



Smithsonian Associates

Flash Quilt Story

Instructor: Lauren Kingsland

Before the workshop participants are encouraged to select a life anecdote to portray and prepare their ideas by writing several very short word stories about it.

For more information on the 6 word story see <https://www.sixwordmemoirs.com/>

Supplies Needed:

- 2 fat quarters, (18 x 20") for the backing and the front foundation fabric.
- 1/2 yard for binding and hanging sleeve.
 - To prepare the applied binding - 2 strips of 2 1/2 wide by 40", sewn into a long strip and pressed in half lengthwise.
 - To prepare sleeve, sew 8 x 18" fabric into a tube, turn right side out and press.
- Assorted smaller pieces of quilting or sentimental fabrics
- 1 yard Wonder Under
- Embroidery floss and/or perle cotton in black plus colors of your choice
- Quilters Dream batting, Cotton or Green, about 18 x 20
- OPTIONAL - small trinkets, buttons, jewelry, etc. to attach.

Plus:

- Iron, plus ironing board and **iron cleaner**
- Pressing cloth - muslin about 12 x 12 or so
- Embroidery needles assortment
- Sharp scissors
- Fabric shears
- Pencil and paper
- Straight pins
- OPTIONAL sewing machine for finishing

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