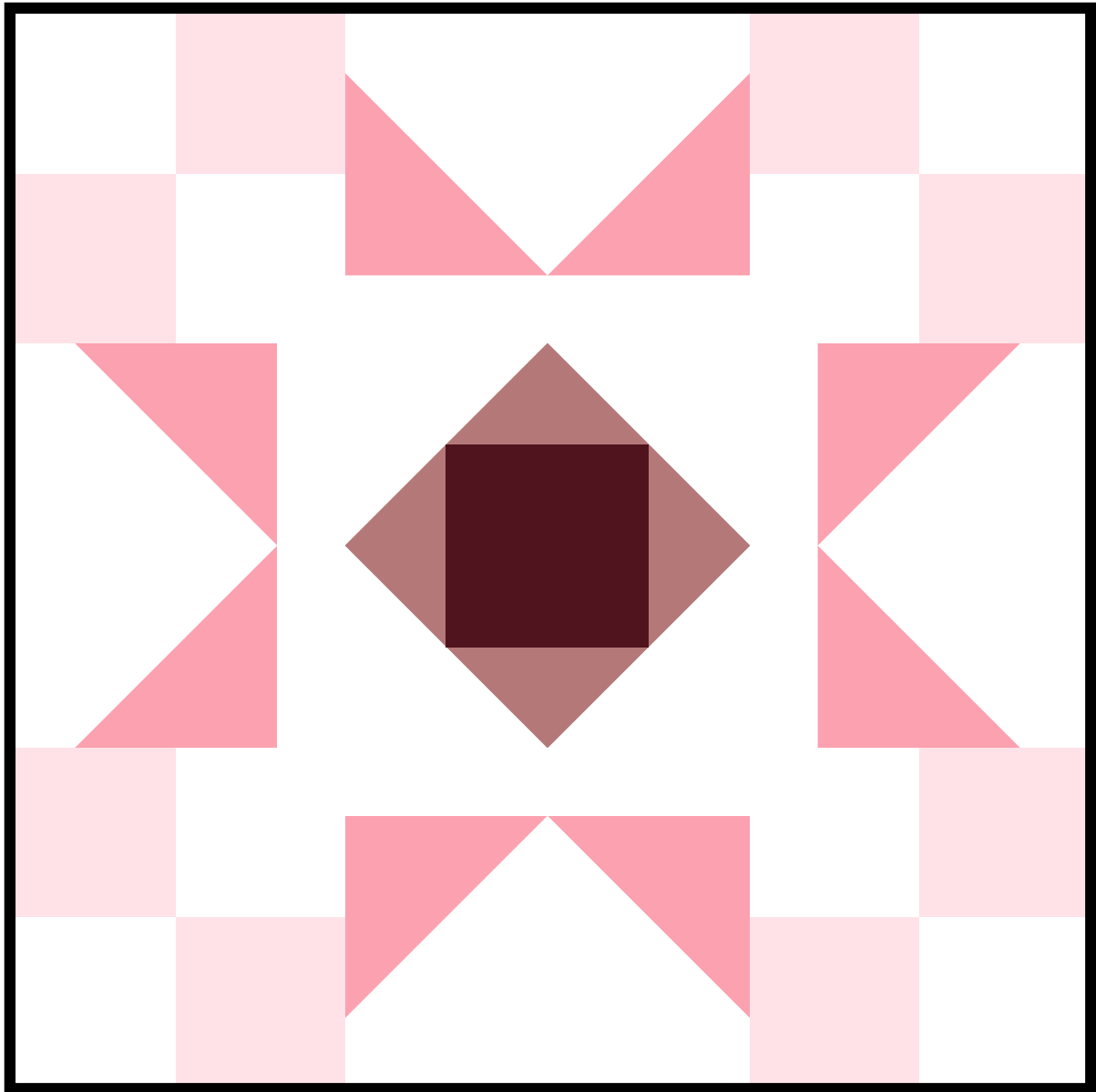


Block 6

SQUARE-IN-A-SQUARE



BERNINA + SWEET POTATO
QUILTS

SKILLBUILDER SEW ALONG



Hi There,

This block includes a Square-in-a-Square, which is exactly what it sounds like: one square framed by another. It's a classic, clean design that shows up in a lot of traditional quilt layouts, and it's a great skill-builder too. We'll be sewing on the bias here, which means the fabric edges can stretch more easily.

