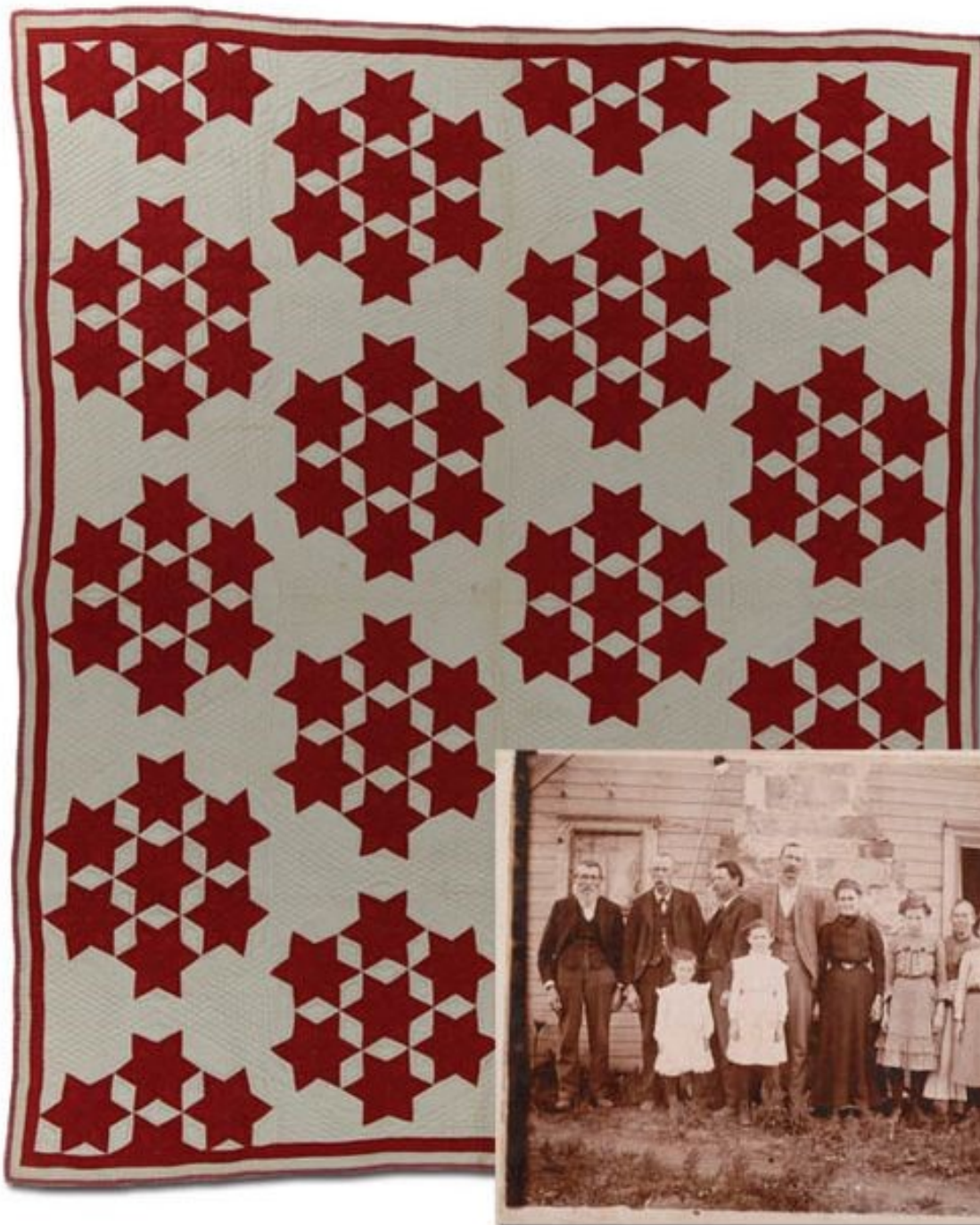


# Seven Sisters



This image is from [www.quiltstudy.org](http://www.quiltstudy.org). Please visit this website for more information on Seven Sisters quilt patterns.

