



Thank you so much for downloading this pattern!

I hope you enjoy stitching this and I would love to see a picture of your finished project!

You can email me a photo at joy@daysfilledwithjoy.com or if you have any questions feel free to contact me.

This design is part of a free block of the month hosted on [Days Filled With Joy](#), in 2024 and is free to download for a month.

If you would like to receive some of our designs before they are released for sale, you can [sign up for my newsletter](#).

If you want to learn more about me, you can visit my blog [Days Filled With Joy](#), where I write about sewing, quilting, travel, and other odds and ends. You can also find a variety of sewing and quilting [tutorials](#) there.

This design is original, hand drawn and designed by Joy McDonald.

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Say It With Flowers

Block 5



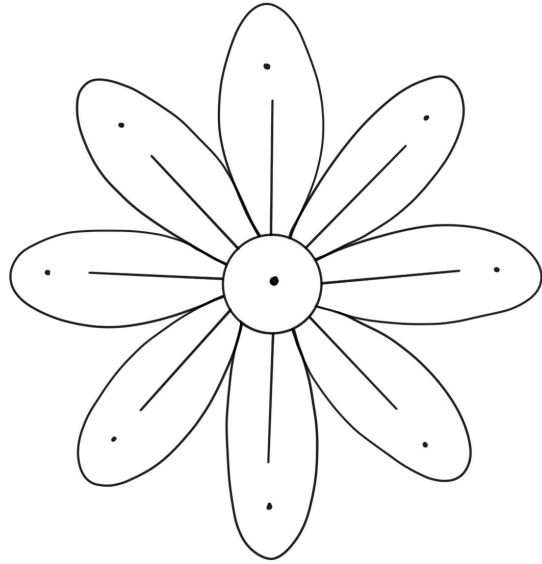
What you need for the stitchery block:

6" square of your choice of background fabric.

Embroidery threads of your choice.

Trace the pattern onto the piece of background fabric, using a pencil or fabric marking pen.

Stitches used are backstitch and French/Colonial knots.



This quilt lends itself perfectly to scraps!

I decided that I would not use any of the same fabrics twice, so in each block I have used a different fabric for the square-in-a-square triangles, and the triangles for the flying geese.

While I could have used my scraps, I decided to break open a fat quarter pack that I had on my shelf.

So in the end I used a little bit from 16 fat quarters. This is the bundle I used:



[Calico Fat Quarter Bundle](#)

by Lori Holt

(Riley Blake Designs)

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Materials needed for the Say It With Flowers BOM:

1 yard of background fabric

16 different types of scraps less than a fat 1/8th needed

Fat 1/8th scrap for corner stones

1/4 yard for sashing

1 1/2 yards for borders

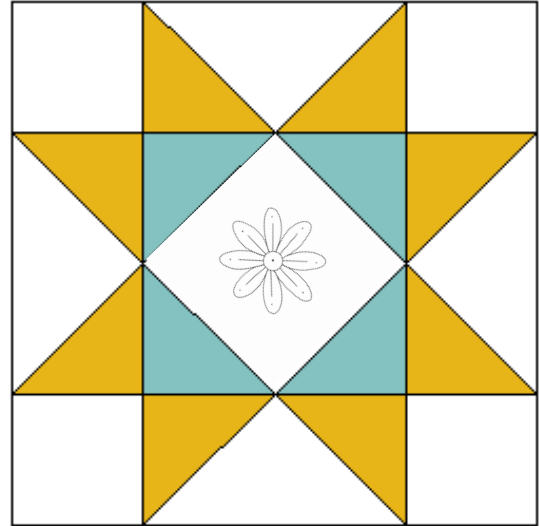
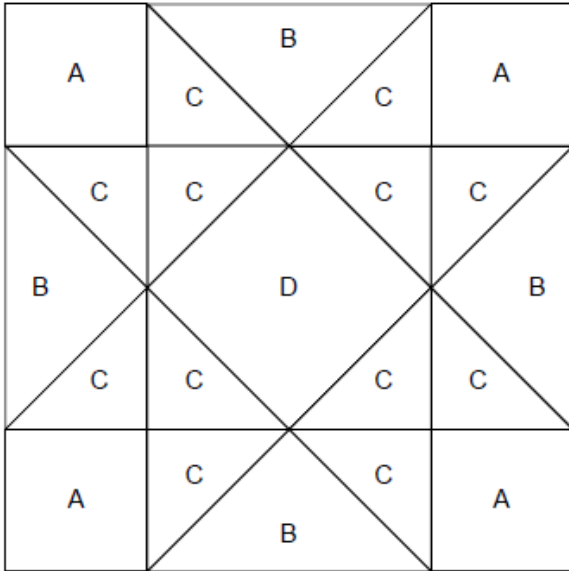
Materials needed for each block:

Background fabric

Scrap #1

Scrap #2

Block Assembly



PRESS:

Turn your stitchery around and press from the back till it is nice and smooth.

TRIM:

Trim your stitchery down to 4 3/4" square.

Don't stress too much if it isn't exactly centered in the square. This is all handmade and perfection is not the goal!

