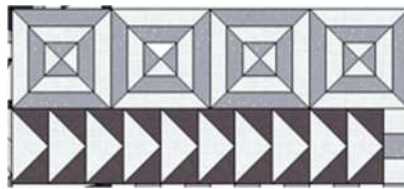


# Skill Builder Block Of The Month

## Month 2



Flying Geese



Strip Piecing Four X Block

### Skill 4: Flying Geese

The Flying Geese block is another foundational quilt block that can be used and combined in so many ways that you can create an endless variety of quilts with just this one block. The flying geese block can be traced back at least as early as 1800 and frequently shows up in quilts used as part of the underground railway as probable direction indicators.

### Block 4: Flying Geese Blocks:

The overall quilt calls for 10 flying geese blocks however we'll focus on the individual geese blocks. For traditional Flying Geese blocks the width of the finished block is two times the height of the finished block (plus seam allowances). In this design you'll be making flying geese measuring  $3\frac{1}{2}'' \times 6\frac{1}{2}''$  ( $3'' \times 6''$  finished) sewn together in a row of ten. You can use any of the methods to create your geese. Seam allowance = scant  $\frac{1}{4}''$  (a thread or two smaller than a quarter inch to allow for fabric fold)

Flying Geese Block Size:  $3\frac{1}{2}'' \times 6\frac{1}{2}''$  ( $3'' \times 6''$  finished) *This is the set of numbers you'll need for the reference charts.*

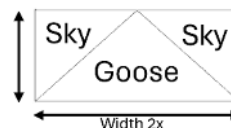
Fabric cuts will be based on the method used.

#### Instructions:

Using one or more methods below, create your 10 geese pressing toward the sky or pressing seams open as you prefer.

#### Make It Yours:

The example shows all the geese going the same direction, but you can customize the look by flipping some of the geese. You can even change up the color of the sky and goose to make a different look:



# Skill Builder Block Of The Month

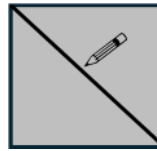
## Flying Geese One At A Time (a lonely goose) Reference Page

These sizes are to make slightly oversized geese that can be trimmed down to the exact size as that is more forgiving to ¼" seam allowance variations. This method does have significant scraps, see tip on making baby HSTs below.

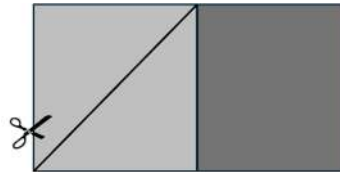
Finished Geese Size	Sky Square Size Cut 2	Goose Rectangle Cut 1
1 ½" x 3"	2" x 2"	2" x 3 ½"
2" x 4"	2 ½" x 2 ½"	2 ½" x 4 ½"
2 ½" x 5"	3" x 3"	3" x 5 ½"
3" x 6"	3 ½" x 3 ½"	3 ½" x 6 ½"
3 ½" x 7"	4" x 4"	4" x 7 ½"
4" x 8"	4 ½" x 4 ½"	4 ½" x 8 ½"
4 ½" x 9"	5" x 5"	5" x 9 ½"
5" x 10"	5 ½" x 5 ½"	5 ½" x 10 ½"
5 ½" x 11"	6" x 6"	6" x 11 ½"
6" x 12"	6 ½" x 6 ½"	6 ½" x 12 ½"

Based on the chart for the finished size of goose unit, cut squares and rectangle.

On the Sky squares, draw a diagonal line on the wrong/back side of each one, corner to corner.

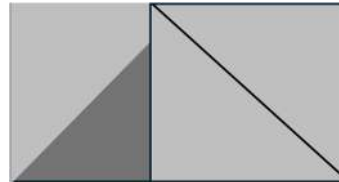


Place the Goose rectangle right side up and place one Sky square right side down aligning the left-hand corner with the drawn diagonal line going from the center to the bottom left corner.



Sew on the marked line then cut ¼" away from the stitched line. Press the corner out.

NOTE: this method is also called a "stitch and flip", "flippy corner" or "snowball technique" when used for other blocks.



