

## EPISODE 12 CLASS NOTES

### FLYING GEESE, LATTICE & CHECKERBOARD SASHINGS

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This episode is all about adding even more variety to your Quilt As You Go sashings. We're learning how to create small square sashings with side trims, mini checkerboards, flying geese, and latticework to make decorative sashings that add dimension and texture to your quilt. As you've seen in previous episodes, all sashings are made with a turn back so there are no raw edges. We're now getting closer to joining the quilt together!

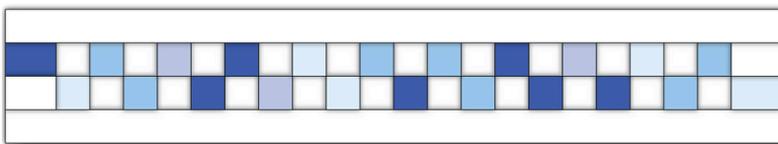
#### In this episode, you'll learn:

- How to sew accurate  $\frac{1}{4}$ " seams for perfect alignment
- Tips for pressing seams to maintain accuracy
- How to make turn backs for 4" Flying Geese
- How to create a stunning lattice sashing with appliqué details

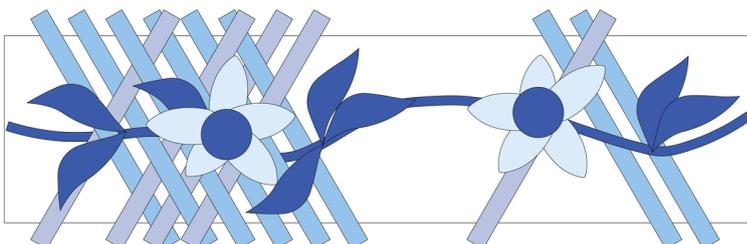
#### 2 COLOUR SQUARE SASHING



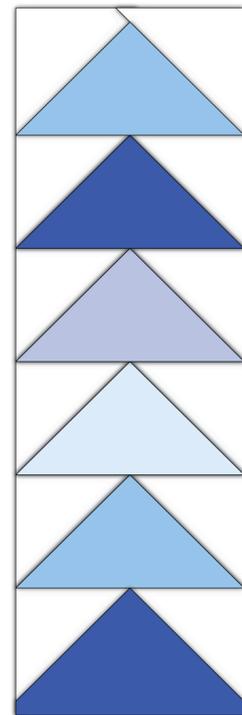
#### MINI CHECKERBOARD SASHING



#### LATTICE SASHING WITH APPLIQUÉ



#### LARGE FLYING GEESE SASHING



## 2 COLOUR SQUARE SASHING

This sashing is made using just 2 colours; the background and one of the colours from your range, or you may want to add a mixture of different colours. You will make 2 sashings; 1 finishing approximately 16 ½" long and another finishing approximately 24 ½" long. These will be placed in different positions on your quilt, so the measurements allow for extra room.

### Cutting Instructions:

- Cut 3 background fabric strips, 1 ½" wide x length of a fat ¼
- Cut 3 contrast fabric strips, 1 ½" wide x length of a fat ¼
- Cut 2 background fabric strips for sides, 1 ¾" wide x 18"
- Cut 2 background fabric strips for sides, 1 ¾" wide x 27"

### Assembly Instructions:

1. Stitch the strips into 3 pairs using a ¼" seam (*Figure 1*).



*Figure 1*

2. Press the seams to the darker fabric.

3. Cut the strip sets into 1 ½" segments (*Figure 2 & 3*).



*Figure 2*



*Figure 3*

4. Join the segments together, starting with a background piece at the top (*Figure 4*).



*Figure 4*

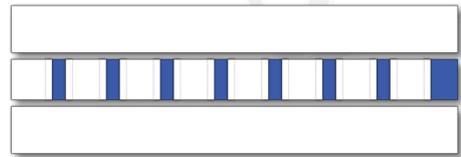
5. For the first sashing: Join 8 segments together, so you have a row finishing approximately 16 ½" long (*Figure 5*).

For the second sashing: Join 12 segments together so you have another row finishing approximately 25" long.

