

# Mach-Molas: Easy Molas by Machine

Supply list (2 page)

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Molas are colorful reverse appliquéd folk art panels from Central America, usually hand appliquéd with painstaking stitching. In this class you will have two options – the traditional hand-stitched version or a fast and easy method using machine appliqué and satin stitching to make these intricate panels a breeze. The resulting panel can be made into a wall hanging, a focal point for a larger quilt, a pillow, or incorporated into a bag or garment.

NOTE: Though not necessary, basic free motion skills are helpful for the machine stitched method.

**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](mailto: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 For Machine Method:

- **Fabrics:** You will need five or six 12” squares of fabrics that ‘read’ as a solid. They can be any colors you like (bright colors are traditional) that coordinate well but also and contrast with each other.
- **Doodle cloth:** this is a scrap of fabric layered with stabilizer or interfacing that is large enough for you to run zigzag stitching to test width and density before stitching on your project.
- **Sewing machine:** With a free-motion presser foot (absolutely necessary) and a zigzag/satin stitch foot. Make sure your machine is clean and in good working order. NOTE: for those not accustomed to free-motion sewing, a standard presser foot can be used but the process is slower.
- **Sewing machine needles:** Machine quilting needles in sizes 11/75 and 14/90 or machine embroidery needles in sizes 12/80 and 14/90.
- **Extra bobbins:** You will be changing thread colors frequently so having at least 5-6 extra empty bobbins will give you more flexibility with you color choices.
- **Embroidery scissors:** To cut your reverse appliqué. **These are absolutely necessary!** Bring small-jawed, sharp pointed embroidery scissors not regular sewing shears or appliqué scissors.
- **Seam ripper:** This tool is also **absolutely necessary** for this technique, make sure yours is sharp.
- **Sewing pins:** To secure your fabric layers, alternatively, you could use a stapler to secure them.:
- **Thread:** You will need spools of 100% cotton thread in assorted bright solid (not variegated) colors; 4-5 colors will be adequate but a larger assortment will allow you to coordinate your colors better- the thread does not need to match fabrics but rather contrast with it so the exact colors is not important. You will also need a medium value neutral color (gray or taupe) OR invisible thread if your machine sews well with it.
- **Pattern:** There will be a variety of folk art patterns printed on foundation paper to choose from. One foundation is included in the class price, additional foundation can be purchased by the sheet if desired.



*Machine Molas*

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## Tools/Materials For Hand Method:

- **Fabrics:** You will need five or six 12” squares of fabrics that ‘read’ as a solid. They can be any colors you like (bright colors are traditional) that coordinate well but also and contrast with each other.
- **A couple of clear plastic sheet protectors**
- **Saral® transfer paper:** Available at art & craft supply stores. White will be the most useful but it also comes in multi-color packs. If you cannot find any, I will have some available.
- **Sharpie® brand black felt pen:** This will be used to create an alignment overlay on the sheet protectors. Use only a Sharpie medium sized pen, it is the only brand that marks plastic without smearing.
- **Blunt wooden pencil, bamboo skewer, or a ballpoint pen:** This will be used to make an imprint on the overlay to impress the transfer paper onto fabric, you need something pointed but blunt to avoid ripping the overlay.
- **White Quilters’ marking pencil**
- **Embroidery scissors:** To cut your reverse appliqué. **These are absolutely necessary!** Bring small-jawed, sharp pointed embroidery scissors, not regular sewing shears or appliqué scissors.
- **Seam ripper:** This tool is also **absolutely necessary** for this technique, make sure yours is sharp.
- **Sewing pins:** Short applique pins will be more useful and precise than the larger quilting pins.
- **Hand applique needles:** These are also called sharps but I prefer the milliner’s needles for their extra length. The smaller, the better – a #9 or #10 would be perfect.
- **Thread:** You will need spools of 100% cotton thread in assorted solid (not variegated) colors to match your fabrics. Cotton in a size #60 or #80 would be perfect though 100% silk applique thread is even better if you can find it. If you can’t match the fabric colors precisely, having the thread slightly darker and in a dull color is better than having it lighter and brighter.
- **Pattern:** Included in class, you will have several choices of folk art style motifs to choose from.



*Hand Molas*

