

SEW ON

THE MAGAZINE FOR QUILTERS
FALL 2021



STAFF PICK
FAVOURITE
PATTERNS

Custom Creations from
Made by Maiko

Free Pillow Case Pattern Inside

WHAT INSPIRES A CANADIAN
FABRIC DESIGNER

Sending Thanks





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Hello friend!

While carefree summer days are lovely, there is something comforting about returning to our regular routines after Labour Day.

It's not just the kids going back to school, Kindred Spirits is starting classes too! Our class sizes are a little smaller to make room for appropriate social distancing but the friendly and creative atmosphere of our classroom is here to stay. Visit our website for all the latest class info.

We wish you a glorious fall filled with crisp apples, stunning country drives, and a renewed creative spark for all your sewing projects!

Cover photo is designer Gloria Wall's studio. Learn more on page 8.

MADE BY MALKO

Rasskia Risko works closely with customers to bring their ideas to life. Her custom sewn items include t-shirt & memory quilts, bags and wallets. Meet the maker behind Made By Malko.

INSTAGRAM: MADEBYMALKO
FACEBOOK: @MADEBYMALKO



What do you make? I mostly make custom items like memory quilts and pillows, small items like pouches, passport wallets and purses. That being said, I am a pretty open maker and try to make whatever items my clients are envisioning.

Who are your customers? My clients span many generations and styles - parents wanting items for their kids for school, families wanting memory quilts to remember a loved one by, Disney and Harry Potter fans and even clients wanting reusable, sustainable items to incorporate into their lives.

How did you get started in your business? It started with a few family and friends wanting small items like wallets and purses and then I started

working on the craft of memory quilts and things grew from there.

What are your favourite and least favourite parts of your business? I love making items that fit my client's vision, seeing their reactions upon delivery, and finding the perfect fabric for the perfect project. My least favourite parts are trying to determine which fabrics I should buy and trying to balance sewing for my business vs. sewing for my own pleasure.

What training have you done? It started with a quilting class at Kindred Spirits and then grew from there. I have taken some other classes, but I am mostly self-taught thanks to the magic of Pinterest and Youtube!

Do you have a great tip on either storage, organization, sewing or stitching?

I try to stay organized by grouping my fabrics together by theme and types. Plastic bins/baskets are totally my jam. I wrap my yardage on comic book boards and store them in a cabinet. In terms of actual sewing and stitching, my best tip is to take the time to be precise and don't be afraid to unpick seams you don't love and sew them again. Also, using good quality materials goes a long, long way.

What does your sewing space look like? What would you change about it?

We converted our dining room into my sewing space. We have made many furniture, lighting and storage adjustments over the years, but it works for the most part.

What advice would you give Kindred Spirits' customers? I would give two pieces of advice. One: Ask for help! The staff at Kindred are knowledgeable, friendly and will do what they can to help you get started on any of your projects. Two: If you see fabric you love, BUY IT! It may not be there if you wait until you're ready!

Tell us about your fabric stash. My stash includes both quilting cotton as well as garment fabric. I have a lot of custom designs that are mainly fandom based but I also have a love of bold florals and geometric designs. My favourite colours are purple and teal but I also have a fascination with a black, yellow and grey colour palette.

What is on your quilting/sewing bucket list? I would love to learn how to paper piece. I also have a serger that is still sitting in the box and begging me to use it but I just haven't had the time to sit and play with it yet.

What project are you most proud of? The memory quilts I have made. It is wonderful to help preserve memories for families and contributing, in a small way, to their healing process.

What are you working on at the moment? I am currently working on a custom log cabin quilt. I also have a memory pillow, purse and memory quilt up on deck.

Do you watch TV, listen to music, or podcasts while you sew? I usually watch either Netflix or Disney+ and choose shows that I don't have to give my full attention to while sewing. If I am working on a new pattern or project that I need to go step by step with, then I usually listen to true crime podcasts!

What else would you like to share?

I am so grateful to be a maker, a quilter, a sewer. During the past 18 months while trying to navigate our changing world, I took solace in being able to walk into my sewing room and bring peace to my day. Sitting down and sewing, even for 15 minutes, brings joy to my soul and allows me to move onward in my day with a greater sense of calm.