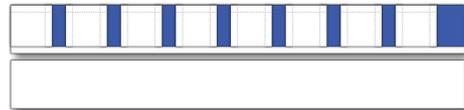


*Figure 5*

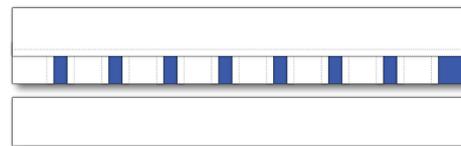
6. For each sashing, press the seams and sew a side strip either side of the small squares; being careful not to flip any seams as you stitch (*Figure 6, 7 & 8*).



*Figure 6*

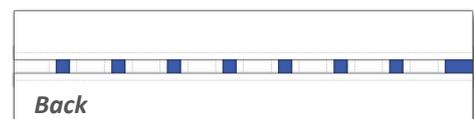


*Figure 7*

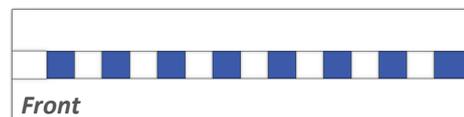


*Figure 8*

7. Once stitched, press seams to the middle. Trim the strips to the same length as the squares (*Figure 9 & 10*).



*Figure 9*



*Figure 10*

8. Put the strips through the 2" Sasher tool (*Figure 11*).



*Figure 11*

9. Cut the batting 1 ⅞" wide x the length of each sashing and lay it inside.

## MINI CHECKERBOARD SASHING

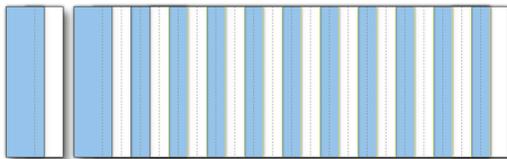
These pieces are very small, but they create a beautiful effect in your quilt. It's a great way to use up offcuts, and you can mix the colours around however you like.

### Cutting Instructions:

- This sashing is made using 1" wide strips of mixed colours and background fabrics - you can choose how many you would like to cut
- Cut 2 background fabric strips, 1 ¾" wide x 12" long

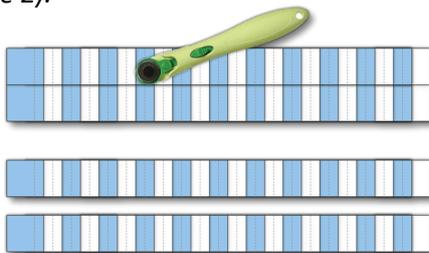
### Assembly Instructions:

1. Sew the 1" strips together using a 1.9 stitch length - this helps keep the strips from twisting. Start with a coloured strip, then a background strip, and continue alternating until your strip set is around 12" long. Carefully press so the seams all go one way (*Figure 1*).



*Figure 1*

2. Cross cut into 1" strips. Join 12 pieces together to make a long strip, starting with a coloured piece at the top (*Figure 2*).



*Figure 2*

3. Repeat for a second strip—but this time, start with a background piece at the top. Press the seams up on one strip and down on the other (*Figure 3*).



*Figure 3*

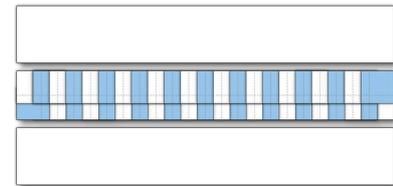
4. Join the 2 rows together butting the seams as you go (*Figure 4*).

- Use the Sixth Finger Stiletto to help hold the seams in place as you stitch.

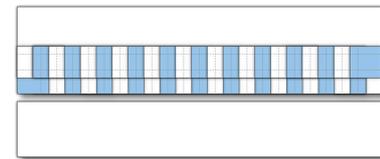


*Figure 4*

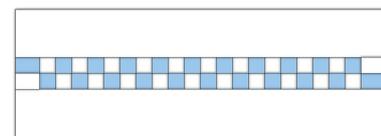
5. Sew a strip either side of the small squares, being careful not to flip any seams as you stitch. Press the seams (*Figure 5, 6 & 7*).



