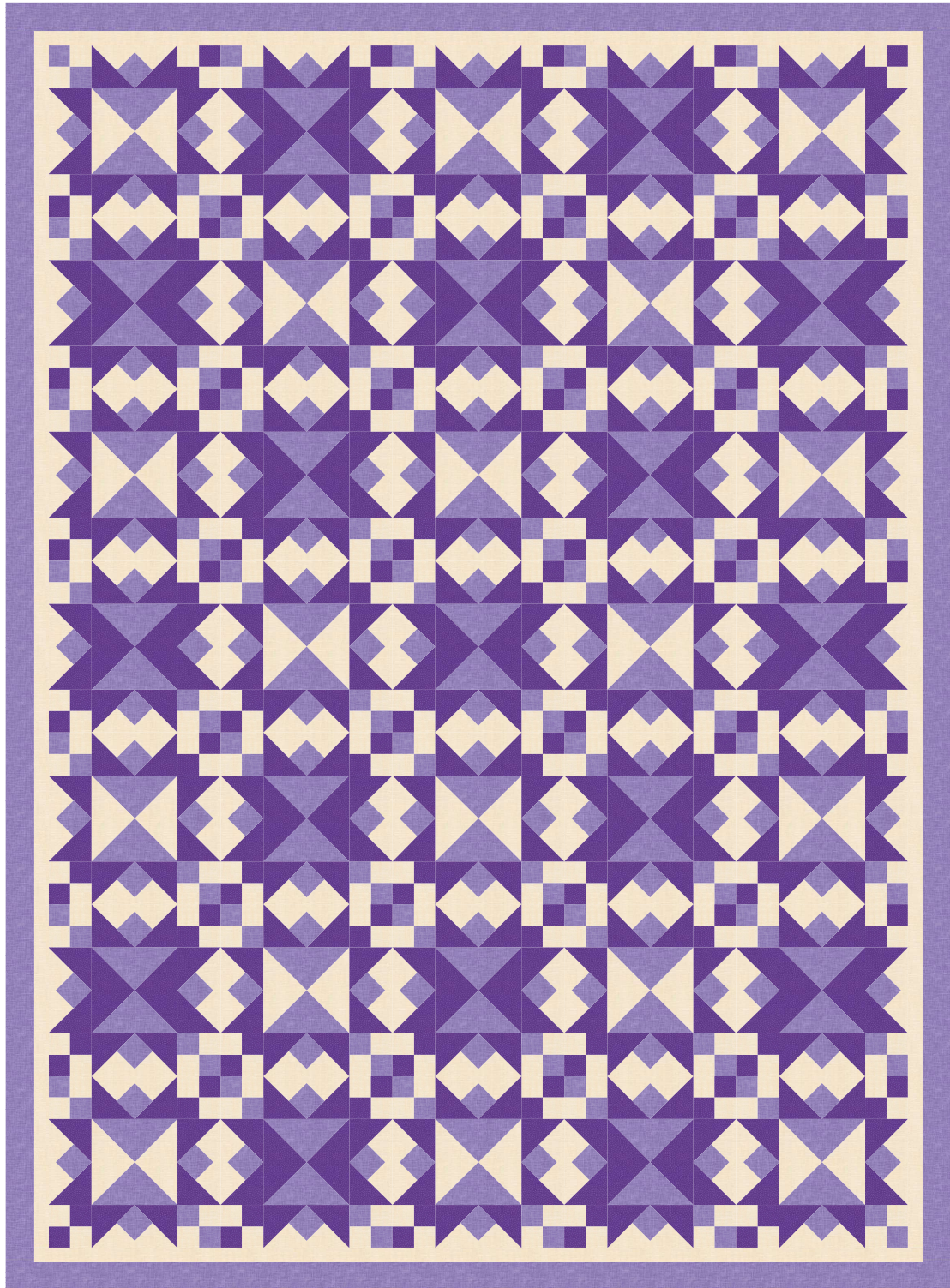


MOUNTAIN VALLEYS

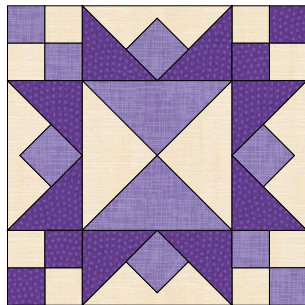
A SoGrizz Quilt

February 2025

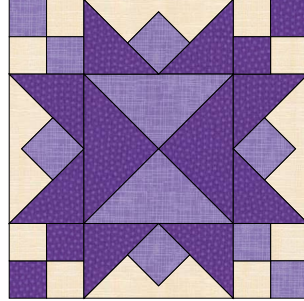


This quilt uses two 12" Blocks with one slight difference found in the centre
Hourglass

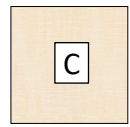
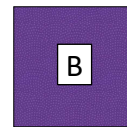
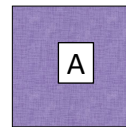
Block 1



Block 2



Fabrics



Making the 4-patches

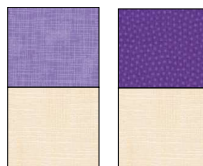
Sew together 2" wide strips of fabrics A + C
(if you prefer to oversize and trim
down to size then start with 2 1/8" strips)
Cut the strips WOF, or any length you have
if working with scraps.



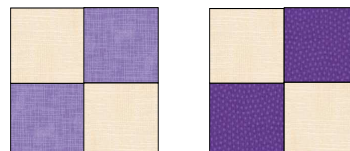
Sew together 2" wide strips of fabrics B + C
(if you prefer to oversize and trim
down to size then start with 2 1/8" strips)
Cut the strips WOF, or any length you have
if working with scraps.



Sub-cut the entire length of the
strips to 2" pieces.
(if you prefer to oversize and trim
down to size then sub-cut to 2 1/8")



Sew together 2 of the same colour sub-cuts,
in a checkerboard fashion.