Recent Tessa quilt

MEET A KINDRED SPIRIT TORI BUGGELN

PROFILES OF KINDRED SPIRITS STAFF AND INSTRUCTORS

When did you start at Kindred?

I started in October 2015. I left the corporate world before our second child was born and I wasn't keen to return to a 9-5 desk job.

First quilt or sewing project?

My Mom taught me to sew as a tween. I made a duvet cover, stuffed animals and a lovely red and white polka dot romper that I wore to my first day of high school! I made my first quilt in 2008 - the same sampler pattern our beginner class still does today. It's awful and hidden deep in the closet!

MARKETING MAVEN, FABRIC LOVER, TRAVELLER, HIKER, BIBLIOPHILE

Most recent project?

I took an online class in sewing knit garments during COVID. It's been great fun to learn some new skills and put my serger to work! I just finished a new crossbody purse for a roadtrip in great Rifle Paper Co florals. My most recent quilt is a cheerful basketweave pattern in navy, lime green and grey florals from the Flowers for Freya collection.

Bucket list project?

I'd love to try a series of landscape art quilts of places important to me and my husband - family homes, vacation destinations, etc.

Other hobbies?

I've always loved to travel. COVID-19 has been tough. I did a high school exchange to Switzerland and spent my 3rd year of university in France. I also love to hike with my husband, daughter (11), and son (6). We just installed a Little Free Library on our front lawn to share our love of books.

Favourite fabric lines/designers?

Anything modern traditional in bright colours.

What is your expertise in the shop?

I take care of all the marketing - emails, social media, newsletters, magazine and event promotion. I also help Michelle with fabric purchasing. It's so exciting to see all the new fabric but also heartbreaking that we can't order everything!

Favourite part of job, least favourite part of job?

Getting to talk about fabric with creative customers every day! We have so many interesting conversations across the cutting table. I love watching how each student in a class creates something totally different with the same pattern.



AccuQuilt Qube Project



Staff Picks for Quick Fixes!

MICHELLE'S QUICK TABLE RUNNER

This quick table runner uses 2 packs of mini-charms - a set of 2 1/2" squares. I'll often pick up a pack when I love a new fabric collection but don't know exactly what I want to make with it. This is the perfect pattern when you want to see each print in a collection.

My latest version features halloween fabric. I just need to get it quilted in time to put it out this year!



Scrap Happy

Finished Size: 14 1/2" x 30 1/2"



Using up scraps makes us happy!

Buy batting and backing to measure 18" x 35"

Binding: 1/4 yard

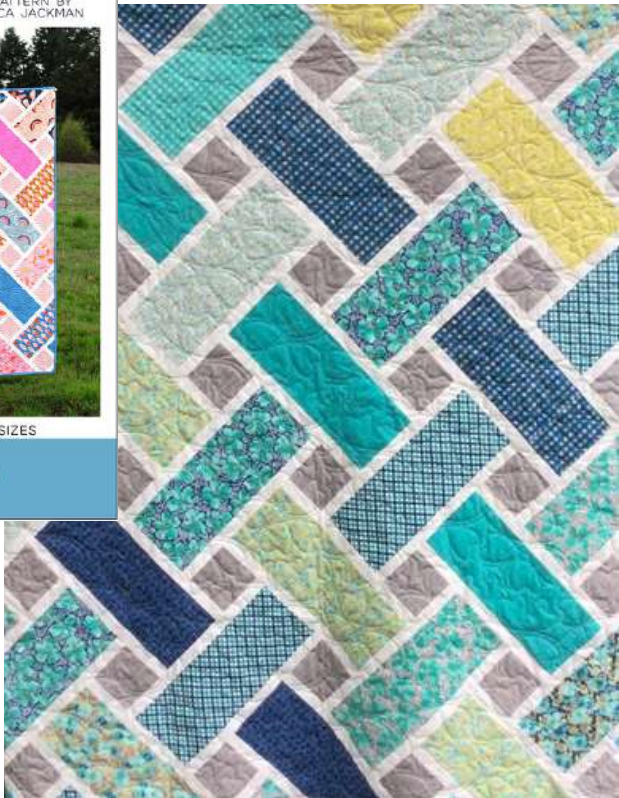
Cut 3 strips 2 1/2" x width of fabric

Easy to Piece, Easy to Enjoy!

