



Smithsonian Associates

Handwork Basics for Today's Quilter

Instructor: Lauren Kingsland

“Sewing by hand slows the pace of our work to allow us to be fully present in the moments of creation. Our very self becomes part of our artwork through our hands.”

Supplies:

Assortment of pre-washed cotton quilting fabrics in variety of values. -

(Start with 6 fat quarters and plan to add as your project develops.)

Quilters Dream batting, cotton request - craft or crib size.

**Found/repurposed fabrics, if desired.

Threads - good quality long staple cotton (Guterman, Presencia, etc.) in medium value

Basic hand sewing kit including-

- Small scissors for threads
- Shears for fabric
- Paper scissors
- Needles - Quilters between size 5-10. John James brand is a favorite
- Seam ripper
- Thimble
- Straight pins - long, thin
- Needle threader
- Rotary cutter, cutting mat, & acrylic ruler 4 x 18 or larger
- Iron & ironing board
- Water spray bottle
- **Mary Ellen's Best Press spray - optional
- Pressing cloth

Notebook

.5mm pencil

Ruler

Graph paper

Template plastic OR manila folders

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Rules of thumb about how much fabric to buy for a project-

Cotton quilting fabric is 40-44" wide on the bolt, folded in half. It is sold in yards. A yard

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of fabric is $36 \times 40 = 1440$ sq in.

IN GENERAL - Get enough fabric for 2.5 to 3 times the finished area (Height x width) of your quilt because of seam allowances, backing, bindings, etc.

A baby quilt (36 x 36") needs 2.5 to 3 yards total fabric. This is 1 yard for the back, 5 fat quarters (total of 1 1/4 yards) for the front including borders and another 1/4 yard full width (40") for the binding

A lap quilt (60 x 60") needs about 3 yards for the back and another 3-4 for the front and binding.

Quilts that are longarm quilted need backs that are 10" longer and 10" wider than the fronts to attach them to the quilting machines. So a 70 x 80 twin quilt needs a back that is 80 x 90 or two lengths of 2 1/2 yds (90") sewn together with a long seam down the center. Piecing backs with several fabrics is a pretty option.

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