

Let's make a Red and White Quilt! One block can be made from 2 fat quarters. There will be two sets of instructions for this block, one is based on the "Creative Grids Non-Slip Multi Size 6" Flying Geese and 45/90 degree Triangle ruler", you may have purchased it at last year's quilt show in Colleen's booth if you attended my demo on easy flying geese. It's perfect for the 8 flying geese sub blocks, which are all round the outside of this block!

## With the White Fabric;

Cut 4-25/8" squares for the "on point square in a square sub-blocks"
Then cut enough $2^{\prime \prime}$ strips from the fabric to subcut; 4-2" squares \& 4-2 X $31 / 2 \prime$ rectangles
Flying Geese w/ruler instructions; Cut and fold $\mathbf{2 " ~}^{\prime \prime}$ strips in half so you can subcut white center triangles, this is the large triangle in the center of the flying geese block, press them so they stick together slightly, then place them on your cutting board and line up the 90 degree triangle on top of the strip with the 2 " mark at the bottom of the strip, the top of the ruler should be at the top of your strip, cut down both sides and set aside the partial pieces at the beginning, they are scraps, now move the first triangles aside and flip your ruler around aligning on the new edge of the strip, top down, and cut the second side of the next set of triangles, then flip your ruler around so it lines up and repeat, until you have $\underline{4}$ sets of $\mathbf{2}$ triangles for a total of $\mathbf{8}$ triangles.

Without the ruler; Cut 2-41/4" squares and subcut into 8 triangles by cutting each square twice diagonally.

## With the Red Fabric;

Cut 5-3 $1 / 2^{\prime \prime}$ squares
Cut 8 - $\mathbf{2}$ 3/8" squares, you may increase to $21 / 5^{\prime \prime}$ inch squares, to give yourself more wiggle room, subcut into half square triangles by cutting once diagonally. These are for the "square in a square" sub-blocks!
Red fabric cutting with the flying geese ruler;
If using printed fabric fold the strip wrong sides together, if using solids it doesn't matter.

Cut enough 2" strips to fold in half and make 16-45 degree triangles, You will make two at a time, using the same technique as before, but with the 45 degree portion of the ruler lined up on the 2 " mark on the bottom of the strip.

## Without the flying geese ruler;

Cut an additional 8-2 3/8" red squares subcut into half square triangles again, you may increase to $21 / 2$ inch red squares, Cut diagonally once, giving you 16 more red triangles for use in the flying geese sub-blocks

Tally count; you should have; 4 white - 2 inch squares, 4 white - $\mathbf{2 X 3 1 / 2}$ inch rectangles, 4 white - 2 5/8 inch squares, 8 white large center triangles for Flying geese blocks, 5 red - $31 / 5$ inch squares., and, 32 red smaller triangles, at least 16 cut from the 2 3/8 inch to $2 \frac{1}{2}$ inch red squares,

Use a scant $1 / 4$ seam on all triangles. With walking foot on your sewing machine first lets make the Flying Geese. The advantage to the ruler is that you have both a built in seam allowance with a straight edge instead of an angle to start sewing on. With the ruler: Take your large white center triangle point up and place one of the 45 degree red triangles along the angle side with the flat point also up at the top of the center triangle and match the angle, you will most likely see a peak of the red triangle at the top of the center if your white side is up, then sew together from the top down using a scant $1 / 4$, or just inside the $1 / 4$ inch line on your plate or foot, taking advantage of that straight edge to start. Once you have sewn on one side on all 8 center triangles, finger press them open, then line up on the other side with other 8 red 45 degree triangles the same way, matching the flat points with the top edge at the top of the center triangle again and sew all the second sides of the geese together. Finger press open again and trim all blocks to $2 \times 31 / 2$ inches, making sure you have $1 / 4$ inch of red above the white center triangle. Without the ruler: You will use the 8 white triangles you made with the $41 / \mathbf{4}^{\prime \prime}$ blocks as your centers and 16 of the red triangles you made with the $23 / 8^{\prime \prime}$ square cut into half square triangles. Trim again making sure you have $1 / 4$ inch above the white top of the center triangle.