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TINY99



TORI'S MODERN BASKET WEAVE

The Tessa Quilt by Kitchen Table Quilting is a great choice to show off your favourite fabrics. The large-scale piecing is quick and simple but the overall basket weave effect is fantastic.

This quilt is made for daily snuggles in the living room. The bright prints from the Flowers for Freya collection are so fresh and cheerful. I backed it in a neutral Fireside fabric for extra coziness. I love how the thread disappears and the quilting shows up as gorgeous texture on Fireside backings.



JANE'S 3-YARD QUILT

My favourite at the moment is from Pretty Darn Quick! 3 - Yard Quilts by Donna Robertson. The Pattern is called Heartland.

I love the patterns in these books, because they don't hurt my brain! I love to sew, but don't have a lot of extra time that intricate patterns may take. The designs in this book are a great way to relax and sew with the time that I have, and I see results in a jiff!

AMY'S FAVOURITE KIDS' GIFT

A simple pillowcase is magical to a child! Try giving your favourite kid a special seasonal pillowcase and get ready for a huge reaction. I made holiday pillowcases for all the littles in my life last Christmas. They loved their personalized bedding.

They are a great way to use gorgeous novelty prints too! My son loves his "Thomas the Tank Engine" pillowcase.



SARA'S LATEST BAG

I find it as difficult to pick a favourite bag pattern as I do to pick a favourite book. It changes depending on the day, my mood, who wrote it, how I plan to use it, and of course what fabric I've recently fallen in love with. One of my current favs is the Izzie Convertible Backpack from Around the Bobbin. This bag is the perfect size and shape for a day trip or everyday use. I can wear it as a backpack or switch to cross body style. It features lots of pockets both slip and zipper which is essential for me in any bag. Plus I love how the foam keeps the bag's shape even when it's not stuffed full.



KATE & BIRDIE

MEET FABRIC DESIGNER GLORIA WALL

Named a Canadian designer to watch by House & Home magazine, Gloria's products are created in soft, fresh colour palettes with classic patterns and textures. In addition to Moda Fabrics, Gloria's design clients have included Anthropologie, Chapters & Indigo Booksellers, Tiny Prints, and Shutterfly.

Where were you raised and where do you live now? Tell us about your home and family.

I was raised in two different small towns, first near Fort Frances in Northwestern Ontario, and then later moved to Southern Manitoba. I dreamed of living in a big city, especially New York! I got to fulfill those New York City dreams through my work, by exhibiting at trade shows there for almost 10 years. My husband and I bought our home in Winnipeg 20 years ago. It's an old two storey home on an elm tree-lined street that winds along the river. We love our neighbourhood so much, we've never wanted to move! Our two kids, Sophie and Sam, are 18 and 8.

What do you enjoy when you're not working?

I love hiking and exploring with my family, especially our provincial and national parks. We love packing up a lunch and loads of snacks, and taking spontaneous day trips to new places.

We jump off docks and find new trails, in the winter and summer. I also love tinkering around home in the quiet, either working on improvements to our old home (which feels never ending!) or tinkering around my garden and yard.

Where does your brand name Kate & Birdie come from? This is one of my most asked questions, and I

love to tell the story! Kate & Birdie is named after characters from the movie "You've Got Mail". In the film, Kathleen (Meg Ryan) owns a charming little bookstore, in New York of course, called The Shop Around The Corner. The movie is a remake of the 1940's film "The Shop Around The Corner" with James Stuart, so I love that little hidden detail. It's a movie about correspondence and love letters and vintage typewriters so it was fitting for the paper company I started. But it was the way Kathleen and her shop assistant Birdie ran the shop - customers were like close friends, employees were like family, and their products were chosen thoughtfully and each carried a story. I shortened Kathleen's name to Kate and that was it! It's been more than 20 years since the movie was made, and it's still a favourite. I love to watch it each fall, before Christmas.

What got you interested in becoming a designer?