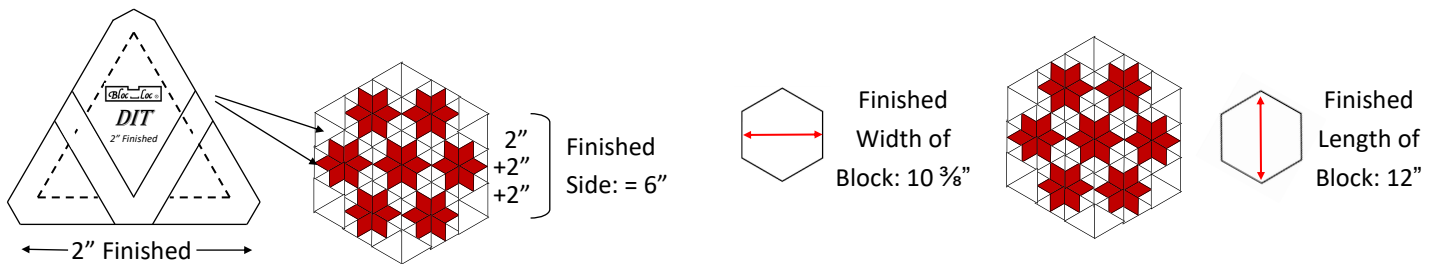
Visit [www.blocloc.com](http://www.blocloc.com) for video tutorials on DIT ruler

# Seven Sisters Quilt

Completed top: 48" x 75 1/4"

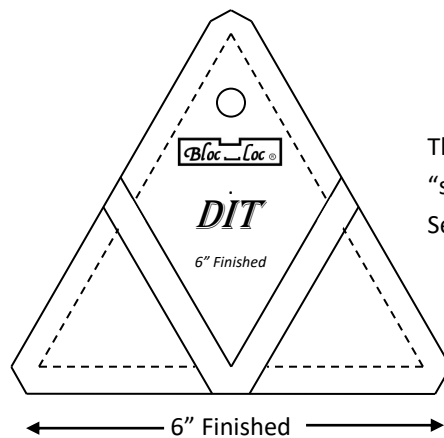
The Seven Sisters quilt is made using two sizes of Bloc Loc DIT rulers; 2" DIT and 6" DIT. The 2" DIT is used to make the block and the 6" DIT is used as the 'spacer' between the blocks. From the blocks to the quilt, the entire project is made in rows.

## How the Ruler Sets are Used and Block Size



The 2" DIT set is used to make the "Diamond in a Triangle" unit and the grooved ruler is used to cut the solid triangles.

The width of a finished Seven Sisters block measures 10 3/8" and the length is 12".



The 6" DIT grooved ruler is used to cut the "spacer" triangles that are placed between the Seven Sisters blocks.

