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January:



{POLAR} BEAR PAW BLOCK

"What became each claw in the Bear's Paw quilt block had its beginnings as the sawtooth border used on early American quilts. The story of this pattern begins even before pieced quilts became common around the middle of the 19th century. Early American quilts were often in a medallion style with several borders surrounding a central area of an interesting printed fabric or solid with a large motif appliquéd on it. The block is also known as "Hand of Friendship" and "Ducks Foot in the Mud"."

Source: Womenfolk.com. 'Is it a Ducks Foot in the Mud or a Bear's Paw Quilt?'

I thought that since most of us are probably in a deep freeze this month, why not start with a 'cold' kinda block? Okay, so I'll admit it, I made up the {Polar} part of this month's block – but enjoy!

Cutting:

From white/background fabric:

- Eight 2.75" squares
- Four 2.25" squares
- Four rectangles 2.25" x 5.75"
- Four 2.0" squares

From Colored Fabric(s):

- Eight 2.75" squares ('claws')
- One 2.25" square (center)
- Four 4" squares ('paws')

Instructions:

1. 'Paw' Unit: Draw a diagonal, corner to corner line on each of the four 2.0" squares; align one of these squares along one corner of each of your 4.0" square and sew along line; trim to ¼" seam. (Image 2). Press corner open.

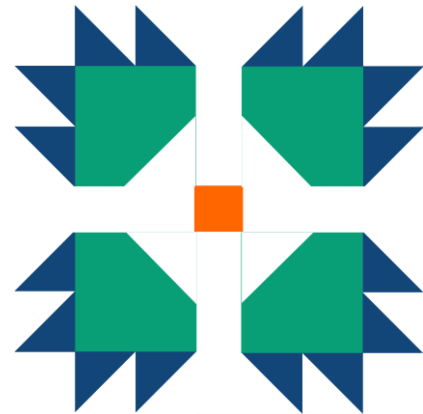


Image 1: Block Diagram

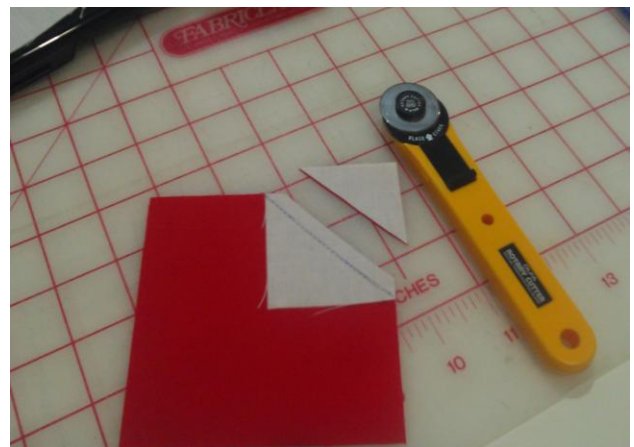


Image 2: 'Paw' unit

2. 'Claw' Unit: Prepare $\frac{1}{2}$ square triangles or your 'claw' units: draw a diagonal, corner to corner line on each of your background or white 2.75" squares. Stack one background square on top of one colored square. Sew $\frac{1}{4}$ " seam on either side of line. Cut along line. Press open and trim your HSTs to exactly 2.25" square; trim dog ears.



Image 3: 'Claw' units, HSTs

3. layout HSTs according to block diagram (Image 1). Sew HSTs on one side together; repeat for opposite side, attaching 2.25" white square to one end. (Image 4).

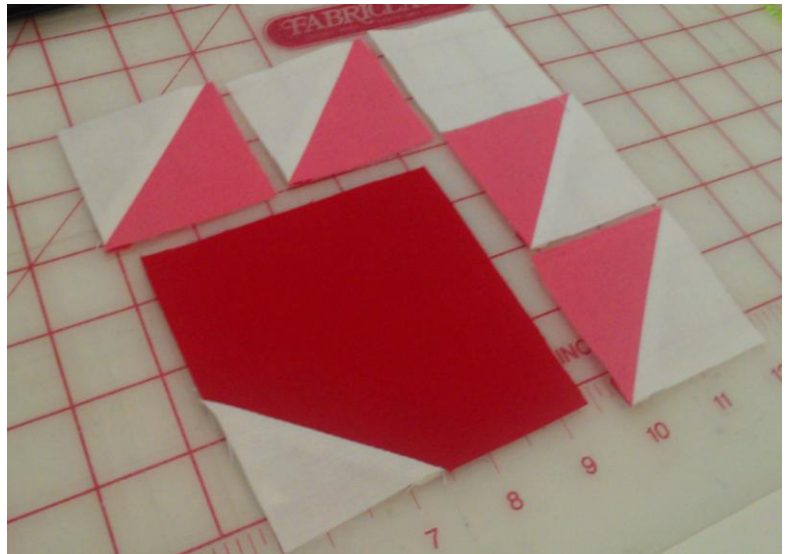


Image 4: make sure your 'claws' are facing the correct way!