What was your route to becoming an artist? I have always been fascinated by art and design. I have been completely enamoured with art supplies and pattern and textiles since as early as I can remember but I am entirely self taught. One of my first memories was of receiving a Crayola Caddy for Christmas when I was five - it was like three tiers of art supplies on a caddy that spun around. I stared at it with such delight, like I had just discovered treasure. I'll never forget it! Art, colour, patterns and prints have always fascinated me so I always knew I would run a creative business. Sometimes I thought it would be in interior design or designing products for interiors, but I always knew it would be in creative business. In 2004, I decided I would just start. I picked up my pens and began drawing and printing some cards on a small scale. Then friends and family began ordering them and requesting custom stationery. In 2006 I exhibited at my first trade show in Toronto, where retailers from all over Canada came to buy products for their shops, and by the end of the show I had stores across the country carrying my product.

Tell us a bit about your process. Where do you find inspiration?

I find inspiration in just about anything... I sort of have this pin board in my mind, and as I go about my day, little things will get pinned in there and ideas will begin to form. I take everything in visually. It could be movies, travel, interior design or nature. Then I sit down and sketch out ideas and themes and plan colour palettes. From there I move to my iMac and draw by hand in Photoshop using a Wacom tablet. If I'm creating a collection for fabric, I design several elements to put together a theme, like a large floral or main print, smaller florals that are maybe tossed prints, a few charming illustrations, and some low volume basics or blenders with simple repeats to build it out.

What is the most rewarding part of being a designer?

I love that I get to contribute to creating and bringing more beauty into the world. I read a quote years ago on our honeymoon that has stuck with me forever - "Make the world a bit better or more beautiful because you have lived in it." (Edward Bok) It seems to be a theme I live by. Also, when I get an email or message from someone saying that a product or a fabric of mine meant something to them, I am so incredibly grateful that I get to do this for a living! I started designing because I felt an inner need to, but I continue because I love the community. I love being a part of this community (in person or online) of fellow designers, artists, shop owners, makers, sewists and quilters!

Selections of Gloria Wall's previous fabric collections for Moda.





I find that when you're being really true to yourself as an artist, a certain style evolves and comes out of you. And it flows easiest when you're being true to what comes naturally to you.

What equipment or tools could you not live without?

A sketchbook and a good soft pencil, a note pad for list making, my iMac, a Wacom Tablet, coffee, and definitely a quiet workspace!

How did your collaboration with Moda Fabrics come about?

I first began designing and manufacturing my own products for wholesale, in the paper and gift industry, so I was selling my products in shops around the world before I began working with licensing clients. I exhibited at trade shows in Canada and in New York where I met with shop owners and buyers. And often, product developers for manufacturers would attend to look for new artists and designers. This is where I met licensing partners like Tiny Prints, Shutterfly and Chapters/Indigo. I met both the VP and Lead Designer from Moda in New York, when they noticed my wrapping paper and stopped by my booth. That was when they asked about a collaboration, and within a couple of months, my first fabric collection was born!

How does designing fabrics differ from other products like stationery?

It was a learning curve for me to first design fabrics! I don't sew or quilt, so there were some factors to consider that I had to learn - like the importance of "tossing" prints, or making them non-directional, so they can be sewn with and used in any direction. I also had to learn how to scale down my prints and make them tighter. With designing stationery, I often had large scale prints running in one direction and used blank or negative space for interest and contrast. But scaling a

design down, and adding extra little details means that even the tiniest scrap has design elements that can be sewn with or quilted with. Nothing is wasted, which I love and appreciate about sewing and fabric design!

Each of your fabric collections is unique yet still 'feels like' you? How does that balance work?

Oh this is a great question! I think there are some elements that just become signature to a designer, whether that's a colour palette or an illustration style. I find that when you're being really true to yourself as an artist, a certain style evolves and comes out of you. And it flows easiest when you're being true to what comes naturally to you. I like to work with similar colour tones - soft tones, which lends itself well to fabric, and to incorporate little textures to add softness. For all of my prints and patterns and for every collection, I imagine them inside someone's home. So I want them to feel warm and inviting, with textures you want to run your hand across, and I want them to have longevity. With kids' lines, I love adding playfulness through illustrations, but always in a classic and understated way.

What is coming up next for Kate & Birdie?

I have a few projects in the works, but what I'd love to try my hand at is adding wallpapers to my collections and more illustrated work, possibly frameable wall art pieces. Anything new coming up I'll make sure to share online through my social channels and online shop.