Repeat the same process with the right side. The sky square will overlap the left and where the drawn line crosses the seam should be ¼" from the top edge.

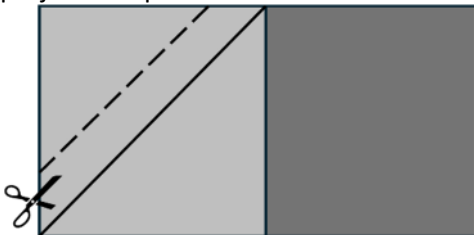


Trim up as needed – make sure to keep the top of the Goose ¼" from the top of the block so you don't lose the point of the beak.

### Waste Less Tip!

#### Creating baby HSTs when making Flying Geese

When using this method of creating a Flying Geese block or any time sewing a flippy corner you can create some baby or bonus blocks (also called "sister blocks") for use elsewhere or in other projects or quilt labels.



After sewing on the drawn line, sew another line ½" away toward the corner. Then cut between the two sewn lines (¼" from each). From a 3 ½" square you can get an extra 2 ½" extra HST – *this Skill Builder BOM has places you can use these.*



# Skill Builder Block Of The Month

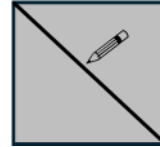
## No Waste 4 At A Time Flying Geese Reference Page

Need to make a lot of Flying Geese and want little to no waste or trimming, this is the one for you!

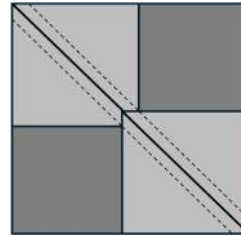
Finished Geese Size	Goose Square Size Cut 1	Sky Square Size Cut 4
1" x 2"	3 1/4" x 3 1/4"	1 7/8" x 1 7/8"
1 1/2" x 3"	4 1/4" x 4 1/4"	2 3/8" x 2 3/8"
2" x 4"	5 1/4" x 5 1/4"	2 7/8" x 2 7/8"
2 1/2" x 5"	6 1/4" x 6 1/4"	3 3/8" x 3 3/8"
3" x 6"	7 1/4" x 7 1/4"	3 7/8" x 3 7/8"
3 1/2" x 7"	8 1/4" x 8 1/4"	4 3/8" x 4 3/8"
4" x 8"	9 1/4" x 9 1/4"	4 7/8" x 4 7/8"
4 1/2" x 9"	10 1/4" x 10 1/4"	5 3/8" x 5 3/8"
5" x 10"	11 1/4" x 11 1/4"	5 7/8" x 5 7/8"
5 1/2" x 11"	12 1/4" x 12 1/4"	6 3/8" x 6 3/8"
6" x 12"	13 1/4" x 13 1/4"	6 7/8" x 6 7/8"

Based on the chart for the finished size of goose unit, cut squares needed with 4 of the Sky squares and 1 Goose square.

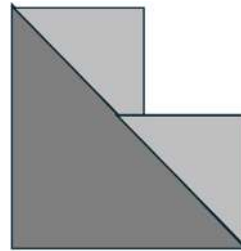
On the 4 Sky squares, draw a diagonal line on the wrong/back side of each one, corner to corner.



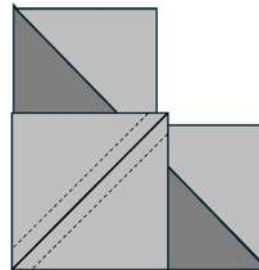
Place the large Goose square right side up then place two of the Sky squares right side down in opposite corners so they overlap in the center of the large square. Sew 1/4" on either side of the drawn lines.



Cut on the drawn line then press the small squares out and you'll have 2 units that resemble a heart or fox head.



Add the remaining Sky squares to each unit as shown and sew 1/4" on both sides of the drawn line.



Cut on the drawn line and press small square out. Trim if needed to unfinished block size.

