

SUPPLY LIST
Beginning Free Motion Machine Quilting
Taught by Shirley Sandoz 4 hour class

SUPPLY LIST

1. **Sewing machine capable of dropping or covering the feed dogs.** You must have a foot pedal for controlling the speed of the machine as you sew. A newer machine (most machines less than 15 years old probably qualify) with sensitive speed control is much easier for free motion.

2. A spring-action **free motion or darning foot**. A couple of examples of these feet are shown below; other variations exist that may not look much like these; check with your sewing machine dealer if you are unsure. There are a few sewing machines that have a setting for “floating” free motion in addition to “spring action” free motion. On these machines, a presser foot without a spring can be used for free motion because the presser foot “hovers” above the fabric and allows the operator to move the fabric underneath the presser foot. I do not recommend this type of foot, but it can be used for this class if you do not have a spring action foot.



3. If you have an **extension table** for your machine, bring it. You must have enough extension table to place your left hand down to hold the fabric and move it around as you sew. Six inches of table left of the needle is the bare minimum. If you don't have this much, figure out some way to provide a surface level with the sewing machine bed such as a piece of smooth plywood stacked on books, etc. It is possible to make a simple extension table without spending much money. Do an internet search on “DIY sewing machine extension tables” and you will find many photographs and instructions to give you ideas.

4. The **manual** for your sewing machine. You will need to adjust the top tension on your sewing machine and possibly the bobbin tension. If you don't know how to adjust the top tension, study your machine manual to learn how before class. If you don't have a manual, go to the manufacturer's website and see if one is available to be downloaded.

5. **Basic sewing supplies** – scissors, seam ripper, pins. A water-soluble or iron-away (Frixion) marker with a thin tip.

6. **Needles.** A universal needle, size 70 or 80, will work fine. Bring several spare needles; beginning free motion quilters usually break a few needles before getting the hang of it! I usually quilt with a size 70 topstitch needle because the eye of the needle is bigger so it is easier to thread.

7. **Thread** that coordinates with your fabric – cotton thread, 40 or 50 weight. Size 40 rayon or polyester embroidery thread can also be used if you are familiar with how it behaves in your machine. A thread somewhat darker than your quilt top will allow you to see your quilting as you sew. I prefer to use a medium color thread rather than a really dark one; the quilting will still show but blend more nicely. Load a bobbin with the same thread weight as you are using on the top. Do not use a pre-loaded bobbin or a thread meant specifically for the bobbin such as “Bottom Line”. These threads are usually 60 weight and will make it harder to get the tension right.

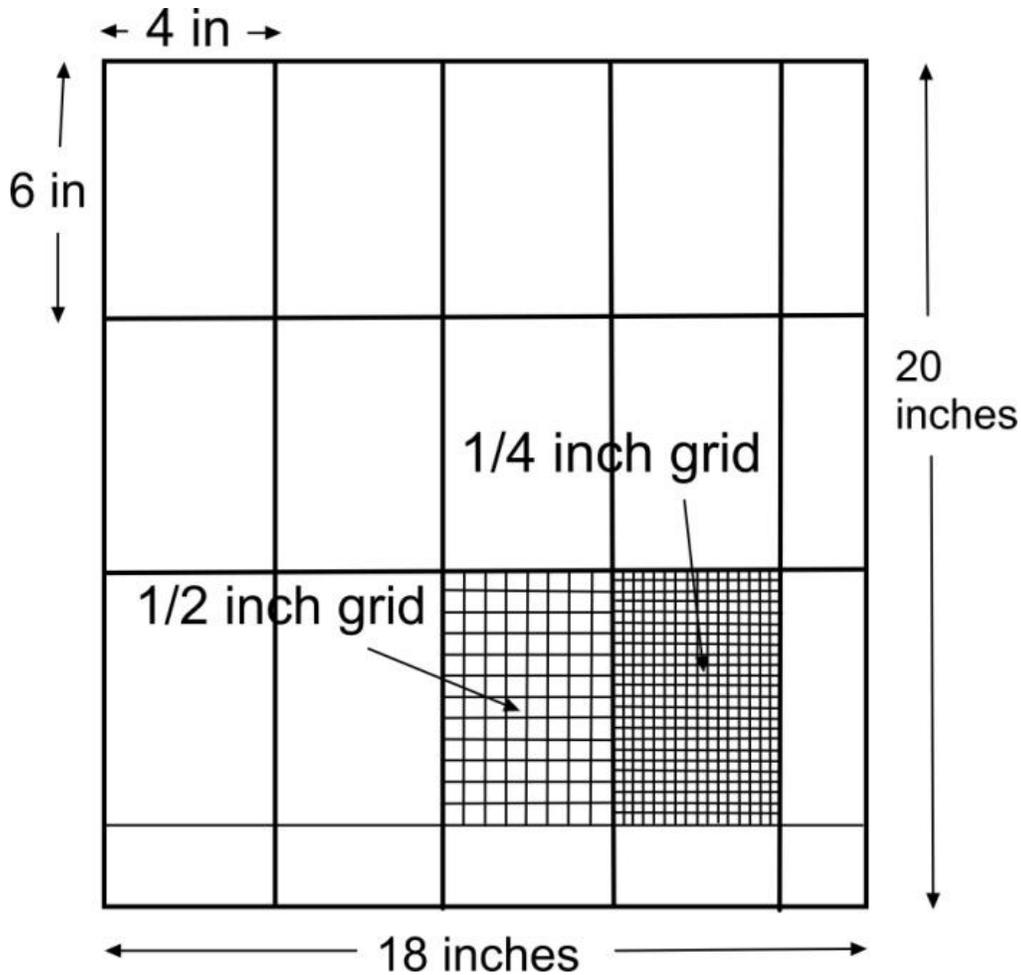
8. Several sheets of **paper and a pencil.** Bring samples of your practice drawing pieces (see the Drawing Exercises file for the instructions and patterns).

9. **Fabric.** You will need a **practice quilt sandwich** made from a couple of pieces of scrap fabric and thin batting, about the size of fat quarters. The purpose of this practice piece is to test your thread tension and practice the stitches before stitching on your sampler. If you are the kind of person who likes lots of practice, you might want to bring two practice quilt sandwiches. Baste or pin these practice quilt sandwiches around the edges and down the middle both ways, just enough to hold the layers together and keep them from shifting much.

For your **free motion sampler**, you will need two pieces of light colored good quality cotton fabric at least the size of fat quarters and a piece of thin batting the same size. Slightly larger pieces would be even better because they will give you more fabric to grab hold of around the edges.

Using a water soluble or iron-away marker, mark **one** of the fabric pieces in a grid of 4 inch by 6 inch rectangles as shown below. NOTE: unlike the drawing that shows the grids starting along one fabric edge, center your grids so you have some fabric outside the grid marks on all four sides.

After marking the 4 by 6 grid rectangles, then subdivide one of the 4 by 6 inch rectangles into $\frac{1}{2}$ inch squares and another into $\frac{1}{4}$ inch squares, also using a wash away or iron away marker.



Sandwich this marked top with low loft batting and your other piece of fabric. Pin and then quilt with a straight stitch along the 4 by 6 inch grid lines. **DO NOT** stitch on the $\frac{1}{2}$ inch and $\frac{1}{4}$ inch grid lines.

On this marked grid, you will be completing a sampler with twelve different free motion patterns similar to the ones shown in my sampler below.