INSTAGRAM: KATEANDBIRDIE

FACEBOOK: @KATEANDBIRDIE

WEB: WWW.KATEANDBIRDIE.COM

BABY LOCK 2021 MACHINES

Kindred Spirits has been an award winning Baby Lock dealer for a decade. Our staff attend regular Baby Lock training sessions and sew on these wonderful machines in the store and at home in our own sewing spaces!



CHORUS

The Baby Lock Chorus quilting and sewing machine comes with features that help make every one of your quilts perfect. Plus, technology that creates a smart and efficient creative process that brings it all together.

- Never miss automatic needle threader
- Sensor Pen for sewing
- Guide beam for sewing
- Compact Digital Dual-Feed System
- Quilting Extension Table
- Multi-Function Foot Control
- Large throat space - 11.25"

More perfect stitches.
More beautiful designs.
And more finished projects
you can be proud of.
Whether your heart lies in
sewing, embroidery, or
quilting, our lineup of five
new Baby Lock machines
makes it easier than ever to
bring more of your creative
projects to life.

VESTA

- Advanced needle threader
- 6-1/4" x 10-1/4" Embroidery Field
- 293 Built-In Embroidery Designs
- 14 Built-In Embroidery Fonts
- Wi-Fi Enabled for Design Database Transfer
- 301 built-in stitches
- Colour Sort feature



Discover new paths to creativity with the Baby Lock Vesta sewing and embroidery machine. Powered with innovative technology, the Vesta makes every step easier. Create and easily access your own designs or use any of the built-in designs and editing features.



BALLAD

Quilting and sewing machine

The Baby Lock Ballard quilting and sewing machine is packed with features for a hassle-free quilting experience. Want to tackle thicker quilts? Ballard makes short work of even the thickest, most difficult fabric out there.



FLARE

Embroidery machine

Add your own unique touch to every project with the Baby Lock Flare embroidery machine. Packed with user-friendly features and technology, you'll easily access and edit designs, embroidery fonts and more all in one place.