## Yardage

Red: 1 3/4 YD

Background: 4 1/2 YD

Backing: 2 1/2" YD of 108" wide

Binding: 1/2 YD

## Rulers

Bloc Loc 2" DIT set

Bloc Loc 6" DIT set

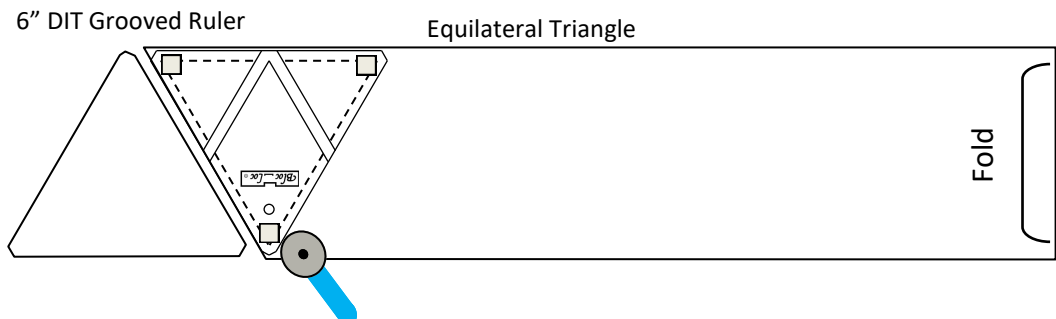
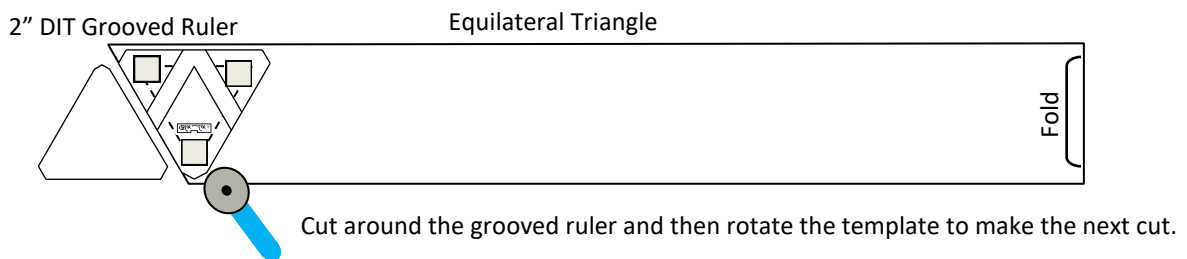
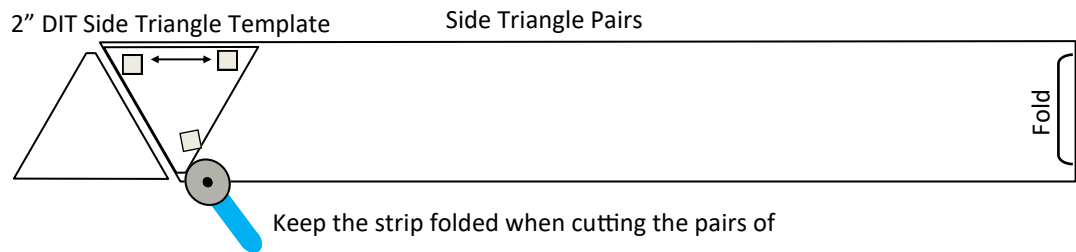
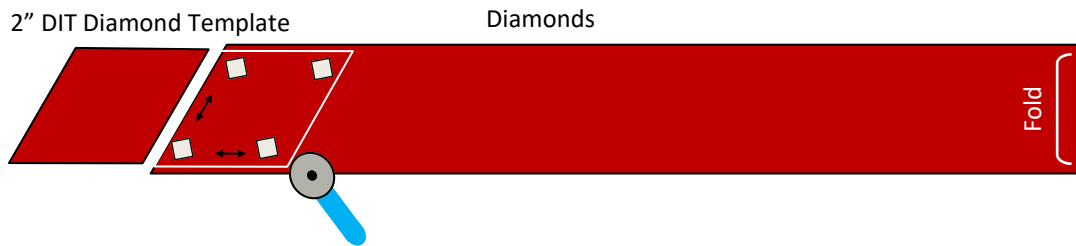
# Cutting Requirements

*From the background fabric, cut:*

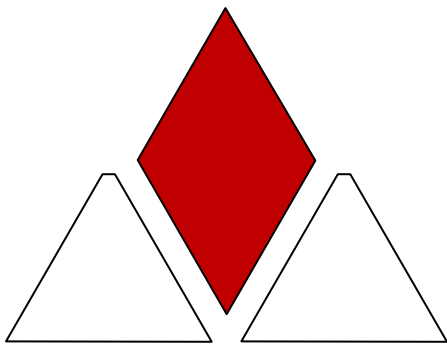
- (6) 5 3/4" x wof; sub-cut into (44) equilateral triangles using 6" DIT grooved ruler
- (9) 2 1/2" x wof; sub-cut into (184) 2" DIT equilateral triangles using 2" DIT grooved ruler
- (46) 2" x wof; sub-cut into (644 pairs) of side triangles using 2" DIT template
- (7) 2" x wof for Border #2

*From the red fabric, cut:*

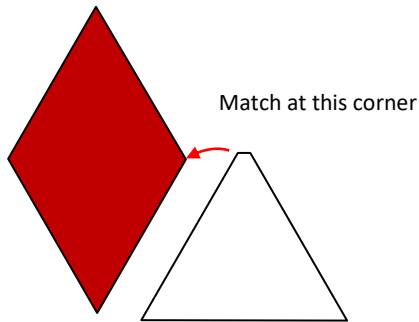
- (30) 1 1/2" x wof; sub-cut into (644) diamonds using 2" DIT diamond template
- (7) 2" x wof for Border #1



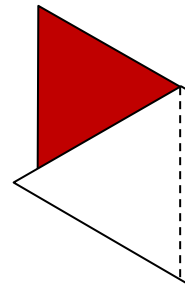
Place the grooved ruler side (flat side touching fabric) parallel to the cut edge of the fabric.  
Cut around the grooved ruler and then rotate the template to make the next cut.