Not sure what that means? Subscribe to my [YouTube channel](#) and find this video tutorial for a full explanation!

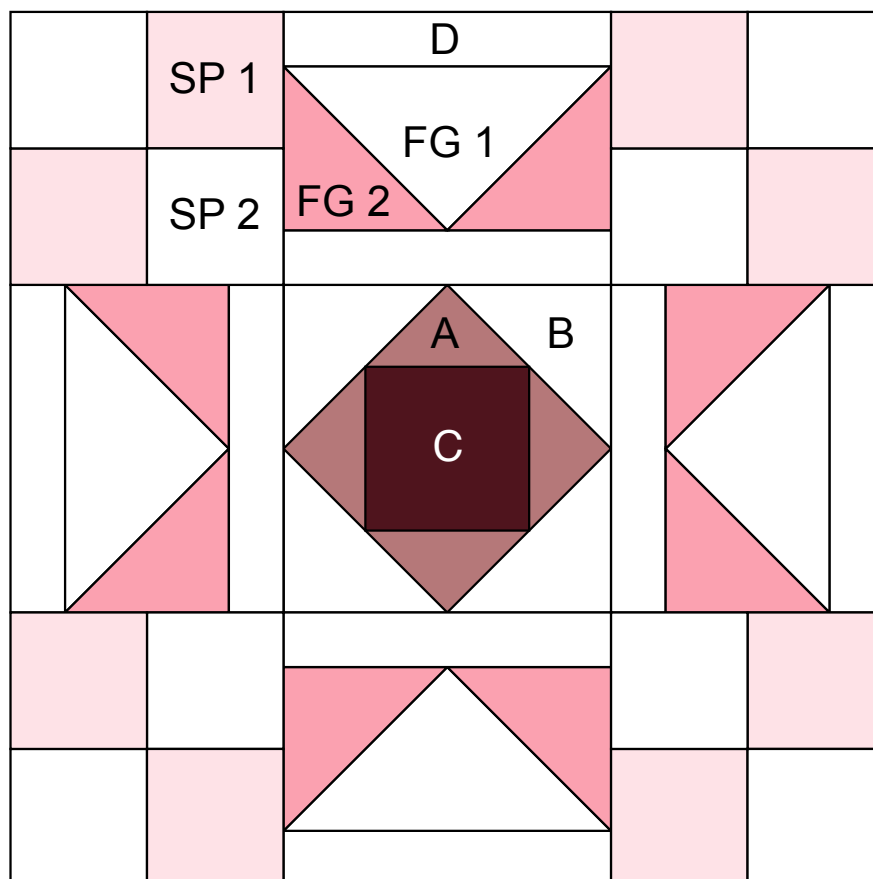
Christina

Let's keep in touch!

IG: [@sweetpotatoquilts](#) | Website: www.sweetpotatoquilts.com | E-mail: contact@sweetpotatoquilts.com

Cutting List/Piece Count

Unfinished Size: 16 ½" x 16 ½"



FABRIC

PIECE COUNT

1

SP 1 - (1) 3" x 25"

2

FG 2 - (4) 4" x 4"

3

A - (2) 3 ⅛" x 3 ⅛"

4

Not included in this block

5

C - (1) 3 ½" x 3 ½"

FG 1 - (1) 7 ½" x 7 ½"

SP 2 - (1) 3" x 25"

B - (2) 3 ⅛" x 3 ⅛"

D - (8) 1 ½" x 6 ½"

