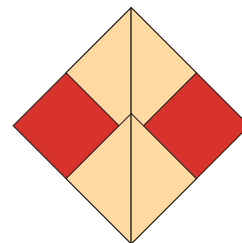


Flying Geese Units

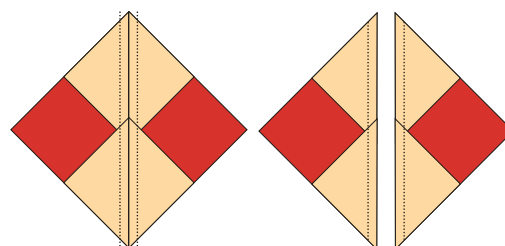
Combine the following fabric squares to form Flying Geese Units using the No Waste Flying Geese method outlined below (1 Fabric B square and 4 Fabric A squares will yield 4 flying geese units):

4 Fabric B squares (5 ¼" x 5 ¼") and 16 Fabric A squares (3" x 3") to form 16 Flying Geese Units (2 ½" x 4 ½").

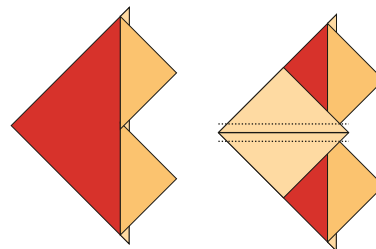
1. Place 2 of the Fabric A squares (3" x 3") on opposite corners of a Fabric B square (5 ¼" x 5 ¼") right sides together. (The Fabric A squares will overlap in the middle of the Fabric B square.) Use a removable marking device to make a line diagonally across the Fabric A squares (solid line).



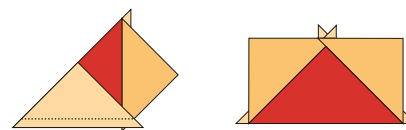
2. Sew scant ¼" seam on either side of the marked line (dotted lines) and then cut on the marked line (solid line).



3. Press seams towards the Fabric A squares. (You will have two of these intermediate units.) For each intermediate unit, place a Fabric A square (3" x 3") on the corner the Fabric B square right sides together. Draw a diagonal line on the Fabric A square (solid line) and sew a scant ¼" on either side of the marked line (dotted lines).



4. Cut on the marked line (solid line) and press seams open or towards the Fabric A squares. (Each set of 1 Fabric B square and 4 Fabric A squares will yield 4 flying geese.)



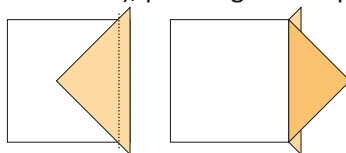
Repeat to form a total of 16 Flying Geese Units. Cut off tabs (also known as dog ears) and trim blocks to 2 ½" x 4 ½" if necessary, making sure there is ¼" between the point of the goose triangle and the edge of the unit.

Square in a Square Units (SiaS Units)

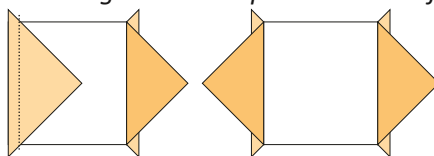
Combine the following fabric pieces to form Square in a Square (SiaS) Units using the method outlined below:

16 Fabric E squares (3 ⅞" x 3 ⅞") and 32 Fabric A squares (3" x 3") to form 16 Square in a Square (SiaS) Units (4 ½" x 4 ½").

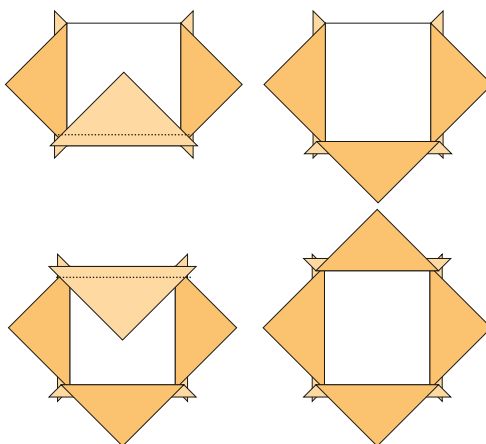
1. Cut each Fabric A square (3" x 3") in half once diagonally to form 64 Fabric A triangles (3" x 3").
2. Center a Fabric A triangle (3" x 3") along one side of a Fabric E square (3 3/8" x 3 3/8") right sides together. Sew along the edge with a scant 1/4" seam (shown as a dotted line), pressing seam open or outwards.



3. Sew another Fabric A triangle (3" x 3") on the side of the square opposite to the first seam, pressing seam open or outwards. (Note: you can sew both of these triangles on then press instead of pressing after each addition.)



4. Continue by sewing two more Fabric A triangles onto the remaining outside edges of the square, pressing seams open or outwards.



5. Trim off the tabs (dog ears) formed by the sewn on triangles and square the unit to 4 1/2" x 4 1/2" (if necessary) making sure there is 1/4" between the corner of the inner square and the outer side of the unit. Repeat to form a total of 16 SiaS units (4 1/2" x 4 1/2").