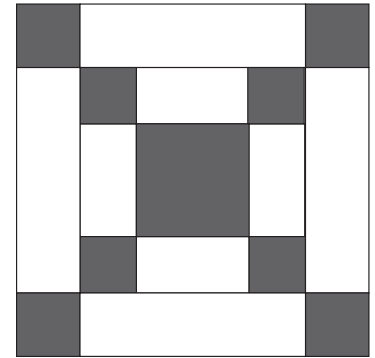


Nancy's Notions®

Free Quilt Block Pattern

Block 10: Cross Country



Use one light and one dark fabric.

Instructions:

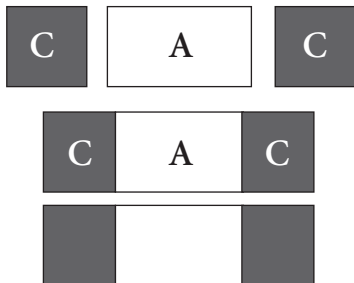
Read instructions before beginning the project. All seam allowances are $\frac{1}{4}$ " unless otherwise stated.

1. Cut fabrics:

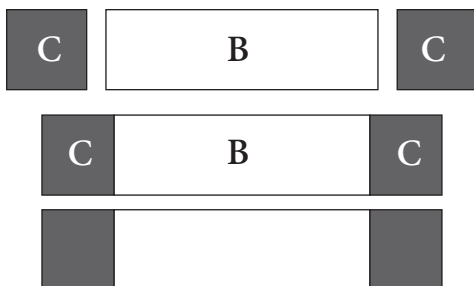
- Four rectangles $2\frac{1}{2}$ " x $4\frac{1}{2}$ " (light) - A
- Four rectangles $2\frac{1}{2}$ " x $8\frac{1}{2}$ " (light) - B
- Eight squares $2\frac{1}{2}$ " x $2\frac{1}{2}$ " (dark) - C
- One square $4\frac{1}{2}$ " x $4\frac{1}{2}$ " (dark) - D

2. Create "bar bells" blocks:

- Sew two dark C squares and one light A rectangle together into a unit. Press toward C. Make two small "bar bell" units.



- 3. Repeat step 2 using two dark C squares and one light B rectangle together into a unit. Press toward C. Make two large "bar bell" units.



4. Create block:

- Lay out small and large "bar bells", A and B rectangles, and D square, as shown. Sew into rows. Sew rows together (press seams open) to create the Cross Country block measuring $12\frac{1}{2}$ " square.