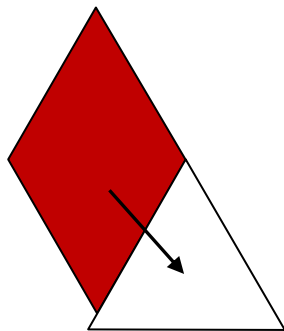
1. In front of your sewing machine, place one center diamond shape in the middle, between the pair of side triangles with all three pieces right side up.



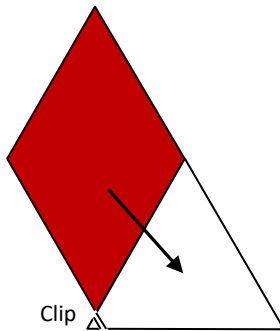
2. Flip the blue side triangle on top of the center diamond shape, matching at the corner and both pieces must be right sides together. Stitch 1/4" seam along the edge.



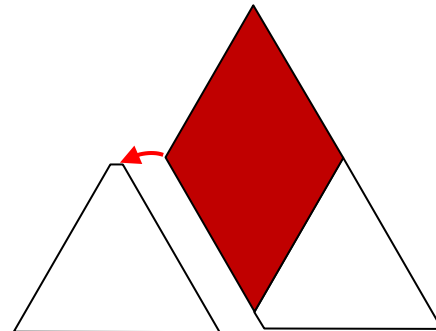
3. Stitch 1/4" wide seam allowance from corner to corner.



3. Press the seam toward the side triangle. Notice that the side triangle extends past the center diamond shape along the bottom edge. This is normal.

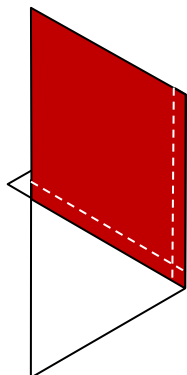


4. Clip off the little triangle at the lower left edge.

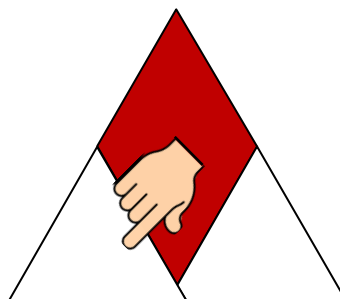


5. Reposition the pieces once more, this time with the remaining side triangle on the left.

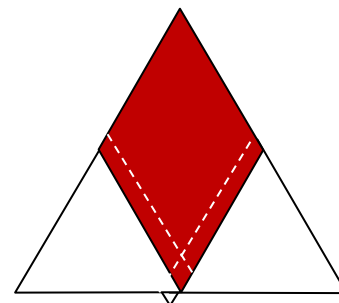
Flip the sewn unit on top of the side triangle, matching at the corner of the center diamond shape.



