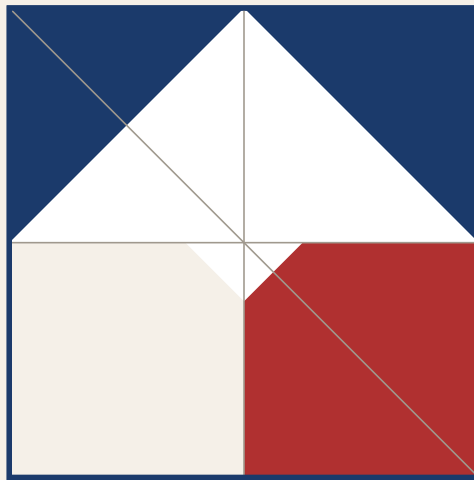


# SCANDINAVIAN QUILT

## BLOCK STARTER GUIDE

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From First Cut to Finished Block


- ◆ Nordic palettes
- ◆ Cutting dimensions
- ◆ Block-by-block sequence

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# THE NORDIC PALETTE

The palette is the first technique decision in any Scandinavian quilt. Choose two colors with strong contrast at three feet. The four colorways below anchor the Nordic quilting tradition.

**NAVY + CREAM** Most versatile



NAVY CREAM

The classic combination. High contrast, works in any room.

*Kona: 'Navy' + 'Ivory'*

**CRIMSON + CREAM** Most traditional




CRIMSON CREAM

The folk-art palette. Rich red against natural white.

*Kona: 'Crimson' + 'Natural'*

**CHARCOAL + NATURAL** Most modern




CHARCOAL NATURAL

Modern Scandinavian. Clean lines for contemporary interiors.

*Kona: 'Pepper' + 'Natural'*

**FOREST GREEN + CREAM** Most earthy



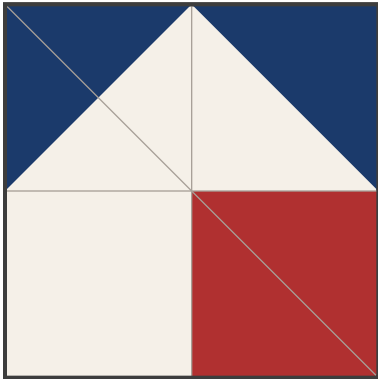
FOREST GREEN CREAM

Nature-inspired. Evokes Nordic landscape, pairs with wood tones.

*Kona: 'Spruce' + 'Ivory'*

**KEY RULE:** Your two main palette fabrics must read as clearly distinct from three feet. Test them in your room under real light before purchasing.

# NORDIC HEART BLOCK

**BEGINNER**
**1 to 2 hours per block**
**2 fabric colors**


*Nordic Heart Block (simplified)*

Finished size: 8" x 8"

## CUTTING DIMENSIONS (per block)

**Fabric A (accent):**

4 squares at 4.5" x 4.5"

**Fabric B (neutral):**

4 squares at 4.5" x 4.5"

**Seam allowance:**

0.25" throughout

**Finished block:**

8" x 8" (8.5" unfinished)

## STEP-BY-STEP ASSEMBLY

**1 Cut squares**

Cut 4 squares of Fabric A and 4 of Fabric B at 4.5" x 4.5". Measure all 4 sides of your first square before cutting the rest.

**3 Sew HSTs**

Sew 0.25" on each side of the drawn line. Cut along the line. Open and press toward the darker fabric. You have 2 HST units.

**5 Arrange and sew**

Arrange 4 HSTs per the block diagram. Sew 2 rows of 2, pressing seams in opposite directions. Join the rows, nesting the seams.

**2 Pair and mark**

Place one A square and one B square right sides together. Draw a diagonal line corner to corner with a marking pencil.

**4 Repeat**

Repeat with the remaining 3 pairs to make 8 HST units total. Trim all 8 units to exactly 4" x 4".

**6 Press and measure**

Press the completed block flat. It should measure 8.5" x 8.5" unfinished. If it differs by more than 1/8", check your HST trimming before proceeding.

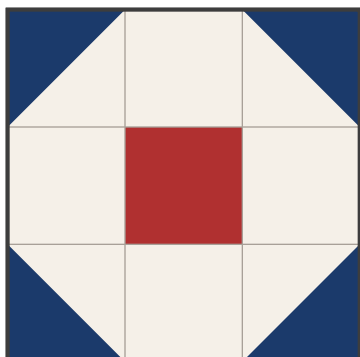
**PRESSING NOTE:** Press every seam before joining the next unit. Press toward the darker fabric. An unpressed seam introduces measurement error into every block that follows.

# SWEDISH WEATHERVANE BLOCK

BEGINNER / INTERMEDIATE

1.5 to 2 hours per block

Charm-pack friendly



Swedish Weathervane Block  
Finished size: 9" x 9"

## CHARM PACK FRIENDLY

Works with standard 5" charm squares.