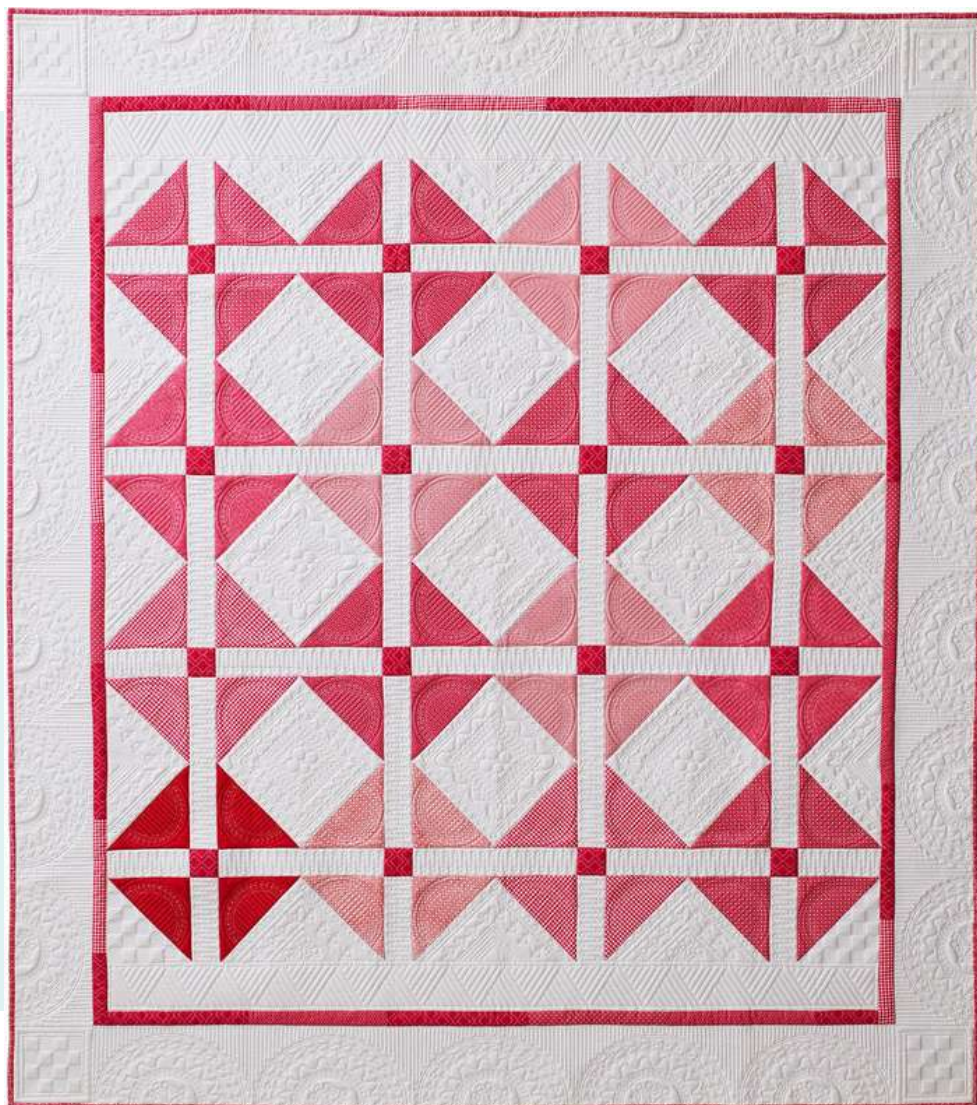
ARRAY

6-Needle Embroidery Machine

Harness your fearless creativity with the Baby Lock Array multi-needle embroidery machine. Use a brilliant high definition touchscreen as the control center for all of your embroidery masterpieces.

QUILT PREP 101

Preparing your quilt top and backing fabric properly will help you or your longarm quilter achieve beautiful results.



Designed and quilted by Marie Eldredge
Photo provided by Handi Quilter

Preparing the Quilt Top

- Press your quilt top and backing well.
- Clip all loose threads and dog ears. They can cause a shadow effect behind lighter fabrics if not properly removed.
- If your quilt is heavily pieced right to the edges, it is a good idea to stay stitch $1/8$ " in from the outer edge to ensure no unraveling of stitching. There will be some tension applied when the top is put on rollers. If you do not stabilize the edge, you run the risk of the seam pulling apart during the quilting process.
- If you are planning scalloped edges for your quilt, don't cut the scallops until after the quilting is completed. Mark the cutting line

clearly so the quilter knows where to quilt, but don't cut it until you are ready to apply the binding.

- Wait until after quilting is complete to add embellishments such as crystals, buttons or beads.

Preparing the Backing Fabric

- Batting and backing must be 3-4" larger on each side to allow for proper loading on the longarm frame. This will allow enough room to pin it on the rollers and attach side clamps. Did you know that a pieced top will stretch more than an unpieced backing? So, just in case the top stretches the larger backing will be able to absorb the difference.



How It Works

The backing fabric is attached to leaders on the backing roller and the take-up roller (where the quilted sandwich is rolled onto as the quilt is quilted). Batting is placed on top of the backing, smoothed out and the bottom end is tucked under the roller bar. The quilt top is then placed onto the batting and basted along the top and sides to ensure the top is straight and centered. The longarm quilter then quilts each section, advancing the quilt on rollers until they reach the end.

- Consider sending a wide back fabric for your backing. It's easy to load and allows the quilter to focus on the quilt top. If you compare cost for backing with 42" wide fabric vs. 108" wide fabric, the wide backs are generally cheaper too!
- Make sure to square up your backing fabric and press it – especially if it's a 108" wide backing. The process of double folding wide backs on a bolt tends to result in out-of-square cuts and stubborn creases in the fabric.
- Do not baste your quilt sandwich, bring as 3 separate items – top, batting & backing. These are loaded onto the longarm frame separately.
- When piecing backing, avoid mixing length wise and widthwise grain, they stretch differently.
- If you choose to piece backing, take time to sew those long seams carefully. Cut yardage straight and square before joining segments. Most importantly, use pins and/or a walking foot to achieve an even feed. Sewing a long seam without pinning or using a walking foot results in a seam that looks fine, but actually has more fullness on one side of the seam than the other. When loaded onto a longarm machine, the full side sags down even while the other side is pulled tight. It's difficult for the quilter to compensate without stressing the already-tight fabric.