*Figure 5*

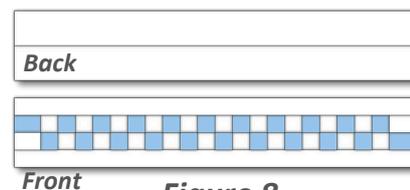


*Figure 6*



*Figure 7*

6. Put the strip through the 2" Sasher tool (*Figure 8*). Alternatively, you can use multiple colours (*shown in Figure 9*).



*Figure 8*



*Figure 9*

7. Cut the batting 1 ⅞" wide x 12" and lay it inside the sashing.

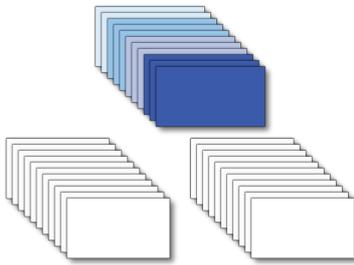
## LARGE FLYING GEESE SASHING

These Flying Geese are made a little differently to the traditional method, but the finished result is exactly the same. It's all about allowing for the **fold back**.

### Cutting Instructions:

**Note: There are two different measurements for the rectangles, as there is a ¼" difference.**

- Cut 11 rectangles from assorted colours 2 ½" x 4 ½"
- Cut 22 rectangles from background fabric 2 ½" x 4 ¼"



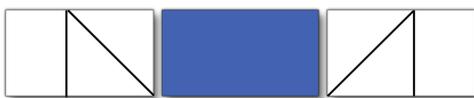
### Assembly Instructions:

1. On the wrong side of each background rectangle, mark a diagonal line 1 ¾" from the edge, not the exact centre—this allows for the fold back (*Figure 1*).

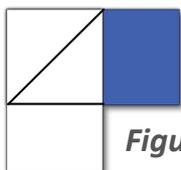


*Figure 1*

2. Lay the marked background rectangle on top of a coloured rectangle, right sides together (*Figure 2 & 3*).

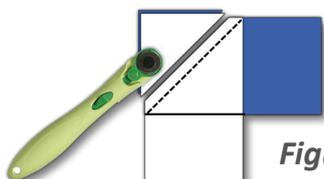


*Figure 2*



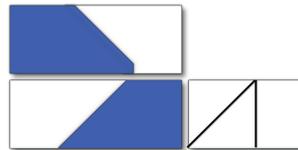
*Figure 3*

3. Stitch just inside the marked line to ensure accuracy, fold the fabric back and trim to ¼" (*Figure 4*).

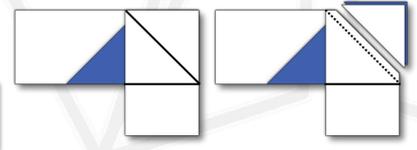


*Figure 4*

4. Fold out the first piece, lay the second marked piece down and stitch, then press and trim (*Figure 5 & 6*).

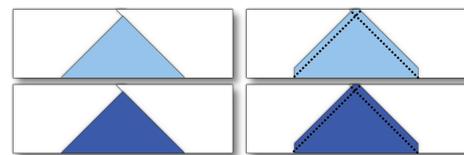


*Figure 5*



*Figure 6*

5. Repeat to make 11 units (*Figure 7*).

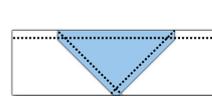


*Front*

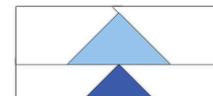
*Figure 7*

*Back*

6. Join 2 units (*Figure 8*) and press the seams out to the background (*Figure 9*). Continue joining all 11 units into a strip, carefully matching the points as you sew (*Figure 10*).

