Flying South

Version 1
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Introduction

Flying South is the second layout created using a Flying Goose block designed for foundation paper piecing by Judy and Bradley Niemeyer. Sheryl Mycroft designed the setting and color layout for this quilt by placing the lightest background fabric in the Flying Geese triangles, creating a South Western motif using Hoffman Batiks.

General Information

Instructions and yardage requirements are included for the quilt shown on the cover sheet plus three additional sizes listed in the yardage chart. This pattern includes ten pages of foundation papers. Eight pages are for the Flying Geese blocks and the other two pages are for the inner border. If you choose to make a larger quilt you will need to purchase extra foundation papers. The extra foundation papers are sold in a separate package. Each package includes eight pages of foundation papers that can be used to enlarge this pattern to any of the sizes listed on the yardage chart. Check the yardage chart for package requirements for the different sizes. If you cannot purchase the extra foundation papers at your local quilt shop, they can be purchased from our company by visiting our web page at www.quiltworx.com.

The instructions for this quilt are written for both the beginner and the advanced quilter. Unlike other paper piecing patterns you may be familiar with, this pattern includes templates that are used to precut all of the fabric pieces needed to make this quilt. I teach this method of precutting fabric using templates for several reasons.

1. To help speed up the cutting process.
2. To minimize fabric waste.
3. To help organize your pieces prior to sewing.
4. To help understand the placement of each piece as it is sewn onto the foundation paper.

Supply List: The tools and supplies required are as follows: A large iron and flat ironing board, small scissors, rotary cutter, medium size cutting board, 6" by 24" ruler, Add-A-Quarter ruler, a Purple Thang, seam ripper, template plastic, Scotch tape, washout fabric glue stick, flower pins, large & small Ziploc bags, stapler, sewing machine with a quarter inch foot, size 70 or 80 sewing needles, and a high quality silk finish cotton thread. Poor thread has a tendency to break when removing the paper.

Selecting Your Fabric: Selecting fabrics for this quilt is relatively simple. You will need to choose five colors.

Fabric #1:	Light
Fabric #2:	Medium Light
Fabric #3:	Medium Dark, (More in the blended marble tone)
Fabric #4:	Medium Dark, (More texture)
Fabric #5:	Dark texture

If you are unsure of your choice of fabric, photocopy a few of the Flying Geese blocks and paste the fabric pieces onto the papers.

The light and medium light fabrics, #1 and #2, are used for the background pieces. When choosing these fabrics choose two fabrics close in value with just a small variation of color and texture between them.

The medium dark fabrics, #3 and #4, are use to create the South Western motif in the center of the quilt. When choosing these fabrics, choose two fabrics close in value, with fabric #4 having more texture than fabric #3. The quilt on the cover sheet uses several fabrics blending in color, value, and texture for both fabric #4 and fabric #3.

The dark fabric #5 is used for the small triangles that make up the center squares used in the quilt and border strips.

The pieced border fabrics can be chosen from two of the fabrics above or you can add another color as an accent.

When choosing fabric for the outer border you can repeat any of the fabrics in the quilt except for the fabrics used in the pieced border strips.

Templates: When designing templates for foundation paper piecing, you need to allow for extra room to help simplify the positioning of the fabric under the foundation paper. The extra fabric is trimmed off using an add-a-quarter ruler after the fabric is sewn onto the paper. The templates used for this quilt were designed using a quarter-inch seam allowance along the first side of the template that is sewn and a half-inch seam allowance on the other sides.

Template C: Template C is used for sections 6 & 7. Fold and cut fabric with wrong sides together. Refer to "Cutting Chart" for the correct number of strips and pieces to cut from each color, using Template C. Separate the left and right pieces into two separate piles.

One 2 1/2" by 42" strip yields 10 pieces.

Flying South Cutting Chart Template C				
Size with borders	Lap	Double	Queen	King
Number of units	48	80	120	168
Cut the following from each color for Template C				
Color #2 cut the following # of 2 1/2" strips	3	4	5	6
Color #2 cut the following # of pieces	28	36	44	52
Yardage requirement	8"	10"	13"	15"
Color #3 cut the following # of 2 1/2" strips	4	7	10	15
Color #3 cut the following # of pieces	36	64	100	144
Yardage requirement	10"	18"	25"	38"
Color #4 cut the following # of 2 1/2" strips	4	6	10	14
Color #4 cut the following # of pieces	32	60	96	140
Yardage requirement	10"	15"	25"	35"

Template D: Template D is used for sections 9 & 10. Fold and cut fabric with wrong sides together. Refer to "Cutting Chart" for the correct number of strips and pieces to cut from each color, using Template D. Separate the left and right pieces into two separate piles.

