

Fill Harmonics – Sue Heinz

A free-motion quilting/drawing workshop on a home sewing machine

Student Supply List and Fabric Prep

- **Bring Your Own Machine**, cleaned and well-oiled and a basic sewing kit. Remember to bring your machine power cord!
- Extension cord for your machine – Please check with your Guild to see if they'll provide one.
- Darning foot (Free-motion foot) and a straight-stitch foot.
- Extension table and a single-stitch throat plate - if you own them.
- At least 6, well-starched fat quarters (each 18"x22"-ish) of solid color fabric, (use up your scraps!), prepped as per instructions below.
- At least 3, 20"x24" pieces of cotton, 80/20 or wool batting. (More if you bring more fabric).
- Pearl cotton, size 8, white or cream and a thimble. Pearl cotton usually available at JoAnn's or Hobby Lobby.
- Schmetz (or similar brand) Embroidery needles, size 75/11 – if using poly thread, 90/14 if using cotton.
- Large-eyed, size 18 sharp, hand sewing needle* (for Pearl cotton).
- Mechanical pencil (0.7mm) and a fine-point ballpoint pen, each with comfort grips – for drawing.
- 50wt cotton or 60 wt. poly thread in a contrasting color.
- Bobbin filled with the same thread as above.
- Fabric marking tool – either chalk pencil, blue wash-out pen, purple air erase, etc. – something you can see on the fabric that you brought with you. Visibility is key! Thin, visible lines are best. My favorite? Crayola Ultra fine, washable markers – available at Target and Walmart, etc. – use the **grey only** – less dye!
- Supreme Slider* and Quilt Halo* - if you own them.
- Sue's GridLiner+ for marking grid lines (or another brand grid marking template – if you own one). *
- Your single-stitch throat plate - if you own one.

*If you do not own these items, Sue will have them available in class if you would like to purchase. Please note - they are not mandatory for class.

Fabric Prep Instructions

- No need to pre-wash your fabrics. These are just for practice sewing.
- As for how much fabric to bring? – that depends on how fast you sew! We'll be actually sewing for 1-3 hours. I sew slow and small, so I'd be happy with two fat quarter sandwiches, others would be done with these in a half hour. So, it's difficult to say how much fabric to bring! The instructions call for at least 6 fats, which will give you 3 quilt sandwiches to start. If you'd like to bring more, please do. Use up your stash!!! No need to buy fabric for this class.
- Well-starch your fabric before class. What does this mean? Use starch, not 'Mary Ellen's Best Press' (or similar) which is sizing, and mostly water. Starch can come as aerosol, pump or homemade – just use it! Spray the surface, flip the fabric over, then iron. Spray, flip and iron again. Then one more time! This gives a paper-like consistency to your fabric, enhanced accuracy in sewing and cutting, and smoother free-motion quilting!