



Quilted Sneakers



1/3 yard* quilt weight cotton fabric for outside and 1/3* yard quilt weight cotton for lining: If you have a fabric that you want to fussy cut the pieces to get the look you want you may need a bit more fabric.

*You can use as many fabrics as you like to make your sneakers unique. You can use one fabric on the inside of the shoe and another fabric on the outside, or both sides the same fabric with the center toe/tongue section another fabric, these multiple options will change how much of each fabric you will need.

Fabric to make binding: The width of the binding is a personal choice; you can make it as thin or as wide as you wish. You will need four 18" strips of fabric (in whatever width you choose) cut on the true bias. I cut mine at 2 1/4". You can also make the shoes without binding by adding a seam allowance at the top of each sneaker side and the center toe/tongue and sewing the shoe outside and lining right side together then turning and top stitching.

1/2 yard double sided fusible foam: Bosal In-R-Foam, by Annie's Soft and Stable, or Pellon Flex-Foam FF79F2 are all suitable options.

SF101 Optional You can add the SF101 or other midweight fusible interfacing to the pieces before ironing onto the foam.

4mm or 5mm grommets: I prefer the 4mm but 5mm works also. I also like the 2 piece grommets but you can use the one piece style. You can buy grommets on Amazon that include the punch tool and the setting tools. Many sets have grommet setting pliers which I have read mixed reviews on.

OESD punch tool or leather punch tool: The OESD punch tool works great on these. The largest punch is perfect for the 4MM grommets and the smallest punch is the perfect size for the needle holes used to attach the shoe to the sole.

Sneaker sole and insole*: I really like the Sneaker Kit brand because the insole in their shoe has an arch in it. You can buy soles from other manufacturers but all the ones I have seen have a flat insole. Here are some websites that sell SneakerKit soles. To determine European sizing, look at sneakers you own that fit well and the label should have the US sizing and the EU sizing. When ordering you only need the basic kit. This should include the soles, insoles, needle, and wax string.

<https://sneakerkit-soles.com/>

<https://tandyleather.com/products/sneaker-starter-pack>

<https://emmelinebags.com/collections/sneakerkit-and-supplies/products/sneakers>

<https://www.bucklebeebags.com/bucklebee-shop/happy-feet-quilted-sneaker-kit-3h2hf?rq=sneaker>

*If the soles, or kit you buy does not include a large needle and wax string you will need these also. You can find the .05 mm wax string at Hobby Lobby in the jewelry making section.

Sneaker pattern: Here is the link for the SneakerKit pattern.

<https://www.sneakerkit.eu/c-3526931/patterns/>

If you use another brand of sole, you should use their pattern.

Laces: 45" laces are perfect for the mid height shoe with 6 grommets. The high-top version requires 60" laces.

Double Sided Tape Used to tape your pattern to the fabric for cutting.

Thread to match your fabric

Scissors to cut fabric

Stiletto

Seam Ripper (hopefully you won't need this?)

Pins or clips

Removable fabric marking pen

Sewing machine with power cord and pedal

1/4" Foot is helpful

Quilt Guide Bar

Rotary cutting tool

Quilting ruler

Size 90 sharp machine needles Denim, microtext and quilting needles all work well.

Scotchgard or some other water proofing spray (optional)

If you have any questions you can email me at jeannesator@gmail.com