

# Hearts and Hands BOM May 2019

## Balkan Puzzle



**Fabric Requirements:** Medium Green, White, Colored Tone-on tone (tonal), and a Print

### Cutting Directions (Traditional Method):

1. Green Fabric – Cut 1 square 6 ¼” and cut twice on the diagonal
2. White Fabric (for Flying Geese): Cut 4 squares 3 3/8” and cut once on the diagonal
3. White Fabric (for HST): Cut 4 squares 3 3/8 and draw a diagonal line on the wrong side
4. Tonal Fabric – Cut 2 squares 3 3/8”
5. Print Fabric – Cut 2 squares 3 3/8”

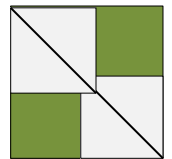
### Cutting Directions (Fast Flying Geese):

- A. Cut the same pieces of fabric listed in steps 1 and 2 above, but **do not** sub-cut
- B. Draw a diagonal line on the wrong side of the white squares
- C. Cut the fabric for the HSTs as listed in steps 3-5

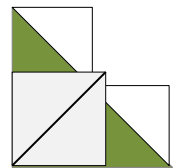
### Sewing Directions:

(Traditional Flying Geese) Sew one small background triangle from step 2 to one diagonal edge of the green triangle from step 1; press toward the small triangle. Sew the second small triangle to the other diagonal edge of the large triangle to make a flying-geese unit; press toward the small triangle. Make 4 Flying Geese; geese are 2 ½” by 5” finished.

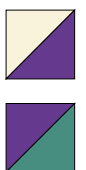
(Fast Flying Geese) On the wrong side of each of the 4 small squares, draw a diagonal line; with right sides together, place two marked squares on opposite corners of the green square. Stitch a scant 1/4” seam on both sides of the drawn lines. Cut on the drawn lines. Press toward the small triangles.



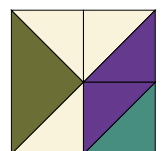
With right sides together, place 1 of the small marked squares on the corner of each piece. Stitch a scant 1/4” seam allowance on both sides of the drawn line. Cut on the drawn line. Press the seam allowances toward the small triangles. Do this twice to make 4 Flying Geese.



(Half Square Triangles) draw a diagonal line on the wrong side of each of background squares. Place right sides together with a tonal square and sew ¼” on each side of the line and then cut along the line. Press to the background fabric . Make 4 HSTs. Repeat for the print squares, press 2 to the print and 2 to the tonal fabric, making 4 more HSTs.



**Block Assembly** – Sew a background and tonal HST to a tonal and print HST. Sew this unit to a flying geese unit to form a square; press open. Do this 4 times. Sew the four squares together as shown in the block diagram at the top of the page.



**This is a 10” finished block ( 10 ½” unfinished)**