



QUILTING

WELCOME

Welcome to the 4-H Quilting Project! Please read through this project guide carefully, as it contains information and suggestions that are important for your project. **4-H Leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

You must complete all of the listed aspects in order to show at Fairs and Exhibitions.

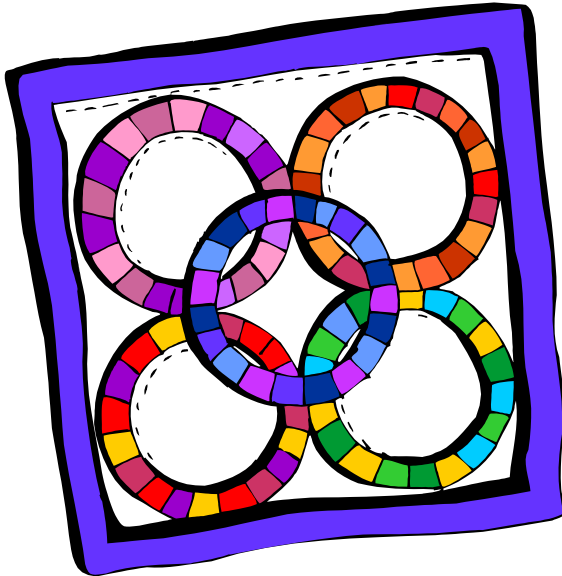


ACHIEVEMENT DAY REQUIREMENTS

Practice Block	30
Major Item	<u>70</u>
	100 Marks

EXHIBITION REQUIREMENT

Major Item



For Achievement Day

Quilt only half of your block. Pin or staple your patch to a cardboard so that the judge can separate the unquilted layers to inspect your sewing.

Ages for 4-H members as of January 1st of the 4-H year:
 Junior: 9-11 years
 Intermediate: 12-14 years
 Senior: 15-21 years

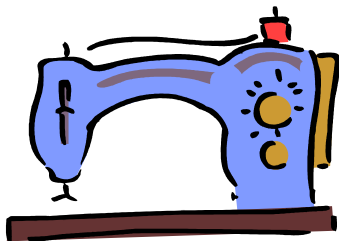
Check out the PEI 4-H Web Site
www.pei4h.pe.ca

HELPFUL RESOURCES!

www.quilting.about.com
www.quilt.com
www.mccallsquilting.com
www.thecraftstudio.com
www.sewing.about.com
www.simplicity.com
www.craftsitedirectory.com/sewing/index.html
www.sews.com/tips.html
www.sewing.lifetips.com

A variety of books including...

Let Yourself Sew, *Simplicity Simplicity Sewing Book*, *Simplicity Simplicity's Little Dictionary*, *Simplicity Ready, Set, Sew*, *The Butterick Sewing Book*, *Butterick Sewing By Sight and Sound*, *Butterick* are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.



BE A GOOD SPORT!

In the spirit of "learn to do by doing", all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities, and the work in any 4-H project should be the member's own work.

JUDGING POINTS OF PRACTICE BLOCK

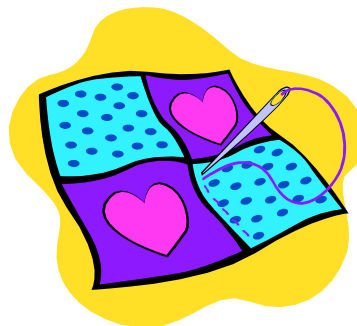
- | | |
|----|---|
| 15 | Accurate sewing. Corners meet exactly, even sizes of strips and squares, even seam allowances. Suitable stitch length (approx. 12 stitches per inch). |
| 10 | Hand quilting, on half of the block, with small even stitches. |
| 5 | Neat—thread ends snipped |

JUDGING POINTS OF MAJOR ITEM

- | | |
|----|--|
| 5 | Pleasing color placement |
| 30 | Accurate and neat sewing |
| 15 | Binding attached neatly, corners flat |
| 20 | Quilting with small even stitches on both front and back, no knots showing |

