

Dawn Abbey

DESIGNS

Quilting Basics

Natalie Reiners



Photo Credit: © David Dales | Dreamstime.com

© Dawn Abbey Inc. 2016

8 South Main Street, Suite 103, Whitestown, IN, 46075

No part of this book may be reproduced in any form, unless otherwise stated. Dawn Abbey Inc assumes no responsibility whatsoever for the use of the information in this book. The information in this book is presented in good faith, but no warranty is given, nor results guaranteed. Dawn Abbey Inc. disclaims all liability from any injury to anyone undertaking the activities described in this book as a result of improper safety precautions. Since we have no control over physical conditions surrounding the application of information contained, Dawn Abbey Inc. disclaims any liability for untoward results.

The pattern provided is for personal use only. No permission is granted for commercial use.

Quilting Supplies

FREEZER PAPER

I like the 8 1/2" sheets that can go into the printer best but you can certainly use the kind from your local grocery store.

IRON AND IRONING SURFACE

A good iron and surface close to where you are stitching is invaluable. I took a piece of MDF and covered it with a single layer of cotton quilt batting and a piece of muslin to create the surface that I use. A travel iron is great for larger areas while a smaller mini iron is great for tiny pieces

WASHABLE GLUE STICK

I use my glue stick to temporarily stick applique pieces to freezer paper and to do a multitude of other tasks.

PERMANENT MARKER

Use a permanent marker to trace your pattern pieces onto Fuse N Stick, freezer paper or clear fuse.

QUILTER'S RULERS

Use a 6" x 24" Quilter's Ruler with your rotary cutter and mat. A smaller Add - A - Quarter ruler is needed to trim the excess fabric for paper piecing.

CUTTING MAT AND ROTARY CUTTER

Accurate cutting is the foundation of accurate blocks. A simple cutting mat and rotary cutter will make cutting strips and shapes faster and simpler.

TERIAL MAGIC AND FABRIC MAT

If you plan to use your Scan N Cut machine to help with the cutting then your applique fabric should be stabilized with Terial Magic. Follow the directions carefully, it can stain light fabrics otherwise. You will need to use the Fabric Mat for your Scan N Cut to hold the fabric in place while the machine cuts for you.

TEAR AWAY STABILIZER

Perfect for paper piecing, Tear Away stabilizer is easy to trace on, and pulls away from your fabric in a snap.

CLEAR FUSE OR FUSE N STICK

Fuse'N Stick is a unique double-sided adhesive stabilizer that is ideal for appliqué. One side of Fuse'N Stick has a low-melt adhesive that is activated by using a medium setting on a hand iron. The other side of Fuse'N Stick contains a sticky adhesive protected by a paper backing. To use, simply iron the fusible side of Fuse'N Stick to the right side of your base fabric, remove the release paper from the other side of the Fuse'N Stick and place your appliqué on top. After stitching down your appliqué, the excess stabilizer can be removed by tearing or cutting it away. Clear Fuse can be used like any other fusible web but the clear coating allows greater accuracy.

Note: you may not need everything listed here, it depends on the method you decide to use to create your blocks.

For example, if you choose to fuse all your applique pieces then you will not need freezer paper, a glue stick or a permanent marker.

For paper piecing instructions please visit our website at www.designersewingcenter.com.

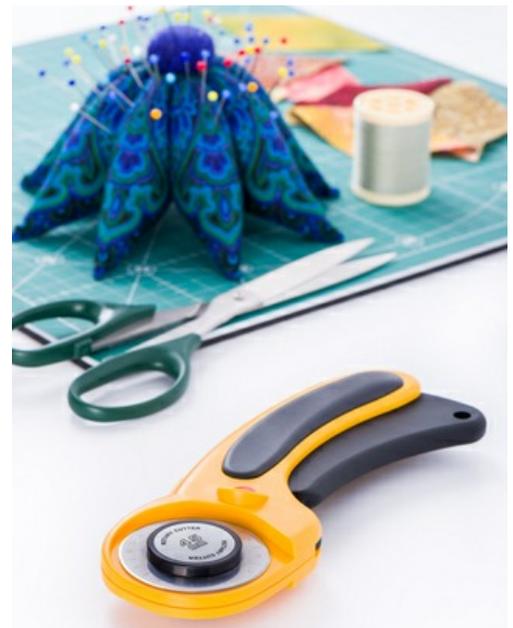


Photo Credit © Maxcab | Dreamstime.com

Fabrics

FABRIC CHOICES

The fabrics chosen are entirely up to the quilt artist. While it is true that in the U.S. cotton is usually the fiber of choice, wool, silk and recycled clothing are also wonderful options. If you are new to quilting then high thread count cotton is the best place to start. I'll never forget my first attempt at piecing. I was afraid of wrecking the fabric so I bought cheap quality, low thread count fabric, didn't wash or starch it, and the end result was disaster! Whatever the fiber content, remember to keep a simple rule of high quality fabric leads to great results. When selecting the prints, solid colors, and tonal blender fabrics for your quilt, keep light, medium and dark color values in mind.

FABRIC PREPARATION AND STARCH

Whether you choose to pre-wash your fabric or not depends on whether or not you plan to use the quilt as a wall hanging or on a bed/lap. My rule for fabric is simple, treat the fabric exactly the way the quilt will be treated after the project is completed. However, lesson above noted, I *always prep my fabric with heavy spray starch*, it makes both cutting and stitching easier - no more disasters!

