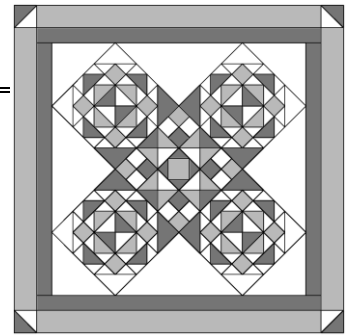




Practice What I Preach

Quilt size approx 43" x 43"

Workshop Supply List



Dear Quilting Friend,

I am happy that you are attending the Practice What I Preach workshop and sincerely hope that you will learn lots of good and useful tips, hints and information that will aid you for years to come!

We will be covering the Make it larger~Trim it down techniques for Half Square Triangles, Quarter Square Triangles, Flying Geese, Square-in-a-Square units and Side & Corner Triangles. We will make Corner Square Triangle units using *Mary's Method*, make Four Patch units and try the Four Patch press technique. We will cover how to properly sew a Connector Corner (aka flip & sew) for perfect results, how best to hide flaws in your seam allowances and briefly cover the basics of quilting math. In addition, I will demonstrate how to test yourself on the accuracy of your $\frac{1}{4}$ " seam, cover good pressing techniques including how to do the Four Patch Press to Pinwheels and Quarter Square Triangles and discuss in detail how to create quilt labels on your computer and then demo how I make a fabric frame for them. Lastly, I will help you to perfect the Lumpless Binding technique (optional). You are welcome to ask questions on any subject related to quilting, and I will do my very best to help you!

Here are the cutting instructions and supply list for our class project. When choosing three fabrics for your quilt, choose three high contrasting fabrics. I made my quilt from a light print fabric, red fabric for the medium tone, and dark blue for the darkest tone. Combinations such as light, red and dark green, for example, or light, pink and dark brown will also work. Actually there are plenty of combinations that will work....just pick your favorite colors and start cutting!

Please come to class with all fabrics cut and ready to go. I recommend that you starch (or use sizing on) your fabrics before cutting them, but this is not mandatory! Please have a zip-loc bag or large envelope, etc, labeled for each of the following categories and put all of the pieces for that unit in these bags. This will be very helpful the day of class!!

Label your Zip-Loc bags as follows:

Half Square Triangle
Quarter Square Triangle #1
Quarter Square Triangle #2
Flying Geese #1
Flying Geese #2
Square-in-a-square
Mary's Method - Corner Square Triangles
Four Patches

Knowing that you are probably very busy, I offer you two choices for how to prepare for the workshop. If you are either very crunched for time, or have no desire to make the class quilt project, you can follow the Short Cut list and only cut enough fabric to make one each of the units we will be covering so that you can fully participate in class. If however, you would like to make the quilt, please follow the Full cutting instructions for the pattern. If you have any questions, you can email me at pam@heartspunquilts.com. If you would like to purchase the Heartspun Quilts Book of Quilting Hints, Tips, Secrets & How-To's in advance (\$19.95), you can do so by email as well, otherwise it will be available for purchase the day of class (\$15). While the book is required for the workshop, it is not necessary that you have it before class unless you want it.

Class Supplies:

Your sewing machine in good working order & a $\frac{1}{4}$ " foot

Basic sewing kit

click style pencil

All fabrics prepared & cut for class

The Heartspun Quilts Book of Hints, Tips, Secrets & How-To's (required)

Rotary cutting mat & Cutter (you won't need one larger than 18" x 24")

The following rulers if you have them:

$4\frac{1}{2}$ " and $12\frac{1}{2}$ " square rulers

Fit to be Square ruler

Easy Angle ruler $4\frac{1}{2}$ " or larger

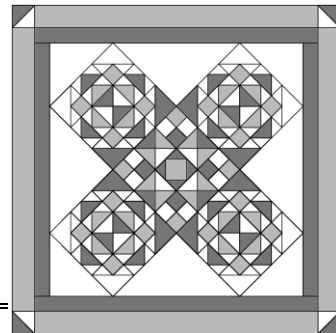
Fit to be Geese ruler

(There will be a few Creative Grid square rulers, Perfect Half & Quarter Square Triangle ruler. Fit to be Geese, Fit to be Square and Easy Angle specialty rulers to use in class and are not required! If you own them, then by all means bring them. I want you to try them first to see if you like them before purchasing.)

Please Note: I will only cover the steps for Lumpless Binding with students who want to learn this technique. If you wish to learn this valuable lesson, please prepare a small quilt made of (2) fat quarters. Make a simple quilt from the fat quarters by adding batting in between the fabrics and simply grid quilt at 4 inch intervals. Once quilted, trim the excess batting. Prepare your binding by cutting (3) $2\frac{1}{4}$ " x WOF strips of any fabric. Prepare the binding by sewing the binding strips together, and then press them wrong sides together. The rest we will do in class!

I look forward to seeing you in class!

Pam



Practice What I Preach



Short Cut Cutting Instructions: Follow these yardage & cutting instructions if you will not be making the entire quilt project. You will be able to make one of each of the units and perform the techniques along with the class. You will probably have some down time though, so you may want to bring some hand-work along as well.

