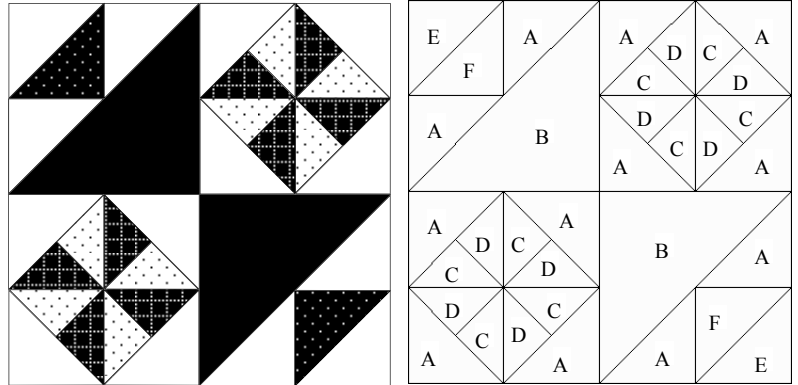


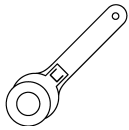
# To and Fro

© 1997 by Beth Donaldson

Use this in a Block By Block quilt or anywhere you need a 12" (12½" with seam allowances) block.



All instructions include ¼" seam allowances.



## Rotary Cut

From the fabric for A, cut 6 squares, 3⅞" x 3⅞".

Cut each square once diagonally to yield 12 triangles.

From the fabric for B, cut 1 square, 6⅞" x 6⅞".

Cut each square once diagonally, to yield 2 triangles.

From the fabric for C, cut 2 squares 4¼" x 4¼".

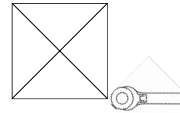
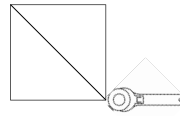
Cut each square twice diagonally, to yield 8 triangles.

From the fabric for D, cut 2 squares, 4¼" x 4¼".

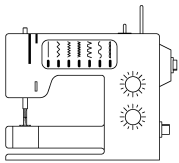
Cut each square twice diagonally, to yield 8 triangles.

From the fabric for E, cut 1 square 3⅞" x 3⅞".

From the fabric for F, cut 1 square, 3⅞" x 3⅞".



Check out <http://quiltdoctor.blogspot.com/> for more free patterns



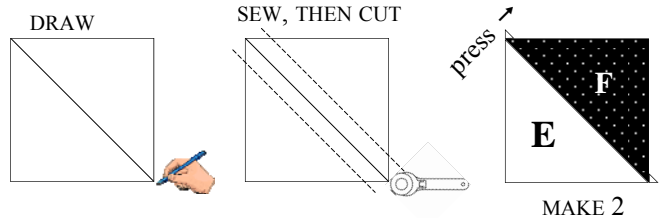
## Machine piece

1. Draw a diagonal line on the wrong side of square E.

With right sides together, sew square E to square F with a ¼" seam on both sides of the diagonal line.

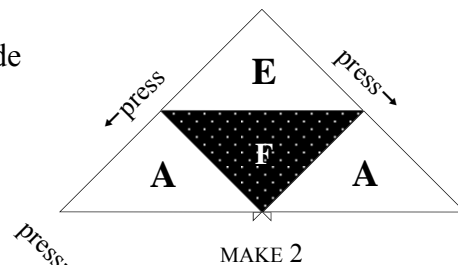
Cut the squares apart on the diagonal line to make 2 half square triangles that each measure 3½" x 3½".

Press toward the F triangles.



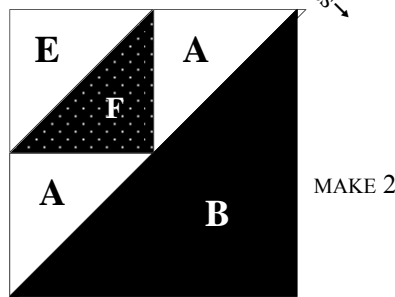
MAKE 2

2. Match the top edge and corner of a triangle A to one side of each unit from step 1. The tips of the triangles a will extend beyond the units. Stitch and press toward the A triangle. Repeat by stitching a triangle a to the adjacent side of the units. Press toward the A triangles.



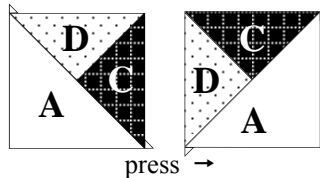
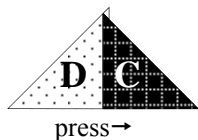
MAKE 2

3. Stitch a triangle B to each of the triangles made in step 2. Press toward the triangles B to make 2 squares, 6½" x 6½".



MAKE 2

As you work, trim any tips of fabric that extend beyond the sewn units for flatter, neater, quilt blocks.

