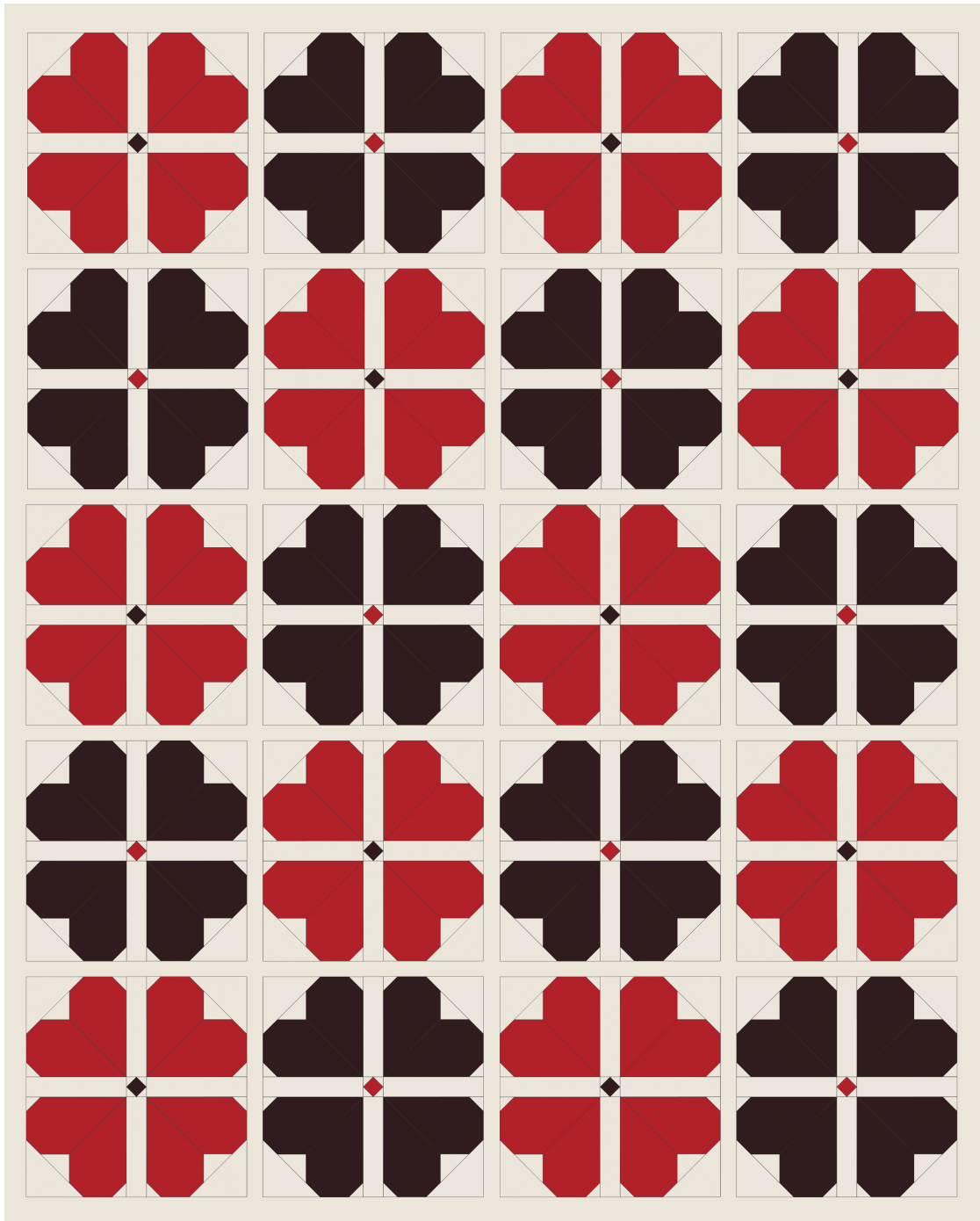


With Love, From Norway FPP Pattern

A Fiona Sandwich Pattern

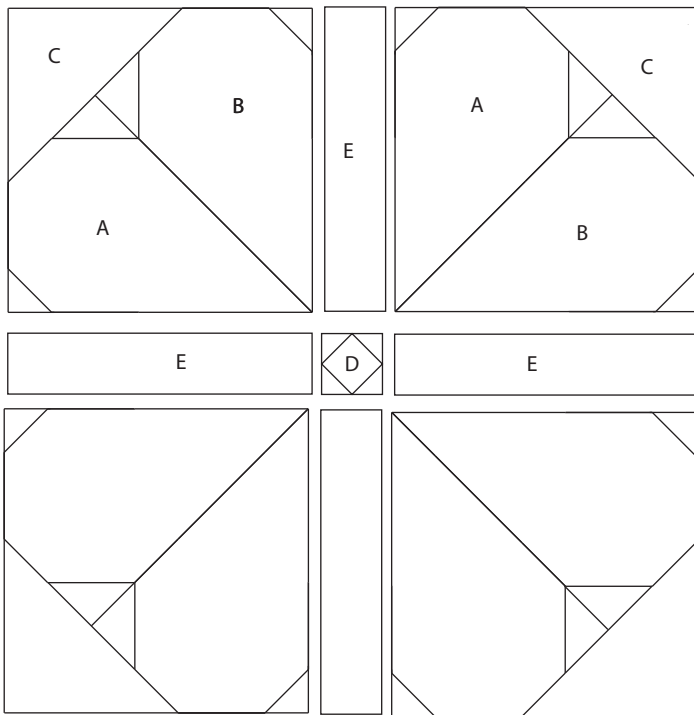


Makes a 13" block

Fabric requirements: Because everyone pieces differently, exact fabric requirements are not provided. Each block uses less than an 1/8 yd of fabric per color, and is fat quarter friendly!

Post your progress and pictures on social media with #NordicHeartsFPP and #fionasandwich.

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Block Construction:

Step 1:

Sew the units together, in numerical order (A1 to A2, etc), pressing between each seam.

Step 2:

Join Unit A to Unit B. Press seams.

Step 3:

Join Unit C to the AB Unit to complete the individual heart block. Press seams.

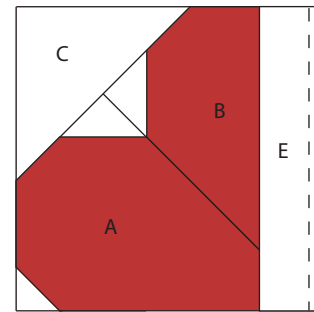


Fig 1.

Step 4:

Sew the center sashing units (E) to one heart unit, lining up with the B block, as shown in Fig 1. Press. Then repeat on the other side of the E unit, attaching to the A of another heart unit. Press. This will create the first row of the block.

Repeat steps 1-4 to create the bottom row of the block.

Step 5: The middle row

Sew E Unit to D Unit, along the short end of Unit E, as shown in Fig 2. Press seam, and repeat with another E Unit on the opposite side of Unit D. Press seams.

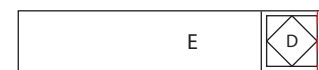


Fig 2.

Step 6:

Attach Row 1 to Middle Row. Press seams, and repeat with Row 2, attaching to the opposite side of Middle Row.

Press seams, and admire your work!!

Sashing Instructions:

Once you have created your desired amount of blocks, it's time to sash together. Cut strips 1.5" x 13.5"

Pin lengthwise, giving yourself a bit of overage on either side. This will allow for excess to be trimmed to size, based on the blocks on either side, easing any frustration with blocks if they haven't been squared exactly.

Step 1:

Sew blocks together with a strip between each block - as shown in Fig 3. Press seams.

Step 2:

Sew heart block to opposite side of sashing. Press.

Repeat Step 1 and 2 for the desired width of the quilt.