Tricks of the Trade

- Before cutting quilting fabrics, pre-shrink by wetting (open all the folds first), then dry in the dryer. This prevents shrinking later when laundering your project. It also makes fabrics a little softer and easier to sew.
- Iron fabric smooth before measuring and cutting.
- For fabrics that "bleed" color when wet, set the color by soaking them at least 10 minutes in a mixture of 1/2 cup (125 mL) white vinegar (or 1/2 teaspoon (2 mL) salt) per 4 cups (1L) of water. Then rinse in clear water until they no longer bleed.
- Quilt from the centre of your project to the outside edges. This prevents puckers from forming.
- Hide all knots between the fabric layers.
- Cut the quilt batt large enough to include both quilt and binding.



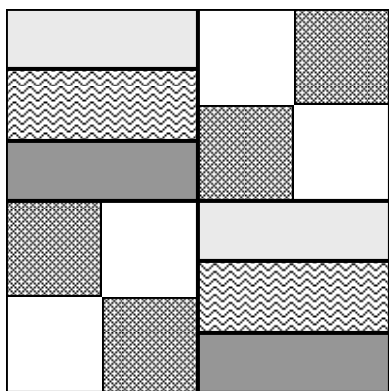
QUILTING SEAMS

Most seams used in quilting are $\frac{1}{4}$ inch (6 mm). Some sewing machines have a $\frac{1}{4}$ " guide on their plate. For others, the outside edge of the presser foot makes a $\frac{1}{4}$ " measure.



If your sewing machine does not have a $\frac{1}{4}$ " guide, use masking tape to create a guide on the machine plate. Have your quilting leader check it to be sure it is correct.

PRACTICE BLOCK



With this block you will learn...

- How to cut strips and squares
- How to accurately stitch corners

Notice how the whole block is made up of four quarters—two made from strips, and the other two from squares.

To make two quarters from strips:

- ◆ Using different fabrics, cut three pieces 2 ½" (6.2 cm) wide and 14" (35.5 cm) long.
- ◆ Sew the long edges of the three pieces together to make one wide strip. Press each seam toward the darker fabric.
- ◆ Trim one end so that it's perfectly 90° with the long sides.
- ◆ Starting from the squared end, measure and cut two 6 ½" (16.5 cm) lengths. This makes two of the quarters for the finished block.

To make two quarters with squares:

- ◆ Using different fabrics, cut two pieces 3 ½" (9 cm) wide and 14" (35.5 cm) long.
- ◆ Sew the long sides together. Press both seam edges toward the darker fabric.
- ◆ Trim one end square. Starting from the squared end, cut one 3 ½" (9 cm) length.



- ◆ Pin the newly cut pieces to the end of the long strip, *matching opposition colors* and matching centre seams exactly.

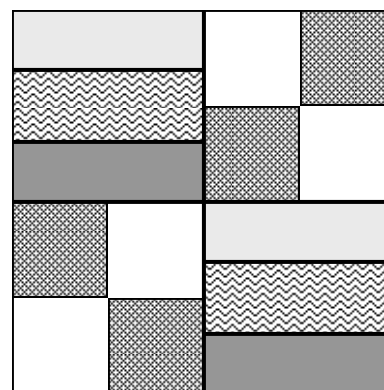


Sew them together. ↑

Check to see the centre seams exactly meet before going further. When they do, cut the long strip along the edge of the short one. Press both seam edges to one side.



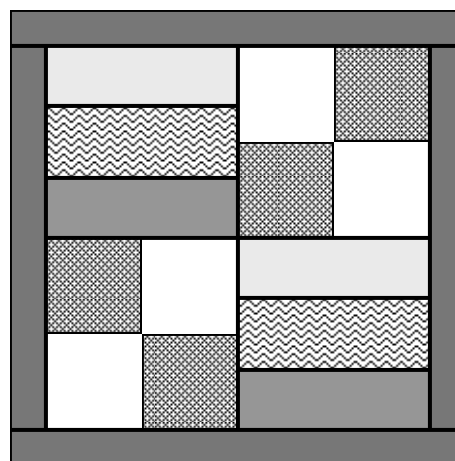
This is the third quarter for your block. Repeat the last three steps with the remaining strip to make the final quarter.



