

Art Quilt Techniques – Mirror Mirror

Supply list (1 page)

Instructor: Helene Knott 503-888-9784 Email: helene.m.knott@gmail.com

Website: www.heleneknott.com

The technique you will learn in this class is adapted from a Japanese paper-craft technique called Notan. In this project, a simple process yields two small or slightly larger quilts that are identical in design but with the colors reversed. The resulting quilts are graphic and, depending on color/texture choices, subtle or striking. Since you end up with two quilts from one process, this method is ideal for making a two-sided book, a tote bag, a pair of matching throw pillows, or a pair of place mats.



Please be courteous to others by arriving for class with the correct supplies. Contact me at 503-888-9784 or helene.m.knott@gmail.com if you have any questions.

A Note to Students: Many students do not realize that once the teacher is paid, the shop offering a class makes little if any income on the class itself. The shop is relying on product sales to continue offering quality classes to you. Therefore, I urge you to patronize this shop when buying your supplies for this class as much as possible and remind you that big chain stores do not offer the variety of classes that the smaller shops do. Keep quilt classes alive by supporting this shop.
Thank you, Helene

TOOLS/MATERIALS:

- **Fabrics:** Bring three pieces of fabric that measure 9” x 12” each. Two (1a & 1b) will be foundations that create the ‘backgrounds’ and can be the same two fabrics or different colors/prints if you want some variety; the third ‘mirror’ fabric (2a) should contrast in color and value from the first two. The fabrics can be solids or finely textured prints; a good strategy is to have a contrast in texture between the base fabric and the ‘mirror’ fabric this will enhance the contrast. Avoid large scale or overly diverse prints as they will interrupt the design of the appliqué and diminish the impact of your design. As adhesives adhere more readily to pre-washed fabric, pre-washing your fabrics is recommended.
- **Fusible web:** bring your favorite paper backed brand; you will need one 9” x 12” piece, the same size as the fabric panels you brought.
- **Freezer Paper (optional):** This will be used if you want to play with ideas to create your own design.
- **Pencil with a good separate eraser**
- **Scissors:** You will be cutting fabric paper backed adhesive on it so bring a pair you don’t mind using for this.
- **Teflon™ appliqué pressing sheet:** this is not necessary if you are very careful during fusing but will help protect the iron from adhesive damage if you are not meticulous with the process.
- **Medium weight embroidery stabilizer (optional):** if you want to decoratively stitch your panels prior to using them for a tote bag or pillows
- **Backing and batting (optional):** You will need two pieces of each slightly larger than your fabric panels. NOTE: you may or may not get to the quilting stage in class.
- **Threads:** these can be decorative or cotton threads and can match or contrast with your fabrics as you wish.
- **Sewing machine:** bring one capable of zigzag/satin stitching stitching with the appropriate presser feet; a free motion stitching foot will be needed if you plan to do the actual quilting in the class.