Step 3:

Cut a length of sashing a little longer than the width of your quilt, by 1.5 inches. This will join the rows together.

Step 4:

Pin and sew to join the row sashing to the row (Fig 4.).

Press, and repeat for the length of the quilt.

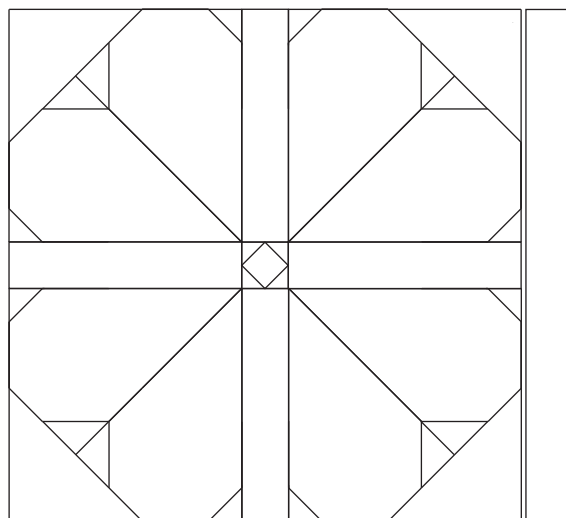


Fig 3.

Stand back, and admire your quilt top!