One 2 1/2" by 42" strip yields 7 pieces.

Unfold and restack the center pieces left from the strips with wrong sides together for the 7th piece from each strip.

Flying South Cutting Chart Template D				
Size with borders	Lap	Double	Queen	King
Number of units	48	80	120	168
Cut the following from each color for Template D				
Color #2 cut the following # of 2 1/2" strips	4	6	7	8
Color #2 cut the following # of pieces	28	36	44	52
Yardage requirement	10"	15"	18"	20"
Color #3 cut the following # of 2 1/2" strips	6	10	15	21
Color #3 cut the following # of pieces	36	64	100	144
Yardage requirement	15"	25"	38"	53"
Color #4 cut the following # of 2 1/2" strips	5	9	14	20
Color #4 cut the following # of pieces	32	60	96	140
Yardage requirement	13"	23"	35"	50"

Pieced Border Strips: The Pieced Border Strips are used to piece the long strips onto the foundation border pieces. Fold and cut fabric with wrong sides together. Refer to "Cutting Chart" for the correct number of strips and pieces to cut from each color. Crosscut the strips as shown below.

Strip A, Section 1

Cross cut inner border strips into 1 3/4" sections.
Each 12" by 42" strip yields 24 pieces.

**Strip B
Sections 2 and 3**

Cross cut outer border strips into 1 1/4" sections.
Each 12" by 42" strip yields 33 pieces.

Flying South Cutting Chart Pieced Border				
Size with borders	Lap	Double	Queen	King
Number of pieced border units	14	18	22	26
Cut the following from each border fabric for the Pieced Border.				
Strip A inner border cut the following number of 12" strips.	1	1	1	2
Cross cut the following number of 1 3/4" sections from the inner border strips.	14	18	22	26
Yardage requirement	12"	12"	12"	24"
Strip B outer border cut the following number of 12" strips .	1	2	2	2
Cross cut the following number of 1 1/4" sections from the outer border strips.	28	36	44	52
Yardage requirement	12"	24"	24"	24"

Setting up the units

This quilt uses one block for 5 different color layouts. Each color layout is referred to as one unit. Set up one unit at a time. Lay out your fabric pieces right side up to match the color layout for each unit as shown . If you made paste ups with your fabric then use the paste ups for the unit layouts. The color layouts shown for units 2, 3, 4, 5, 6, & 7 are mirror images of the finished units shown in Illustrations 1 and 2 on page 10. Sew the colors onto the foundation papers by matching the color layouts in the graphics on the following page. When you are done sewing, flip the blocks over and they will match the color layouts for Illustrations 1 and 2 which represent the right side of the quilt.
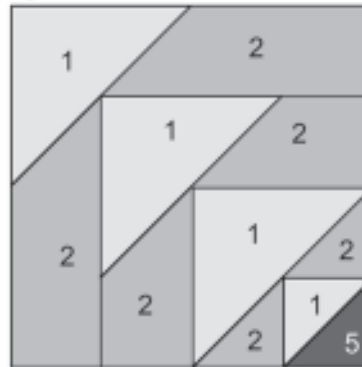
If you plan to blend several fabrics for colors #3 and #4, follow the steps listed from steps 1 through 5. If you only picked one fabric for each color, skip over the step and follow the color layout for the units below.

1. Layout the foundation papers, printed side facing up on the floor to match the layout for Illustration 1 printed on page 10. You can also pin the blocks to a design wall.
2. Label each block with a number corresponding to each unit on Illustration 1 on page 10.
3. Place the fabric pieces right sides up onto the foundation blocks corresponding each fabric to the colors shown for each unit. Position the different fabrics for colors #3 and #4 into a color arrangement that pleases you.
4. Stack and pin the fabric pieces onto the foundation paper for each unit.
5. When you are ready to sew refer back this page. Sew the colors onto the foundation papers by matching the color layouts for each unit on pages 4 and 5. When you are done sewing, flip the blocks over and they will match the layout for Illustration 1 on page 10.

