

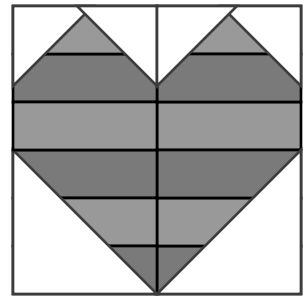
# 2022 Sweet Dreams

## Block 3 – Angel Food Cake

Hosted by Pat Sloan At [lovetomakequilts.com](http://lovetomakequilts.com)

This is such a light and fluffy cake!  
Angel Food cake is the perfect base to add yummy toppings on.  
Pile on Strawberries and whip cream, or frost with a fluffy icing, it can handle it!

What do you have with Angel food cake?



**Block is 9.5" x 9.5"**  
Finished size 9"x 9"

## Cutting & Sewing

### Background light Fabric

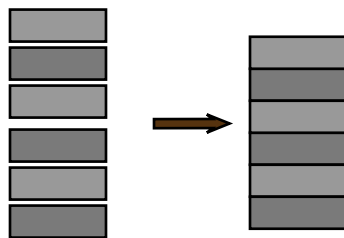
- Cut 4 squares 3" x 3" Draw a line on the Back of each square
- Cut 2 Squares 5" x 5" Draw a line on the Back of each square

### Heart Fabrics -

- Use a variety of fabrics.
- Cut 12 strips 2" x 5"

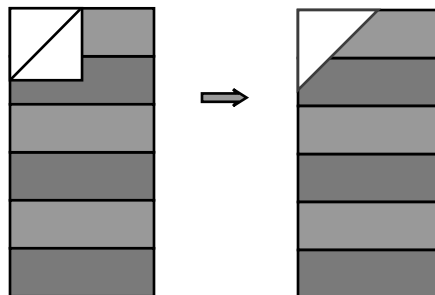
### Directions

- 1) Using 6 of the 2" x 5" strips sew one side of the Heart.  
Make 2  
Size 5" x 9 1/2"



- 2) Follow the diagrams to sew and flip squares To create the heart shape.
  - Place a 3" light square on the top left edge of the rectangle from step #1
  - Sew on the line.
  - Flip over and press, check the back to be sure it matches up to the rectangle
  - Trim away the excess corner fabric behind the triangle. Leave a 1/4" seam.

Make 2  
Measures 5" x 9 1/2"



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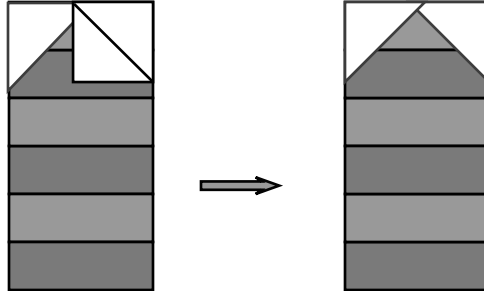
# 2022 Sweet Dreams

## Directions

3) Following the diagram, repeat step 2 for the second 3" square at the top right of the rectangle.

Make 2

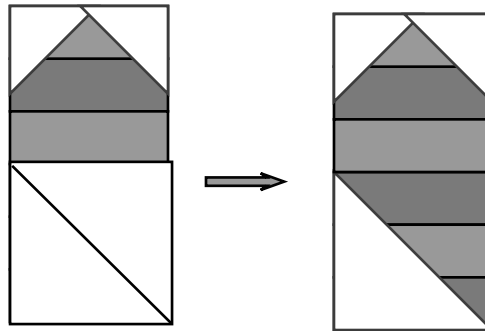
Measures 5" x 9 1/2"



4) Following the diagram, repeat step 2 using the 5" square at the bottom left of the rectangle.

Make 1

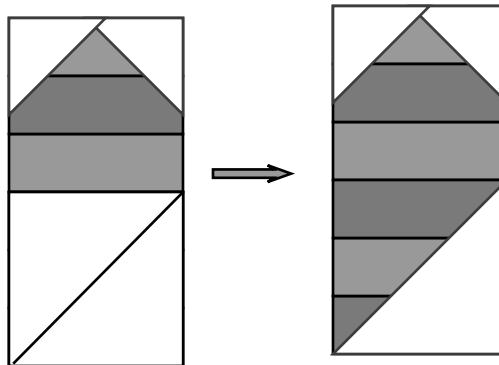
Measures 5" x 9 1/2"



5) Following the diagram, repeat step 2 using the 5" square at the bottom right of the rectangle.