Now let's make the "on point square in a square" sub-blocks, Remember to seam with a scant $1 / 4$ "! Take your white $25 / 8$ " squares and fold in half both horizontally and vertically and finger press only at the edges on all 4 sides. Then get one of the half square triangles you made from the red $\mathbf{2} 3 / 8^{\prime \prime}$ squares and fold it in half along the longest edge and finger press at the edge.. Match that edge mark on the red triangle with one of the center edge marks on one of the white $2 \mathbf{5 / 8 \prime \prime}$ squares, align and sew together. Repeat on all the other white $25 / 8$ inch squares. Match another red triangle to the opposite edge on the white squares by folding the red triangle in half and finger pressing at the edge and matching it to the center line on the white squares. Sew then Finger press both red triangles up. Repeat for the other two sides. On these I start trim by cutting one side down to the $1 / 4 \prime$ seam allowance above the white point while the rest of the $31 / 2$ " marks on your ruler are still on the block., repeat same, for each side. Block should be a 3 1/5" square. Now Tally count again; 4-2" white squares, 4 white - $2 \times 3$ 1/2 inch rectangles. 8 " Flying Geese" sub-blocks, 5 red-3 $1 / 2$ inch blocks, and 4 - "on point Square in a Square sub-blocks".

Now we can assemble these blocks into columns. Let's start with columns $1 \& 5$. So I started with the 2" white square placed on top of a $\mathbf{2 \times 3 1 / 2 "}$ flying geese block. making sure the white points were facing in, and sewed them together. Repeat once. After that I sewed the next 2 white $\mathbf{2 "}^{\prime \prime}$ squares to the bottom of two more of the flying geese blocks, white points in. Now sew the $2 \times 3$ $\mathbf{1 / 5}$ inch white rectangles between the two flying geese so that the strips end up with a white $\mathbf{2}^{\prime \prime}$ block on the top and bottom of the column with both flying geese facing the same direction and with a white $\mathbf{2 X 3 1 / 2}$ inch rectangle in the center. You've just made the left and right sides of the final block! One is the first column and the other flipped around is the fifth column.

Now on to columns 2 \& 4. Next you take another Flying Geese block, white points down this time and attached it to one of the $\mathbf{3} 1 / 2 \mathbf{\prime \prime}$ red squares, do this four times attaching one flying geese to each of 4 of the $\mathbf{3} 1 / 2$ " red squares. Take two of these new sub-blocks and attach one of the "square in a square" blocks between the two on the sides opposite the Flying Geese blocks. You should now have the second column sewn with the order of Flying Geese white point down, a 3 1/2" red square, a "Square in a Square" subblock, another $31 / 2$ " red square, and ending with a Flying Geese white point up! Now do the same with the other two Flying Geese sub-blocks, a $31 / 2$ " red square and another "Square in a Square sub-block, completing column 2 and 4.

Lastly for column 3, the middle column I attached a white $2 \times 3$ " rectangle to the top of a "Square in a Square" sub-block for both the remaining two white rectangles. Then attach the last $31 / 2$ " red square between the two "Square in a Square" blocks. So you will have a rectangle on the top and bottom of this finished column \# 3. Next press the columns, pressing the all the triangles flat against whatever non-triangle block they were attached to! Trim as needed. When attaching one column to the next, this is where I pinned at each seam and at the center where the Flying Geese or Square in a Square point hits the center of the $31 / 2$ " red block. However, when pressing the columns after sewing together, I pressed open to decrease the bulk. Line your columns up having pressed them, all Flying Geese white points should face into the $31 / 2^{\prime \prime}$ red squares. I attached the two outer columns together first on both sides. Then attach the center column between them both. This single final block should be $121 / 5$ inches square unfinsihed! Finished would mean no seam allowances showing on the block, when sewn into a quilt, it can become finished!

