

ThreadTherapy—Session 3: The Thread Game

Text and photos by Cindy Scraba

In my previous column (*The Canadian Quilter*, Winter 2011), I provided seven remedies to cure metallic Thread headaches. In this issue, I prescribe a natural aid for choosing Thread colours, which I've named the Thread Game.

My guidelines for playing the Thread Game are as follows:

- 1 Consider purchasing your Threads, even before the fabric.
- 2 Take advantage of the easy-to-remember names given to some popular Thread colours.
- 3 Plan your quilting stitches before the project is assembled or pieced.

Choosing Threads should be a priority in the early stages of your project—but resist the urge to overplan. In the past, I suspect you've purchased a pair of earrings and later

the outfit to match. And I assume you receive compliments whenever you wear that combination. Hey, it works for me! We tend to purchase fabrics we adore without having any idea what they will be used for. Next time you're fondling a gorgeous spool of variegated thread, ask yourself: "Do I love this Thread?" Do NOT ask yourself: "What will I ever use this for?" Rule #1—Thread Rules...You will use Threads you love just like a favourite outfit that gets worn often. It's okay to make choices that aren't too serious. You will reach for these favourites in your time of need. Trust me, I'm a therapist.

Marketing techniques used in the Thread world are a helpful aid for remembering colours. Whenever quilters contact me to replenish a specific colour it's oh-so-easy when they say: "I need more Cotton Candy"...immediately, I know that's a variegated King Tut™ and I locate its code #940. I love it when they play the Game. Here are a few more teasers to help you practice Rule #2—Name that Thread:

- Mummy's Dearest (#916) is a King Tut™ favourite for quilting baby quilts.
- Bow Wow (#855) in Rainbows™ is a grey-brown-cream combination, popular for quilting landscape or animal portraits.
- Hot Flash (#121) Superior™ Silk Ribbon is a mix of wild colours for hand-embroidered floral creations.

- Irish Eyes (#254) and Ruby Slippers (#257) are evident colours from the Razzle Dazzle™ lineup by Ricky Tims, appropriate for bobbin or handwork.
- Old Lace (#552) Treasure™ is an heirloom hand quilting favourite—not too white, just right.

Whenever you browse the pages of this magazine and study the various quilts, especially the award winners, you will realize the quilting is showcased and highlighted. This feature is preplanned and taken into consideration while choosing fabric tones to contrast leaving solid areas of opportunity to QUILT; thus, highlighting the THREAD. This is not a trend setting technique; although, it has become one of THE most important elements to award winning pieces. Look closely at the most stunning quilts at your next quilt show if you're in doubt. So, yes, pre-plan your quilting in concert with your fabric choices and design; however, retain a balance of artistic freedom to quilt à la minute. Basically, you will coordinate Thread colours (and Thread type as in previous Thread Therapy Sessions) to fabrics and projects appropriately. Rule #3—Respect the Thread!

We are overwhelmed daily with technology. It's nice to NOT think too much or over-analyze your Thread colours. Always look for the fun. My on-line Thread Candy Shoppe has a Thread type or flavour to suit everyone's addiction and tastes: www.cindys-threadworks.com. When you know how to play this Thread Game you win—often ☺

