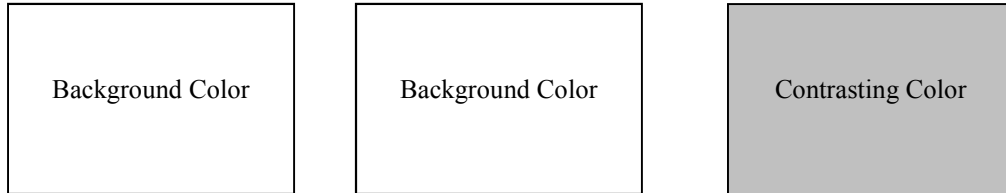
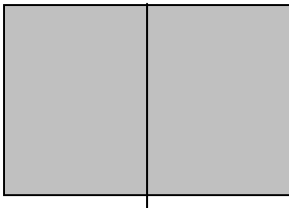


## 5 Minute One Seam Block

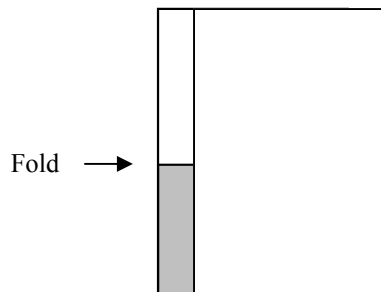
1) Cut 3 rectangles. Width should always be half the size of the finished block plus  $\frac{1}{2}$ ". Length should be the size of the block plus  $\frac{1}{2}$ ". We will use  $3\frac{1}{2}$ " x  $6\frac{1}{2}$ " strips for this example to get a  $6\frac{1}{2}$ " unfinished block. One of the strips will be the contrast strip.



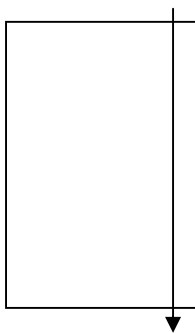
2) Fold contrasting rectangle in half with **wrong** sides together



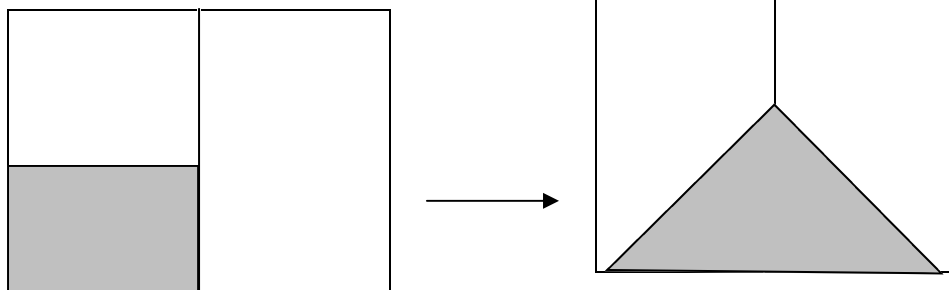
3) Place the folded rectangle between the 2 other rectangles matching the three raw edges of the folded rectangle at one end of the other 2 rectangles. The right sides of all the rectangles will be touching.



4) Sew  $\frac{1}{4}$ " seam perpendicular to the fold, just along one side of the unit.



5) Open the folded rectangle to form the unit.



6) Press and square up.