Note: The numbers on the blocks represent a color from your color chart. Label the foundation papers with the appropriate number for each color. Position fabrics wrong sides up to match the colors listed for each unit.
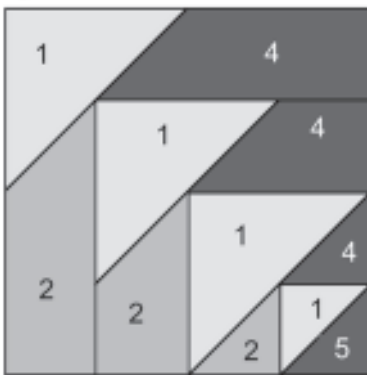
Bag 1 for Unit 1				
Size with border	Lap	Double	Queen	King
Units/Papers	4	4	4	4
Template A				
Color 1	4	4	4	4
Color 2	8	8	8	8
Color 5	4	4	4	4
Template B				
Color 1	12	12	12	12
Template C				
Color 2	8	8	8	8
Template D				
Color 2	8	8	8	8

UNIT-1

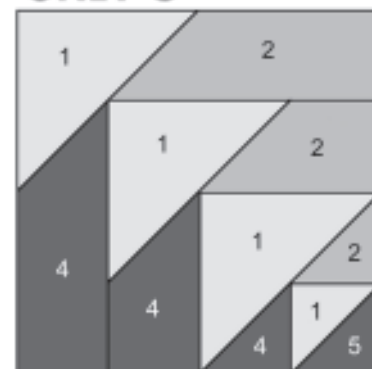After the units are completed, place into a bag and mark each block with the Unit number.

UNIT-2

Bag 2, for Unit 2				
Size with border	Lap	Double	Queen	King
Units/Papers	4	6	8	10
Template A				
Color 1	4	6	8	10
Color 2	4	6	8	10
Color 4	4	6	8	10
Color 5	4	6	8	10
Template B				
Color 1	12	18	24	30
Template C				
Color 2	4	6	8	10
Color 4	4	6	8	10
Template D				
Color 2	4	6	8	10
Color 4	4	6	8	10

Bag 3, for Unit 3				
Size with border	Lap	Double	Queen	King
Units/Papers	4	6	8	10
Template A				
Color 1	4	6	8	10
Color 2	4	6	8	10
Color 4	4	6	8	10
Color 5	4	6	8	10
Template B				
Color 1	12	18	24	30
Template C				
Color 2	4	6	8	10
Color 4	4	6	8	10
Template D				
Color 2	4	6	8	10
Color 4	4	6	8	10

UNIT-3

Bag 8 for Unit 8				
Size with border	Lap	Double	Queen	King
Units/Papers	14	18	22	26
Corner Triangles	4	4	4	4
Template A				
Color 1	32	40	48	56
Color 5	32	40	48	56
Strip A				
Inner border strips	14	18	22	26
Strip B				
Outer border strips	28	36	44	52

Helpful Hints Before Starting

Tension, Stitch Length and Needle Size: At this point you need to adjust the stitch length and tension on your machine for sewing on newsprint. This will vary with different machines. When using newsprint as a foundation, use a size 70 or 80 needle and set your stitch length at about 16 to 18 stitches per inch or just over 1.50 on your machine. All machines are different so if you begin sewing and find it is cutting your paper then adjust your stitch length a little longer. Your tension must be set evenly (top to bottom) such that when you tear away the paper it will not loosen or tear the stitches.

Speed Piecing: Speed piecing requires you to organize your work to be completed in a timely fashion using a technique called chain sewing. This means all the pieces should be finished with each step before going onto the next. For example, cut out all the papers, fold them on Line 1, and glue the first piece of fabric in position on the backside of the foundation papers. Place the second piece of fabric in position and sew it to the foundation paper. Make sure to complete each step as listed in the instructions for all of your pieces before moving onto the next step. This will save time and confusion by not having to go back and forth with each step.

Warning: There are some disadvantages to speed piecing. The biggest one is if you are not paying attention and you make a mistake, you will usually make it on several pieces before you notice it, so **pay close attention!** Check your first few pieces before you begin your chain sewing. If you do make a mistake, it can be fixed simply by placing a piece of scotch tape over the seam line on top of the foundation paper. Then pull the stitches loose from the paper only on that seam and pick out the stitches. This will keep your paper intact and you can sew on the line again. When you iron make sure you iron with the fabric side up so you don't melt the tape onto your iron.
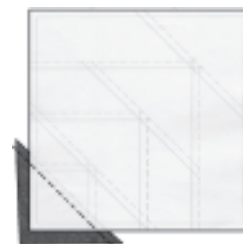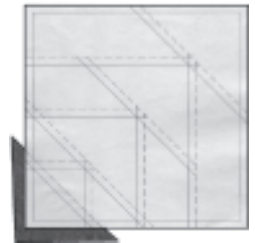
Pressing: When you press your fabric on the foundation paper, be careful not to use too much steam. Steam can shrink the paper and also cause the black lines on the foundation paper to come off onto your fabric which is very noticeable if you are using a light background.

