

Norfolk County Quilters' Guild  
President's Challenge 2025  
Block #9 -- March

For this block, I used 2 different feature fabrics plus the background fabric.

Cut the following pieces:

For small 6" x 6" block

For large 18" x 18" block

**Centre:**

1 2.5" x 2.5" square (feature 1)

1 6.5" x 6.5" square (feature 1)

**Four corner squares:**

4 2.5" x 2.5" squares (background)

4 6.5" x 6.5" squares (background)

**4 Side Squares – Triangle in a Square (Tri-Recs Square):**

4 3" x 3" squares (background)

4 7" x 7" squares (background)

4 3" x 2 ¼" rectangles (feature 2)

4 7" x 4 ¼" rectangles (feature 2)

**Creating the 4 side squares:**

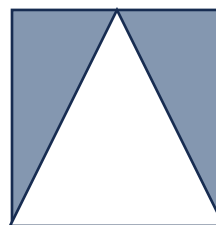
This is another common block in quilting.

It looks like this:

It is an isosceles triangle, inside of a square.

The top vertex of the triangle is always at the mid point of the top line (in the finished square, so after it is sewn into the quilt top).

Finished Tri-Recs



Unfinished Tri-Recs



Notice, however, that in the unfinished square, the top vertex of the triangle does NOT meet the outer edge of the square. Also, the two side vertices do NOT meet the corner of the square. That is what we need to make now, so that the finished square will be correct. But this is also what makes the Tri-Recs Square tricky to make.

There are 3 ways to create this shape.

- a) Use a specialty ruler called a Tri-Recs Ruler
- b) Use paper piecing
- c) Use regular piecing and cutting all of the required shape.

If you have a Tri-Recs Ruler, then I assume you know how to use it.

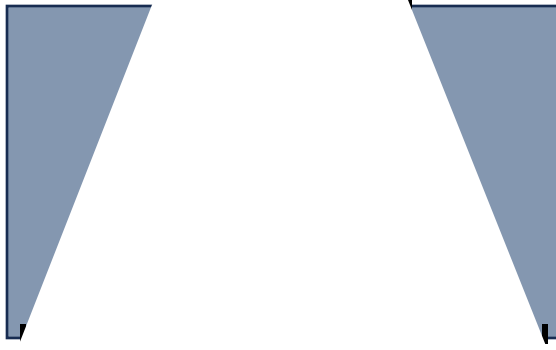
I will send separately a paper piecing pattern for those of you who wish to use that method. Again, I will assume that you are familiar with paper piecing. Please ensure the outside dimensions of the squares are EXACTLY what is shown on the sheet. You might have to increase or decrease your copy in order to get the correct dimensions.

### **Creating the Triangle in a Square Block (Traditional Piecing):**

- |   |   |
|---|---|
| <ol style="list-style-type: none"><li>1. On each of the 3" x 3" background squares, mark the centre of one side.</li><li>2. Place two of the 3" x 2 ¼" rectangles, right sides together. Make a mark on the top edge, ½" from the right corner. Make another mark on the bottom edge, ½" from the left corner. See diagram below.</li></ol> | <ol style="list-style-type: none"><li>1. On each of the 7" x 7" background squares, mark the centre of one side.</li><li>2. Place two of the 7" x 4 ¼" rectangles, right sides together. Make a mark on the top edge, ½" from the right corner. Make another mark on the bottom edge, ½" from the left corner. See diagram below.</li></ol> |
|---|---|



3. Line up the two marks with your ruler, then cut between the two marks, making four 'almost triangle' pieces from the two rectangles.
4. Repeat steps 2 and 3 with the other pair of rectangles.
5. You should now have 4 left side triangles and 4 right side triangles.  
(see the next page)