If still necessary, trim blocks to 3.5" squares.



YOU WILL NEED 2 OF EACH COLOURWAY PER BLOCK

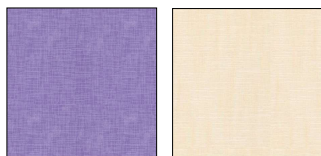
Making the Centre Hourglass

Colourway for Block 1

Starter squares to make half-square-triangles (HSTs)

Fabric A: 7 5/8" square

Fabric C: 7 5/8" square

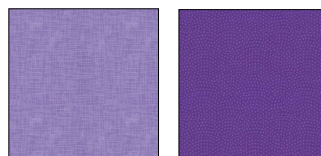


Colourway for Block 2

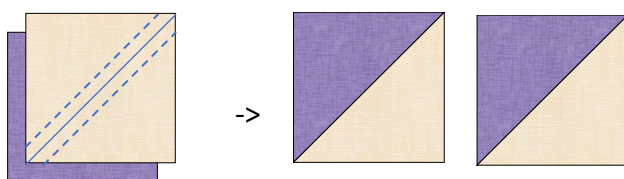
Starter squares to make half-square-triangles (HSTs)

Fabric A: 7 5/8" square

Fabric B: 7 5/8" square



Place the 2 squares right sides together, lining up corners and edges. Draw a line on the diagonal and sew $\frac{1}{4}$ " on either side of the line. Cut on the line (between the stitches). Open the two halves and press seams to the darker fabric. You now have 2 HSTs.

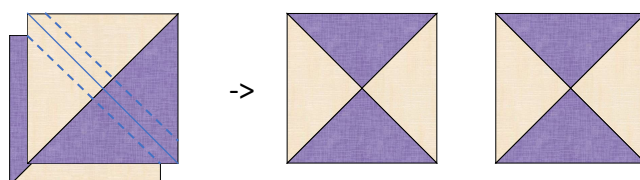


Use the 2 HSTs to make 2 Hourglass units

Place the 2 HSTs right sides together, with different colours facing each other, and seams nesting. Draw a line on the diagonal (perpendicular to the seam) and sew $\frac{1}{4}$ " on either side of the line. Cut on the line (between the stitches). Open the two halves and press seams open.