Make 1

Measures 5" x 9 1/2"



## Block 3 – Angel Food Cake

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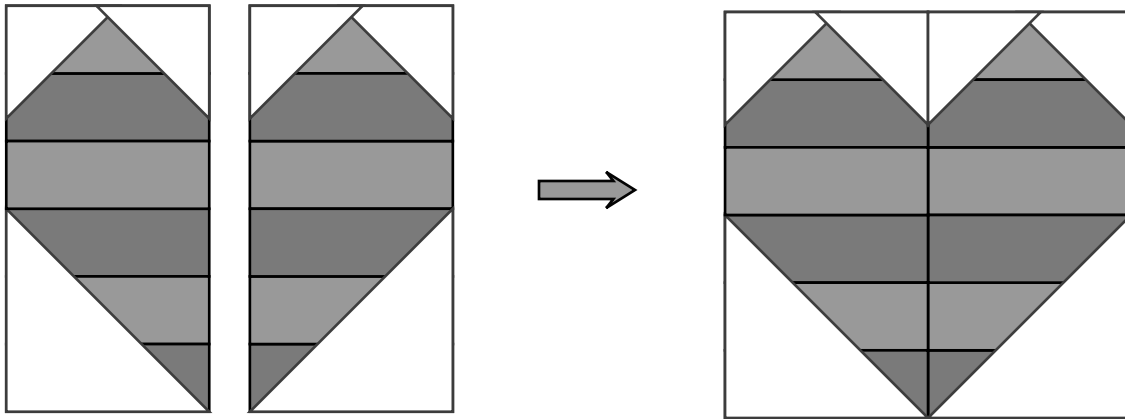
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6) Following the diagram, sew the block  
Make 1  
Measures 9 1/2" x 9 1/2"



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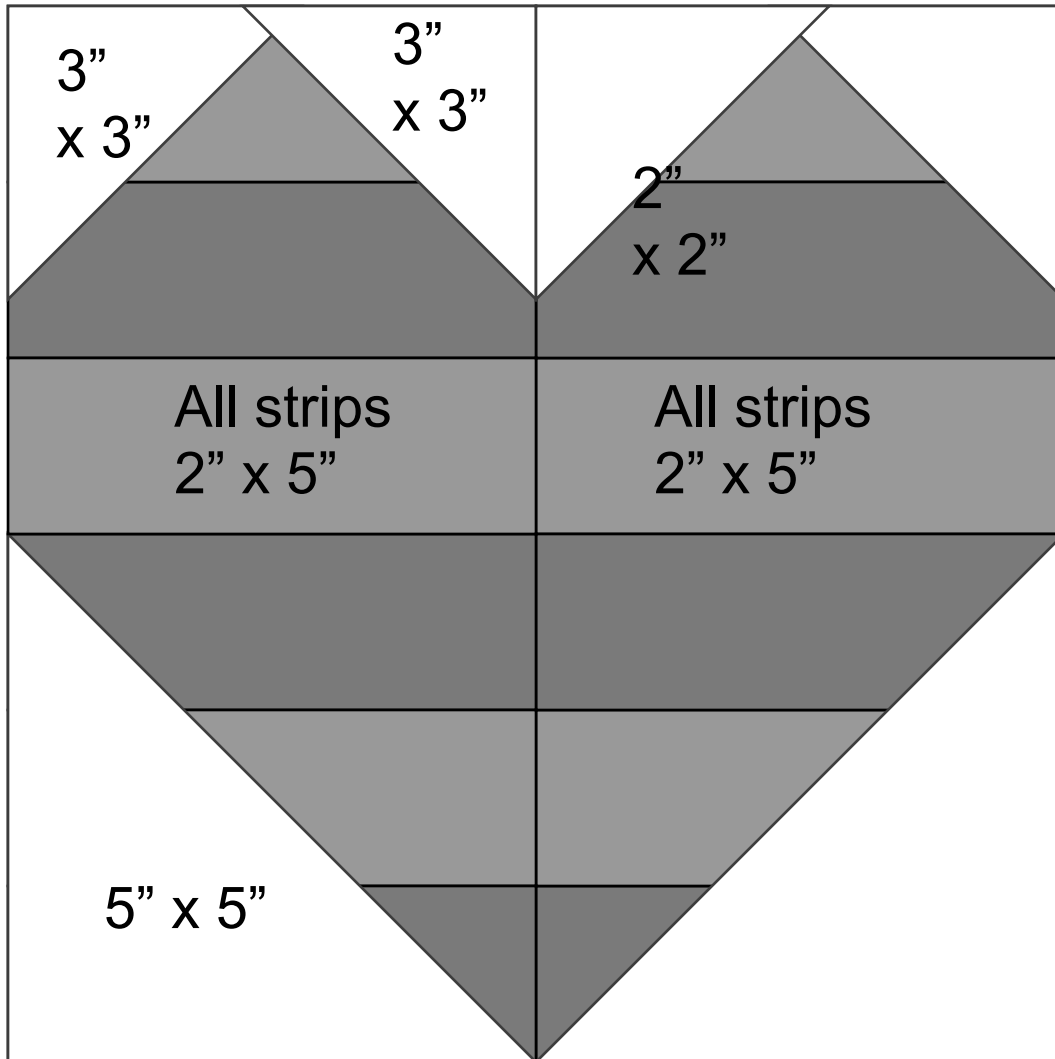
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# 2022 Sweet Dreams

