Brubaker's Sewing Center~"*Discover the FUN of Sewing!"*

The Confidence Quilt

A Beginner's guide to successful machine quilting

A Build As You Go project and video tutorial

Materials needed and prep for a twin-size quilt

- 5 coordinating fabrics for top. At least 3/4 yard needed for each fabric.
- cut 2 strips of each fabric type 13" x width of fabric (WOF) you will have a total of 10 strips.
- trim selvages off each end
- Sew each pair of like strips together at short end, creating a long strip measuring 13" x 84" (approximately)
- For backing, cut 10 strips of fabric, 14" x WOF. fabric can be the same, or you can mix it up. Assemble as you would for the quilt top. Don't forget to cut off the selvages. (each finished strip will measure 14" x 84" and will require 7/8 yard of fabric)
- For batting, cut 5 strips, 14" x width of batting. If you purchase a twin-sized batting package, this should work out in your cutting.
- Once you have cut and constructed your pieces you should have:
- 5 strips for top measuring 13 inches wide by 84 inches long
- Five strips for backing measuring 14 inches wide by 84 inches long
- Five strips of batting measuring 14 inches wide by the length of batting

Lay your backing down first on your cutting table. The right side should be down on the table the wrong side up, then take your batting and lay it directly on top of your backing, smoothing it as you go so that there are no folds, creases or bumps once you have laid these two pieces together. Add your top again, folding, smoothing and

placing it so that it's smooth and all pieces are laying together as one. These are called your quilt sandwiches.

Now it's time to secure your sandwiches. Go to the middle of the sandwich where you see the seam, take your safety pins and begin to secure your sandwiches together. I like to stagger my pins so that they are not all in one straight row up and down. Work from the center up, then down, smoothing as you go.

Once you have secured all your sandwiches, you want to take them to the ironing board and you want to carefully press your pieces together, which will help secure your three layers and prevent additional shifting. Each sandwich can then be carefully folded and set aside for stitching.

Prep your sewing machine for quilting

- Insert a new needle. Size 80/12 quilting needle or jeans denim needle are my personal preferences
- If your machine has a front loading or side loading bobbin system, use one drop of oil in your hook area before getting started.
- Remove your needle plate and your bobbin case and use a lint brush to clean out your machine of lint. This should be done frequently when you're working with quilting, fabrics, and battings because they do produce a lot of lint. Please take special care to brush out your feed dogs because the lint can build up between your feet dogs and affect how your machine feeds.
- If your sewing machine has a horizontal (drop in) bobbin you will need to remove your needle plate and lift your bobbin case out. Take your lint brush and remove all the lint from underneath your bobbin case. Then re-insert your bobbin case and after cleaning your feed dogs with your lint brush reattach your needle plate.
- If you're sewing machine has a built-in walking foot IDT or similar engage it at this time. If your machine does not have this feature, apply a walking foot attachment at this time.
- Thread your machine with your choice of thread. Always thread your machine with your press foot raised, which opens up your tension discs and allows your thread to lay completely within your tension.
- Insert a full bobbin.

- Set your stitch length at 3.0 mm. This is equal to approximately 10 stitches per inch.
- Use a narrow presser foot such as a 1/4” piecing foot (without guides) or similar

Additional prep your sewing machine for free-motion quilting

- Drop or cover your feed dogs
- Use a single-hole needle plate if possible
- Use a darning foot, open toe quilting foot or height-adjustable free motion foot
- I recommend using a separate bobbin case /holder for free-motion quilting set at a SLIGHTLY lowered tension. Mark this bobbin case/holder with permanent marker or nail polish to indicate this is your “special” bobbin case/holder. *This is particularly helpful with horizontal/drop in bobbin systems.*
- Thread your machine with your presser foot UP and lower the foot when you begin to stitch. *This is easy to forget, because the foot does not sit firmly on the fabric.*
- I recommend that you use quilting gloves, you will have more control while quilting.
- When you begin quilting: lower your presser foot and bring up your bobbin thread. Hold both threads and take a few stitches in place before you begin moving your fabric. (some sewing machines such as Retro Pfaff have a “free motion” position on their presser foot mechanism. Consult your instruction manual.)
- Apply pressure to your foot control and maintain a medium speed. As long as the needle is moving up and down, you should be moving your fabric.
    - The fabric is your “paper” and the needle is your “pen”. Since you cannot move the “pen” you will need to move the paper.
    - The “trick” to free-motion quilting is to get a consistent stitch length, which you will achieve by moving your fabric at the same rate. Practice, practice, practice on scrap “sandwiches” until you find your “happy place” between the speed of the machine and the rate you are moving your fabric.
    - When you feel comfortable with the movement you are ready to tackle your first panel. Begin by referring to the “ switchback template”. Start at the top and work your way to the end. Once you have reached the end, go back to the top and start again next to the first pass. You can probably fill the panel in 3 or 4 passes.

- After completing this panel, press, set aside and refer to the “little lasso” template. With this template, you will start at the top and work your way down, when you get to the end you can turn your fabric and work your way back in the other direction. Repeat this until your panel is quilted.
- Your third panel will use the “puzzle pieces” template. This is also known as traditional stippling. With this pattern, you will work your way across and down the entire panel, completing the panel all in one pass!

YOU CAN DO THIS! RELAX~HAVE FUN~REPEAT!

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