



Founders Hug Block

This tribute block honours Lezley Zwaal, founder of Quilts of Valour Canada. Every quilt, made with love, respect, and gratitude, carries forward her dedication and passion in honour of our veterans.

Finished size: 9" × 9"

Unfinished size: 9½" × 9½"



Fabric Requirements (one block)

Red Fabric

- (2) red rectangles — 4" × 7½"

Background Fabric

- (4) cream squares — 1½" × 1½" (corner flips)
- (2) cream squares — 4" × 4"

Border Fabric

- 2" of any Northcott O Canada fabric cut one strip WOF

This will give you a block slightly larger than 9 ½" trim to 9 ½" to complete your hug block.

Instructions

Step 1: Shape the Heart Top

On each 4" x 7 1/2" rectangle place a 1 1/2" background square

Draw a diagonal line on the back of the fabric as shown

Stitch on the line, flip, trim excess fabric and press open

Sew both halves of the heart lining up the seams



Step 2: Shape the Heart bottom

Using the two 4" background squares draw a diagonal line on the back of your fabric and place on the bottom of the heart, Sew flip and trim excess



Step 3: Square up the heart to 7"



Step 4: Add 2" border and trim to 9 1/2"

Any Northcott O Canada fabric works to make your block unique. Trim to 9 1/2"

