

Free-Motion Quilting From the Heart

Supply List (3 pages) (01/11/26)

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

[Website: www.heleneknott.com](http://www.heleneknott.com)

This class is suitable for a beginner with no machine quilting experience, though more advanced quilters may find useful information and techniques as well. In class, we will cover machine quilting basics – thread and needles, basic machine maintenance, tension, and other potential problems/solutions, as well as a variety of techniques to stitch a variety of heart-themed motifs. The quilting techniques students will learn include properly stitching in the ditch, some free-motion exercises, and a variety of methods for creating and stitching motifs, and enhancing them with echoing and background stippling. This is a great introduction to free-motion quilting with simple, easy designs.

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:

- **Sewing Machine:** A good basic home machine in good running condition. Preferably with feed dogs that can be dropped. Please bring your **owner's manual** if you have one and are not familiar with all the functions of your machine **as well as the utility tools kit** (small screwdrivers, brushes, etc) as you may need to perform some minor maintenance on your machine during class.
- **Sewing Machine Accessories:** You need to bring a free motion foot for free motion quilting (this is absolutely necessary). **Make sure you have the right foot! Only a free motion foot will work for free-motion quilting!** You will also need a walking foot (this one is not absolutely crucial but will give you better results than trying to sew straight lines with a standard foot). It's also a good idea to have extra bobbins. Do not forget your foot pedal and power cord!
- **Sewing Machine Needles:** Bring a package each of machine quilting, topstitching and microtex/sharp, needles in size 11 or 12 suitable for your machine.
- **Pieced Sampler:** See instructions at the bottom of the list for making your pieced top. Use solids or textures that read as a solid to better see your stitches. Please ayer and pin or spray baste with batting and backing before class following the instructions at the end of the list.
- **Stitching Test Square:** This is simply two squares of muslin about 12"x 12" or larger, layered with the same batting as your quilt, You will use this for practicing and to run a test for stitch length and tension before stitching on your quilt.
- **Safety Pins:** If you are pinning your sampler, you will need about 20 of them in sizes 1 or 2 to pin your layers.
- **Thread:** 100% cotton **good quality** thread (50-weight) in a color that contrasts somewhat with your fabric so that you can see your stitches. *Do not use hand-quilting, polyester or rayon thread.*
- **Quilters' and/or Mechanical Pencil:** A quilters' mechanical pencil with white lead for med/dark fabric and a graphite lead for light fabrics.

Free-Motion Quilting From the Heart

Supply List (3 pages) (01/11/26)

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

[Website: www.heleneknott.com](http://www.heleneknott.com)

- **Freezer paper:** Available at many quilt shops and most supermarkets; you will need about 1 yard.
- **Tracing paper or Golden Threads® Quilting Paper:** Golden Threads is available at quilt shops and tracing paper at art supply/craft stores. If buying tracing paper, choose a brand such as Strathmore that is inexpensive and very thin and transparent. Do not buy vellum or dressmakers' tracing paper.
- **Template Plastic:** A small sheet will do
- **Thread snips:** The small spring loaded tweezers type with curved blades is the best.
- **Utility Scissors:** To cut template plastic.
- **Machine Quilting Gloves:** Help you grip the quilt more effectively and give you greater control of your stitching, 'Machingers' are my favorite.
- **Seam Ripper**
- **Sewing Machine Owner's Manual:** Bring it if you have one. The class needs to stay focused on the assignments and we have a lot of ground to cover. Much time can be lost trying to figure out how to set up or install accessories on your machine if you are not familiar with various operations. I am knowledgeable about some machines, but no two brands are alike.