Trim blocks to 6.5" x 6.5" (important: when trimming make sure the point where the materials meet in the middle, remains the centre point!)

You now have 2 Hourglass units.



YOU WILL NEED 1 HOURGLASS PER BLOCK

Making the Mountain Valley units

Starter squares:

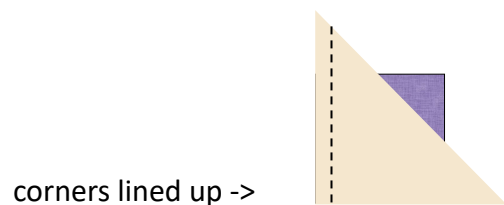
Fabric A: 2 $\frac{1}{4}$ " squares

Fabric B: 4 $\frac{1}{2}$ " squares, cut once on diagonal, creating 2 triangles.

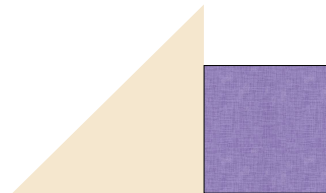
Fabric C: 3 $\frac{3}{4}$ " squares, cut once on diagonal, creating 2 triangles.

Lay down the 2 $\frac{1}{4}$ " square of fabric A, right side up.

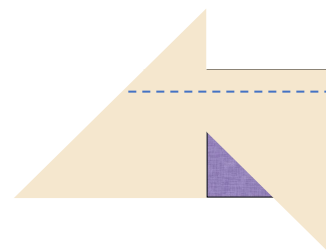
Place a triangle from fabric C on top of the square, right side down, corners lined up (see diagram). Sew on dotted line.



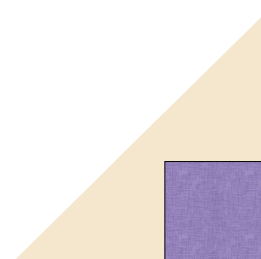
Open up and press seam to fabric C.



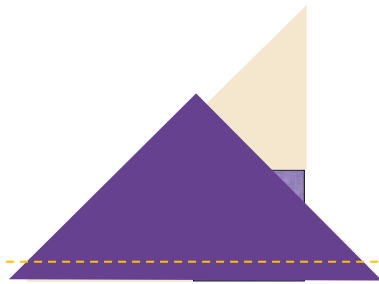
Place the other triangle from fabric C right side down on the fabric A square, corners lined up. See diagram. Sew on dotted line.



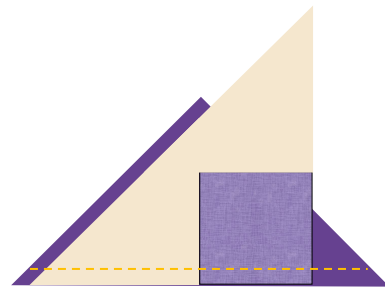
Open up and press seam to fabric C.



Place a triangle from fabric B right side down. See diagram how to position the triangle. Sew on dotted line.

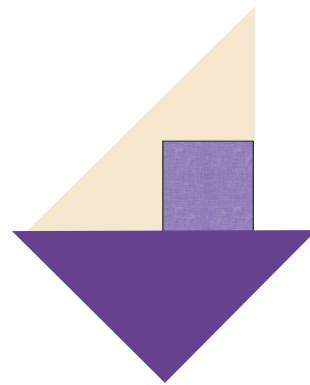


View from the top

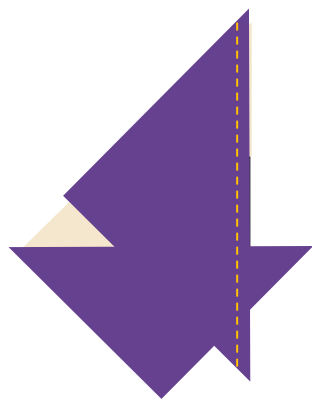


View from the bottom to see how to position fabric B triangle.

