



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](mailto: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 7



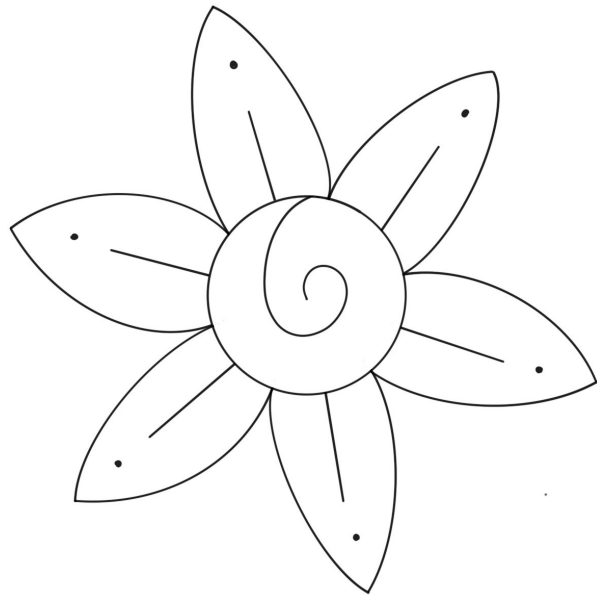
### **What you need for the stitchery block:**

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

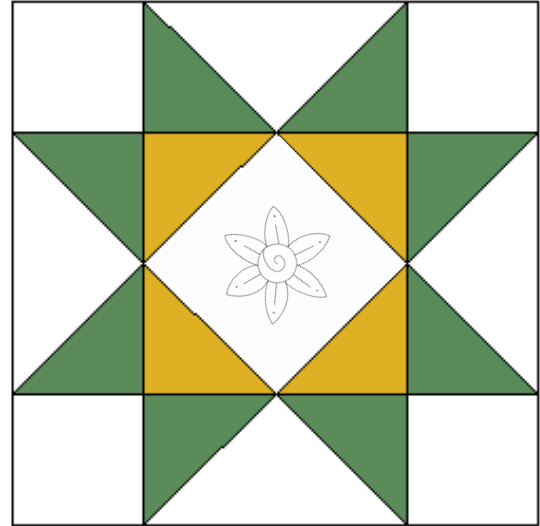
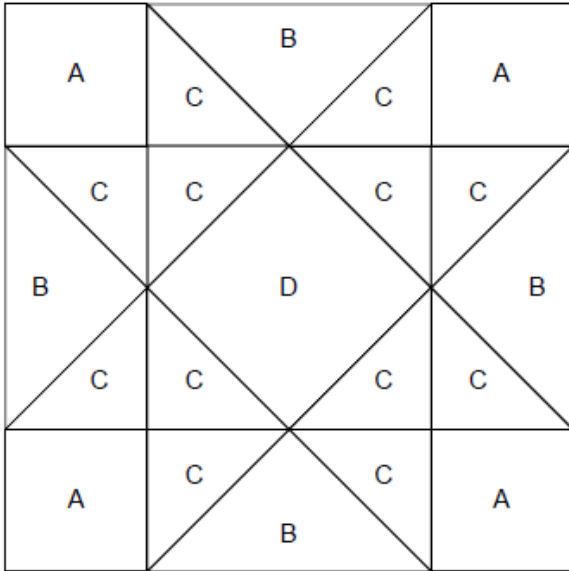
### **Materials needed for each block:**

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](#)\*

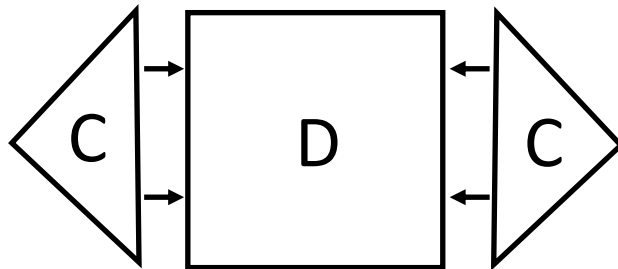
### Cut:

Using scraps #1:

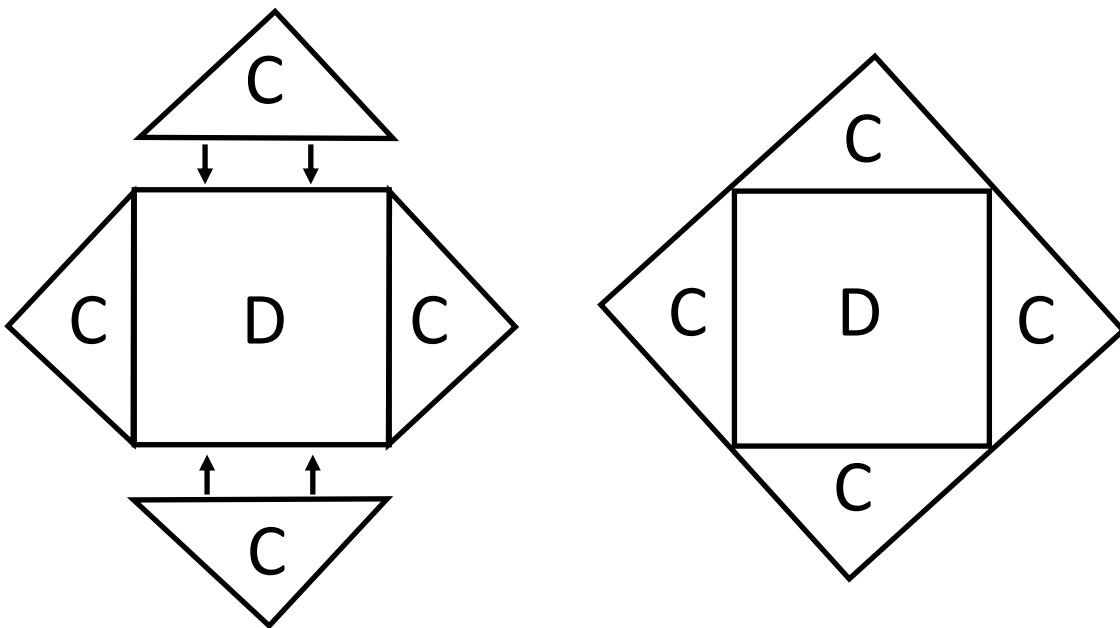
- cut two  $3\frac{3}{4}$ " squares, then
- cut both squares in half on the diagonal to make 4 triangles total

### SEW:

Sew one triangle on either side of the  $4\frac{3}{4}$ " 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)

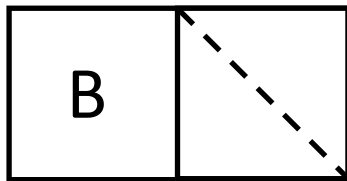
Eight  $3\frac{1}{2}$ " squares of scraps #2

### DRAW:

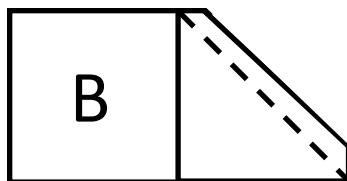
Draw a diagonal line on the back of each of the  $3\frac{1}{2}$ " squares.

### SEW:

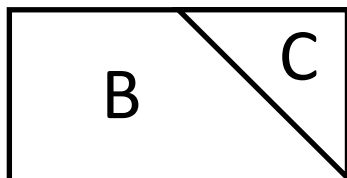
Place a square right sides together on one side of the rectangle B:



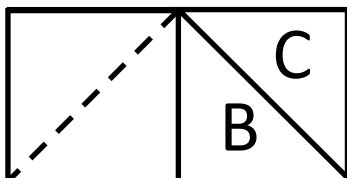
Sew ON the line, then trim a quarter inch away:



Press away from the rectangle:

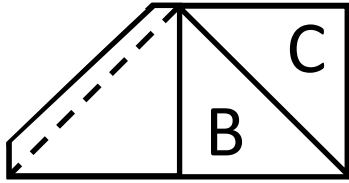


Place another square right sides together on the other side of the rectangle B:

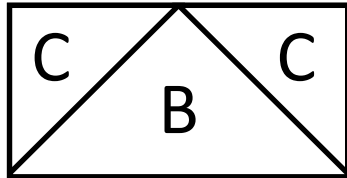


**SEW:**

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:**

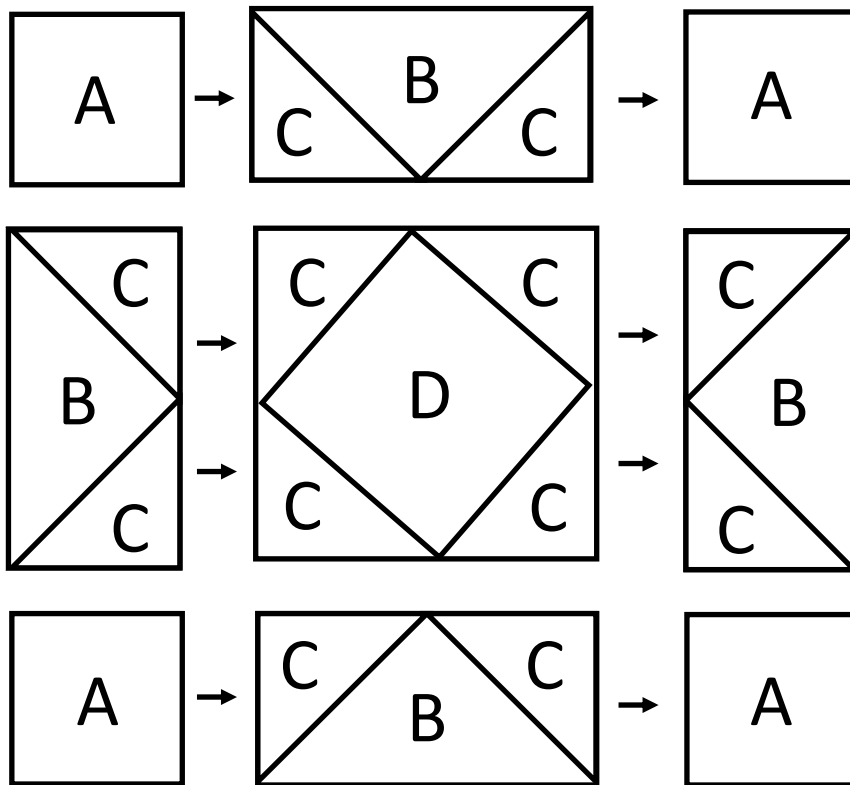
[\\* For a detailed tutorial please see this post on our website\\*](#)

**Cut:**

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

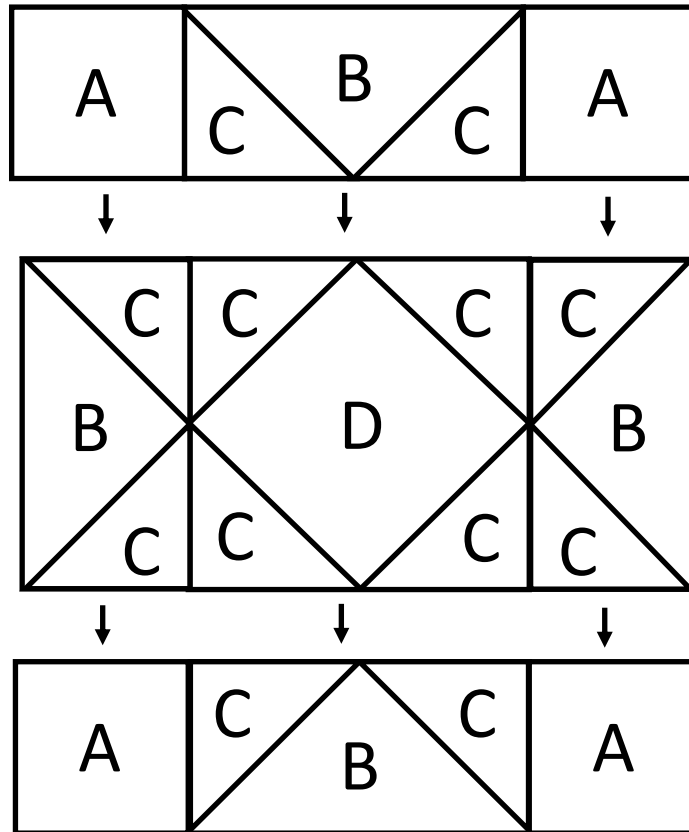
**SEW:**

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](mailto: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 7 will go in the quilt top!