This is the "D" block in the diagram above.

Make the Center Square in a Square Block

* [For a detailed tutorial please see this post on our website](#)*

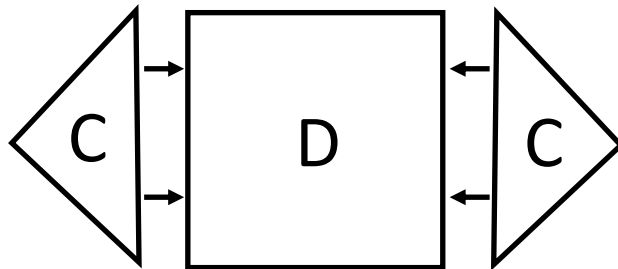
Cut:

Using scraps #1:

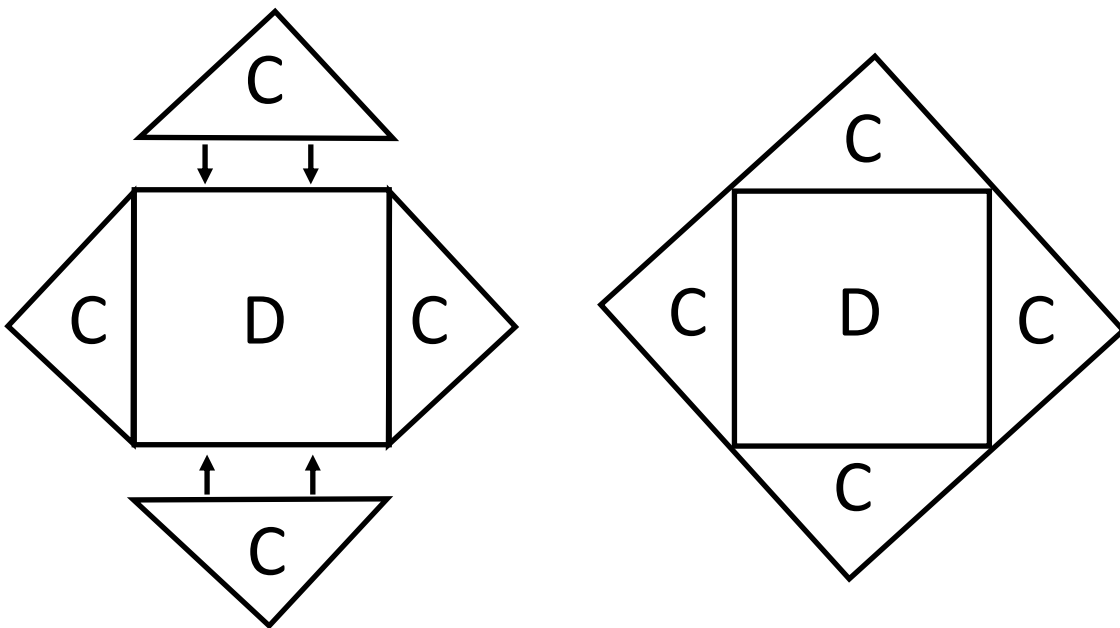
- cut two 3 3/4" squares, then
- cut both squares in half on the diagonal to make 4 triangles total

SEW:

Sew one triangle on either side of the 4 3/4" stitchery block D.



Press away from the center block, then sew the remaining triangles on the other sides of the stitchery block D.



Make the Flying Geese Units

[* For a detailed tutorial please see this post on our website*](#)

Cut:

Four $3\frac{1}{2}$ " x $6\frac{1}{2}$ " rectangles of background fabric (B units)

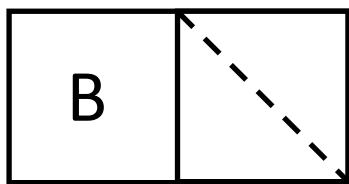
Eight $3\frac{1}{2}$ " squares of scraps #2

DRAW:

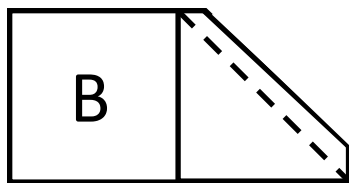
Draw a diagonal line on the back of each of the $3\frac{1}{2}$ " squares.

SEW:

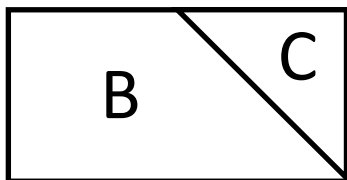
Place a square right sides together on one side of the rectangle B:



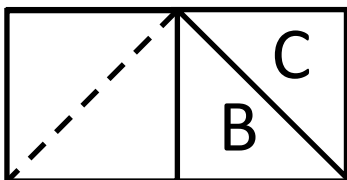
Sew ON the line, then trim a quarter inch away:



Press away from the rectangle:

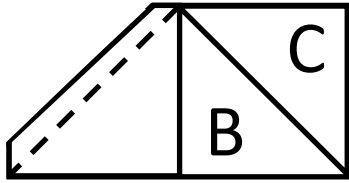


Place another square right sides together on the other side of the rectangle B:

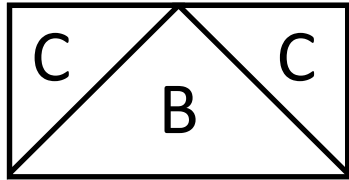


SEW:

Sew ON the line, then trim a quarter inch away:



Press away from the rectangle:



Make FOUR of these flying geese units

Assemble the Block:

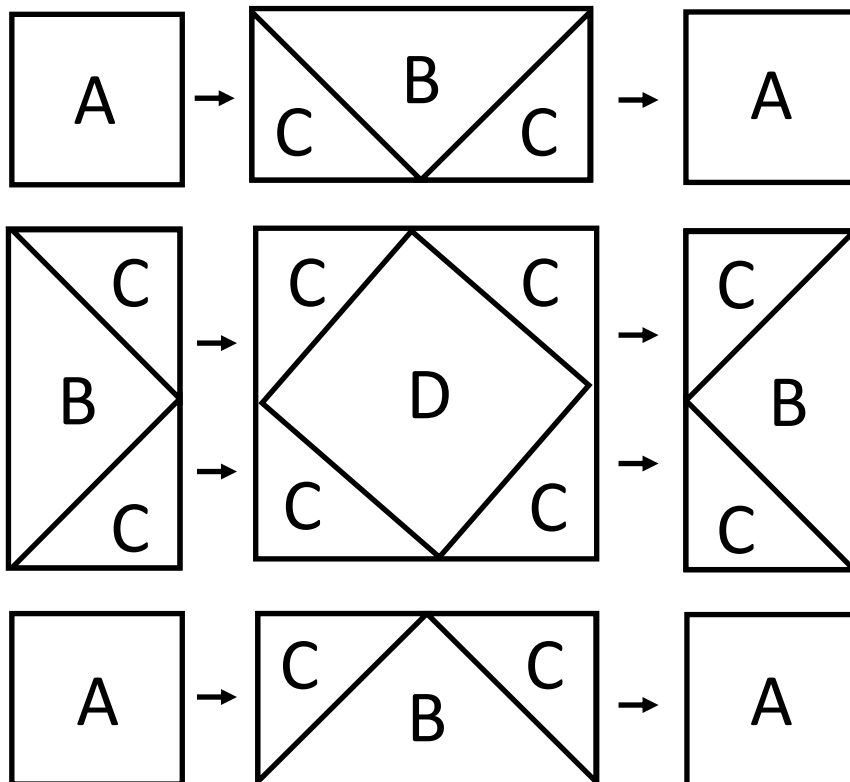
[* For a detailed tutorial please see this post on our website*](#)

Cut:

Four 3 1/2" squares of background fabric (these are the A squares below)

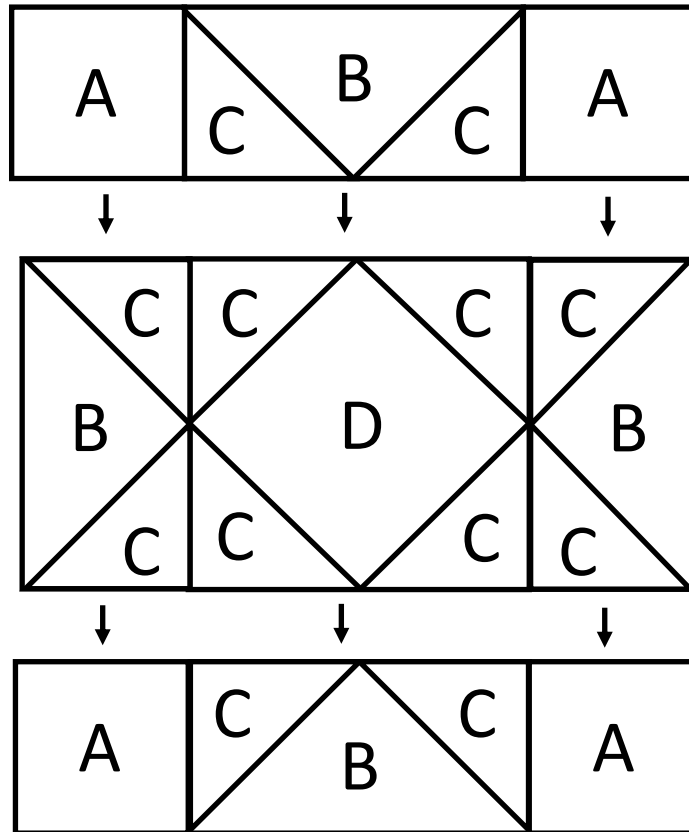
SEW:

Sew the units together as in the diagram below:



SEW:

Sew the rows together as in the diagram below:



All Done!

Send me a photo of your finished block at:

joy@daysfilledwithjoy.com

OR

Post a photo of your finished block in our [“At Home With Joy”](#) Facebook Group

OR

Post a photo of your finished block on your blog or Instagram and let me know!

Tag me on Instagram [@daysfilledwithjoy](#)

This is where Block 5 will go in the quilt top!