## CUTTING DIMENSIONS (per block)

### Corners + center (A):

5 squares at 3.5" x 3.5"

### Edge units (B):

4 squares at 3.5" x 3.5"

### HST construction:

Pair 4A + 4B, trim to 3" x 3"

### Finished block:

9" x 9" (9.5" unfinished)

## STEP-BY-STEP ASSEMBLY

### 1 Cut all pieces

Cut 5 squares of Fabric A and 4 of Fabric B at 3.5" x 3.5". Measure your first square before cutting the rest.

### 3 Arrange the 9-patch

Place 4 HSTs in corners with navy triangles pointing inward, 4 Fabric B squares on edges, and 1 Fabric A square in the center.

### 5 Join rows

Join all 3 rows. Nest the seams at each intersection. Press the completed block flat. Check: 9.5" x 9.5" unfinished.

### 2 Make 4 HSTs

Pair 4A with 4B. Draw diagonal, sew 0.25" on both sides, cut on the line, press open. Trim to exactly 3" x 3".

### 4 Sew 3 rows

Sew 3 rows of 3 units. Press row seams in alternating directions to allow the seams to nest when joining.

### 6 Evaluate

Stand three feet back. The weathervane must read clearly. If the triangles blur together, your contrast ratio is too low.

**LAYOUT TIP:** Lay out all 9 units before sewing. Confirm HST orientation before the first seam. A misoriented corner triangle produces a pinwheel, not a weathervane.

# CUTTING ACCURACY CHECKLIST

Block misalignment in a Scandinavian quilt is almost always a cutting error, not a sewing error. Run this checklist before cutting any project pieces.

## BEFORE YOU CUT: TOOL SETUP

- Rotary cutter blade is sharp. A dull blade drags fabric and produces uneven edges.
- Self-healing mat is flat, undamaged, and positioned on a stable surface.
- Quilting ruler is clean and scratch-free. Markings must be visible at the cut edge.
- Ruler pressure is firm enough to prevent sliding, not so hard it shifts the fabric.
- Mat grid and ruler markings agree at your working measurement (4.5" or 3.5").

## THE TEST SQUARE PROTOCOL

- Cut one 4.5" square from each palette fabric before cutting any project pieces.
- Measure all four sides of each test square with a ruler, not the mat grid.
- All four sides must measure exactly 4.5". A difference of 1/16" is a cutting error.
- If any side is off, adjust ruler placement and re-cut. Repeat until the square passes.
- Only cut project yardage after both test squares pass all four-side measurement.

## DURING THE PROJECT

- Cut all same-size pieces in one session. Different ruler pressure between sessions causes drift.
- Replace rotary blade after 4 to 6 hours of cutting. A skipping blade leaves jagged edges.
- Stack no more than 4 fabric layers when cutting. More layers increase measurement error.
- After every 6 to 8 cut pieces, measure one against the ruler to confirm no drift.
- If HSTs do not trim to target size, the source squares were cut inaccurately. Re-cut.

**REMEMBER:** "Maybe I'm just not talented" is almost always an uncorrected cutting error.

# PATTERN ESCALATION MAP

Start at the level that matches your confirmed skill. Complete each tier before moving to the next. The skill gained in each tier is the prerequisite for the tier above it.

## TIER 1 | FIRST PROJECT

*Requires: No prior quilting required*

**Skills gained:** Straight-line cutting, accurate 0.25" seam, pressing basics

◆ **Scandi Strip Block**

Strip piecing only. No complex shapes. Palette-driven result.

**45 min / block**

*Gate: Can you cut a 4.5" square that measures exactly 4.5" on all four sides?*



## TIER 2 | FIRST HST PROJECT

*Requires: Confirmed accurate cutting from Tier 1*

**Skills gained:** Half square triangle construction, HST trimming, pressing direction

◆ **Nordic Heart Block**

4 HST units. Two colors. Beginner-accessible.

**1 to 2 hrs / block**

◆ **Swedish Weathervane**

8 HST units in 9-patch layout. Charm-pack friendly.

**1.5 to 2 hrs / block**

*Gate: Do your HSTs trim to exact target size? If not, correct cutting before Tier 3.*



## TIER 3 | INTERMEDIATE STAR WORK

*Requires: Confirmed HST accuracy + 3 to 5 completed Tier 2 blocks*

**Skills gained:** Precision point matching, star layout, seam nesting across multiple units

◆ **Scandinavian Star (simplified)**

Strip-pieced star points. Intermediate stepping stone.

**2 to 3 hrs / block**

◆ **Nordic Star (full)**

Precision HST star. The conversation quilt. Sengeteppe tradition.

**3+ hrs / block**

*Gate: Do your star points meet within 1/16"? If not, return to Tier 2 trimming practice.*

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