



Quarter-Square Triangles (QST) ☒

The hourglass' building block. Cut a square on both diagonals and you get four quarter-square triangles — each with the straight grain on its long (outer) edge, so the block's edges won't stretch. Great for hourglasses, star points, and on-point side setting triangles. Cut sizes include seam allowance.

Cut-square sizes

*Cut a square this size, then slice it corner-to-corner **both** ways (an X) → 4 quarter-square triangles. “Finished” is the size the square unit ends up in the block.*

Finished Unit	Cut a Square	Square Unit Up To
1"	2 ¹ / ₄ "	1 ¹ / ₂ "
1 ¹ / ₂ "	2 ³ / ₄ "	2"
2"	3 ¹ / ₄ "	2 ¹ / ₂ "
2 ¹ / ₂ "	3 ³ / ₄ "	3"
3"	4 ¹ / ₄ "	3 ¹ / ₂ "
3 ¹ / ₂ "	4 ³ / ₄ "	4"
4"	5 ¹ / ₄ "	4 ¹ / ₂ "
4 ¹ / ₂ "	5 ³ / ₄ "	5"
5"	6 ¹ / ₄ "	5 ¹ / ₂ "
5 ¹ / ₂ "	6 ³ / ₄ "	6"
6"	7 ¹ / ₄ "	6 ¹ / ₂ "
6 ¹ / ₂ "	7 ³ / ₄ "	7"
7"	8 ¹ / ₄ "	7 ¹ / ₂ "

Finished Unit	Cut a Square	Square Unit Up To
7½"	8¾"	8"
8"	9¼"	8½"
8½"	9¾"	9"
9"	10¼"	9½"
9½"	10¾"	10"
10"	11¼"	10½"
10½"	11¾"	11"
11"	12¼"	11½"
11½"	12¾"	12"
12"	13¼"	12½"
12½"	13¾"	13"
13"	14¼"	13½"
13½"	14¾"	14"
14"	15¼"	14½"

Hourglass units (two colors, 2-at-a-time)

For the classic two-color hourglass, start from a pair of squares:

- Cut 2 squares (your two fabrics) = finished + 1¼".
- Make 2 half-square triangles from them (draw the diagonal, sew ¼" on both sides, cut on the line).
- Layer the 2 HSTs right sides together, opposite colors facing; draw the *other* diagonal, sew ¼" on both sides, and cut → 2 hourglass units.
- Press, then square each unit up to finished + ½".