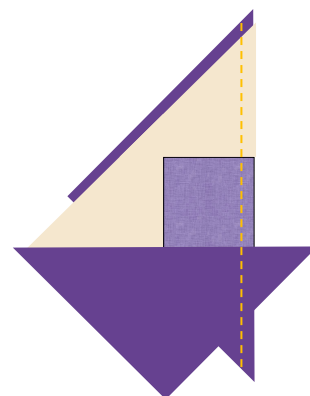
Open up and press seam to fabric B.



Place the other triangle from fabric B right side down. See diagram how to position the triangle. Sew on dotted line.



View from the top



View from the bottom to see how to position fabric B triangle.

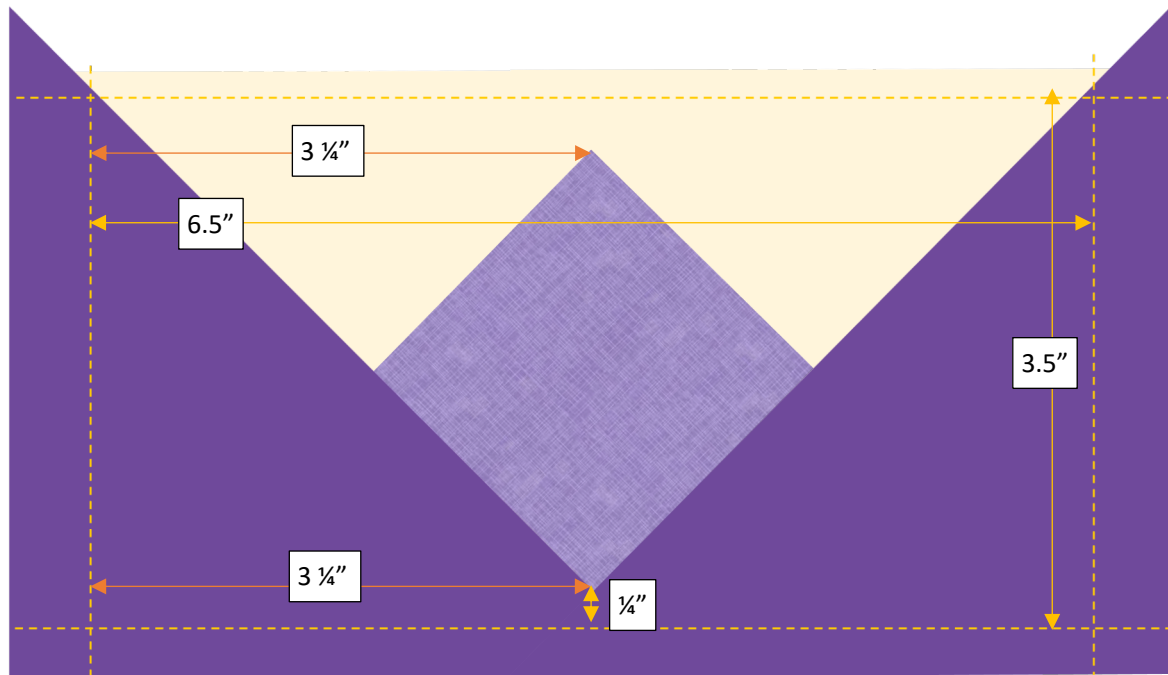
Open up and press seam to fabric B.

Trim block to 3.5" x 6.5"

On your ruler, line up the $3\frac{1}{4}$ " mark with the top and bottom points of the fabric A centre block.

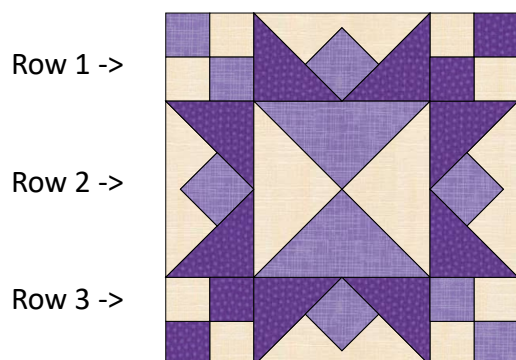
Line up the bottom edge of the ruler at exactly $\frac{1}{4}$ " below the lower point of the fabric A centre block.