**Quilt Math** for this method to determine other sizes:

**4 small squares (Sky)** – use the shorter side of the finished block and add 7/8 inch for the size of the squares

**Large square (Goose)** – Add 1 1/4" to the longer side measurement of the finished block for the square size.



# Skill Builder Block Of The Month

## Four Oversized Geese At A Time Reference Page

Want to avoid the pressure of precise  $\frac{1}{4}$ " seam allowances, this method is done the same way as the No Waste Four At A Time but uses oversized parts so is more forgiving and is trimmed down to size at the end.

Finished Geese Size	Goose Cut 1	Sky Cut 4	Trim To Unfinished Size	Midpoint
$\frac{1}{2}$ " x 1"	$2\frac{3}{4}$ " x $2\frac{3}{4}$ "	$1\frac{3}{4}$ " x $1\frac{3}{4}$ "	1" x $1\frac{1}{2}$ "	$\frac{3}{4}$ "
1" x 2"	$3\frac{3}{4}$ " x $3\frac{3}{4}$ "	$2\frac{1}{4}$ " x $2\frac{1}{4}$ "	$1\frac{1}{2}$ " x $2\frac{1}{2}$ "	$1\frac{1}{4}$ "
$1\frac{1}{2}$ " x 3"	$4\frac{3}{4}$ " x $4\frac{3}{4}$ "	$2\frac{3}{4}$ " x $2\frac{3}{4}$ "	2" x $3\frac{1}{2}$ "	$1\frac{3}{4}$ "
2" x 4"	$5\frac{3}{4}$ " x $5\frac{3}{4}$ "	$3\frac{1}{4}$ " x $3\frac{1}{4}$ "	$2\frac{1}{2}$ " x $4\frac{1}{2}$ "	$2\frac{1}{4}$ "
$2\frac{1}{2}$ " x 5"	$6\frac{3}{4}$ " x $6\frac{3}{4}$ "	$3\frac{3}{4}$ " x $3\frac{3}{4}$ "	3" x $5\frac{1}{2}$ "	$2\frac{3}{4}$ "
3" x 6"	$7\frac{3}{4}$ " x $7\frac{3}{4}$ "	$4\frac{1}{4}$ " x $4\frac{1}{4}$ "	$3\frac{1}{2}$ " x $6\frac{1}{2}$ "	$3\frac{1}{4}$ "
$3\frac{1}{2}$ " x 7"	$8\frac{3}{4}$ " x $8\frac{3}{4}$ "	$4\frac{3}{4}$ " x $4\frac{3}{4}$ "	4" x $7\frac{1}{2}$ "	$3\frac{3}{4}$ "
4" x 8"	$9\frac{3}{4}$ " x $9\frac{3}{4}$ "	$5\frac{1}{4}$ " x $5\frac{1}{4}$ "	$4\frac{1}{2}$ " x $7\frac{1}{2}$ "	$4\frac{1}{4}$ "
5" x 10"	$11\frac{3}{4}$ " x $11\frac{3}{4}$ "	$6\frac{1}{4}$ " x $6\frac{1}{4}$ "	$5\frac{1}{2}$ " x $10\frac{1}{2}$ "	$5\frac{1}{4}$ "
6" x 12"	$13\frac{3}{4}$ " x $13\frac{3}{4}$ "	$7\frac{1}{4}$ " x $7\frac{1}{4}$ "	$6\frac{1}{2}$ " x $11\frac{1}{2}$ "	$6\frac{1}{4}$ "

### Trimming instructions:

Use a regular quilting ruler with good diagonal lines making sure the ruler is bigger than the desired unfinished size of the block. Remember that you are trimming to the Unfinished Size measurements.

- First trim the top of the block by placing the ruler so that the tip of the Goose (the Beak) is  $\frac{1}{4}$ " from the edge of the ruler. Use one of the 60-degree (corner to corner) lines on the ruler to align with the side of the Goose.
- Use the Midpoint measurement of the block to align to the tip of the Goose to determine how to trim each side of the block.
- Finally trim the bottom of the block. The Goose should go to the corner (that 60-degree line comes in handy again here).



