



# Smithsonian Associates

## Today's Quilts By Hand

**Instructor: Lauren Kingsland**

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For many people, hand quilting is a mindfulness practice. Stitching is an excellent chance to step away from a busy life and focus quietly on the task at hand. Lauren has started scores of students on their ways to making the quilts of their dreams.

Learn the basics of hand-stitched quilting by creating a small (16" square) pieced quilt. The class will cover material selection, use of tools including rotary cutters, how to create blocks, assemble them into a top, add a border, make a "quilt sandwich", stitch the layers together and bind the edges. You will practice the piecing, quilting and finishing techniques used in larger quilts. All work can be done by hand. Sewing machines may be used for bindings.

### **Materials needed:**

Fabric for the wallhanging - 100% cotton quilting fabric - pre-washed and pressed

1/4 yd. (fat quarter 18 x 22) color #1 - medium value print or solid

1/4 yd. (fat quarter 18 x 22) color #2 - light value print or solid

1/4 yd. (fat quarter 18 x 22) color #3 - dark value print or solid

1/4 yd. (fat quarter 18 x 22) for the backing

Assorted scraps.

Batting 18 x 18" piece - Quilters Dream brand request available from quilt shops

Thread - gray or neutral, high quality cotton

### **Tools needed:**

- A .5 mm mechanical pencil
- Colored pencils (yellow or white) plus a sharpener
- Sewing needles -Betweens (asstd. 6-10 size) John James or Hemming brands
- Fabric scissors
- Straight pins

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- Thimble
- Rotary cutter set (Brands Olfa or Fiskars) including:
  - Cutter - size 45 or 60
- Extra blade
- Small cutting mat (17 x 23" or similar)
- Acrylic ruler (3 x 18" or similar)
- Band-aids

**Fabrics, and tools are available locally in:**

Gaithersburg, MD at Capital Quilts, [capitalquilts.com](http://capitalquilts.com)

Alexandria, VA at Artistic Artifacts, [artisticartifacts.com](http://artisticartifacts.com)

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