



## Quarter Square Triangle Units

There are many different ways to make Quarter Square Triangle (QST) units (also known as hourglass blocks) and 3 triangle units. Here are a few options!

**Note:** Quarter square triangles are 4 triangles that are cut from a square. A Quarter Square Triangle unit (QST) is made up of 4 quarter square triangles.



Half square triangles are 2 triangles cut from a square. A Half Square Triangle unit (HST) is made up of 2 half square triangles.



### Option 1- making 2 at a time with 2 fabrics

To start, you need to know how big to cut your squares.

Basically, cut your 2 squares of fabric 1 1/4" bigger than the FINISHED size of the QST unit.

For example: If your QST unit needs to finish at 2" square, which means it needs to be 2 1/2" unfinished, you would cut your squares at 3 1/4". If your finished unit is 2 1/2", then it needs to be 3" unfinished and you would cut your squares at 3 3/4".

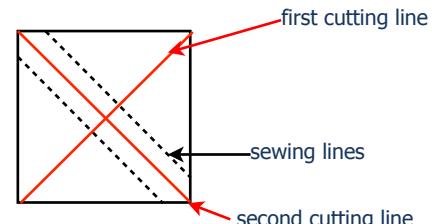
*I like to add a little wiggle room when making my QST units, so I tend to add a 1 1/2" instead of 1 1/4".*

#### Step 1

Drawing lines: you can choose to draw the lines a few different ways- if you are sewing with a 1/4" foot on your machine, you can draw one diagonal line corner to corner on the wrong side of lightest square.

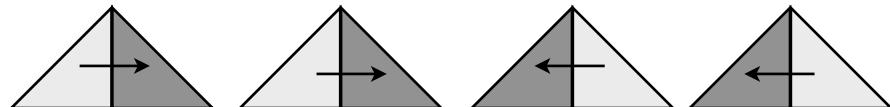
If you are not using a 1/4" foot, then draw 2 sewing lines, each a 1/4" away from the diagonal line.

Layer a square of one fabric RST with a square of the other fabric.



#### Step 2

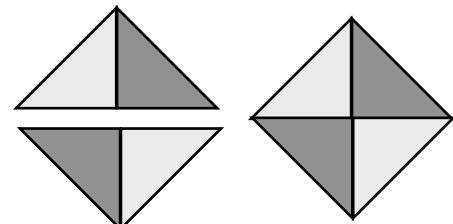
Sew 1/4" away from the diagonal line on both sides. Cut along the opposite diagonal line first, then cut along the diagonal line between the sewing lines. You will have 4 triangle units.



#### Step 3

Sew 2 triangles units together, nesting the seam allowances, making sure not to sew the same fabrics together!

Repeat with the remaining 2 triangle units for 2 QST blocks. If you oversized your squares, trim to size.



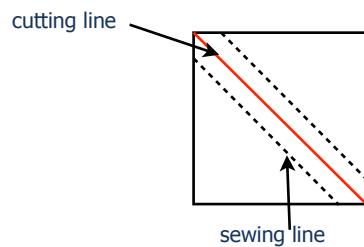
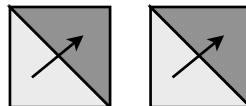
## Quarter Square Triangle Units

### Option 2- making the option 1 blocks a little differently

#### Step 1

Make the blocks following Step 1 on page 1 and sew  $\frac{1}{4}$ " away from the diagonal line on both sides.

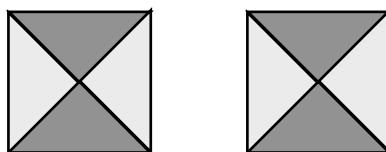
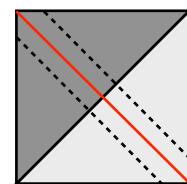
Cut along the diagonal line between the sewing lines.  
You will have 2 HST units.



#### Step 2

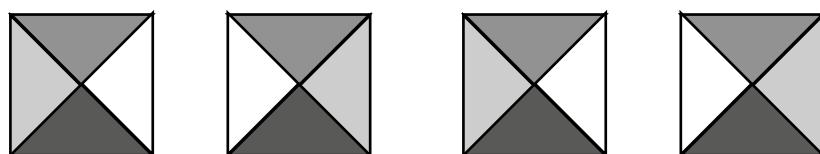
Layer the HST units right sides together, nesting seams with opposite fabrics on top of one another.

Draw a diagonal line, sew a  $\frac{1}{4}$ " away from the diagonal line, on both sides and cut along the diagonal line.  
You will have 2 QST units.

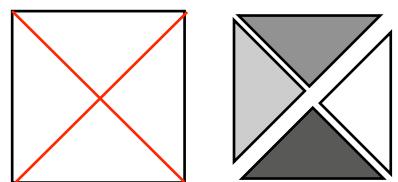


### Option 3- making 4 at a time with 4 fabrics

When you use 4 fabrics, if you follow either option 1 or 2 above, you will have 4 QST blocks that are mirror images of each other.