6. Stitch 1/4" seam along the edge from corner to corner.

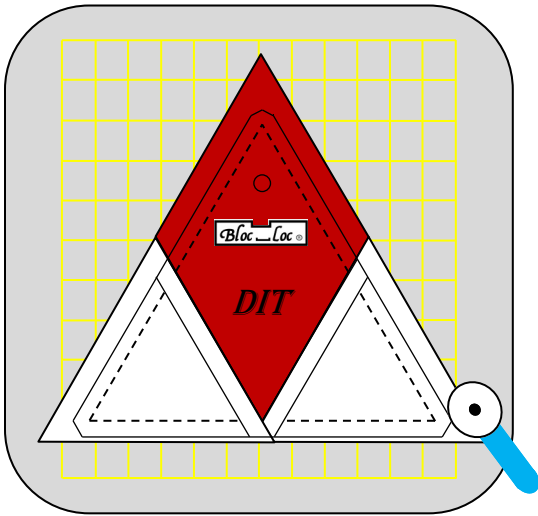


7. Gently **finger press** (NO IRON) the seam allowance to the side triangle.



View from the wrong side

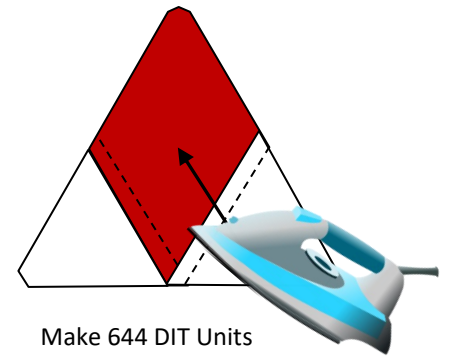
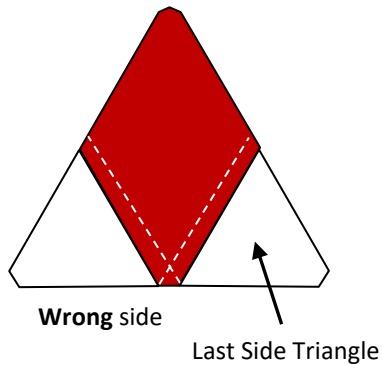
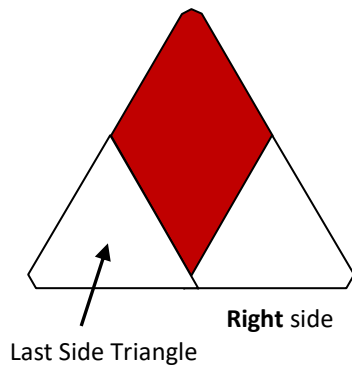
\*It's extremely important to always sew the units together in the same way because the order you sew the units determines the pressing sequence for your entire quilt project. Once you start building the units above, they must always be made the same way.



8. Place the unit onto a rotary mat and lock the grooves from your Bloc Loc Diamond in a Triangle onto both seams. Make sure there are no gaps in either groove.

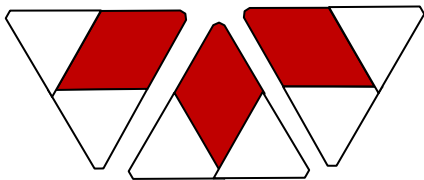
Trim all the way around the ruler. Be sure to trim the smaller corners and around the tip because these are useful for matching units together into stars. **You are not finished yet.**

## The Final Step is Crucial!

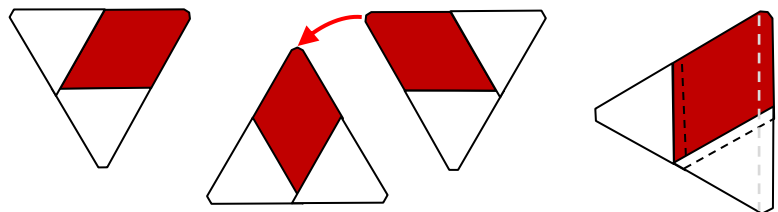


The last side triangle that you added to your unit must now be pressed to the center diamond and because you finger press it so that it could be trimmed using your Bloc Loc, it can now be re-pressed to the center. This step will set up your project so that all the pieces fit together with seams interlocked and going in opposite directions.

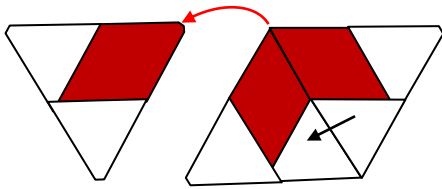
## Sew 2" DIT Units into Half Hexagon Units



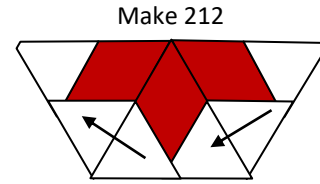
10. Arrange 588 of the DIT units into partial blocks of three each.



11. Working with the two DIT units on the right, flip one on top of the other so that they are right sides together and the side triangle seams are matching. Stitch the pair together.



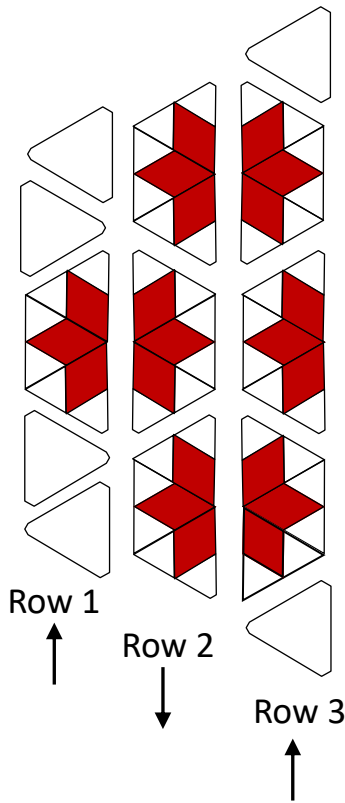
12. Flip the pair of sewn DIT units on top of the remaining third and interlock the side triangle seams. Stitch them together.



