

# Free Motion Quilting for the Absolute Beginner

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This class is geared for those of you who have wanted to learn how to free motion quilt but just haven't gotten the nerve to sit at your machine and just DO IT! In this class we'll cover correct quilt sandwich prep and basting, needles, tension, several beginner friendly fmq designs and more. The hope is that this class will get you motivated and on your way to becoming a successful free motion quilter.

## Supply List

- Machine in good working order (clean and free of lint), with a new needle—90/14 universal. Sewing machine must be able to lower feed dogs or allows stitch length to go down to '0'
- Sewing machine manual
- Needles - universal 90/14
- Free motion quilting foot or darning foot
- Extension Table that came with your machine and/or a portable Plexiglas extension table. (You need to have a larger flat surface to work on and your sandwich to lay flat on)
- Thread - see below
- Wound bobbin (with same thread as the top thread)
- Thread snips or scissors for thread trimming
- Seam ripper, scissors
- Tweezers
- 1" (1 1/2") x 12 1/2" ruler (what ever straight edge ruler you have) and a 12 1/2" x 12 1/2" square ruler
- Wash away marking pen - blue
- Dry erase pen and eraser (available at most supermarkets and office supply shops)
- Painters tape
- Spiral notebook pencil/pen (we're gonna doodle!) this is going to become your FMQ reference book
- Any other supplies you think you may need for a successful day of sewing
- Lunch and other sustenance to ease you through the day
- \$2.00 for handouts, payable to the instructor on the day of class.

Strongly Suggested but not required:

- Quilting gloves - Accugrip quilting gloves (my absolute favorite), machinger gloves or garden gloves with grippers or 'steady Betty' (something to aid in gripping the fabric)
- Sew Slip or Supreme Slider (optional) - but you'll want one by the end of class.
- Curved basting safety pins

## Fabric prep before class:

Fabric sandwiches for free motion work:

Backing, batting and top fabric = a sandwich. The top fabric should read solid or be muslin.

I use muslin for both backing and top fabric.

- 4 - 12" x 12" sandwiches
- 2 - 18" x 22" sandwiches (fat quarter size)

Top fabric should be muslin or any solid 'reading' fabric. Top fabric with a motif will hide all your stitching and you will not be able to see what you have done or where you have stitched.

**Thread** should contrast with your chosen top fabric enough that you can see what you are stitching, it doesn't have to be high contrast. Thread should be 40 or 50 weight - what ever you use to piece should work just fine.

**DO NOT USE** black, navy/dark blue or red threads.