Trim to 6.5" wide, 3.5" high, and to $\frac{1}{4}$ " below the fabric A centre block. (see dotted lines)

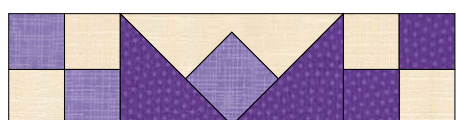


YOU WILL NEED 4 MOUNTAIN VALLEYS PER BLOCK

Assembling the 12" Blocks



ROW 1

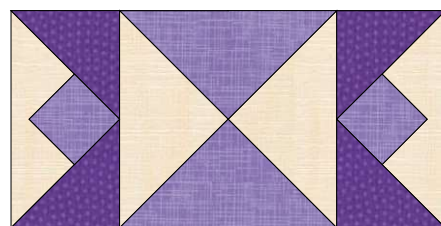


<- Outer corner

Sew a 4-Patch (colourway A/C) to a Mountain Valley block (MV), press towards the 4-Patch.
Sew a 4-Patch (colourway B/C) to the other side of the MV, press to the 4-Patch.
Always position the 4-Patches with the coloured patch in the outer corner.
Always position the MVs so that the 'Valley' points towards the Hourglass centre.
The A/C 4-patches are always in the top left and bottom right of the final blocks.
The B/C 4-patches are always in the top right and bottom left of the final blocks.

ROW 2

Sew a MV to the Hourglass, press towards the Hourglass.
Sew another MV to the other side of the Hourglass, press towards the Hourglass.
Always position the MVs so that the 'Valley' points towards the Hourglass centre.



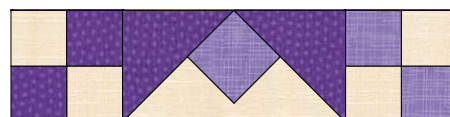
Choose the correct **colourway of Hourglass** for the Block:

Block 1: colourway A/C ; Block 2: colourway A/B

In both versions position the Hourglass so that fabric A is pointing up and down.

ROW 3

Repeat the steps for ROW 1,
and rotate 180 degrees ('upside down').



Now sew Row 1 to Row 2, press towards Row 2.

Sew Row 2 to Row 3, press towards Row 2.

If necessary, trim the whole block to 12.5".

Assembling the quilt

Refer to the image of the whole quilt on page 1 to see the layout.

Alternate Blocks 1 and 2 (across rows and down columns) and add a single or double border to create the size of quilt you wish. Each Block is 12" x 12" in the final quilt.

Always position the blocks with fabric A in the Hourglass pointing up/down.

The secondary pattern will create A/B checkerboards where the blocks meet.

Fabric requirements

Because the method used to make the Hourglass units results in 2 units each time, the fabric requirements here are calculated per 2 final blocks.

For two final Blocks 1 you will need:

Fabric A: 21" x 8"

Fabric B: 23" x 9"

Fabric C: 32" x 8.5"

For two final Blocks 2 you will need:

Fabric A: 21" x 8"

Fabric B: 31" x 9"

Fabric C: 24" x 8.5"

Total needed for two Blocks 1 plus two Blocks 2:

Fabric A: 42" x 8"

Fabric B: 54" x 9"

Fabric C: 56" x 8.5"

For example, if you make a quilt with 4 blocks in each row, and 5 blocks in each column, you will need 10 Blocks 1 and 10 Blocks 2. You could add a border of 6" all around, resulting in a quilt measuring 60" x 72".

You would need:

Fabric A: 210" x 8" (40"; assuming 42" usable WOF)

Fabric B: 270" x 9" (63"; assuming 42" usable WOF)

Fabric C: 280" x 8.5" (60"; assuming 42" usable WOF)

6" Border fabric: 240" x 6" (36"; assuming 42" usable WOF)

2.5" Binding fabric: 280" x 2.5" (17.5"; assuming 42" usable WOF)

Backing fabric: 130" (assuming 42" usable WOF); or 65" double-width fabric.

Just add more 12" Blocks to the rows and columns, and increase width/number of borders to create the size of quilt you wish.

HAPPY QUILTING!