

# 2026 Sew Flake Mystery Quilt Challenge

## February: Block Two (Option B)

### Block Two: Wyoming Valley – Square Up

#### Term Definitions:

- **HST** = Half square triangles
- **Scant 1/4"** = About a thread or needle width narrower than a regular quarter inch. Move your needle position one or two clicks to the right. Use a scrap piece of fabric and sew a scant 1/4". Make sure it measures correctly. This should be slightly less than a 1/4".
- **Stitch length** = the number of stitches per inch. Standard seaming is 2.5. When piecing it is recommended to use a 2.0. Find your machines stitch length and turn to 2.0.

#### You will need 4 Fabrics:

- 1 Background Fabric
- 1 Light Fabric
- 1 Medium Fabric
- 1 Dark Fabric



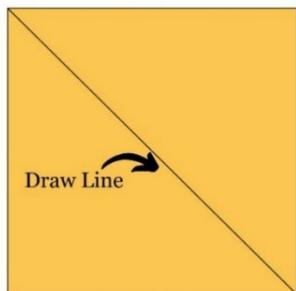
Hint: Use the blank block diagram and assign your fabric choices to each area. You can write the choice in, or you can paste a small clipping of fabric into the area. This will help you when you are cutting each section.

#### 1 - Cut:

- Background Fabric:
  - **Cut** (1) strip 2.5" x 10" then **Sub Cut** (4): 2.5" X 2.5" squares.  
*Keep these squares separate from the other squares you will be cutting*
  - **Cut** (1) strip 3" x 35" then **Sub Cut** (11): 3" x 3" squares
- Light Fabric:
  - **Cut** (1) strip 3" x 16" then **Sub Cut** (5): 3" x 3" squares
- Medium Fabric:
  - **Cut** (1) strip 3" x 25" then **Sub Cut** (8): 3" x 3" squares
- Dark Fabric:
  - **Cut** (1) strip 3" x 25" then **Sub Cut** (8) – 3" x 3" squares

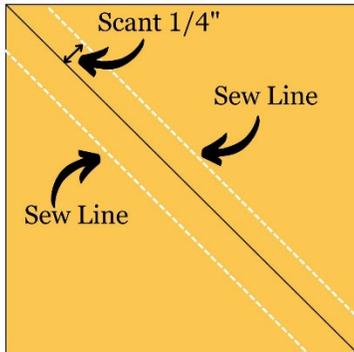
#### 2 - Square Assembly:

- Mark all of the 3" background fabric squares with a diagonal across the back. This should be done with a light pencil or a removable fabric type of marker. Frixion pens work well.
  - Mark all of the 3" light fabric squares with a diagonal across the back. Lay your medium and dark colored fabric squares with the background fabric, right sides together.
  - You should have 1 dark and 4 medium squares remaining. These squares are placed right sides together with the 5 light colored squares.



**You should have:**

- 7 pairs of dark with background HST
- 1 pair of dark to light HST
- 4 pairs of mediums with background HST
- 4 pairs of mediums to light HST



**3 - Sew:** Use the diagonal mark and sewing a scant  $\frac{1}{4}$  inch on each side of the mark. This creates two HST units. Chain piecing works well in this step to make two lines on each pair of squares.

**4 - Cut HST:** When sewn, set your seams. Cut the squares into HST by cutting through the solid marked line. Each sewn square creates 2 HST that should measure  $2\frac{1}{2}$ "

**You should have:**

- 14 dark with background HST
- 2 dark to light HST
- 8 mediums with background HST
- 8 mediums to light HST

**5 - Press:** Press the seams to the darker fabric side. (You can choose to press your seams open.)

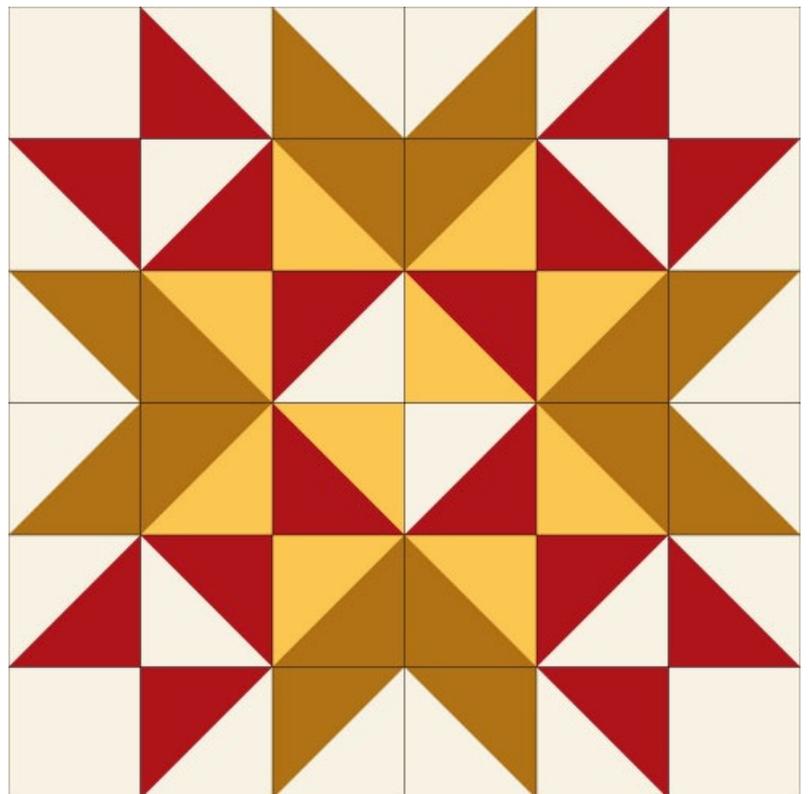
**6 - Square Up:** To "square up" your HST, place a quilting ruler over the unit so the 45-degree diagonal line on the ruler perfectly aligns with your sewn seam. Trim the edges so the unit measures exactly  $2.5$ " x  $2.5$ ". This ensures all your points will line up perfectly when you sew the block together.

- **Need a Visual?** If you are new to this technique, search "how to square up a half square triangle" online for a quick video demonstration to see it in action.

**7 - Arrange:** Using your block diagram, arrange your HST to match the block shown. This is where you will also use the  $2\frac{1}{2}$  inch background squares you put aside.

**8 - Sew:** Sew your units as shown in the diagram. Remember to set your seams.

**9 - Complete:** Your completed block should measure  $12.5$ " square.



# Wyoming Valley Block Diagram

Coloring - Fabric Page

