

Happy Feet! Quilted Sneakers

Instructor: Joan Radell

Kit Information, Sizing Information, Supply List, Pre-Class Prep

Your kit includes sneaker soles, padded insoles and the sneaker pattern and guide. Please make sure that you indicate what size shoe you need, and if you prefer black or white soles. The soles are sized in European sizing; the conversion chart is below:

WOMENS							
US	4.5-5	5.5-6	6.5-7	7.5-8	8.5-9	9.5-10	10.5-11
EU	35	36	37	38	39	40	41
←—————→							
MENS							
US	7.5-8	8.5-9	9.5-10	10.5-11	11.5-12	12.5-13	13.5-14
EU	41	42	43	44	45	46	47

Incidental materials will be supplied; you just need interlining and interfacing. You can opt for ultra-low sneakers for a casual look. The supplies list is below:

Joan will have leather punches and eyelet settings and coordinating threads.

Supply List Supply Notes

The supply list is the same for hi-tops and classic sneakers.

¼ yard of quilt weight cotton for upper; Fat Quarter preferred (18" x 22")
 ½ yard of quilt weight cotton for lining; Fat Quarter preferred (18" x 22")
 Optional: Quilt weight cotton for tongue; 10" square is plenty —you'll need more for fussy cut tongues.
 4 pieces of 1.75" wide bias strips, each about 24" long.

*For sizes over 42, you will need a half-yard of upper and lining fabric.
 If you want a contrasting tongue/toe component, we'll just flip the tongues over, so the lining side shows. Optionally, you can use a third fabric for your tongues. Have some fun with your fabric choices!
 Your bias can match or contrast with your exterior—your choice!*

<p>½ yard double sided fusible foam interlining (Form, Soft ‘n’ Stable by Annie’s, and Pellon Ff79F2 are all great choices and readily available)</p> <p>½ yard midweight woven fusible interfacing (SF101)</p> <p>Threads to match or coordinate with your fabric</p>
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<p>One pair of shoelaces to match, contrast or coordinate with your exterior fabrics. Hi-tops require 60” laces; classic and ultra-low sneakers use 45” laces.</p> <p>Ultra-fine Sharpie marker, black</p> <p>If you are using a dark fabric, bring a white or silver marking pencil and sharpener</p> <p>Sharp sewing scissors, thread snips</p> <p>Rotary cutting supplies—<i>if you do your pre-class prep, you can leave these at home.</i></p> <p>6” x 24” ruler</p> <p>About 20 fabric clips or very small binder clips</p> <p>Fray Check or another seam sealant</p> <p>Sewing machine in good working order</p> <p>Basic sewing supplies. If you have pattern weights, they’re handy.</p> <p>Optional: mini-iron and pressing surface</p>

Pre-class Prep:	
You can leave your rotary cutting supplies at home if you do your cutting before class.	
Cutting Chart:	
18” x 22” (sizes over 42, cut 18” x 25”) Cut one from each of the following materials:	Exterior fabric for uppers, lining, SF101, Fusible Foam
10” x 10” (sizes over 42, cut 10” x 12”) Cut one from each of the following materials:	Tongue fabric, lining, SF101, Fusible foam
1.75” x 24” (all sizes) Cut four on true bias . You may join bias strips if necessary; use a diagonal seam.	Binding fabric

We recommend getting a jumpstart on your sneakers by quilting your fabrics ahead of time. Fuse the woven interfacing to the wrong side of your uppers fabric. Fuse or spray baste your foam interlining to the woven interfacing. Fuse or spray baste the fabric/interfacing/foam stack to the wrong side of your lining fabric. Quilt in a $\frac{3}{4}$ " grid OR in $\frac{1}{2}$ " parallel lines (lines should be parallel to the longest side of your fabric) OR in an allover meandering design OR on a longarm quilting machine. Your quilting lines should be no more than 1" apart. If you have any supply or quilting questions, please email Joan at bucklebeebags@gmail.com.