

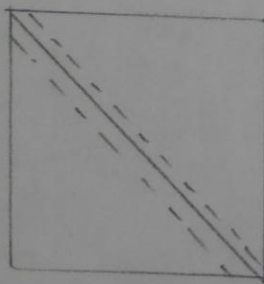
# Block of the Month - September 2026

## Sew and Flip String Block - Foundation Method

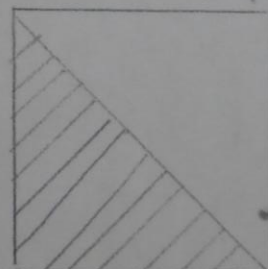
1. Cut a  $10\frac{1}{2}" \times 10\frac{1}{2}"$  out of a foundation (lightweight fabric, interfacing or paper).  
Cut various colored strips 1" - 2" wide by 10" - 12" long.  
Cut one strip 1" - 2" wide by 12" - 13" long out of white or light color.  
Cut a 10" x 10" sq. out of white on white fabric.
2. Starting in the middle, lay a white or light colored strip right side up, from one corner to the opposite corner, making sure it goes beyond the edges of the foundation.
3. Lay a colored strip of fabric along one edge of the center white strip, wrong side down, making sure it goes beyond the edges of the foundation. Sew along that edge at least  $\frac{1}{4}"$  away. Trim any excess away. Flip the strip out and press.
4. Lay a colored strip along the edge of the previous strip, wrong sides together, and sew at least a  $\frac{1}{4}"$  away. Trim any excess. Flip the strip out and press.
5. Continue laying and sewing strips along this side of the square until you cover the foundation.
6. Lay a colored strip along the edge of the opposite side of the center white strip, wrong sides together. Sew along that edge  $\frac{1}{4}"$  away. Trim any excess. Flip the strip out and press.
7. Continue with this method until you cover that side of the foundation.
8. Trim to 10" x 10".
9. On the opposite side of the white on white 10" x 10" square, draw a line down the center diagonally. Draw a line  $\frac{1}{4}"$  on either side of that center line.
10. Lay the white 10" x 10" square on top of the strip square, right sides together. Sew on the two lines that are next to the center line.
11. Press the stitch lines and make sure everything lays flat. Cut along the center diagonal line. Open each side and press the seam open.
12. Trim each to  $9\frac{1}{2}" \times 9\frac{1}{2}"$ .



# 7



#9 + #10



# 11 ↑ you will