Tips for Pieced Backings

- If your backing must be pieced, run your seam horizontally. Avoid vertical seams in backing.
- Sew a ½" seam and press open to be flatter.
- Do not leave the selvage inside the seam (seam allowance). Selvage does not stretch and move, like the rest of the fabric, and may cause puckers if left in the seam.
- When piecing a quilt backing, stay away from creating a symmetrical look. This can be problematic for a longarmer, as they cannot see the back while quilting, making it difficult to guarantee symmetry — especially if the backing fabric stretches a bit.
- Mark top for quilt top and quilt back if it's important to you that they go in a specific direction.

Kindred staff are always here to help choose the perfect backing!
Talk to your favourite longarm quilter if you'd like help piecing your backing.

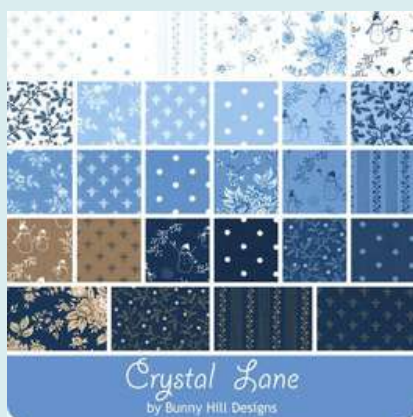
NEW AT KINDRED SPIRITS

There is always lots happening at the store. All of our Christmas fabric is arriving now. It's so much fun to tear open the boxes and see what we ordered so long ago! Be sure to watch your inbox and follow us on Facebook to keep on top of what's new.

HALLOWEEN FUN



HOLIDAY COLLECTIONS



LOTS OF PRE-CUTS IN STOCK



Do you often end up feeling stressed about getting handmade gifts ready in time? Let Kindred staff help you find the perfect projects, patterns and fabric this year. Come see us in the next few weeks for the best selection.

The Perfect Pillow Case

Use 3 Complementary Fabrics as follows:

Fabric 1 - Main - 27 Inches (.7 m)

Fabric 2 - Cuff - 9 Inches (.25 m)

Fabric 3 - Small Flap - 2 Inches (.05 m)

WOF = Width of Fabric. Right Side = Right Side of Fabric. Wrong Side = Wrong side of Fabric.

1. Stack the 3 fabrics, matching up the fold lines and cut off the selvages.
2. Press the Cuff and Small Flap in half (Wrong Sides together) - makes a 4 ½ x WOF strip (Cuff) and a 1" x WOF strip (Flap).
3. Open up the Cuff and place it Right Side up on a flat surface.
4. Open up the Main fabric and place it Right Side up on top of Cuff, lining up the top edges across the WOF. Place the folded Flap on top of Cuff and Main fabrics, lining up raw edges of Flap with top edges of Cuff and Main fabrics. Place a pin at the middle of the top edge of WOF to temporarily hold the fabrics while you do Step 5.
5. Roll up the Main fabric from the bottom towards the lined up top edges. Keep rolling until the bottom edge of the Cuff is visible.
6. Bring the bottom edge of the Cuff fabric up and over the roll and align it with the top edges of fabrics previously aligned. Making sure all top edges are even, pin across the entire top edge WOF. Using a ¼ " seam, stitch across the top WOF.
7. Pull the roll of Main fabric out from between the Cuff. Press the seam between Cuff and Flap on both Right and Wrong sides.
8. Fold pillow in half (Right Sides together unless doing a French seam**) lining up the Cuff and Flap seam and sew a ½ " seam** down the open side and across the bottom of the pillow. The raw edges can be overcast with a zig zag stitch or serged.
9. Turn pillow Right Side out and press.

** NOTE: A French Seam is a seam that when completed, encloses the raw edges of the seam allowance, thus providing a finished look to the seam. To make a French Seam substitute Step 8 below for Step 8 above:

Step 8: Fold pillow (WRONG SIDES together), lining up the Cuff and Flap seam and stitch a ¼" inch seam down the open side and across the bottom of the pillow. Turn pillow out and press seams. (RIGHT SIDES will now be together, WRONG SIDES are facing out).

Stitch a ½ inch seam down the open side and across the bottom of the Pillow. Turn the pillow out and press. (RIGHT SIDES will now be facing out and the raw edges of the side and bottom seams are enclosed for a finished look).