# Skill Builder Block Of The Month

## One Seam Flying Geese Reference Page

Tired of lots of seams, this method uses a single seam to create the Flying Geese block. It does create multiple layers of fabric. Watch that the goose doesn't fly away before being secured by sewing down at the base to another block. It does leave little pockets in the wings of the goose.

Finished Geese Size	Goose Size Cut 1	Sky Square Size Cut 2
1 ½" x 3"	2" x 3 ½"	2" x 2"
2" x 4"	2 ½" x 4 ½"	2 ½" x 2 ½"
2 ½" x 5"	3" x 5 ½"	3" x 3"
3" x 6"	3 ½" x 6 ½"	3 ½" x 3 ½"
3 ½" x 7"	4" x 7 ½"	4" x 4"
4" x 8"	4 ½" x 8 ½"	4 ½" x 4 ½"
5" x 10"	5 ½" x 10 ½"	5 ½" x 5 ½"
6" x 12"	6 ½" x 12 ½"	6 ½" x 6 ½"

**Quilt Math** for this method to determine other sizes:

**2 small squares (Sky)** – use the shorter side of the finished block plus ½ for the size of the squares.

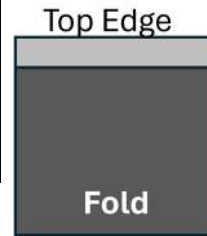
**Large rectangle (Goose)** – Cut the rectangle the same size as the finished block plus ½" for the rectangle size.

### Can't visualize this one and need to see this done?

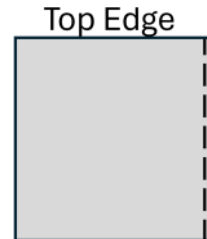
You can find multiple videos on YouTube – I recommend searching "One Seam Flying Geese" videos from nationally known quilting resources.

Fold the Goose rectangle in half with wrong sides together creating a short square.

Sandwich the folded rectangle between the two Sky squares with the 4 cut edges aligned across the bottom and the sides even. The folded edge of the rectangle in the middle of the sandwich should be ¼" down from the top edge.



Sew a ¼" from top to bottom along the right side sewing all three pieces together.



Unfold the top square, exposing the folded rectangle inside. Using your fingers, spread the rectangle bottom edges from left to right forming a triangle. Press.

The wings and bottom of the goose will be loose but will become secured when the block is sewn to other blocks.



# Skill Builder Block Of The Month

## Skill 5: Strip Piecing Fundamentals

Strip piecing is a great efficiency tool to have in your quilting toolbox. This technique of sewing strips together then cutting and assembling into blocks can speed up the piecing process and reduce the cutting to lots of small pieces. You will often find strip piecing or strip sets used when making lone star quilts or when lots of 9 patch blocks are needed and many more uses.

When making a strip set for cutting the width of the strips can be whatever you need and gives you a great opportunity to design.

### Tips when creating Strip Sets:

**Accurate Scant  $\frac{1}{4}$  " Seams** - For great strip piecing strip sets its important to have a an accurate scant  $\frac{1}{4}$  " seam allowance. What is a "scant"  $\frac{1}{4}$  " seam ... it is just a thread or two shy of a full  $\frac{1}{4}$  " so that when pressed it accommodates the thread and fold keeping the finished size accurate. Checking your seam allowance is important to do when factors change from project to project. If any of the following change it is a good time to double check your seam allowance as each can impact your results.

Factors Impacting Seam Allowance:

- Different fabric weight (even small differences)
- Different weight thread in top or bobbin
- Different machine
- Different foot

### How to test seam allowance:

1. Take two squares that measure  $2\frac{1}{2}$  " x  $2\frac{1}{2}$  "
2. Sew together using your settings for a scant  $\frac{1}{4}$  " seam.
3. Press and measure – the new piece should measure  $2\frac{1}{2}$  " x  $4\frac{1}{2}$  "
4. If the measurement isn't correct adjust and try again. Once you have a good scant  $\frac{1}{4}$  " make note of the settings.

