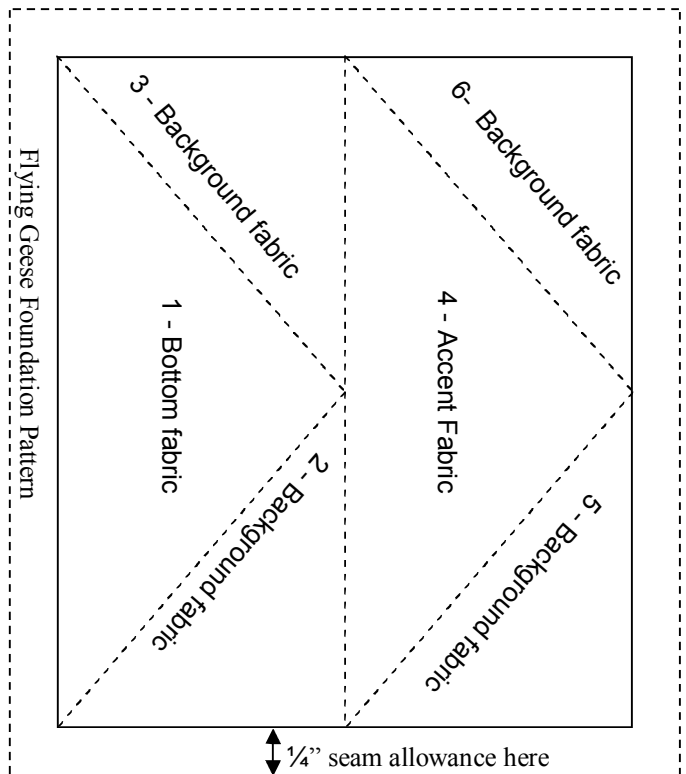
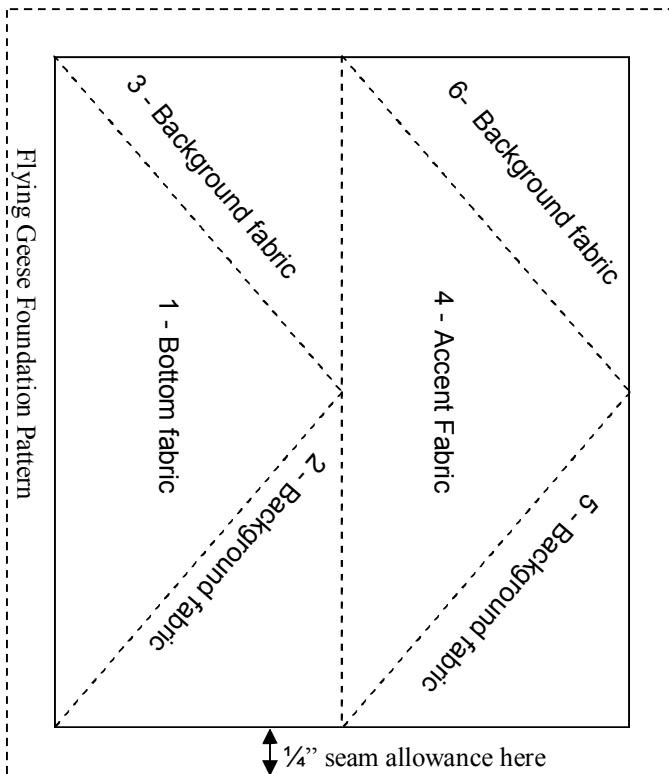
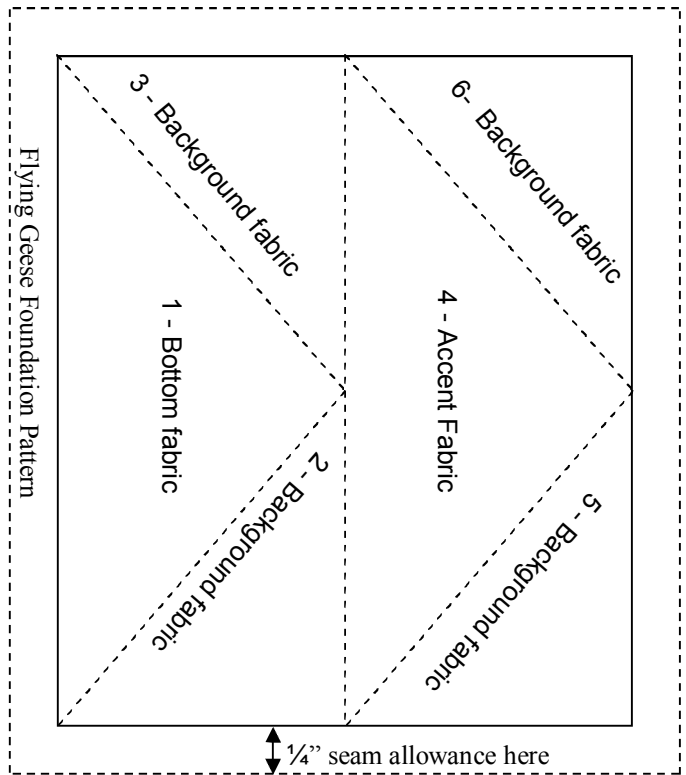


# NORTHERN LIGHTS TRIO

## Prepare Flying Geese Strip

First, you'll prepare your Paper Piecing Foundations:

- Photocopy the Foundation patterns - you will need to copy this page to get all of the foundations for the tote. (You may want to put together a test block to try this method - in that case, make 2 copies of this page!)
- Set your machine's stitch length to a short setting (1.5 mm works great). This will make it easier to remove the paper foundation when complete.
- Paper piecing can be summarized as follows:  
The fabric is placed on the blank side of the paper and sewn on the printed side.
- Follow the detailed instructions on [page 2](#) for paper piecing.



# NORTHERN LIGHTS TRIO

## Prepare Flying Geese Strip

Paper Piece your Geese!

- Cut a larger piece of fabric than necessary for shape 1.
- Place the piece that you cut for location 1, over shape 1 to check the size. You will need to have a piece that is big enough to include all of the seam allowances.
- Using a dab of Fabric Glue, glue this piece to your foundation pattern over shape 1 (and it's seam allowances) on back of pattern.
- Fold the paper along the line between pieces 1 and 2 and 3.
- Trim shape 1 fabric with quarter-inch seam allowance from these fold lines.
- Cut a piece of fabric large enough for the second piece and a seam allowance estimate.
- Pin the second piece to the first with right sides together (at back unprinted side of pattern).
- Open the fabric over shape 2, and hold the foundation up to the light to confirm the fabric includes adequate seam allowance. Trim if needed.
- Close the fabric back up so it again lies over the first piece with right sides together.
- Flip the block over so that the paper pattern faces upward.
- Machine stitch these pieces together through the paper, following the pattern's sewing line.
- Remove pins.
- Flip the foundation over to trim and press seam allowance.
- Repeat these steps for the remaining pieces in numerical order, be sure to trim and press seam allowances after each seam.
- Leave paper foundation on until the 3 units are sewn together.
- Easy!