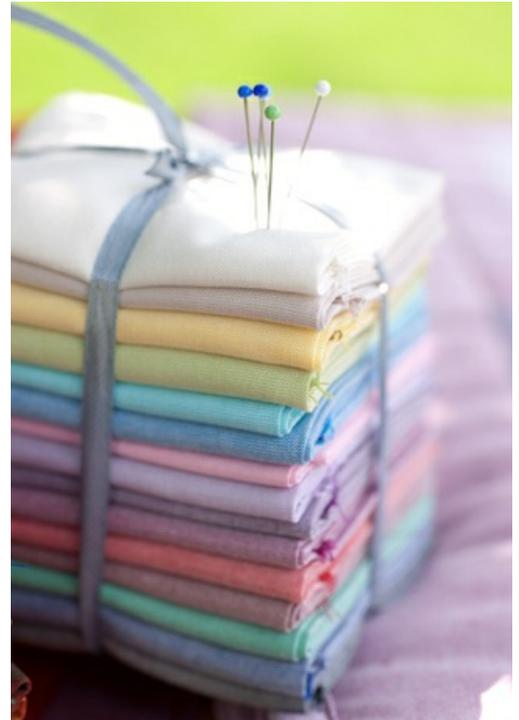


Photo Credit © Christian Jung | Dreamstime.com

Stitching

Piecing the Quilt

Generally I use a 1/4" piecing foot and a 2 mm stitch to create the seams for quilts. Once an area has been stitched, press it right away. It saves time and hassle later. Place the pieces to be stitched right sides together and sew at a scant 1/4". Use the edge of your guide foot to keep the seams even. *Be sure to invest in a high quality foot.* There are different styles of 1/4" feet use a tape measure to be certain that yours will give accurate results.

Paper piecing was introduced to me with a gift from my Mom and fellow quilter. Some years ago she presented me with a book by Carol Doak. My piecing skills soared thanks to this method and I quickly realized that my tearaway stabilizer sheets were the perfect "paper" piecing foundation. To learn how to do paper piecing, please visit Carol Doak's website at:

[Carol Doak's Paper Piecing](#)

Once the blocks are all assembled, it's time to quilt the top to the backing and batting. To do that, make a quilt "sandwich" with the backing and the top enclosing the batting. Always cut the batting and backing several inches bigger than the top. Use quilters safety pins to baste the entire top or use basting spray for smaller projects. Roll up your project and use either free motion quilting or stitching lines with a walking/even feed foot.

Free Motion Quilting and A Walking Foot

Please visit our website at www.designersewingcenter.com

to see the Brother videos on how to create free motion quilting and on using walking foot.

Appliqué Methods

Fusible Web Appliqué Method

Trace your design onto fusible web such as Clear Fuse or Stick N Fuse. My personal favorite for general applique is Stick-N-Washaway® by Pellon.

Stick-N-Washaway is a unique product that combines a pressure sensitive adhesive with a water-soluble stabilizer. The stabilizer will wash away without placing any stress on threadwork and leaves no trace on either side of the project. I still have to use a dab of glue to adhere the motif to my project but it allows me to temporarily adhere my appliqué to the fabric and then it washes away leaving my quilt top "needle turn" smooth.

NOTE: Remember to mirror image your design when tracing onto the paper or clear sheet so your motif will face the correct way later.

Cut out your design, around the lines, leaving yourself a little space to work.

Fuse the motif to the **wrong side** of the fabric. This is why you need to work with a

mirror image! Clear Fuse requires that you move the iron around during the adhesion process.

Now, cut the motif out precisely.

Remove the backing and fuse the motif to a backing fabric or garment.

Stitch the motif to the backing. Use one of the following:

A long, narrow, zigzag stitch, Blanket stitch, Satin Stitch, or an Appliqué stitch.

Freezer Paper Method

Trace out the chosen motif onto the dull side of freezer paper or print directly onto 8 1/2" by 11" sheets from a file on your computer.

Cut out the motif on the lines

Use a washable glue stick to temporarily stick the **dull side** of the freezer paper to the **wrong side** of the fabric.

Trim the fabric to within a scant 1/4" of the edge of the paper.

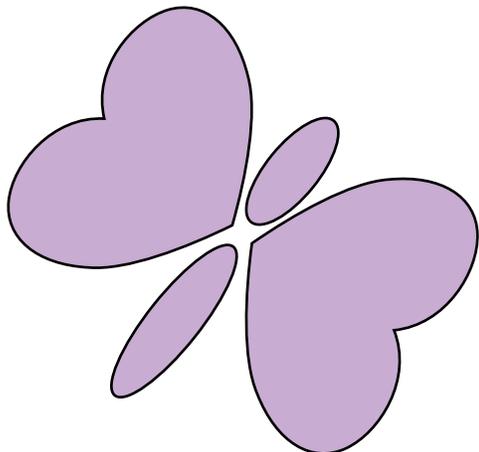
Fold the raw edges of the fabric over the edges of the

paper and press. The shiny side of the freezer paper has a wax surface, the seam allowance will stick to it. Now place the motif on the background fabric and press. It will stick temporarily.

Stitch the appliqué using the method above.

Sewing Tip:

When quilting or stitching an appliqué I prefer to use MonoPoly thread for both the top and bobbin. This product is made from polyester and as a result does not melt, turn brittle or stretch out of proportion. Like polyester fabric it remains soft and supple for decades and will not yellow over time.



Practice makes perfect! Trace this simple butterfly pattern and use one of the methods above to hone your skills. The small ovals are a great way to learn how to work with tiny pieces and tight curves.

To learn about the super easy Scan N Cut method of applique, visit our website at www.designersewingcenter.com