Half-Hexagon Unit

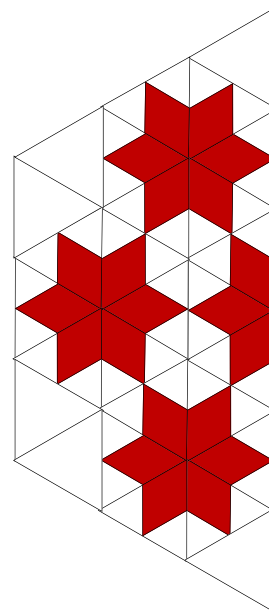
Make 212 of these Half-Hexagon units. Press all joining seams to one side.

## Sew Seven Sisters Half-Blocks



13. Arrange (7) of the half-hexagon units and (6) of the 2" equilateral triangle units (cut using the 2" DIT grooved ruler) into the block configuration shown left.

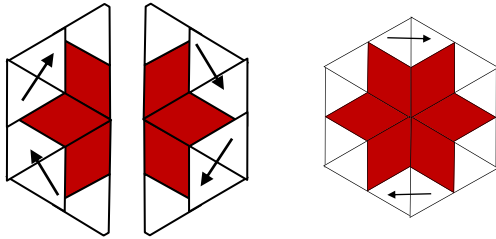
Sew into rows. Press the seams in each row in opposite directions.



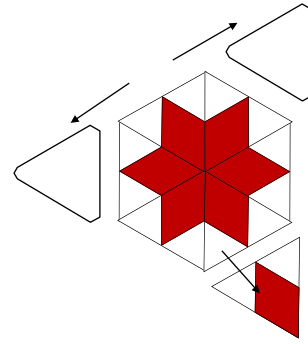
Make 28 half blocks

Make 28 half blocks. Do not sew the half blocks together because the quilt will sewn together in rows, not completed blocks. Press the seams to one side or open.