**Option 3 traditional:** A very traditional way to create the units, (can be done with 2 or 4 fabrics) is to cut each fabric square diagonally twice and sew the resulting quarter square triangles together. But I usually only use this method when I am using lots of fabrics and want really scrappy units!



# Quarter Square Triangle Units

## Option 3 alternate-

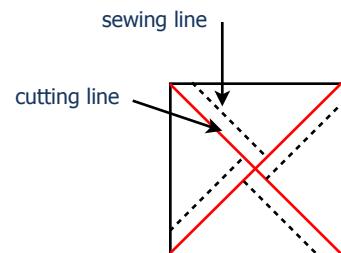
What if you want to use 4 fabrics but you want all your blocks to look the same??

Well, it can be done! You could use the traditional method on page 2 and cut quarter square triangles or, you start using 2 of the fabrics and layering the 2 squares right sides together (like option 1).

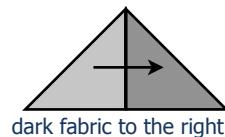
BUT, instead of sewing down 2 sides of one diagonal line, you will sew it a little bit differently.

### Step 1

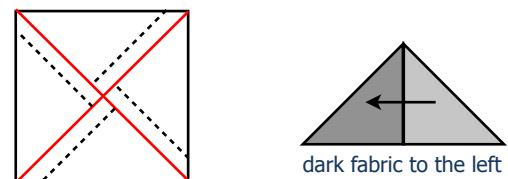
Draw 2 diagonal lines, one along each diagonal on the lighter fabric. Layer 2 fabrics, right sides together (darker fabric is on the bottom) and sew  $\frac{1}{4}$ " away from the diagonal line but only on one side of the line and only to the center.



If you want the lower (darker) fabric to end up on the right, sew to the right of each part of the diagonal lines. You will sew 4 short seams.

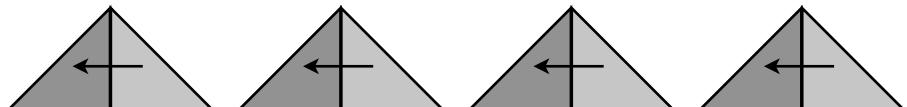


If you want the lower fabric to be on the left, sew to the left of each part of the diagonal line.



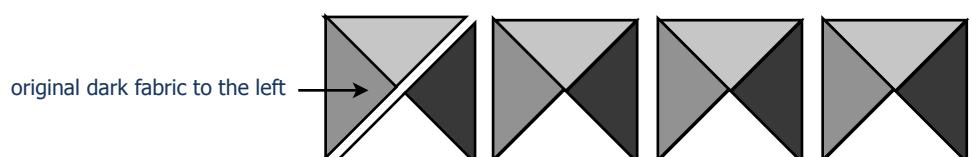
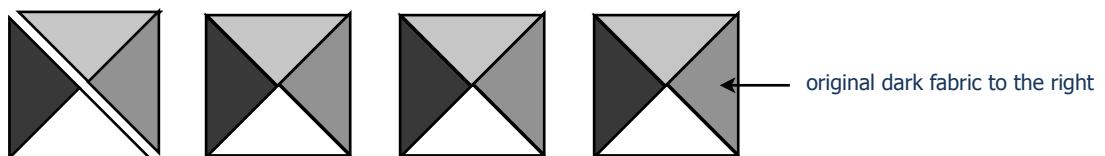
### Step 2

Cut along the 2 diagonal lines and you will have 4 triangle units that are all the same.



### Step 3

Repeat with the other 2 fabrics and then sew the 2 units together.

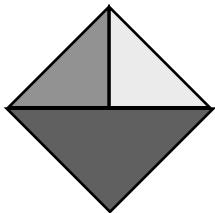


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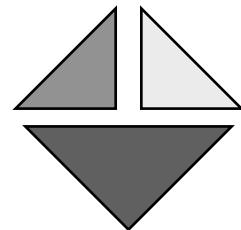
### 3 Triangle Units

Another unit that uses a combination of quarter square triangles and half square triangles is the 3 triangle unit (or the 3 piece QST unit, the partial QST, the Y block, the combination unit or... well, it has lots of names).

It looks like this:



To make this unit, sew 2 quarter square triangles together and then sew them to a half square triangle.



Just like the full QST unit, you can make them different ways!

Cut individual triangles and sew them together, or make triangle units (option 1) and sew them to a half square triangle, or make HST units from the quarter square triangle fabrics and layer that with a square of the half square triangle fabric and sew on 2 sides (option 2).

Or try a specialty ruler and follow their instructions.

Go play around and see what methods you like!

happy quilting!

Kate