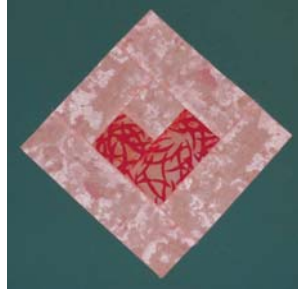


# QCNNY Block of the Month

October 2011

## A Different Heart Block

(Source: Bali Love Song)



Finished block size: 8" x 8"

The block is an easily constructed two-fabric framed heart set on point. Use two contrasting shades of the same color; a deep-hued heart on a muted background will be as lovely as a pastel heart on a vibrant background. Solids, prints, and everything in between will make beautiful blocks to honor our loved ones.

Starch and press the fabrics before cutting. Note: each strip is cut 2 ½" wide by the following lengths:

Heart fabric: (1) each: 2 ½"; 4 ½"  
Background: (1) each: 2 ½"; 4 ½"; 8 ½"; (2) 6 ½"

1. Sew the 2 squares together in a ¼" seam. Press away from the heart fabric.
2. Sew a 4 ½" strip to opposite sides of the two-square unit. Press away from the center squares.



3. Using the photograph as a guide, sew a 6 ½" strip to the long side of the unit with the background square; press toward this strip.
4. Then, sew the remaining 6 ½" strip to the side with the un-pieced heart strip and just added 6 ½" strip. Press toward this strip.
5. Lastly, stitch the 8 ½" strip to the side with the heart square. Press away from the center. The block should measure 8 ½" x 8 ½".

# Cancer Awareness Ribbon Colors

(Sources: Chemo Angels, Choose Hope, About.com Cancer)

Though October is designated as “Breast Cancer Awareness Month”, this heart block serves to remind us that the cure for this and many other cancers still eludes us. In loving tribute to our friends and family members who are affected by cancer—those who are battling the disease, those who have succumbed, and those who have survived—let’s make a block in the ribbon color associated with awareness of their particular illness.

Bladder Cancer .....	<i>Yellow</i>
Bone Cancer .....	<i>White with Gold Outline</i>
Brain Cancer .....	<i>Gray</i>
Breast Cancer .....	<i>Pink</i>
Childhood Cancer .....	<i>Gold</i>
Colon & Colorectal Cancers .....	<i>Brown or Dark Blue</i>
Esophageal & Stomach Cancers.....	<i>Periwinkle Blue</i>
Gynecological Cancer .....	<i>Lavender</i>
Head & Neck Cancers .....	<i>Red with White Stripe</i>
Hodgkin’s Disease .....	<i>Violet</i>
Hospice Care.....	<i>Burgundy</i>
Kidney/Renal Cancer.....	<i>Kelly Green or Orange</i>
Leukemia.....	<i>Orange</i>
Liver Cancer.....	<i>Emerald Green</i>
Lung Cancer.....	<i>Pearl</i>
Lymphoma.....	<i>Red or Lime</i>
Melanoma .....	<i>Black</i>
Mesothelioma .....	<i>Royal Blue</i>
Myeloma.....	<i>Burgundy</i>
Ovarian & Cervical Cancers .....	<i>Teal</i>
Pancreatic Cancer.....	<i>Purple</i>
Prostate Cancer.....	<i>Light Blue</i>
Testicular Cancer.....	<i>Orchid/Violet</i>
Thyroid Cancer.....	<i>Light Blue/Blue/Teal</i>
Transplant .....	<i>Green</i>
Uterine Cancer.....	<i>Peach</i>