Background

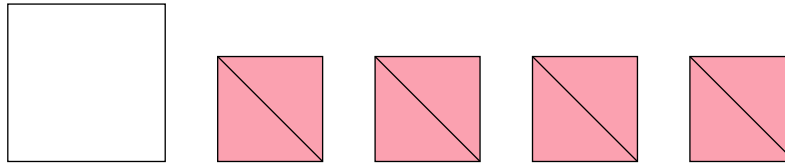
BERNINA
made to create

Flying Geese

4 - AT - A - TIME

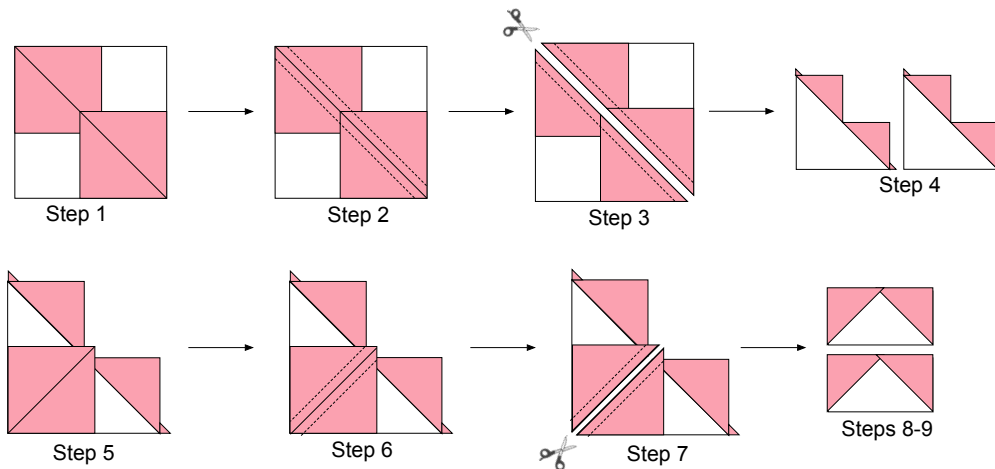
Gather (1) 7 ½" x 7 ½" **BG Fabric FG 1** square and (4) 4" x 4" **Fabric 2 FG 2** squares.

Draw a diagonal line across the wrong side of the (4) smaller squares and use the instructions below to make 4-at-a-time FGs.



(1) 7 ½" x 7 ½" **BG Fabric FG 1** + (4) 4" x 4" **Fabric 2 FG 2**

FLYING GEESE INSTRUCTIONS



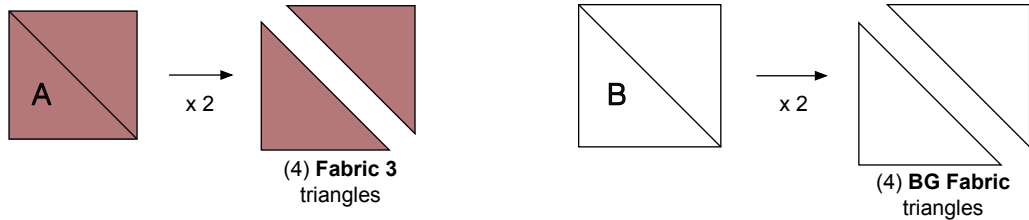
1. Place (2) smaller squares RST in opposite corners on its corresponding FG square. The small squares will overlap in the center.
2. Sew a ¼" seam on both sides of the diagonal line.
3. Cut along the line and separate the unit into (2) parts.
4. Open and press seams toward the small triangles.
5. Place (2) more smaller squares RST on the (2) new units from previous step (diagram above only shows (1) unit).
6. Sew a ¼" seam on both sides of the line.
7. Cut along the drawn line and separate into (2) parts.
8. Open and press toward the small triangles. Repeat steps 5-8 with all remaining FG pieces.
9. Trim all (4) FG units to 6 ½" x 3 ½".