Foundation Paper Piecing Instructions

Tips: The solid lines on your foundation papers represented with numbers are both fold lines and sewing lines. The dotted lines represent the edge of the quarter inch seam allowance. Do not sew on the dotted line. The dotted line for line one will help when placing fabric #1 and #2. *Note: The pinwheel line is not sewn on when making this quilt. It is used for another design layout.*

Lay the fabric pieces out in the same chronological order in which they will be sewn onto the foundation paper. The first piece of fabric is glued onto the backside of the foundation paper and will be referred now as fabric #1 (not color #1). The second piece of fabric is placed directly under the first piece of fabric with right sides together and referred to as fabric #2. Each additional fabric that is added will be referred as 3, 4, 5, and so on until the last piece is sewn onto the foundation paper.

Step 1: Place a small amount of glue on the backside of the foundation paper under section 1. Place fabric #1, cut from Template A, wrong side up under section-1 and glue it to the backside of the paper, lining the diagonal edge with the dotted 1/4" seam allowance for Line 1.

Step 2: Place fabric #2 right side up directly under fabric #1 and sew on Line 1.

Step 3: Flip the foundation paper over and press as shown.

Step 4: Fold the foundation paper back on Line 2; trim a quarter inch seam allowance using your Add-A-Quarter ruler.

Step 4: With wrong sides together, sew Blocks 1 & 2 onto Blocks 3 & 4. The seams for all the four patch units should interlock if you sewed and pressed the set together as instructed.

WRONG SIDE

1

WRONG SIDE

2

WRONG SIDE **2** | PRESS SEAM | WRONG SIDE **1**

PRESS SEAM

WRONG SIDE **4** | WRONG SIDE **3**

PRESS SEAM

PRESS SEAM

Step 5: After the four units are completed, turn the blocks over to the wrong side and pick out a couple stitches at the intersection on each four patch unit. Tweak the fabric at the intersection to allow the seams to open. Then press each seam as shown.

Step 6: Finish sewing the sets into rows. Sew the side border sections onto the ends of each row. Sew both the top and bottom inner border sections together into two

rows and add the four corner blocks onto both ends. Finish sewing the rows together to complete the center of the quilt.

Note: If you are careful when sewing the rows together you will find that all the seams will interlock at the intersection on each block. Press all the seams before adding the outer border strips.
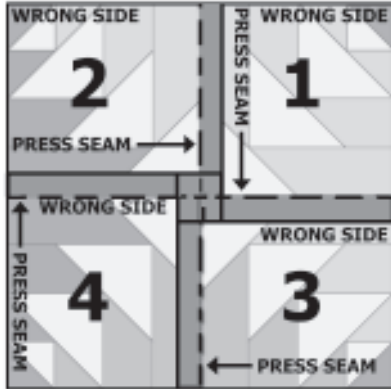
Outer Border Cutting and Sewing

Step 1: Estimate the length and width needed for your quilt and cut four strips 6" wide.

Note: You will want to add another 4" border strip on the queen and king size layouts between the inner pieced border and outer border.

