

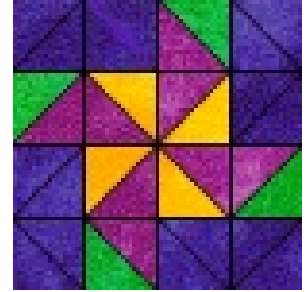
# “Inner Peace”

## “Louisiana”

July 2008

### Individual Block instructions

Louisiana (12" finished block, Make one block)	
(B) Green	Cut 2 squares 3 7/8". Cut once diagonally
(D) Yellow	Cut 2 squares 3 7/8". Cut once diagonally
(E) Purple	Cut 4 squares 3 7/8" Cut once diagonally
(F) Blue	Cut 4 rectangles 3 1/2" x 6 1/2"



### Assembly & Block Construction



Diagram 4

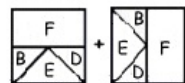
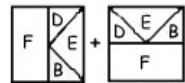
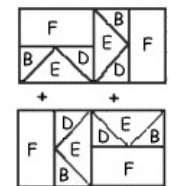


Diagram 5



Assembly



1. Sew (1) one (B) Green half square triangle to (1) one (E) Purple half square triangle. This will make one half of a flying geese unit. Repeat this (3) three more times. See diagram 1.
2. Press units made in step 1 towards the smaller triangle, being sure not to touch the iron to the un-sewn bias edge. Once all units have been pressed repeat the process sewing one (D) Yellow half square triangle to the un-sewn edge of the (E) Blue quarter square triangle. This will complete the flying geese unit. Repeat this step (3) three more times. Press and label Unit 1a. See diagram 2.
3. Press all (4) four flying geese Unit 1a's. To the top edge of the flying geese Unit 1a sew (1) one (F) Blue rectangle. This will make one quarter of your block. Repeat 3 more times. Press and label Unit 1b. See diagram 3.
4. Measurement check – Block should measure 6 1/2" square.
5. Press units just made in step 3 and layout according the diagram 4. Sew (2) two Unit 1b's together to form one half of your block. This will be the top row of your block.
6. Measurement check – Section should measure 6 1/2" x 12 1/2"
7. Sew the (2) two remaining Unit 1b's together as seen in diagram 5 to make the bottom row of your block.
8. Measurement check – Section should measure 6 1/2" x 12 1/2"

Measurement check – Block should measure 12 1/2"