

Sisters At Heart, Miles Apart

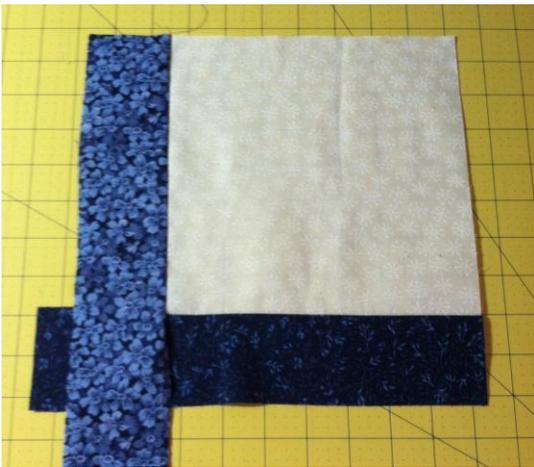
Instructions

Y-seams

Feel free to download and copy these instructions for use at your quilt guild, at workshops or in classes.

We're happy to share with you - that's what sisters do!

It seems to us that lots of quilters are needlessly intimidated by the Y seam. We really think that the poor thing is the victim of bad press. Seriously, it's not really as hard as you've been told. Come one, we double dog dare you: give it a try!



Stitch the darker fabric strip to the base of the middle block. **STOP** $\frac{1}{4}$ " from the bottom left edge of the square. Then stitch the lighter fabric strip to the left hand side of the middle block. **STOP** $\frac{1}{4}$ " from the bottom left edge of the square.

Lay the block right side up. With the excess strip on the bottom extending out flat to your left, the excess of the top strip will extend toward you. **See diagram.**

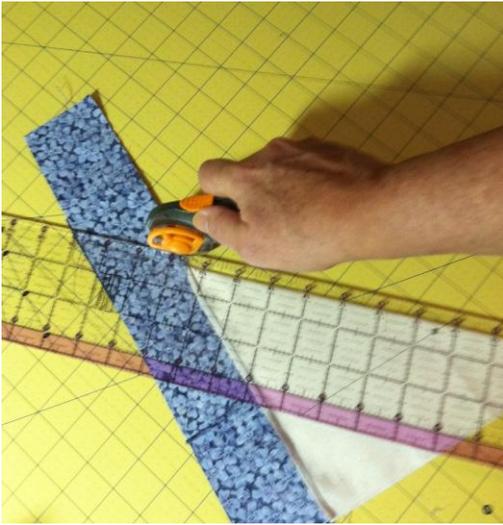


Fold the excess of the top strip back over itself at a 45° angle. **See diagram.** Press.

This pressed line gives you a stitching line to produce a mitered corner. You may want to mark it with a fabric pen.



Bring the upper left outside corner (It has flush edges.) down to meet the bottom right outside corner. Secure with a pin where the corners meet. (*Folding creates a bias and the piece will shift unless you secure it by placing a pin through the corners that have flush edges.*) Pin on the pressed stitching line to secure the two framing strips together.



Stitch on the pressed fold line. Trim the excess to leave ¼" seam allowance. Remove pin.



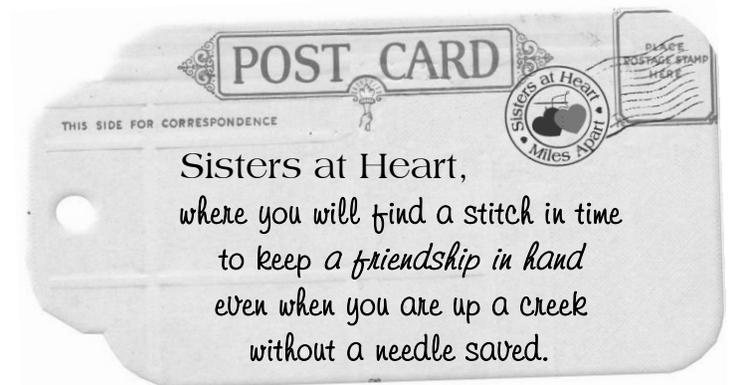
Press mitered seam open and square block to desired measurement.

Here's the magic formula to cut the strips:

length of finished center square + width of border strip + 1/2"

See what we mean? Not so tough at all! You know what this means, don't ya?

You have won the dare and proven to the world that you are ready to do the [Seasons at my Window wall hangings](#), or the [Seasons at my Window pillow wraps](#), or the [Let Freedom Ring yard flag](#) or ...



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