

Seymour Quilters' Guild Block of the Month - January 2026

Lover's Knot

Fabric Requirements:

Colour 1 (tonal white):

Cut (2) 6" squares for HSTs

Cut (4) 2½" x 3½"

Cut (1) 2½" x 2½" square

Colour 2 (floral):

Cut (2) 6" squares for the HSTs

Colour 3 (green):

Cut (4) 2½" x 2½" squares



Step 1:

HSTs using the two-at-a-time method. Draw a diagonal line on the back of the white background 6" squares and place right sides together on top of the other 6" squares you will be using for Colour 2. Sew on each side of the diagonal line. Cut apart. Press towards the darker fabric and trim each HST to 5½". There is very little to trim off. You will have 4 HSTs.

Step 2:

Take one 2½" x 3½" rectangle (Colour 1) and one 2½" x 2½" square from Colour 3 and sew them together. The strip will measure 2½" x 5½". Repeat to make a total of 4 strips. Press seams towards Colour 3.

Take two HSTs and sew one strip between the two HSTs. Colour 3 will be positioned towards the bottom. Repeat for the other two HSTs.

Step 3:

Take the remaining 2 strips and the white 2½" x 2½" square and sew the white square to Colour 3. Then sew the other side of the white square to the other Colour 3 strip. The strip will measure 2½" x 12½". See photo above for layout. Press seams for white centre square to the centre so your seams will nest once you join the rows together.

Step 4:

The 2½" x 12½" will be your centre strip. Sew the rows together. See picture above for layout. The block should be 12½" x 12½" unfinished, which means you will have a 12" x 12" finished block.

I found this block on the Blue Mountain Quilters' Guild website under their Block of the Month Archives. However, I did not use their version for cutting the fabrics and I did not use their version for making the HSTs. Instead, I recalculated the cutting for each piece and decided to make the HSTs using the two-at-a-time method with 6" x 6" squares.

This was a fun and easy block to put together. Hope you enjoy making this block.

Happy Quilting!

Susanne Dickenson