

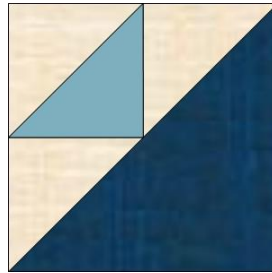


The Spice Route Quilt

Part 7

Flying Goose Block

(16) 6½ x 6½



MAKE (16) 6½" x 6½" FLYING GOOSE BLOCKS

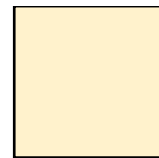
Fabric requirements and cutting chart:



Dark
(8) 7" x 7"



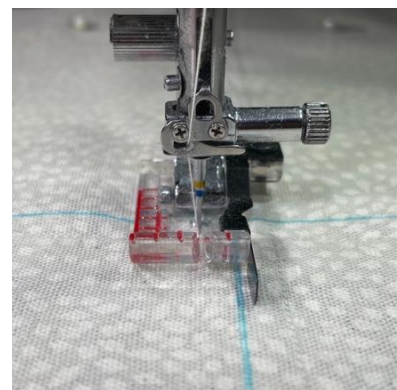
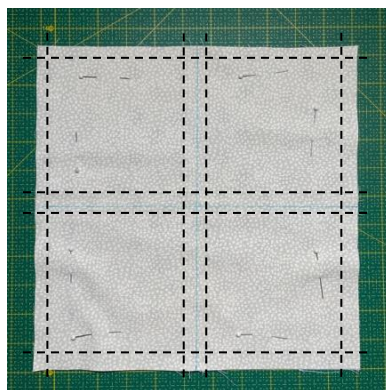
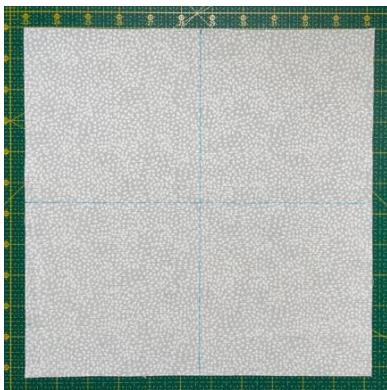
Medium
(1) 11¼" x 11¼"



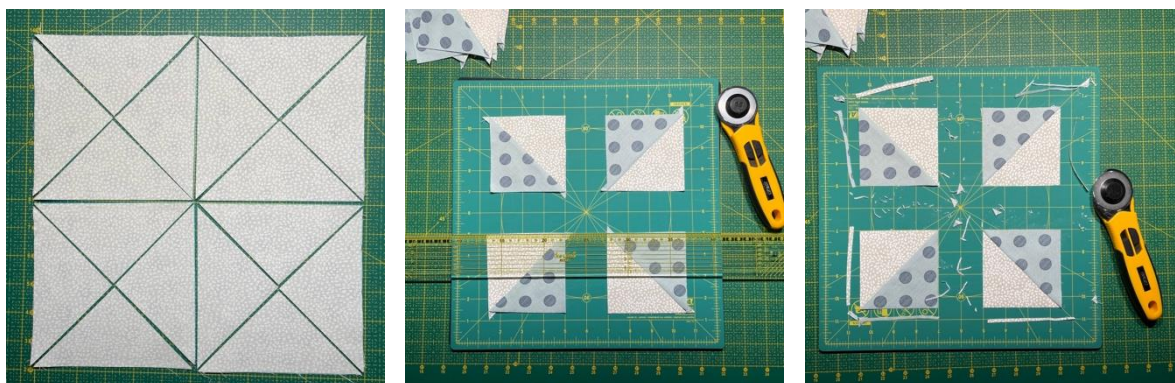
Light
(1) 11¼" x 11¼"
(16) 3⅞" x 3⅞"

STEP 1 - MAKE (16) 3⅞" x 3⅞" Half Square Triangle (HST) Blocks - Sixteen At A Time Method:

1. Use a marker and draw vertical and horizontal midlines on the reverse side of the 11¼" x 11¼" Light Fabric square.
2. Pair the Medium Fabric and Light Fabric squares right sides together and align the edges. Iron them together to bond them temporarily, making handling a lot easier. Since these are quite large pieces of fabric, I also recommend using a few pins to secure the fabrics and to keep them aligned.
3. Sew a scant ¼" seam allowance around all the edges of the squares, sewing through the corners.



4. Now sew a scant $\frac{1}{4}$ " on either side of the drawn vertical and horizontal lines.
5. Set the stitching (press the sewn line to allow the stitches to settle into the fabric).
6. Cut along the drawn vertical and horizontal lines. You will now have (4) identical smaller squares. Cut each of these across the diagonal both ways.



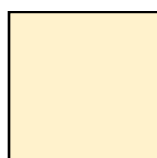
7. Press seams to the Medium Fabric. You will now have 16 HSTs.
8. Take your time and trim these squares to $3\frac{1}{2}$ " x $3\frac{1}{2}$ ", using the diagonal seam line as guide to square the blocks. I find using a rotating cutting mat makes this step a lot faster and more accurate, as you don't move the blocks around.

ALTERNATIVE METHOD

If you choose to make the HSTs with scrappy fabric or don't have large enough pieces of fabric to allow for the previous method, follow the standard two HSTs at a time method.