BERNINA

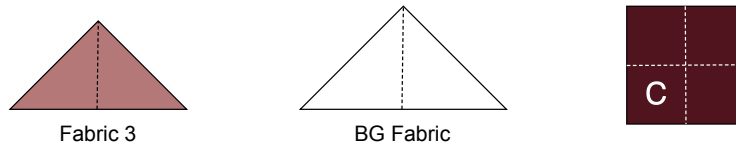
made to create

PIECING INSTRUCTIONS

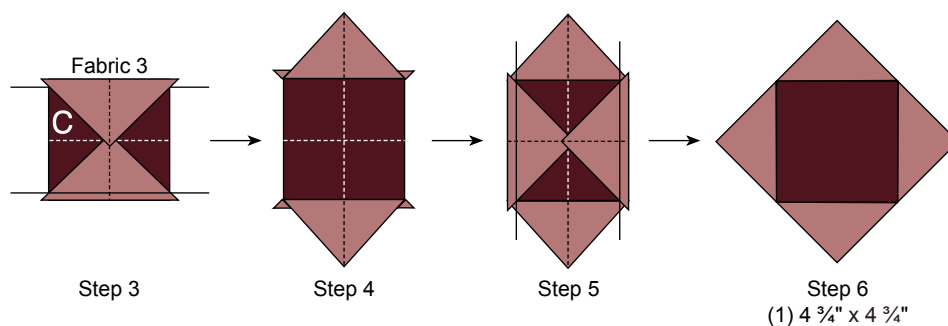
1. Gather (2) **A** squares and (2) **B** squares. Cut them in half diagonally to make a total of (4) **Fabric 3** triangles and (4) **BG Fabric** triangles.



2. Fold each **Fabric 3** and **BG Fabric** triangle in half and press to make a crease. Fold **C** in half twice and press to make creases to show (4) equal quarters of the square.

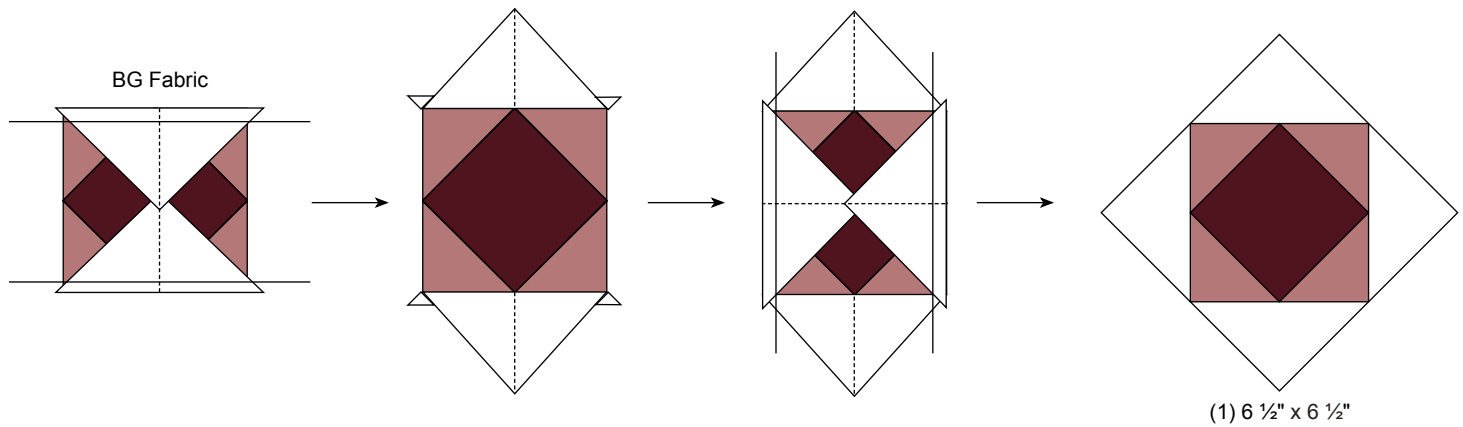


3. Place (2) **Fabric 3** triangles RST to the top and bottom of **C**. Use the vertical crease of the square as a guide for centering the pieces, as the triangle bases will protrude past the edges of the **C** square. Sew a $\frac{1}{4}$ " seam along both edges.
4. Press the new triangle pieces away from the square.
5. Place the remaining (2) **Fabric 3** triangles RST to the left and right side of the unit while using the horizontal crease of the square to help center the triangles along the edges. Sew a $\frac{1}{4}$ " seam along both edges.
6. Press the new triangle pieces away from the square, and trim the dog ears away from the $4\frac{3}{4}$ " x $4\frac{3}{4}$ " unit.

