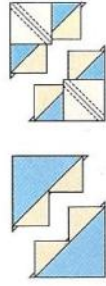
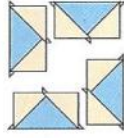


Fast Flying Geese

Align 2 small squares on opposite corners of the large square, right sides together. Draw a diagonal line as shown and then stitch $\frac{1}{4}$ " out from both sides of the line. Cut apart on the marked line.



With the small squares on top, open out the small squares and press the unit.

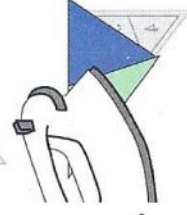
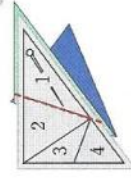
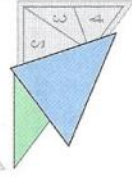
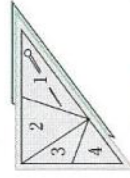


On the remaining corner of each of these units, align a small square. Draw a line from corner to corner and sew $\frac{1}{4}$ " out on both sides of the line. Cut on the marked lines, open the small squares and press.

Each set of 1 large square and 4 small squares makes 4 Flying Geese.

Foundation Piecing

Make paper copies of each foundation. Sew patches in numerical order. Center fabric under #1 extending beyond the seam allowances, wrong side of the fabric to the unprinted side of the paper, and pin in place from the paper side.



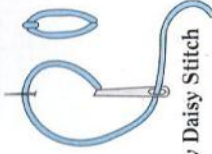
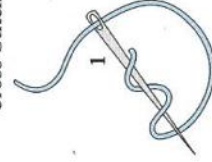
Turn fabric side up. Using a patch of fabric sufficient to cover #2 and its seam allowances, position the #2 patch right sides together on patch #1 as shown, so that the fabric's edge extends at least $\frac{1}{4}$ " into the #2 area. Pin in place. Set a very short stitch length on your sewing machine (18–20 stitches per inch or 1.5 mm). Turn the assembly paper side up. Stitch through the paper and the fabric layers along the printed seam line, beginning and ending $\frac{1}{4}$ " beyond the ends of the line.

Turn assembly to the fabric side. Trim the seam allowances to approximately $\frac{1}{4}$ ". Press the fabric open to cover #2 and seam allowances.

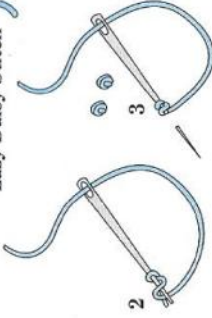
Repeat this process to complete the blocks or sections, allowing at least $\frac{1}{4}$ " beyond the edge of the paper.



Cross Stitch



Lazy Daisy Stitch

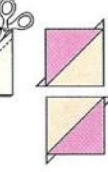


French Knots

Use a rotary cutter and ruler to trim $\frac{1}{4}$ " outside the seam line of the foundation, creating a seam allowance. Once all the seams around a foundation section have been sewn, remove the paper foundations.

Triangle-Squares

With right sides together and the lighter fabric on top, pair one square of each color that makes the unit. On the lighter patch, draw a diagonal line from corner to corner.



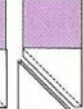
Stitch $\frac{1}{4}$ " out from both sides of the line. Cut apart on the marked line.

With the darker fabric up, open out the top patch and press the unit.

A pair of squares will yield 2 units.

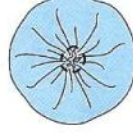
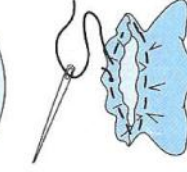
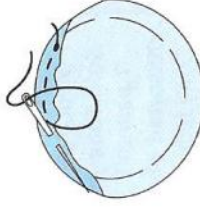
Stitch & Flip

Align a patch (* in this example) on a corner of a unit or second patch right sides together. Mark a diagonal line on the * patch from corner to corner and sew on the marked line. Trim the seam allowance to $\frac{1}{4}$ " as shown. Flip the * patch open and press.



YO-YOS

Using the circle diameter called for in the pattern (approximately twice the finished yo-yo size plus $\frac{1}{2}$ "), make a template. Small plates, bowls, cups or a compass can be used to make the template. On the wrong side of the fabric, use the template to trace a circle. Cut out the circle on the marked line.



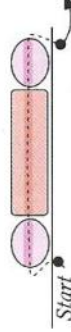
Turn under a scant $\frac{1}{4}$ " to the wrong side of the fabric. Sew a short basting stitch around the circle, leaving a knot and thread tail at the beginning of the circle.

Pull on the threads to gather the fabric, making sure the right side of the fabric is on the outside of the yo-yo. Take a few stitches to secure the gathering stitches and tie off. Clip the threads close to the knot.

Beading Diagrams



Single Bead



Bugle Bead

Use a beading thread to secure beads to your work. It's advisable to make a knot after every bead or after every few beads. Because bugle beads can be sharp and sometimes cut the thread, it helps to buffer them with a round bead at each end.