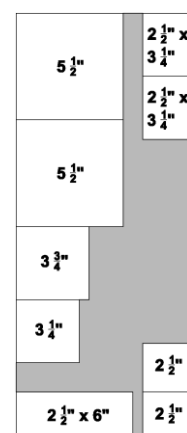
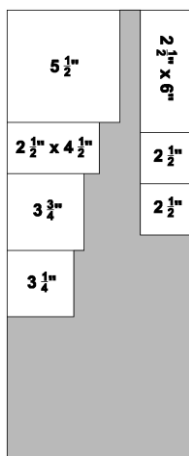
♥Yardage Requirements:

You will need either a 6" x WOF strip OR a Fat Eighth of each: light print, medium print & dark print. If you're using a 6" X WOF strip, cut largest to smallest. If you're using a fat eighth, refer to the graphics for cutting assistance.

♥Cutting Instructions

✂ From your light fabric: →

- *Cut (1) $3\frac{3}{4}$ " square for Half Square Triangle unit
- *Cut (1) $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- *Cut (1) $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #2
- *Cut (1) $3\frac{3}{4}$ " square for Flying Geese Unit #1
- *Cut (2) $2\frac{1}{2}$ " squares for Flying Geese Unit #2
- *Cut (2) $2\frac{1}{2}$ " x $3\frac{3}{4}$ " rectangles for Corner Square Triangle – Mary's Method
- *Cut (1) $2\frac{1}{2}$ " x 6" strip for Four Patch Unit

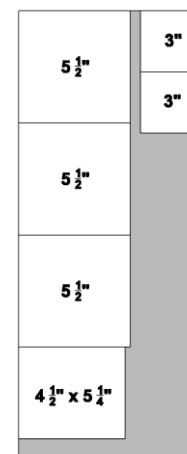


✂ ← From your medium fabric:

- *Cut (1) $3\frac{3}{4}$ " square for Half Square Triangle unit
- *Cut (1) $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- *Cut (1) $2\frac{1}{2}$ " x $4\frac{1}{2}$ " rectangle for Flying Geese Unit #2
- *Cut (1) $3\frac{3}{4}$ " square for Square-in-a-Square unit
- *Cut (2) $2\frac{1}{2}$ " squares for Corner Square Triangle – Mary's Method
- *Cut (1) $2\frac{1}{2}$ " x 6" strip for Four Patch Unit

✂ From your dark fabric: →

- *Cut (1) $5\frac{1}{2}$ " square for Flying Geese Unit #1
- *Cut (2) 3" squares for Square-in-a-Square unit
- *Cut (1) $4\frac{1}{2}$ " x $5\frac{1}{4}$ " rectangle for Corner Square Triangle – Mary's Method
- *Cut (1) $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #1
- *Cut (1) $5\frac{1}{2}$ " square for Quarter Square Triangle Unit #2





Practice What I Preach



Full Quilt Cutting Instructions: Follow these yardage & cutting instructions if you are going to make the quilt project.

♥Yardage Requirements:

1 $\frac{1}{4}$ yards of light print fabric for blocks and side & corner triangles.

$\frac{3}{4}$ yard of medium print fabric for blocks and outer border.

1 yard of dark print fabric for blocks, inner border and binding.

1 $\frac{1}{8}$ yard of backing

♥Cutting Instructions:



From your light print fabric:

*Cut (1) 20" square; crosscut twice  for side triangles.

*Cut (2) 11" squares; crosscut once  for corner triangles.

*Cut (3) 5 $\frac{1}{2}$ " squares for Quarter Square Triangles:

~(1) square for Quarter Square Triangle unit #1

~(2) squares for Quarter Square Triangle unit #2

*Cut (2) 3 $\frac{3}{4}$ " squares for Half Square Triangles.

*Cut (16) 3 $\frac{1}{4}$ " squares for Flying Geese unit #1.

*Cut (16) 3 $\frac{1}{4}$ " x 2 $\frac{1}{2}$ " rectangles for Mary's Method-Corner Square Triangle units.

*Cut (2) 2 $\frac{1}{2}$ " x 11" strips for Four Patch units.

*Cut (32) 2 $\frac{1}{2}$ " squares for Flying Geese unit #2.

*Cut (4) 4 $\frac{1}{2}$ " x 5 $\frac{1}{4}$ " rectangles for Mary's Method-Corner Square Triangle units.



From your medium print fabric:

*Cut (16) 4 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ " rectangles for Flying Geese #2.

*Cut (16) 2 $\frac{1}{2}$ " squares for Mary's Method-Corner Square Triangle units.

*Cut (2) 5 $\frac{1}{2}$ " squares for Quarter Square Triangles

~(2) square for Quarter Square Triangle unit #1

*Cut (1) 3 $\frac{1}{4}$ " square for Square-a-Square unit.

*Cut (1) 2 $\frac{1}{2}$ " x 11" strip for Four Patch units.

*Cut (4) 3 $\frac{1}{4}$ " x WOF strips for outer border.



From your dark print fabric:

*Cut (7) 5 $\frac{1}{2}$ " squares~ (1) square for Quarter Square Triangle unit #1.

~ (2) squares for Quarter Square Triangle unit #2.

~ (4) squares for Flying Geese unit #1.

*Cut (4) 4 $\frac{1}{2}$ " x 5 $\frac{1}{4}$ " rectangles for Mary's Method-Corner Square Triangle units.

*Cut (2) 3 $\frac{3}{4}$ " squares for Half Square Triangles.

*Cut (2) 3" squares for Square-in-a-Square unit.

*Cut (1) 2 $\frac{1}{2}$ " x 11 strip for Four Patch units.

*Cut (4) 2" x WOF strips for inside borders.

*Cut (5) 2 $\frac{1}{4}$ " x WOF strips for binding

