

(Images for the Four at a Time method are from <https://suzyquilts.com/flying-geese-quilt-tutorial>)

All seam allowances should be a scant quarter-inch. Fabrics may be solids, tone-on-tones, batiks, or prints.

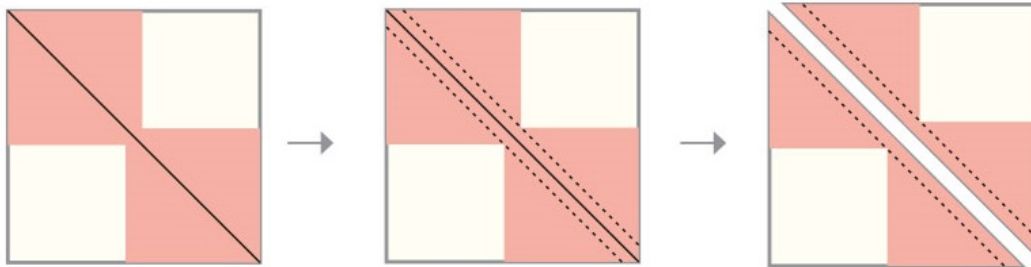
### Fabric requirements

- (1) 7½" square of RED fabric
- (1) 7½" square of GREEN fabric
- (8) 4¼" squares of white or neutral BACKGROUND fabric

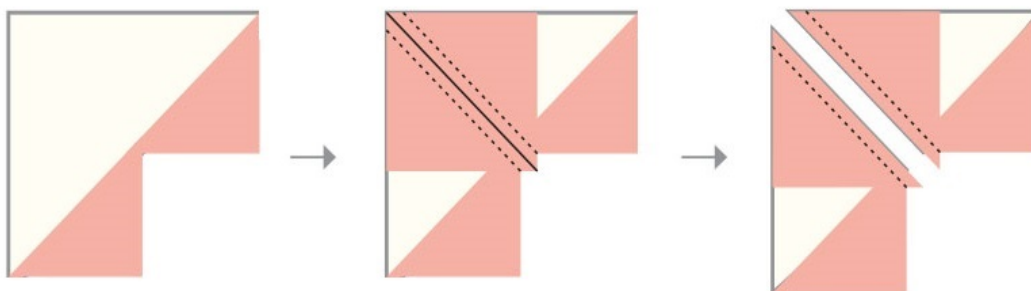
Four at a Time Flying Geese (Also called "No Waste Flying Geese". There are a lot of video tutorials to check out online!)

→ Please note that the colours in the images below are reversed from what your colours will be! ←

1. Place one BACKGROUND square in each of two diagonally opposite corners of the RED square, Right-Sides-Together (RST). Carefully align the edges. (The two BACKGROUND squares will overlap.)
2. Pin or otherwise secure these pieces in place.
3. Draw a diagonal line across the BACKGROUND squares.
4. Sew a seam ¼" from the drawn line, on each side of the drawn line.
5. Press to set the seams.
6. Cut along the drawn line.



7. Open the "heart" units and press the seam allowances toward the BACKGROUND.
8. Draw a diagonal line on the back of a new BACKGROUND square.
9. Place it on the corner of the RED square of one of the "heart" units RST so that the drawn line looks like it cuts the "heart" in half.
10. Carefully align the edges, and pin or otherwise secure in place.
11. Sew a seam ¼" from the drawn line, on each side of the drawn line. (Your seams should intersect the inside corners of the BACKGROUND pieces.)
12. Press to set the seams.
13. Cut along the drawn line.



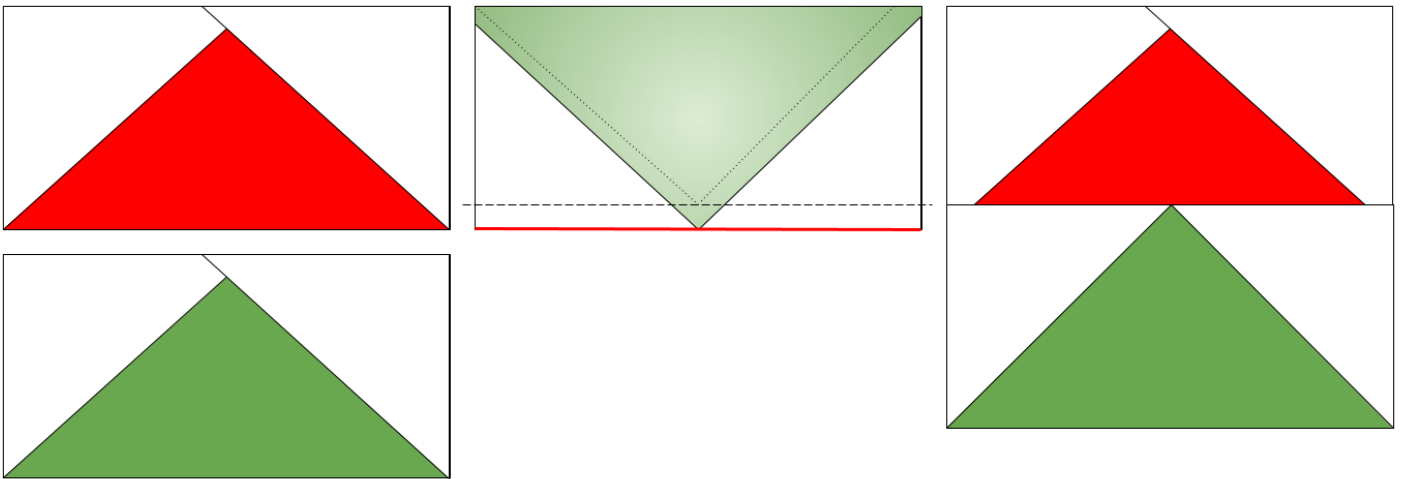
14. Open units and press the seam allowances toward the BACKGROUND.
15. Repeat steps 8-14 with the other "heart" unit.

16. Repeat steps 1-15 with the GREEN.

17. You now have four RED and four GREEN Flying Geese. Square them to  $3\frac{1}{2}$ " x  $6\frac{1}{2}$ ". (The "nose" of each Flying Goose should be  $\frac{1}{4}$ " from the edge.)

### Assemble Double Flying Goose Units

1. Place a RED Flying Goose and a GREEN Flying Goose face-up on your work surface, as shown.
2. Flip up the GREEN Flying Goose so that it is RST with the RED Flying Goose. (The RED unit should point up, and the GREEN point down.)
3. Carefully align the edges, and pin in place.
4. With the RED Flying Goose still on the bottom, sew the two together, along the "nose" side of the GREEN Flying Goose.
5. Press to set the seam.
6. Open the Double Flying Goose unit and press the seam allowance toward the RED.



7. Repeat steps 1-6 with the remaining Flying Geese.

8. You now have four Double Flying Goose units. Square them to  $6\frac{1}{2}$ " x  $6\frac{1}{2}$ ".

### Final Assembly

1. Arrange the Double Flying Goose units as shown. (The GREEN Flying Geese should form a pinwheel in the center.)
2. Sew the units together, pressing to set the seams before opening, and pressing seam allowances toward the GREEN. (Spinning the final, center intersection will reduce the bulk there.)