## Sew Seven Sisters Third-Blocks

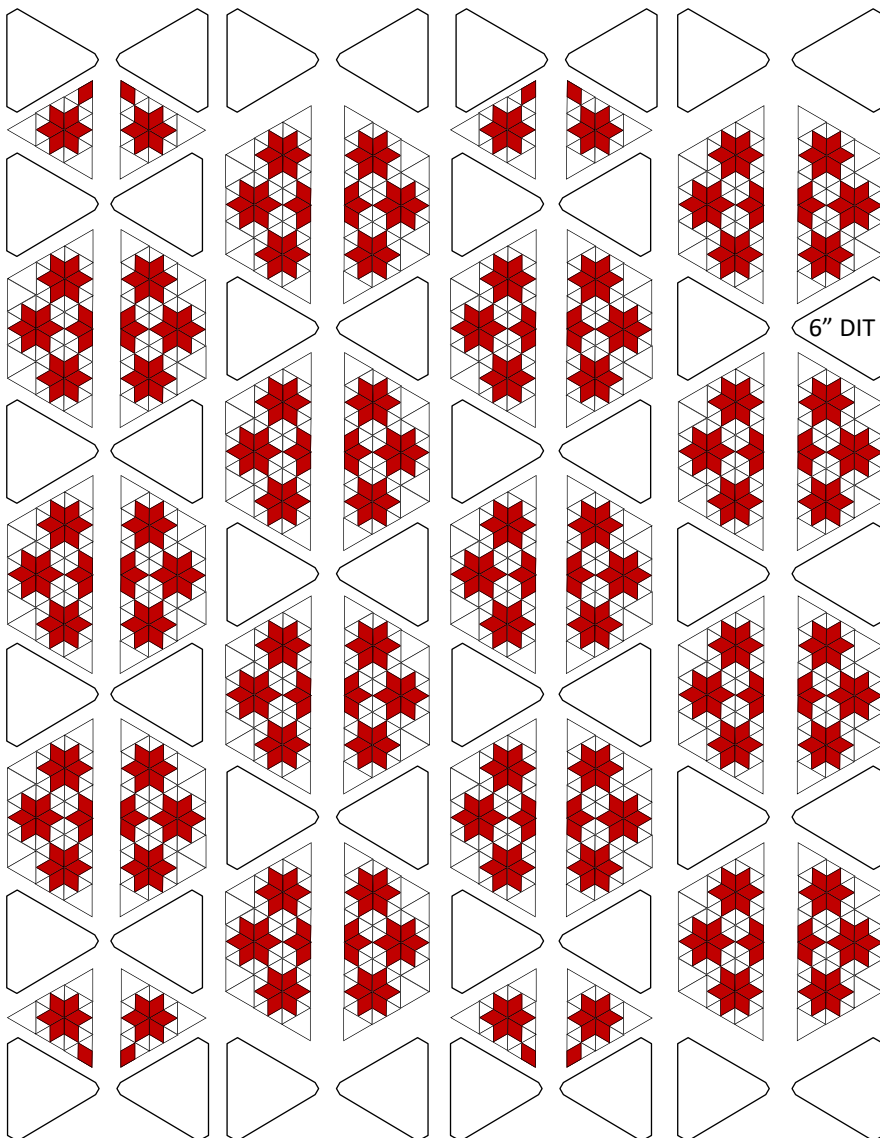


14. Use the remaining half-hexagon units and sew a complete hexagon star. The seam should be split on the back so that it is in a clockwise direction.