**Yes, We Have No Bananas** – sometimes long strip sets can tend to curve like a banana, to avoid that, when sewing the strips together sew the seams in alternating directions. For example, the first two pieces you sew left to right and when adding the third strip sew that on right to left then if attaching a fourth strip to the third sew it left to right. Putting a pin or clip on one end of the first strip helps in remembering.

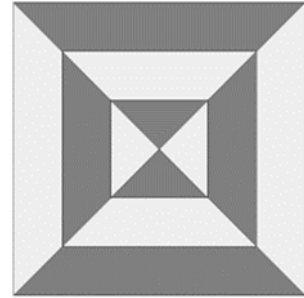


# Skill Builder Block Of The Month

## Block 5: Strip Piecing Four X Blocks:

For the 4 blocks as shown you will need to make 2 strip sets then cut eight triangles from the strip sets measuring  $9\frac{1}{4}$ " at the base then assemble two of each triangle to make the block.

Four X Block Size:  $8\frac{1}{2}$ " (8" finished)



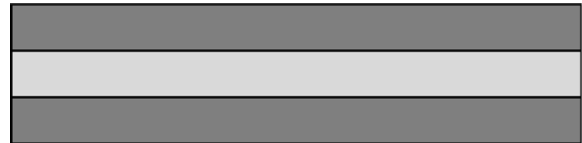
### Strips for each Strip Sets:

3 strips  $1\frac{7}{8}$ " x WOF (Width Of Fabric); 2 of one fabric and 1 of an alternate fabric (see illustration below).

#### Strip Set A

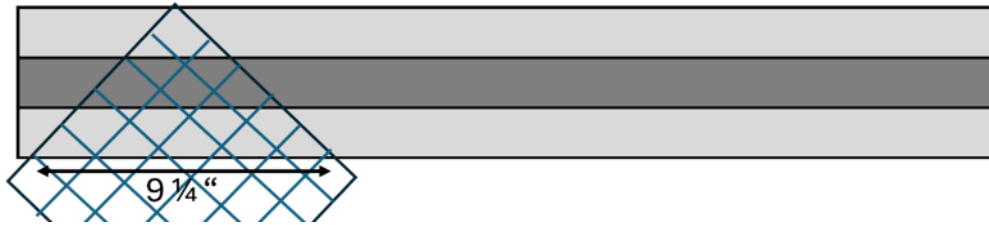


#### Strip Set B

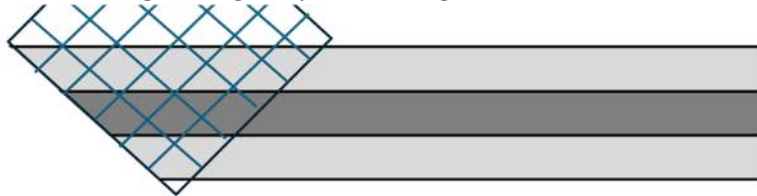


Make sure strip sets measure  $4\frac{1}{2}$ " tall. You will get 8 triangles from a WOF (~42" wide).

Using a ruler (I prefer a square ruler with good diagonal lines corner to corner), cut a triangle from one end of the set with the tip at the top of the strip set and it should measure  $9\frac{1}{4}$ " at the base.

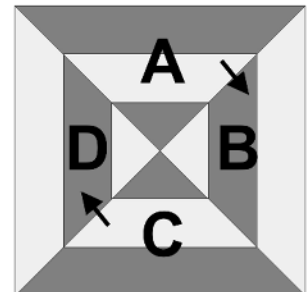


Flip your ruler and cut the next triangle using the prior cut edge as one side.



Repeat until you have the number of triangles needed from each strip set.

Assembling: See example below – Sew A and B together (right sides together) and C & D together noting the pressing direction as indicated by the arrows. Then sew the A/B and C/D parts together and press. Block should measure  $8\frac{1}{2}$ " as an unfinished block.



### Make It Yours:

You can play with the strip sets and color placement or even number of strips to make the block your own. Just as long as the strip set is  $4\frac{1}{2}$ " tall you can get the right pieces cut.

