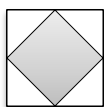


Sew & Flip Technique Square-in-a-Square



Size to cut fabric (Figure 1):

- Fabric A – Cut 1 square finished size + ½”
- Fabric B – Cut 4 squares HALF the finished size + ½”

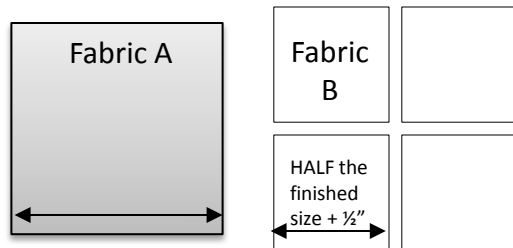


Figure 1

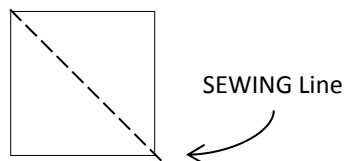


Figure 2

Mark sewing line diagonally from corner to corner on the wrong side of the 4 small squares (Figure 2).

With right sides together, place two small squares on opposite corners of the large square. Match up outer corners & sides. The sewing lines should run across the corners (Figure 3).

Stitch on the marked stitching lines.

TIPS:

- Use pins to keep the small squares from slipping out of place as you sew.
- Sew a “scant” seam by stitching barely outside the marked line (toward the corner). You should see both your stitches & the marking right next to each other.

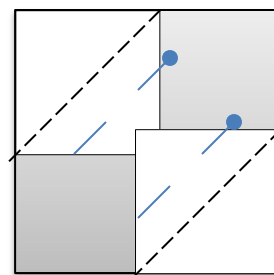


Figure 3

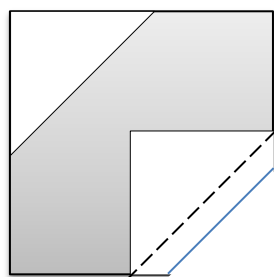


Figure 4

Matching the corner of the small square to the corner of the larger square & press. Flip back & trim off the corners ¼” from the stitching line & (Figure 4).

Repeat with remaining two corners (Figure 5).

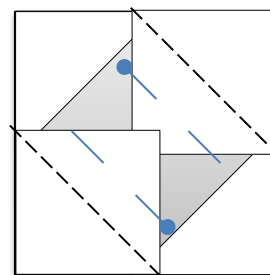
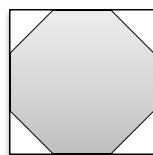
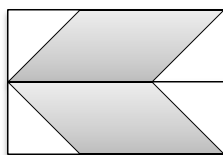


Figure 5

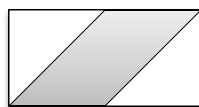
The sew & flip technique can also be used to replace HST in other blocks & units such as those shown below. By reducing the number of seams you’ll use less fabric and leave more open areas for quilting.



Snowball



Chevrons



Angles