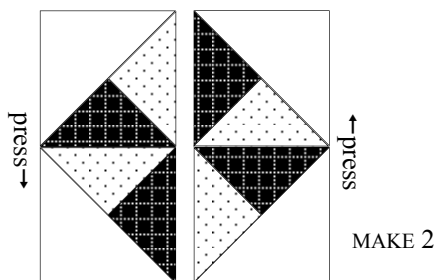


MAKE 4 OF EACH

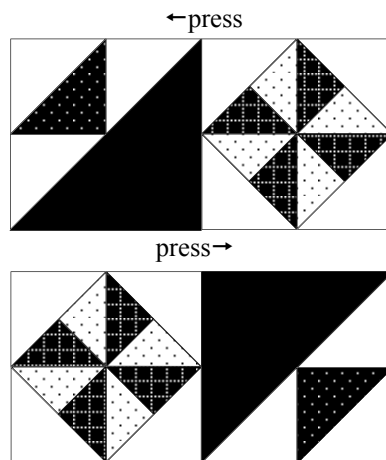
4. Sew each triangle C to a triangle D to make 8 side by side triangle units. Press toward the triangles C.

5. Sew 1 triangle A to each side by side unit from step 4. Press half toward the triangles A, and half away from the triangles A. Match up edges and opposing seams, then sew to make 4 rectangles that measure  $3\frac{1}{2}'' \times 6\frac{1}{2}''$ .

6. Match up edges and opposing seams and sew to make 2 squares  $6\frac{1}{2}'' \times 6\frac{1}{2}''$ . Press either way.



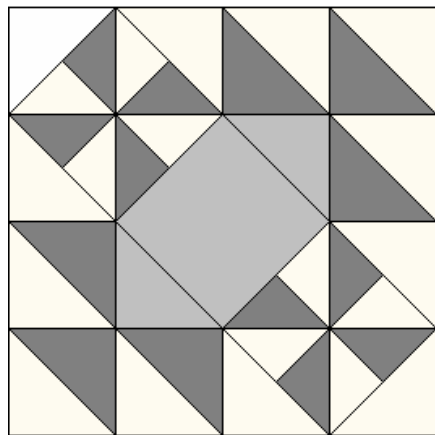
7. Match up edges and seams and sew to make 2 horizontal rows that measure  $6\frac{1}{2}'' \times 12\frac{1}{2}''$ . Press according to the diagram. Match up edges and opposing seams and sew the last seam. Press in either direction. Congratulations your block is now complete and should measure  $12\frac{1}{2}'' \times 12\frac{1}{2}''$ .



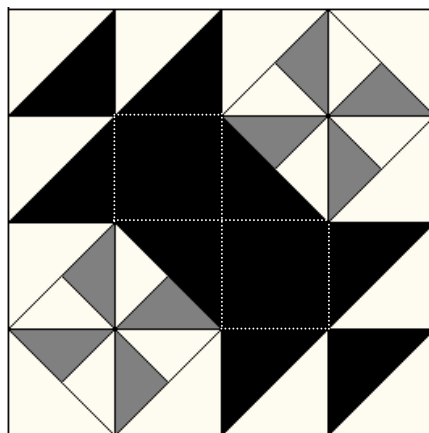
Refer to Barbara Brackman's *Encyclopedia of Pieced Patterns and Electric Quilt 5* and *Block Base*, computer software to research quilt blocks. You can purchase the *Electric Quilt* and *Block Base* at <http://www.electricquilt.com/> and [http://www.americanquiltercatalog.com/spring\\_2008/lg\\_display.cfm?page\\_number=20](http://www.americanquiltercatalog.com/spring_2008/lg_display.cfm?page_number=20)

## History of the *To and Fro* Block

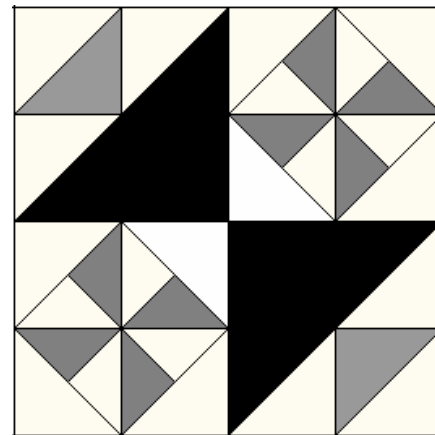
The inspiration for *To and Fro* came from the *Hither and Yon* block.



This block was published as *Hither and Yon* in the *Farm Journal* (it began publishing in 1877) and was called *Spool* by Nancy Cabot in the 1930s.



This version was published by Maggie Malone in 1942 as *Hither and Yon*.



I changed the construction and shading and re-named it *To and Fro* to distinguish it from the blocks that inspired it.