15. Add a 2" equilateral triangle to each side and a single DIT unit so form a "third block" shown above.

## Seven Sisters Quilt Diagram

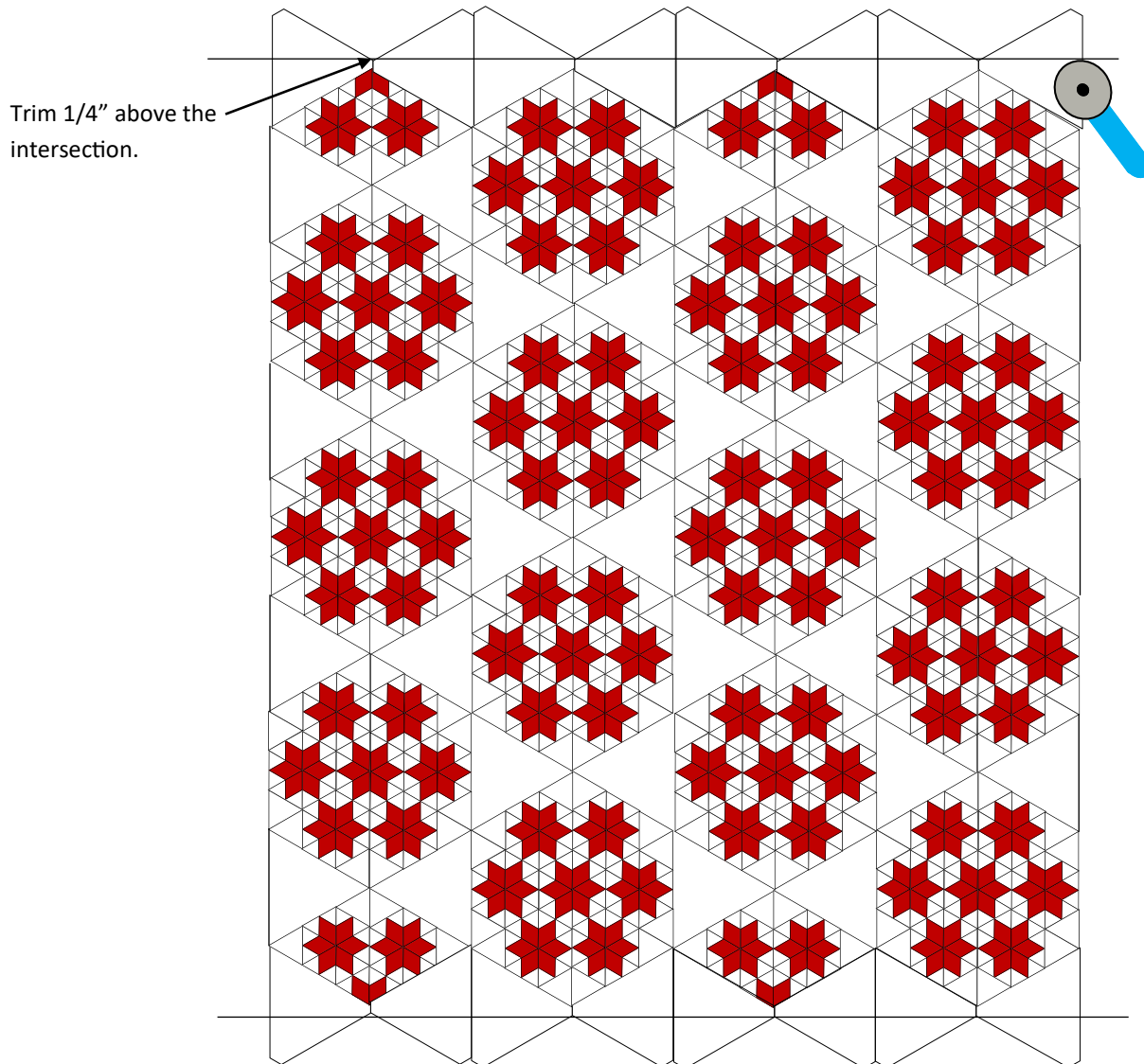


16. Arrange the half, third and 6" equilateral triangles as shown left. The 6" DIT shapes are cut with the grooved ruler.

Sew the blocks and units into rows, pressing the seams in each row in opposite directions.

# Trim Top and Bottom Sides of the Quilt

Trim the excess equilateral triangles from the quilt, 1/4" above the intersections at both the top and bottom edges.





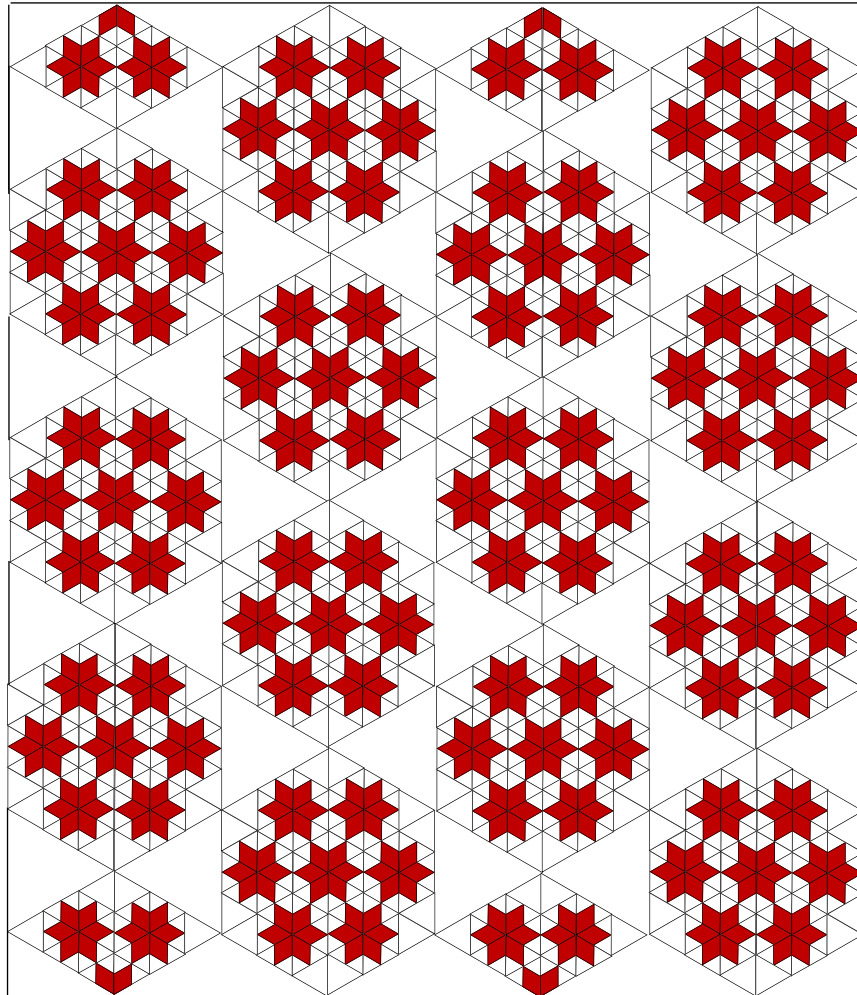
# Add Borders

Join all (7) 2" x wof strips of Border #1 fabric together end to end using diagonal seams and then cut them to the following lengths:

L & R (2) 2" x 69 1/4" and T & B (2) 2" x 45"

For Border #2, repeat the same procedure using background fabric:

L & R (2) 2" x 72 1/4" and T & B (2) 2" x 48"



# Binding

After quilting, trim the quilt and then sew all (7) 2 1/4" x wof together end to end using diagonal seams. Press the seams open and then fold the binding in half wrong sides together. Sew the binding to the front side of the quilt and then wrap it around to the back and secure in place using hand stitches.