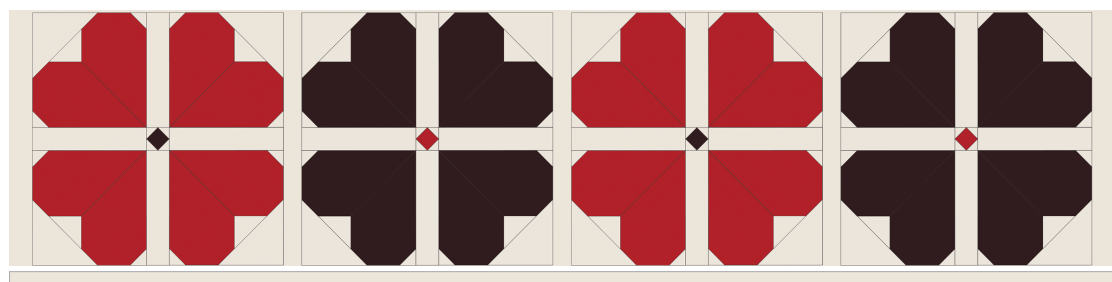
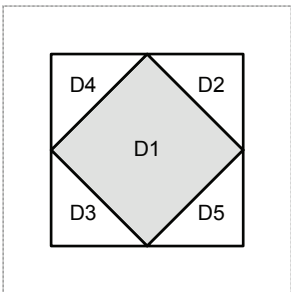
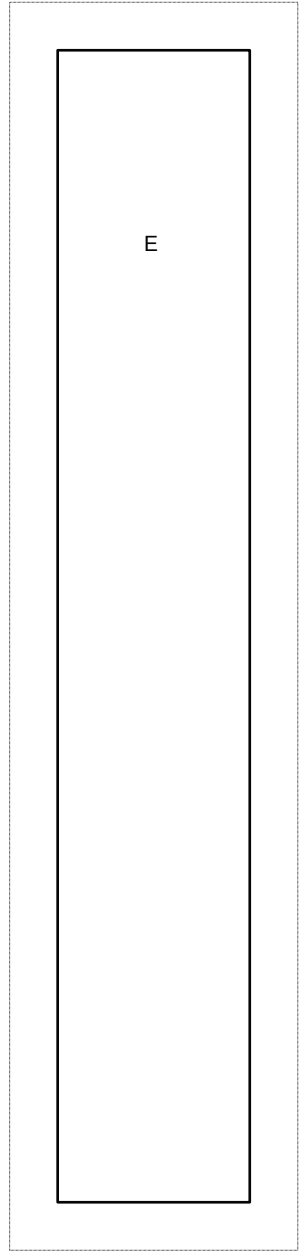
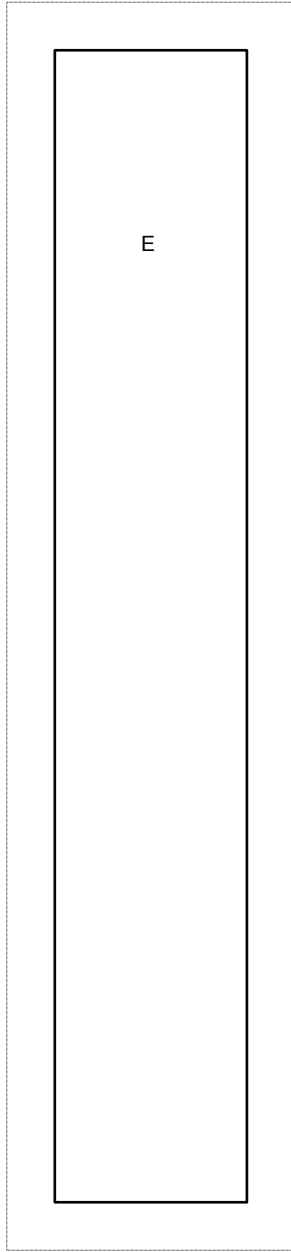
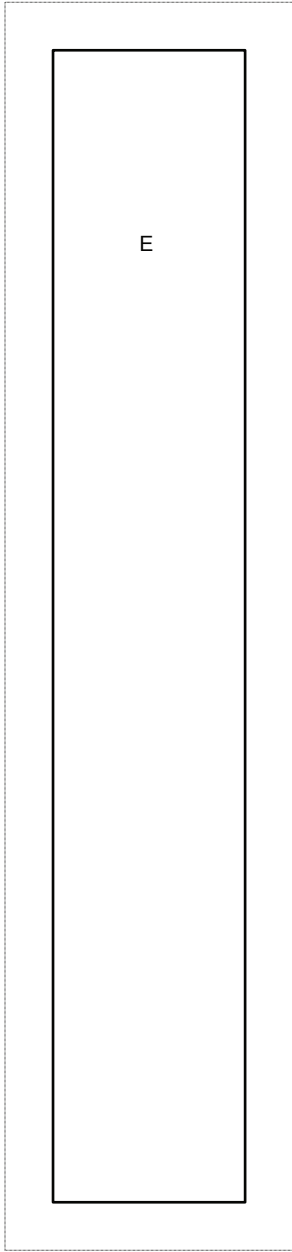
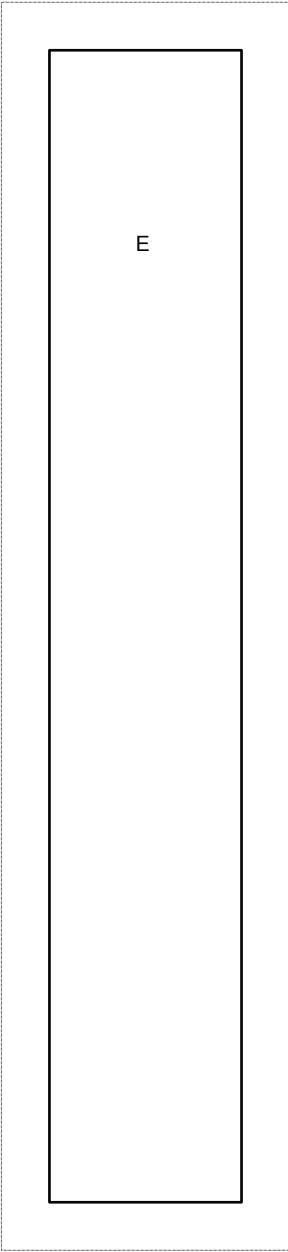


Fig 4.

Print this page 1x per block



Print this block 4 times per block

