

## 40 Shades of Grey by Wendy Williams

### Month 1 (Criss-Cross Block)

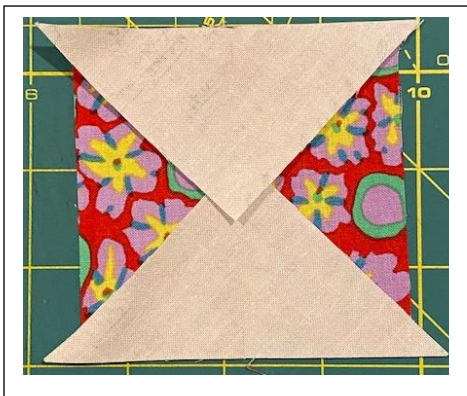
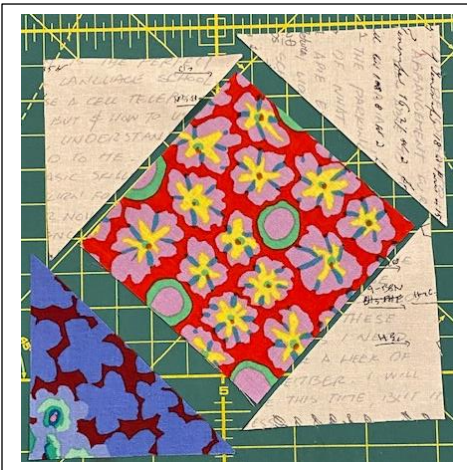
#### General Tips:

1. When following the book, an accurate  $\frac{1}{4}$ " seam is needed. Check you seams to make sure they are  $\frac{1}{4}$ " and if the  $\frac{1}{4}$ " is off, adjust before proceeding. Also be careful to make accurate diagonal cuts when instructed.
2. The cutting instruction in the book is based on the diagonal cuts and  $\frac{1}{4}$ " seam being accurate. Due to this, I have added instructions to cut slightly bigger and trim as an optional alternative. If you have trouble with points, I suggest cutting bigger and trimming. It will take longer, but I think you will be happier with the results.
3. If you follow the instructions in the book, you are cutting on a bias edge. I suggest using starch to reduce the stretching.
4. Some of the fabrics had more shrinkage than others so I suggest preshrinking all the fabric. I do this by spraying the fabric completely with Best Press but you could also use water. I use Best Press since it also helps with the bias edges.

**Cutting:** if you would like to cut bigger and trim, follow the book but cut the following (page 4 shows the block where I trimmed):

Colour 3 Centre Triangles (2) squares at 3" then cut in half diagonally; and

Background (6) squares at 3" then cut in half diagonally.



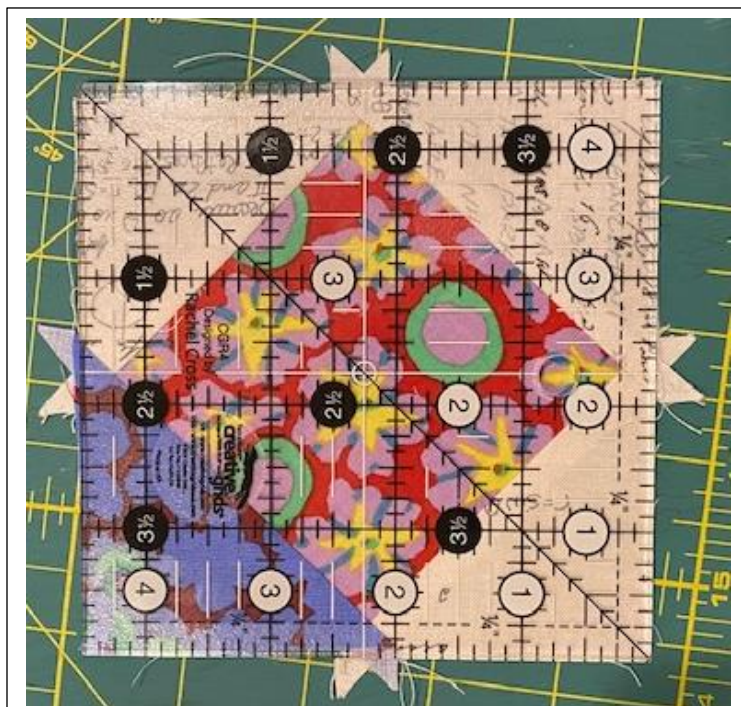
#### For the HST according to the pattern:

1. Take (3) Background triangles and (1) Colour 3 triangle sew one at a time to each side of the Outer Square.
2. You can do alternative sides but you have to press the triangle out before adding an adjoining triangle.

**Note:** If you don't trim, make sure you are centering the triangles. I fold my pieces in half and press a crease in the triangles and squares so that everything is centered.



The block should measure  $4\frac{1}{2}$ " square. Trim the dog ears to reduce bulk.