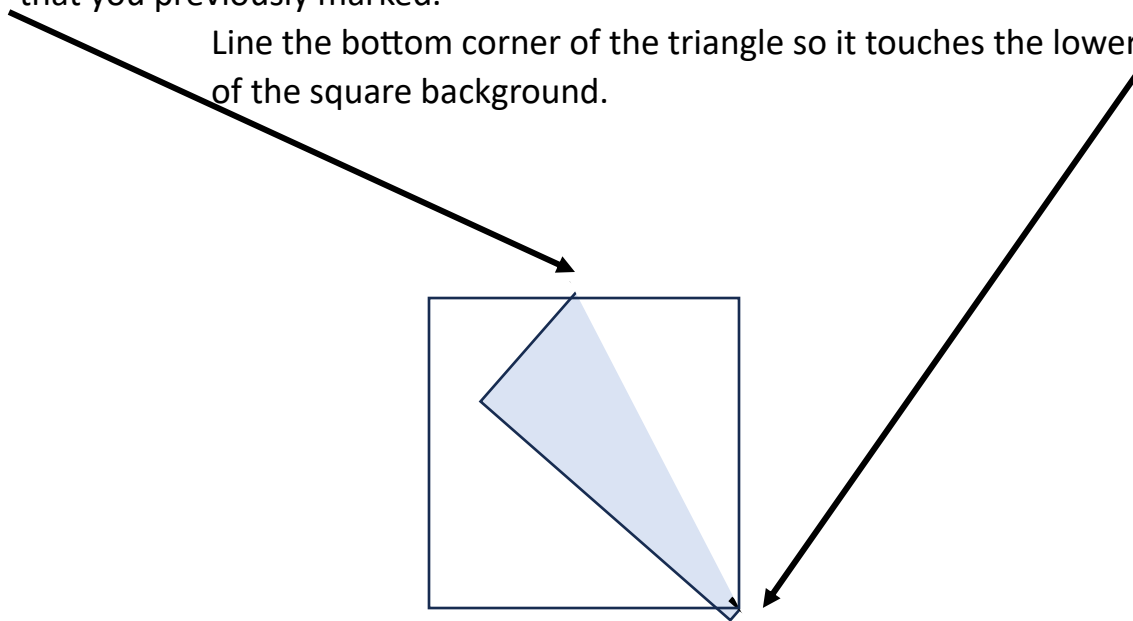


6. Take one of the 3"x 3" background squares, one of the left side triangles, and one of the right side triangles and place them together (right sides up) and ensure the side triangles are oriented properly with the wide side at the top.

6. Take one of the 7" x 7" background squares, one of the left side triangles, and one of the right side triangles and place them together (right sides up) and ensure the side triangles are oriented properly with the wide side at the top.

7. Take the left side triangle away so you can sew the right triangle onto the background square. Flip the triangle over so the two fabrics are right sides together. Line the top corner of the triangle so it touches the midpoint of the background square that you previously marked.

Line the bottom corner of the triangle so it touches the lower right corner of the square background.



8. Securely pin the triangle in place so it does not move! Sew the two pieces together with a  $\frac{1}{4}$ " seam allowance. Note, the seam you just made will NOT touch the lower corner of the square NOR the midpoint of the top. It will be off by that  $\frac{1}{4}$ ".

9. Press your seam, then repeat the process with the left side triangle.

10. Now trim the block so it is 2.5" x 2.5"

When you trim, make sure the top of the triangle is in the middle of the square, and ¼" from the top of the square. Then trim any of the other sides that need trimming.

Once it is squared to the correct size, flip the triangles away and trim off the extra background fabric that is behind the side triangles.

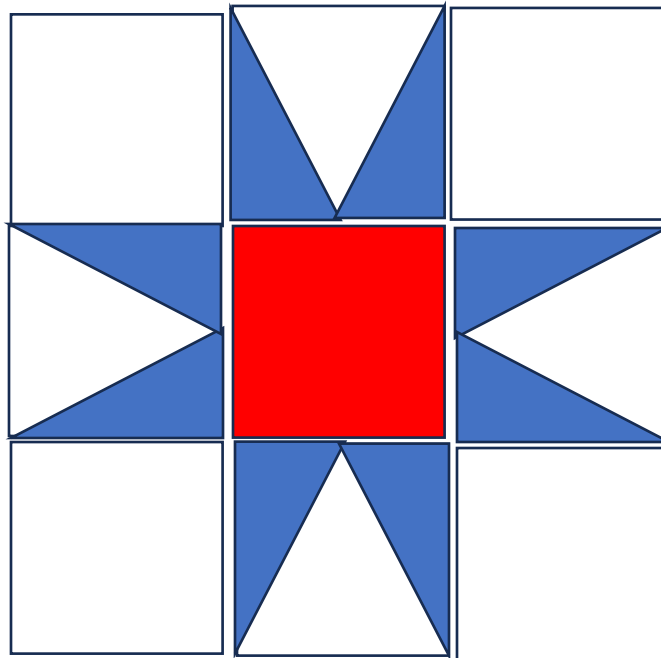
10. Now trim the block so it is 6.5" x 6.5"

When you trim, make sure the top of the triangle is in the middle of the square **and** ¼" from the top of the square. Then trim any of the other sides that need trimming.

Once it is squared to the correct size, flip the triangles away and trim off the extra background fabric that is behind the side triangles.

### Putting your squares together:

Use the diagram below to create your final squares:



Remember, once again, that one of the squares in the large final block will be replaced by the 6.5" x 6.5" small final block

