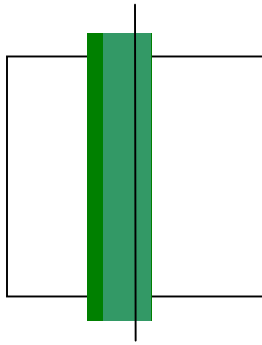
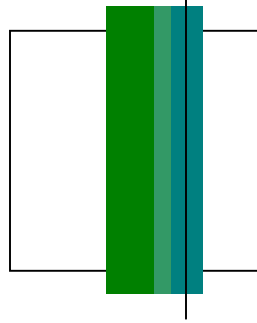


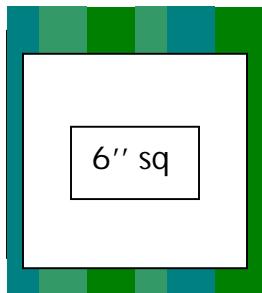
## Step by Step Flip and Sew Block Construction



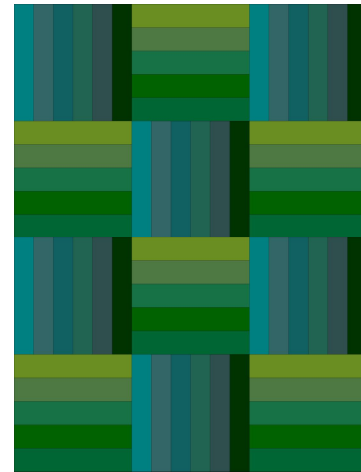
- Start with two strips, right sides together
- Lay in the center of the 7" square of NWNF interfacing
- Stitch the two strips to the interfacing using a 1/4" seam allowance
- Open strips,
- Press



- Continue to add strips to both left & right side
- To add, lay a new strip right sides together on top a pressed open strip
- Stitch using a 1/4" seam allowance
- Open strips
- Press



- Continue to add strips until the entire square of interfacing is covered
- Aim to have wider strips on the ends, to aid in joining blocks
- Once all strips are added, turn block over, and from the back trim to 6" square
- Now you are ready to join all the block



- Use 1/4" seam allowance throughout
- Sew 4 rows of three blocks each
- Alternate orientation of each block to create a rail fence pattern
- Press when complete