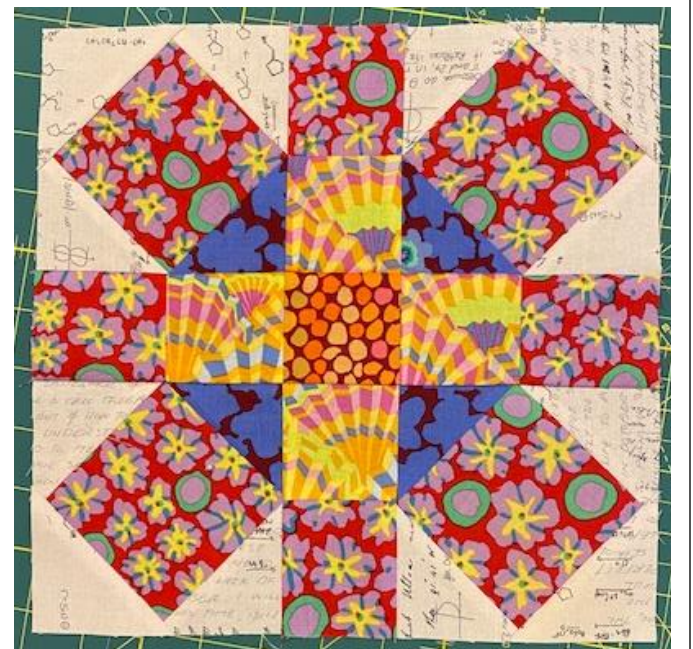
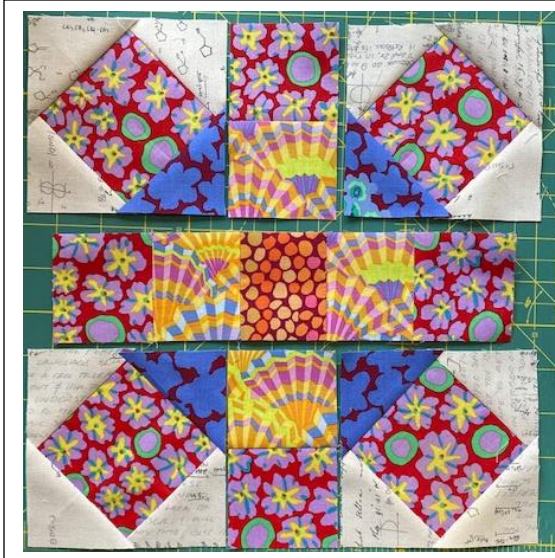


1. Place the centre, centre cross and 2 ½" outer squares as shown.

- Centre
- Centre cross
- Outer Squares

2. Create 3 rows.

3. Sew the 3 rows together.





Alternate method of cutting block bigger and trimming down.



For the trimming alternative:

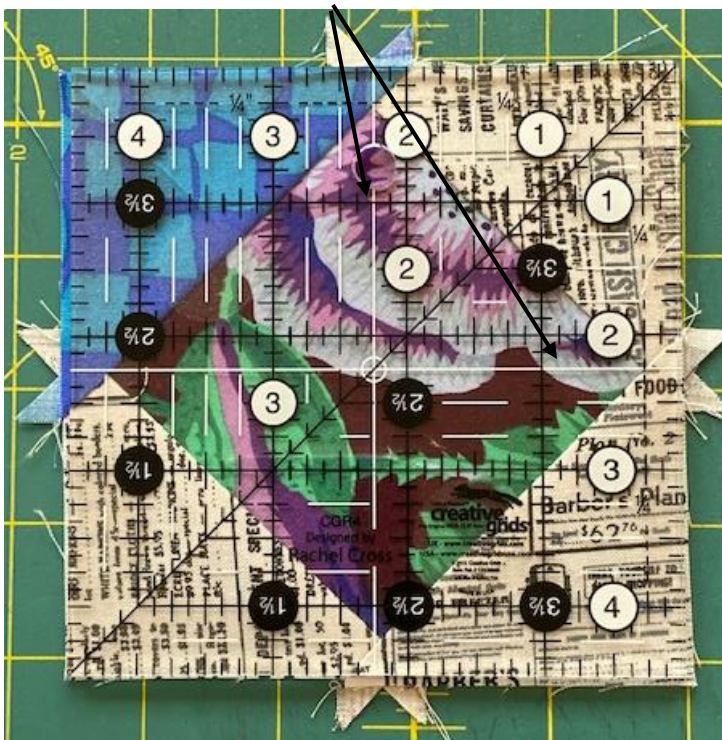
1. Take (3) Background triangles and (1) Colour 3 triangle sew one at a time to each side of the Outer Square.
2. You can do alternative sides but you have to press the triangle before adding an adjoining triangle.

**Note:** Since you are trimming, centering isn't as critical but I still press a crease into the triangles and block to help center and triangles.





## White lines for centering



1. If you have a 4 1/2" ruler, center the ruler and trim on all four sides. I really like this size of ruler since 4 1/2" seems to be a popular block size and there are white lines to use for centering. I make sure the white lines hit right at the corners. Use the 1/4" line to line up just next to the points to get the best possible points.
2. If you are using a bigger ruler to trim, find the center and trim the first 2 sides. Make sure you have at least 1/4" from each point. Flip and line up the trimmed side on the 4 1/2" lines and trim the last two sides.
3. Go to page 3 for piece placement.

## Step 2: First cut



## Bigger ruler

## Step 2: Second cut







1. Sew vertical outer borders (10 1/2" strip).
2. Sew horizontal outer border strip (12" strip).