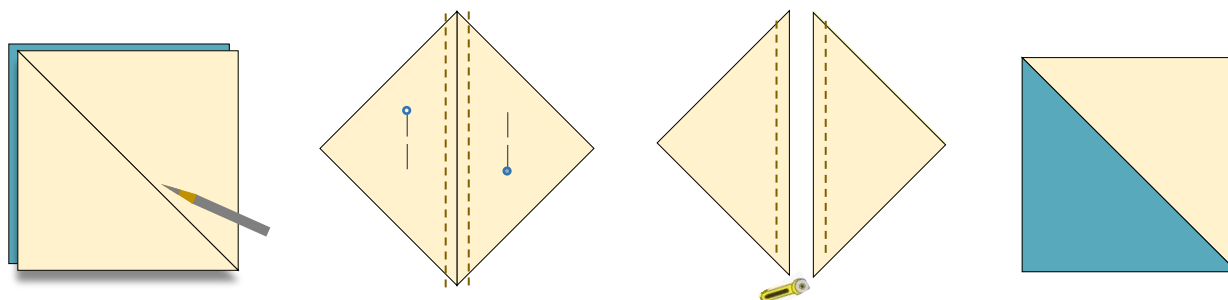
Medium
(8) 4" x 4"



Light
(8) 4" x 4"

MAKE (16) $3\frac{1}{2}$ " x $3\frac{1}{2}$ " HST - Two At A Time Method:

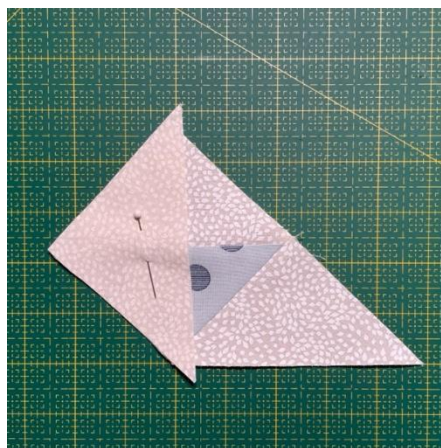
1. Pair the Medium Fabric and Light Fabric squares, right sides together.
2. Use a marker and draw a diagonal line on the reverse of each Light Fabric square.
3. Chain piece the units by sewing a scant $\frac{1}{4}$ " on either side of the drawn line.



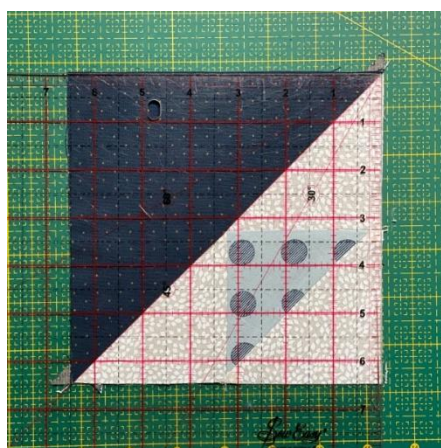
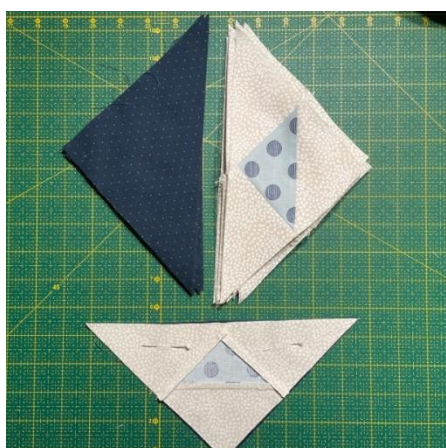
4. Set the stitching by pressing and cut along the drawn line.
5. Press to the Medium Fabric.
6. Trim HSTs to $3\frac{1}{2}$ " x $3\frac{1}{2}$ ".

STEP 2 - MAKE (16) 6½" x 6½" FLYING GOOSE BLOCKS

1. Sub cut the (16) 3⅞" x 3⅞" Light Fabric squares on the diagonal, giving you (32) triangles.
2. Align a Light Fabric triangle to the edge of the Medium Fabric corner of the HST (see photo below), right sides together. Pin in place. The triangle will be slightly larger than the HST, just make sure the corners align. Repeat with all the HSTs.
3. Chain piece the units with a scant ¼" seam allowance.
4. Set the stitching and press seams to the Medium Fabric.
5. Repeat for the other side of the Medium Fabric side of the HST, trim "dog ears" and stitch.
6. Set the stitching by pressing and press seams to the medium fabric.



7. Sub cut each of the Dark Fabric squares on the diagonal, giving you (16) triangles.
8. Pair the HST units with the Dark Fabric triangles, right sides together and chain piece along the longer edge with a scant ¼" seam allowance. Take care to not distort the bias edge when sewing.
9. Set the stitching by pressing and press the seams towards the Dark Fabric.
10. Trim block to 6½" x 6½" using the diagonal seam line to align.



Happy Stitching!

Please share your progress pics on the sew-cial networks tag [@ghqg_south_africa](#) and [@compiondl](#)
Post with the hashtags [#GHQGMysteryQuilt](#) [#thespiceroutequilt](#) [#thespicerouterecipes](#)
on Instagram and Facebook

You are welcome to contact me if you have any questions: dlcompion@gmail.com