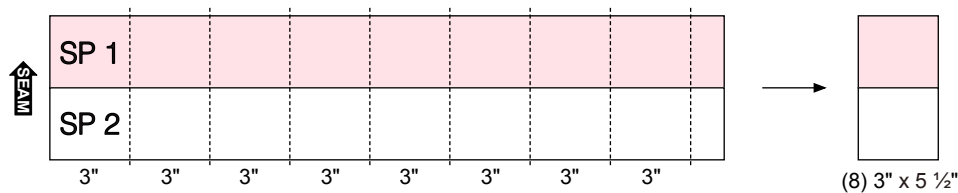


PIECING INSTRUCTIONS

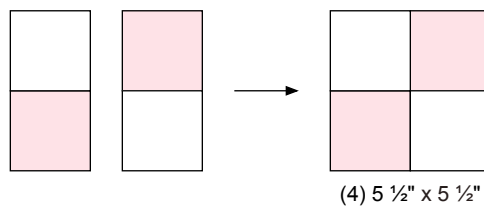
7. Repeat steps 3-6 using the **BG Fabric** triangles and the $4\frac{3}{4}" \times 4\frac{3}{4}"$ unit made in step 6. The square-in-a-square unit should measure $6\frac{1}{2}" \times 6\frac{1}{2}"$.



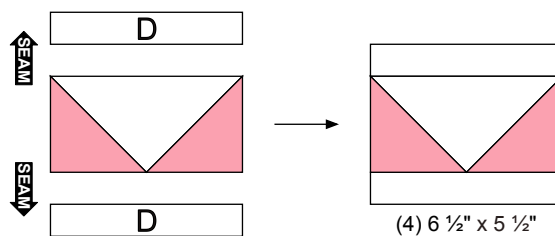
8. Sew the **Fabric 1 SP 1** RST to the top of the **BG Fabric SP 2**. Press the seam towards the darker fabric, then make vertical cuts to the unit every 3" until (8) $3" \times 5\frac{1}{2}"$ pieces are made.



9. Sew (2) of the units from step 8 RST to create a checkered unit, and repeat to make a total of (4) $5\frac{1}{2}" \times 5\frac{1}{2}"$ checkered units.

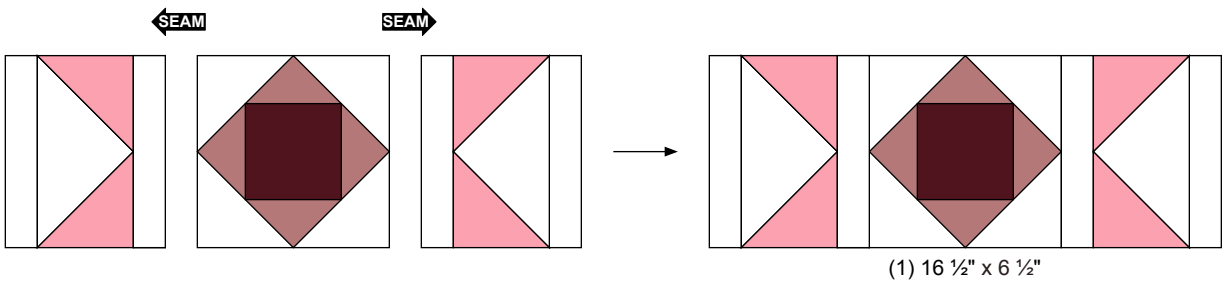


10. Sew **D** RST to the top and bottom of each flying geese. Make (4) $6\frac{1}{2}" \times 5\frac{1}{2}"$ units. Press seams away from the FG.

