

Quarter Square Triangle Tips

There are a few different ways to make Quarter Square Triangle (QST) units (also known as hourglass blocks) and the 3 triangle units.

Option 1- making 2 at a time with 2 fabrics

To start you need to know how big to cut your squares.

Basically, cut your 2 squares of fabric $1\frac{1}{4}$ " bigger than the FINISHED size of the QST unit.

For example: If your QST unit needs to finish at 2" square, which means it needs to be $2\frac{1}{2}$ " unfinished, you would cut your squares at $3\frac{1}{4}$ ". If your finished unit is $2\frac{1}{2}$ ", then it needs to be 3" unfinished and you would cut your squares at $3\frac{3}{4}$ ".

I like to add a little wiggle room when making my HST units, so I tend to add a $1\frac{1}{2}$ " instead of $1\frac{1}{4}$ ".

Step 1

Drawing lines: you can choose to draw the lines a few different ways- if you are sewing with a $\frac{1}{4}$ " foot on your machine, you can draw one diagonal line corner to corner on the wrong side of lightest square.

If you are not using a $\frac{1}{4}$ " foot, then draw 2 sewing lines, each a $\frac{1}{4}$ " away from the diagonal line.

Layer a square of one fabric RST with a square of the other fabric.

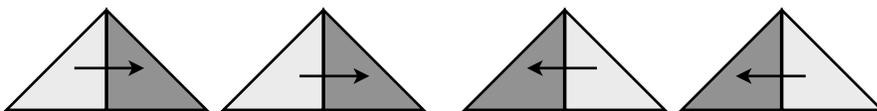
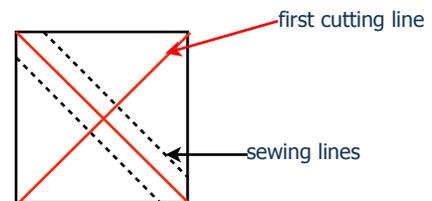
Step 2

Sew $\frac{1}{4}$ " away from the diagonal line on both sides.

Cut along the opposite diagonal line first,

then cut along the diagonal line between the sewing lines.

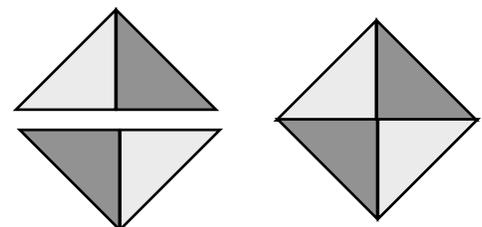
You will have 4 triangle units.



Step 3

Sew 2 triangles units together, nesting the seam allowances.

Repeat with the remaining 2 triangle units for 2 QST blocks.

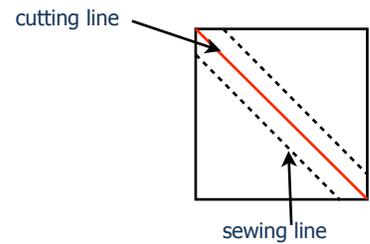


Quarter Square Triangle Tips

Option 2- making the option 1 blocks a little differently

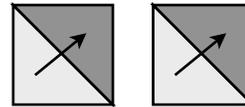
Step 1

Make the blocks following Step 1 on page 1 and then sew $\frac{1}{4}$ " away from the diagonal line on both sides. Cut along the diagonal line. You will have 2 HST units.

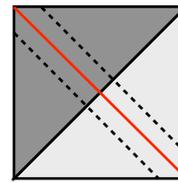
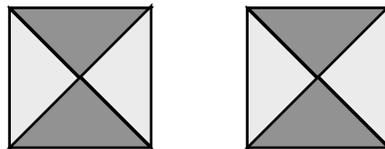


Step 2

Layer the HST right sides together, nesting seams with opposite fabrics on top of one another.

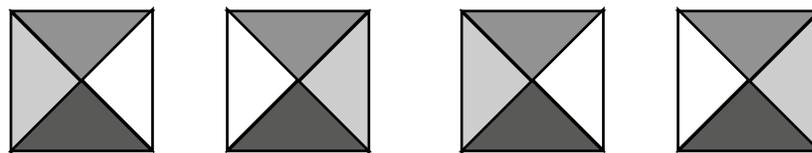


Draw 2 lines, a $\frac{1}{4}$ " away from the diagonal line, sew on the lines and cut along the diagonal line. You will have 2 QST units.



Option 3- making 4 at a time with 4 fabrics

When you use 4 fabrics, if you follow either option 1 or 2 above, you will have 4 QST blocks that are mirror images of each other.

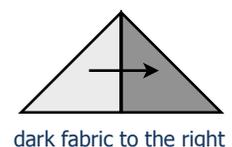
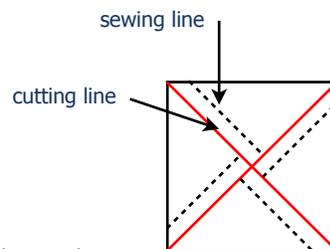


Option 3a-

What if you want to use 4 fabrics but want all your blocks to look the same?? Well, it can be done! When you start making the HST units, instead of sewing down 2 sides of one diagonal line, you will sew it a little bit differently.

Step 1

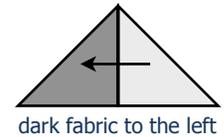
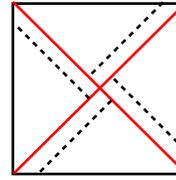
Draw 2 lines along each diagonal. Layer 2 fabrics, right sides together and sew $\frac{1}{4}$ " away from the diagonal line but only on one side of the line and only to the center.



If you want the lower (dark) fabric to end up on the right, sew to the right of each part of the diagonal lines.

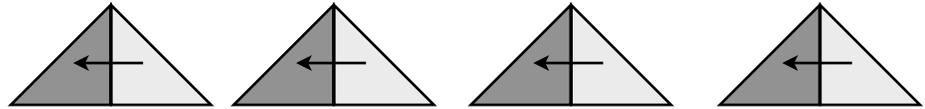
Quarter Square Triangle Tips

If you want the lower fabric to be on the left, sew to the left of each part of the diagonal line.



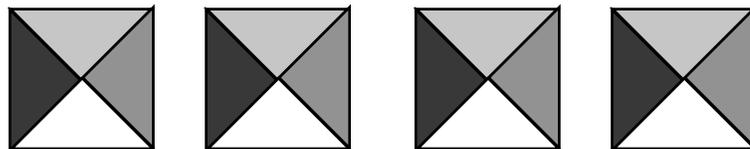
Step 2

Cut along the diagonal lines and you will have 4 QST that are all the same.



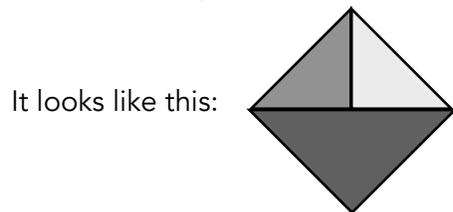
Step 3

Repeat with the other 2 colors and then sew the 2 sections together.

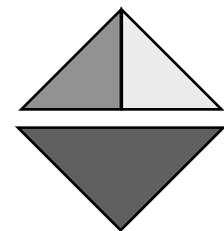


3 Triangle Units

Another unit that uses a combination of QST pieces and HST pieces is the 3 triangle unit (or it is called the 3 piece QST unit or...lots of names).



Make your QST units following one of the options listed and then sew to a HST.



Now- go play!