4. Attach 2 HST unit to one side of 4" square (Image 5).

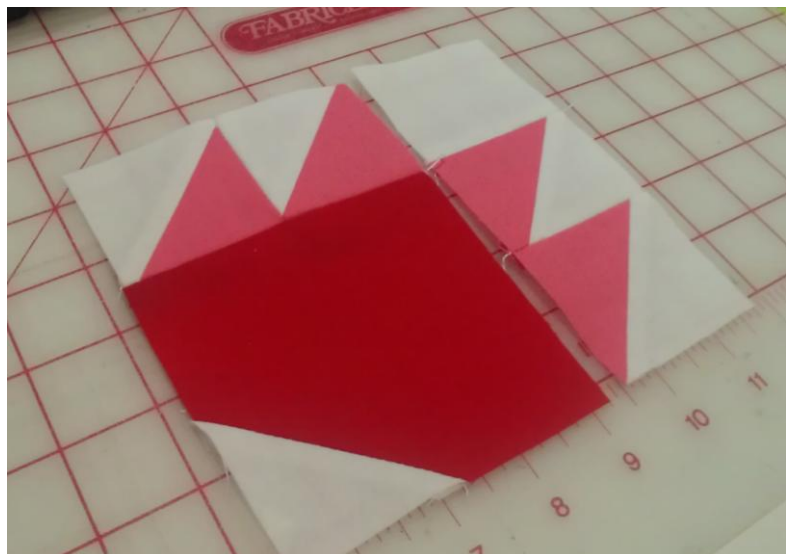


Image 5

- Attach 2HST + White square unit to bordering side, matching 'claw' seams at large square's corner. (Image 6).

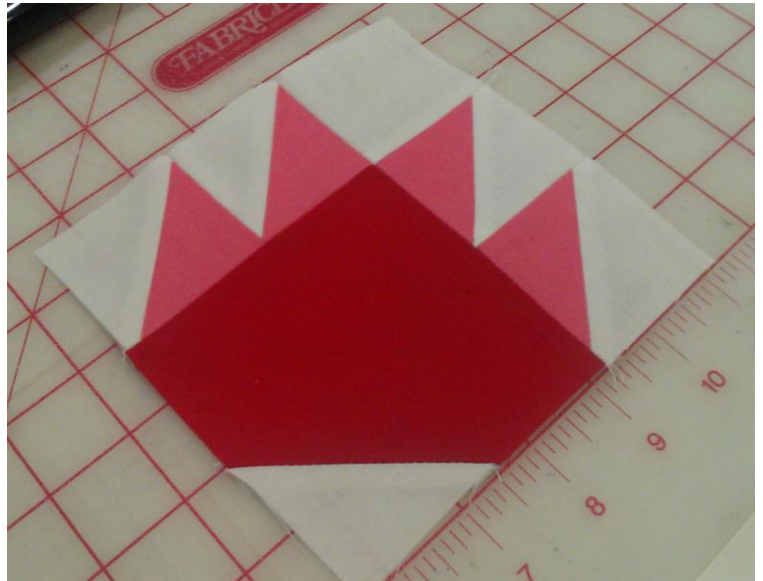
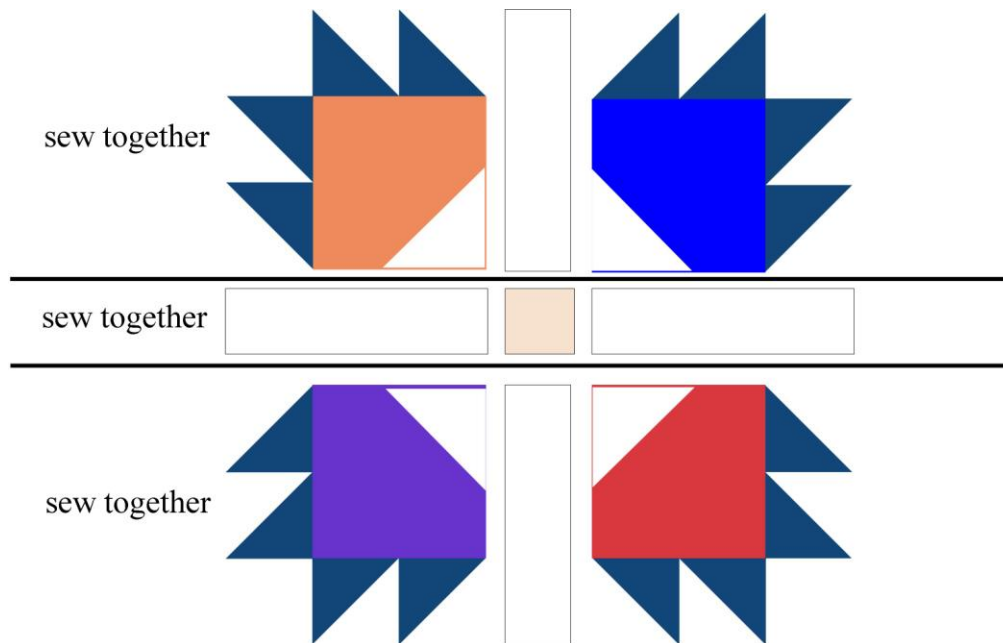


Image 6

- Repeat steps 1-5 for remaining 3 'paw' units.
- Refer to diagram below for final block assembly order. Sew three units together to complete your {Polar} Bear Paw block.



Don't forget to link up your block on February 1 on the [Sew at Home Mummy site!](#)

You can also post your block's photo to the [Classic Meets Modern QAL Flickr Group!](#)