Pieced Sampler:

Fabric A: $\frac{1}{4}$ yard or Fat Quarter

Fabric B: $\frac{1}{4}$ yard or Fat Quarter

Fabric C: $\frac{1}{4}$ yard or Fat Quarter

Fabric D: $\frac{1}{4}$ yard or Fat Quarter

Batting: 26" square

Backing: 28" square

For the sampler top you will need:

Two 8½" squares of Fabric A

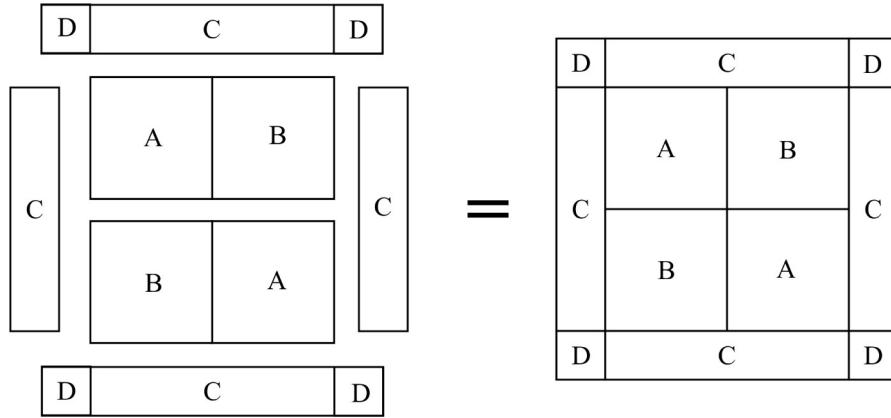
Two 8½" squares of Fabric B

Four 4½" x 16½" strips of Fabric C

Four 4½" x 4½" squares of Fabric D

1 26" square of thin even batting

1 28" square of backing fabric



Piece the A and B squares into a large Four-Patch block as shown, pressing the first two vertical seams toward the darker fabric, and the horizontal seam in either direction. Sew a Fabric C strip to each side of the center, press seams toward Fabric C. Sew a Fabric D square to each end of the remaining two Fabric C strips; press seams toward Fabric C. Sew the resulting borders to the top and bottom of the quilt; press seams toward the borders. **Note: It is important to press the seams to one side, not open.**

Free-Motion Quilting From the Heart

Supply List (3 pages) (01/11/26)

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

[Website: www.heleneknott.com](http://www.heleneknott.com)

To devote as much time as possible to quilting, you will need to have your sampler layered and pinned before coming to class. The following directions will help you do this properly.

Choose a fabric for your quilt back that is the same weight or slightly heavier than your top. This will make your back more stable, and reduce the puckers and tucks that can occur on the backside of the quilt while quilting. Iron the top and the back before layering to remove any wrinkles or creases. Secure the back (wrong side up) to a work surface such as a table or floor with tape or clamps stretching the back just enough to ensure it lies flat and even; do not overstretch it. When the quilt back is secured, spread the batting over the backing and smooth it out carefully. Do not stretch it artificially tight or it may contract after your quilt is pinned and create puckers in your quilting. After the batting is in place, position the top (right side up) in the center of the batting. Smooth it out carefully as you did with the batting and start pinning the layers together in a grid pattern with safety pins spacing them about 5"-6" apart in each direction. Don't forget to pin the edges too. **DO NOT STITCH OR SEW THE EDGES OR ANY OTHER PART OF YOUR QUILT AT THIS TIME.** If you have an excessive amount of batting and backing extending beyond the edges of your top, you can trim it down to a couple of inches; ideally, you want your backing and batting to be just a little larger than your top so that you don't run out of backing as you approach the edges of your top. Note: If layering on a table that is not big enough to secure the entire quilt at once, you may work on sections at a time, securing, layering and pinning one area before shifting and securing the next area. Take extra care when shifting and securing if working in sections as there is a greater chance of developing slackness in the quilt back during these shifts and you must be careful to secure the next area with as much consistency as the first. **If you prefer to use a basting spray in lieu of pinning that is fine but remember that basting adhesives will gum up your needles faster than regular pinning and there are other issues such as over-spray and getting your quilt straight on the batting/backing with no 'bubbles'. Work in a well ventilated area and follow the manufacturer's directions on the canister for the best results.**