

# Denton Quilt Guild 2023 Guild Initiative – Bow Tie Blocks

*This simple four patch block dates to the late 1800s. It is also called Lover's Knot, Colonial Bow Tie, and Dumbbell. Some theories believe it was used as a secret signal in quilts of the Underground Railroad to identify safe passage options.*

Start with three 5" squares of print fabric and two 5" squares of white (or tone-on-tone white).

Cut one print square in half equally, both horizontally and vertically, to get four 2½" smaller squares.

Lay one 2½" print square on a corner of a white background square, draw a diagonal line on the print square, then stitch on the line. Press the print square open, trimming the excess. See the diagram below. Make 2 of these. Discard the remaining 2 print squares (or save for another project).

Assemble the four patch according to the diagram below, adding a 5" print square to the sub-section you just made above, then assembling 2 of these two patches together, matching the center seam. Press all seams open or press all seams in one direction, in a spiral pattern to reduce bulk at the center.

Your finished block should be 9½" square. Turn in your bow ties to Kid Kwilts.

*If you are new to quilting, there are many online tutorials that will take you through the process step-by-step.*

*Whatever method you choose, start with 5" squares (perfect for Charm packs!) and ensure your finished blocks are 9½" square. Although the diagram shows a solid color background (this is because white fabric would not show well on white paper!), your background should be white or tone-on-tone white.*