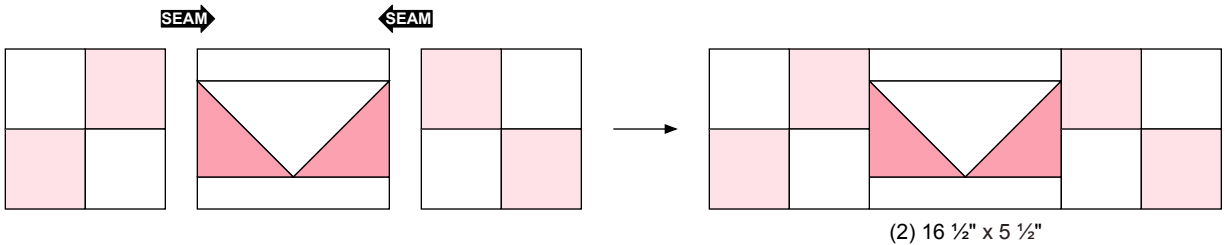


PIECING INSTRUCTIONS

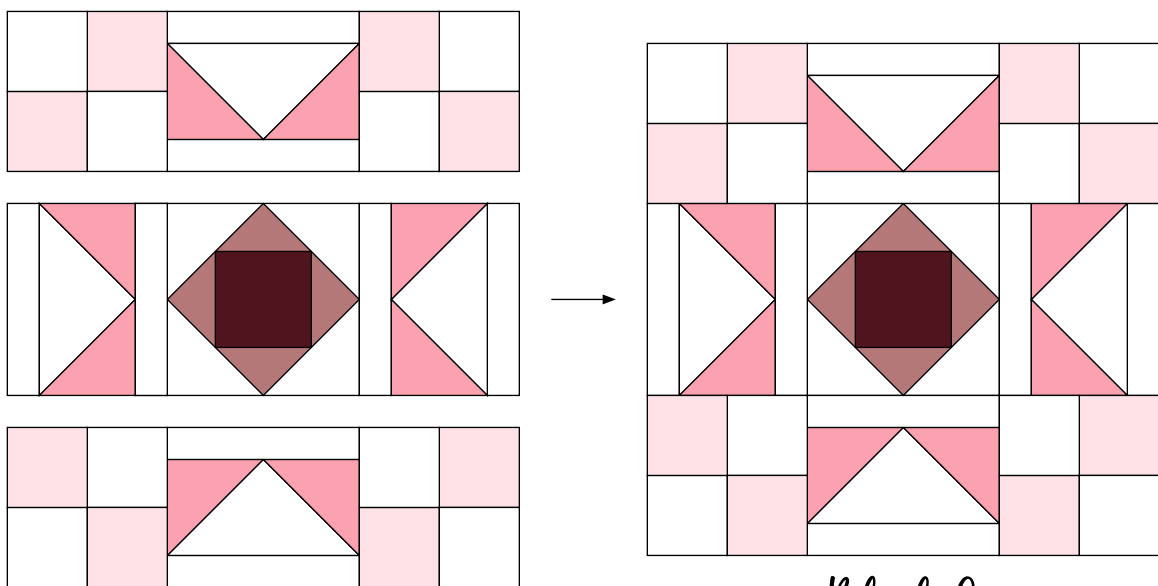
11. Sew (2) of the units from step 10 RST to the left and right side of the square-in-a-square unit from step 7. Make (1) $16\frac{1}{2}" \times 6\frac{1}{2}"$ unit, and press seams away from the square-in-a-square block.



12. With careful consideration of fabric orientation, sew (2) checkered units from step 9 RST to the left and right side of the (2) remaining flying geese units from step 10 to make (2) $16\frac{1}{2}" \times 5\frac{1}{2}"$ units. Press seams away from the checkered units.



13. Sew the (2) units from step 13 RST to the top and bottom of the unit from step 11 to complete the $16\frac{1}{2}" \times 16\frac{1}{2}"$ block. Reserve the block for quilt assembly instructions.



Block 6

$16\frac{1}{2}" \times 16\frac{1}{2}"$ unfinished

Coloring Page