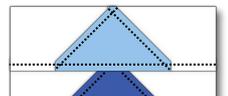


*Figure 8*



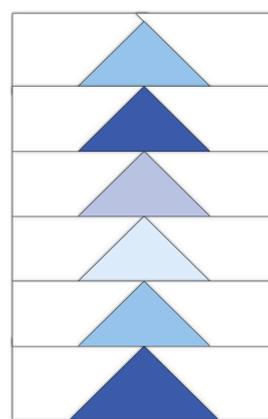
*Front*

*Figure 9*

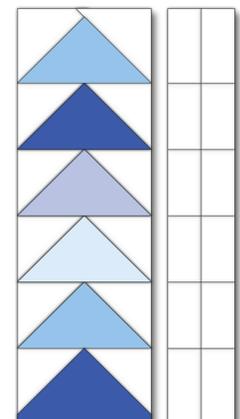


*Back*

*Aim to sew directly through the 'X' formed by the overlapping seams—this guarantees sharp, precise points*



*Figure 10*



*Front*

*Back*

7. Put the strip through the 4" Sasher, aligning the points carefully as you press (*Figure 11*).

8. Cut batting 3 ¾" wide x the length of the strip and lay it inside the sashing.

## LATTICE SASHING WITH APPLIQUÉ

This sashing creates a beautiful woven lattice effect, finished with appliquéd flowers, leaves, and a bias stem that weaves through the design.

### Cutting Instructions:

- Cut 1 strip of background fabric, 5" x 20" (the finished size will be 4")
- Cut 1" wide strips of coloured fabric on the straight grain for the lattice (cut as many pieces as you would like for your design)
- Cut ½" wide strips of coloured fabric on the **bias** for the vine/stem (long enough to thread through your lattice design)

From the templates ([download here](#)):

- Cut 10 flower petals in two different colours
- Cut 8 leaves in your desired colours
- Cut 2 flower centres in contrasting fabrics



### Assembly Instructions:

1. Make ½" strips by folding and pressing the 1" strips, then putting them through the ½" Sasher tool.
2. Lay some of the ½" strips in one direction first, gluing them in place with small dots at the top and bottom.  
*Optional: mark your lattice design on the fabric before laying the strips down (Figure 1 & 2).*



Figure 1



Figure 2

3. Weave the rest of the ½" strips over and under, until you create a nice lattice look (Figure 2 & 3).

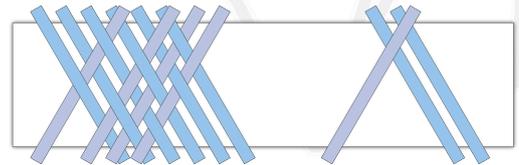


Figure 3

4. Once all strips are woven, double-check spacing for evenness. Glue the woven strips down with small dots of glue at the top and bottom, and press with a hot iron to set.

5. Fold the bias strips using the ¼" Sasher tool.

6. Thread the bias vine over and under the lattice in a way that flows naturally through the design (Figure 4).

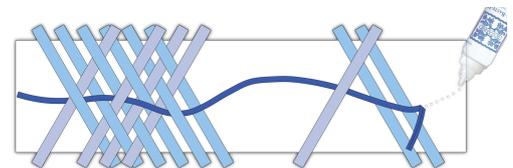


Figure 4

7. Arrange appliquéd flowers, stems, and leaves on top of the lattice, and apply small dots of glue to hold in place.

8. Glue the appliquéd pieces in place, then press to set (Figure 5 & 6).

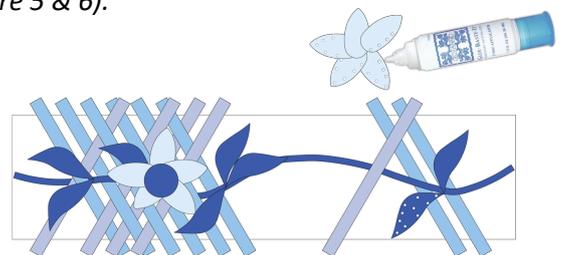


Figure 5

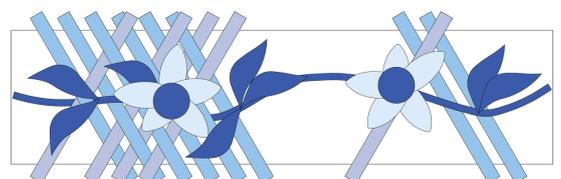


Figure 6