## Block 3 – Angel Food Cake

### Unfinished Sizes



**Block is 9.5" x 9.5"**

IN the Quilt it is finished size 9" x 9"

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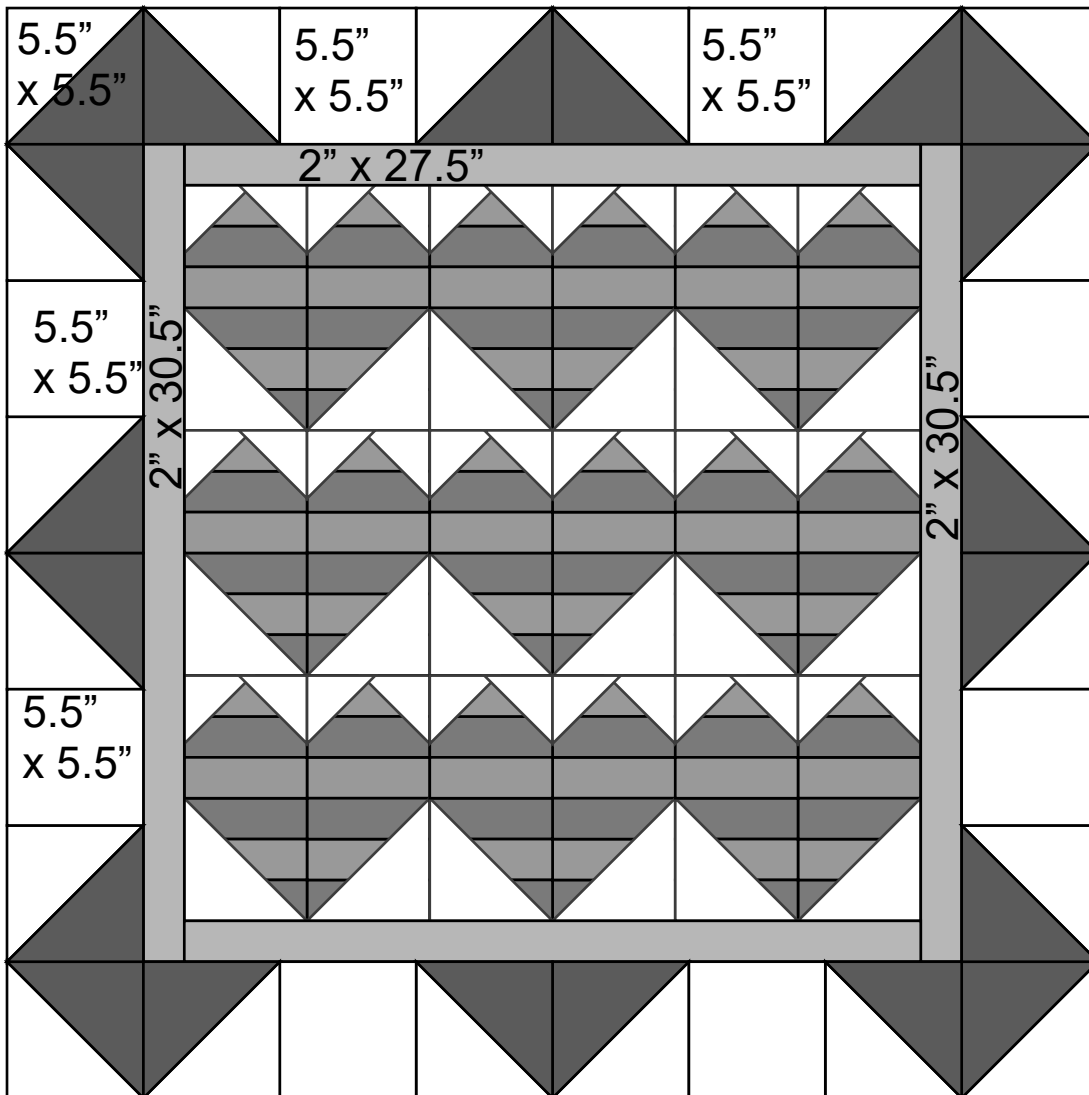
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# 2022 Sweet Dreams BONUS Layout