Step 2: Lay the two side strips down the center of your quilt. Trim both strips the same length of the quilt as shown.
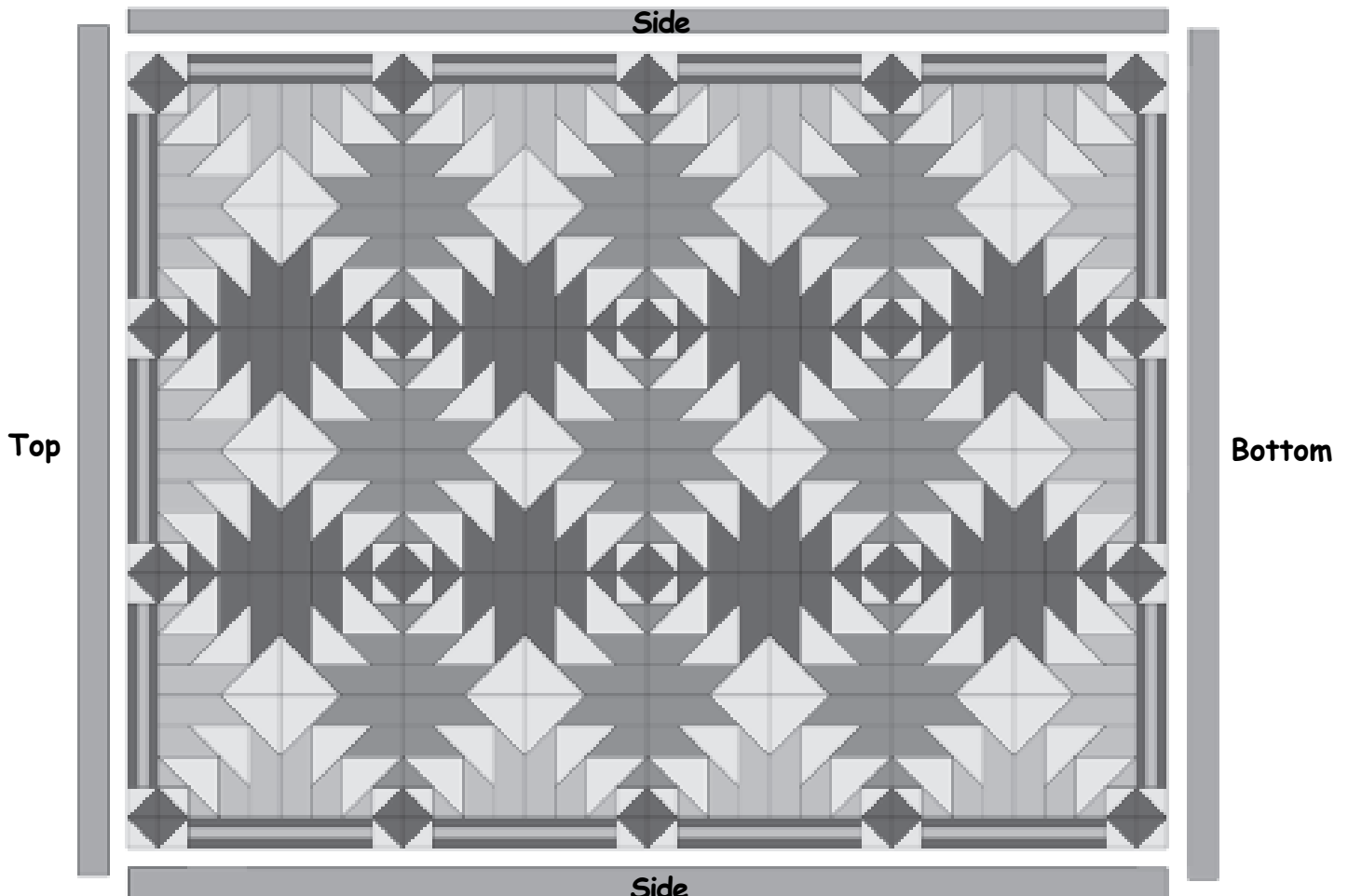
Step 3: Pin and sew the border strips onto both sides of the quilt. Match the ends and centers first, then ease the quilt to fit the border. Press the seams toward the inner border sections.

Step 4: Sew the top and bottom border strips onto the quilt by repeating the same steps used for the side borders.

Side

Top

Bottom

Side

Flying South Yardage Chart
Size 57" by 71"

This pattern includes enough foundation paper to complete the Lap Quilt shown on the cover sheet. Selecting fabrics for this quilt is relatively simple. You will need to choose 5 main colors.

Flying South Yardage Chart				
Size	Lap	Double	Queen	King
Size with borders	57x71	71x85	93x107	107x121
Size without borders	42x56	56x70	70x84	84x98
Rows and colums	6x8	8x10	10x12	12x14
Number of units	48	80	120	168
Extra foundation packages	0	1	2	3
Color 1	1 3/4yds	2 2/3 yds	4 yds	5 1/2yds
Color 2	7/8 yd	1 yd	1 1/4 yds	1 1/3 yds
Color 3	1 yd	1 2/3 yds	2 1/3yds	3 1/4 yds
Color 4	1 yd	1 1/2 yds	2 1/4 yds	3 yds
Color 5	1/2 yd	5/8 yd	3/4 yd	1 yd
Strip A Inner pieced border	3/8 yd	3/8 yd	3/8 yd	2/3 yd
Strip B Outer pieced border	3/8 yd	3/4 yd	3/4 yd	3/4yd
Border & Binding	2 1/4 yd	2 1/2 yds	3 1/4 yds	3 1/2 yds
Extra 4" border for king and queen size quilt			1 1/3 yds	1 5/8 yds
Backing	4 1/2 yds	5 yds	10 yds	11 yds

Extra foundation papers can be purchased to expand or redesign this quilt into a larger layout. These packages would be listed on our web page. The extra packages include eight pages (48 blocks) of foundation papers. If you can't purchase them through a local quilt shop, please visit our web page. If we find any corrections that need to be made to this pattern, they will be posted on our web page under 'Corrections'. Our website includes a list of all our patterns, samples of all our quilts, information about teaching, and a list of frequently asked questions with answers about foundation paper piecing. Please visit us at www.quiltworx.com It is fun and educational.

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Flying South Pattern Only