

# KAWANDI AND SLOW STITCHING

## Suggested Supplies

### **Choose your quilt size:**

You may want to stay small for this project so you can test out the technique and finish the project. Ultimately it is your choice, and it can be any size you'd like. A small may be 16" x 16" and a large could be a fat quarter up to a bed quilt.

### **Batting:**

Do not use our traditional quilt batting. It is too thick and hard to sew. You can use a piece of cotton fabric you are not in love with anymore, a piece of flannel, or cotton gauze. Cut the batting 1" less than your quilt size. For example, if your quilt size is 16"x16", your batting will be 15.5"x15.5".

### **Backing:**

Whatever size quilt you choose to make, cut your backing 2" larger. For example, if your quilt size is 16"x16", your backing will be 18"x18".

### **Top Fabric:**

Bring a small shoe size box with fabrics you want to use for the top – scraps or pieces that you are happy to cut up. You can choose a focus fabric and colors to go with that or totally scrappy. The more fabrics you use the more interesting the quilt will be. Also, it's fun to share some of your scraps with your fellow quilters.

### **“Phula”: Flower**

Traditional: The quilt is considered naked without the 4 Phula's, one in each corner of the Kawandi. Cut 4 - 2x2 squares, leave the edges raw.

Non-traditional: no Phula's and leave your Kawandi naked.

### **Thread:**

Embroidery Floss (DMC, Cosmos, or whatever you have).

Perle Cotton— Size #8 or #12

(The most popular Perle Cotton weight is #8. The larger the number the finer the thread.)

### **Needles:**

Needles are a personal choice – use what works best for you. You will want a longer needle with an eye big enough to fit the larger thread. There are several kinds of needles. Embroidery Needle #7

Chenille/Wool Applique #22 Sashiko

The #22 has a bigger eye which will accommodate the Perle Cotton and the Embroidery Floss very easily. The #7 embroidery needle has a smaller eye, and a needle threader usually must be used. Feel free to bring and use what you have.

### **Thimbles:**

Bringing your favorite.

### **Pinning:**

Traditional: No pins used.

Non-traditional: Fine Patchwork pins, short applique pins or flat headed pins to hold scraps in place and 4 safety pins to hold backing and batting together. You can also use a fabric glue stick if you prefer.

**Pressing:**

Hems will need to be folded under ½" to 1".

Traditional: This can be done by finger pressing or you can use your wood iron.

Non-traditional: You can iron and pin your squares. If you have a small iron and mat, you are welcome to bring it, we have electric at each table. There will be 2 to a table, so maybe share.

**Scissors:**

Bring fabric scissors and thread scissors.

**Non-traditional Extra Items That Might Help:**

- Marking pen in dark and light.
- Small ruler with a ½" mark.
- Pin cushion.
- Needle Threader.

**What to Prepare Before Class:**

Gather your supplies. Cut your back and batting to size. Have a shoe box size of the fabrics at least 3" or larger. You can cut scrap pieces into different sizes or wait until you see what you need. It's fun to vary the sizes and shapes.

**Refreshments**

We will NOT be taking a lunch break. Feel free to bring your water bottle.

If you have any questions don't hesitate to text Sally 941-7303428 or Katherine 267-218-1350. We look forward to meeting you and having a fun filled workshop!!

All the best,  
Katherine and Sally