SEW GRATEFUL FOR

Strength

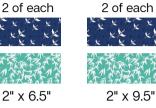
Cutting







2







Instructions



- Start with a square and build it up by sewing strips on opposite sides of the square, just like the traditional Courthouse Steps Block.
- Continue building layers, alternating with 2 contrasting fabrics.
- You will end with a square that looks like a dumbbell strength!















12" Strength Block - www. healthyquilting.com