**Block 3 – Angel Food Cake**      **40 1/2" x 40 1/2"**

- Cut 10 light squares 6" x 6".
- Cut 10 dark squares 6" x 6"
- Cut 8 light squares 5.5" x 5.5"
- Cut 2 medium strips 2" x 27.5"
- Cut 2 medium strips 2" x 30.5"
- Use sheet at end to make 20 HST that are 5.5" x 5.5"

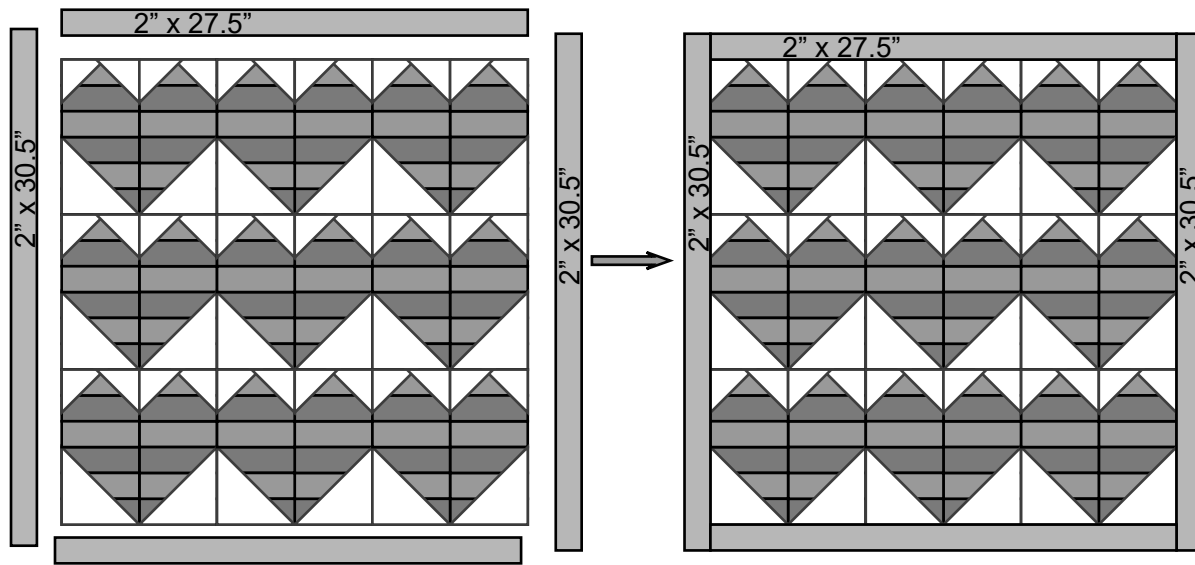
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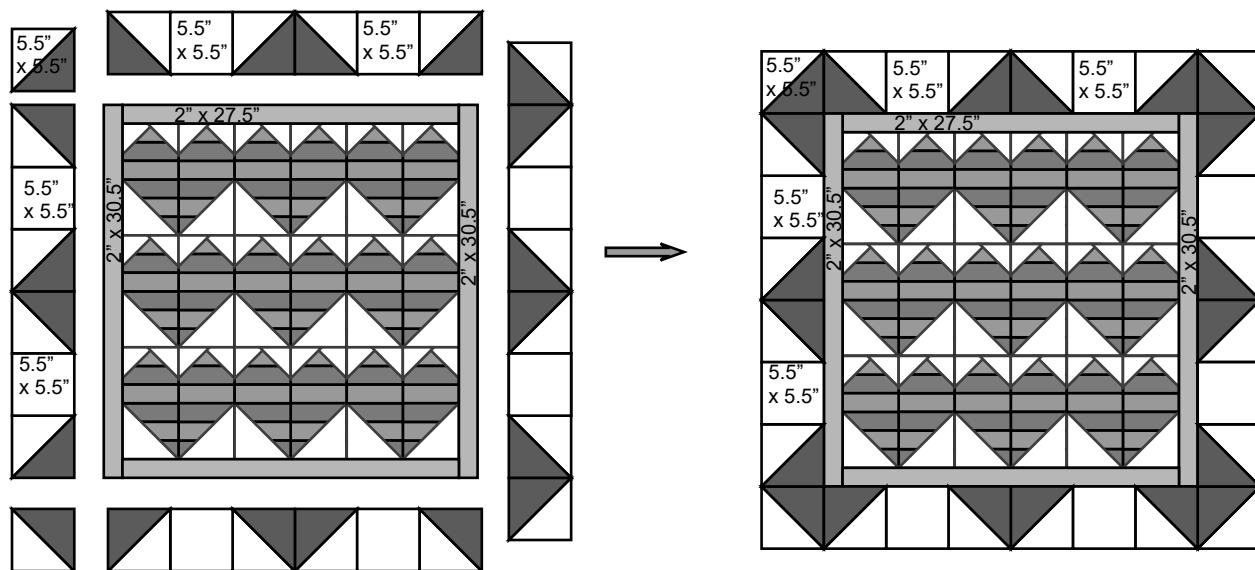
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Make 4 units



**40 1/2" x 40 1/2"**

## Block 3 – Angel Food Cake

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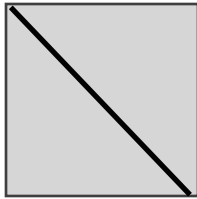
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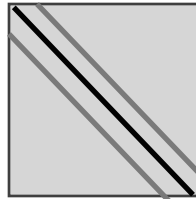
## Half Square Triangles Tutorial

**NOTE- For other ways to make HST units, see my book  
"Pat Sloan's Teach Me to Sew Triangles"**



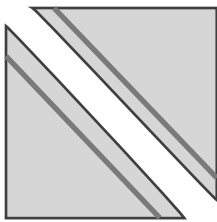
**Step 1**

- Draw a line on the back of all the lighter squares



**Step 2**

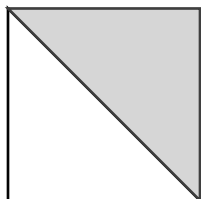
- Layer the 2 squares  
- Sew a  $\frac{1}{4}$ " seam on both Sides of the drawn line



**Step 3**

Cut on the drawn Line for 2 HST

**Step 4**



-Trim squares to size using a square ruler with a diagonal line placed on the Seam.

**See my Book**

**"Pat Sloan's Teach Me to Sew Triangles"**

**For Step by Step photos and methods to make more at one time**