Arrange the four quarters as you want them to appear on the finished block. Pin and sew the top two quarters together, then the bottom two. Press one seam to the left, the other to the right. This makes it easier to match centre seams when joining the top and bottom.

Join the top and bottom halves, matching the centre seams exactly. Press in one direction.

You now have a 12" (30 cm) square block. If you wish, add a border.

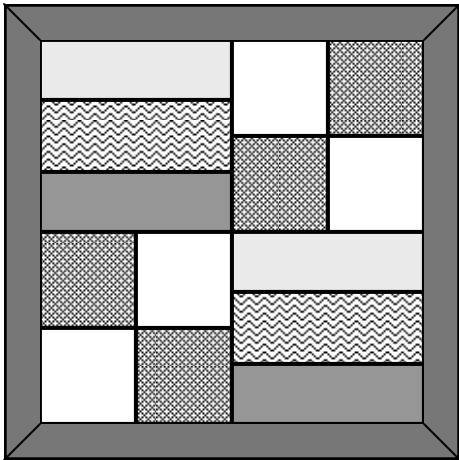


Your practice square sewing will be judged on:

- Even seam allowances
- Neatness, all thread ends snipped
- Corners meet accurately
- Suitable stitch length (about 12 per inch)

Option:

Members who have lots of sewing experience may miter the corners of the border.



Now that you have your practice block stitched together, it's time to try quilting. Quilt only half of your practice patch.

Materials:

- your quilt block
- quilt batt cut 1 inch (2.5 cm) longer and wider in each direction
- piece of backing fabric, larger than the patch
- needle and quilting thread

Arrange the fabrics and batt so that the batt is sandwiched between the patch and the backing. Place the back side of both fabrics next to the batt.

Pin the three layers together, keeping all layers flat and smooth. Then hand baste, or secure with several large safety pins. Baste or safety pin across the centre both vertically and horizontally, then around the edges. This keeps the fabrics from shifting as you quilt, and helps prevent puckers.

Decide on your quilting design. You could:

- Follow the seams on the patch, or
- Make a grid of straight lines across the entire patch, or
- Make up your own design (a 4 leaf clover?)

Quilt with small even stitches, at least 5 stitches per inch. The smaller and more even the stitches are, the stronger and more attractive the quilting will be.

Using a quilting or embroidery hoop also helps keep the fabric taut and in place as you stitch.

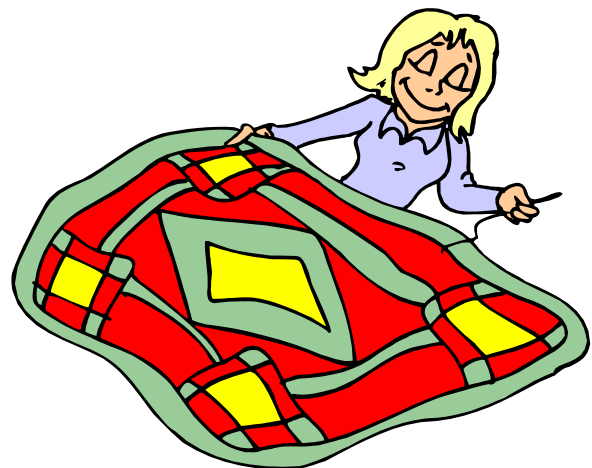
MAJOR ITEM QUILTED PATCHWORK

Make your choice of a hand-quilted patchwork item. This is worth 70% of your project mark. Suggestions include a cushion cover, wall hanging or lap/crib quilt, although you are not limited to these. The finished size should be 36" x 36" (90 x 90 cm) or smaller. You may use the same design as your practice block if you like. Any patchwork you choose should use straight seams along the fabric grain.

Binding:

Binding makes a finished edge along all four quilt edges. Bindings when finished are usually $\frac{1}{2}$ " - $\frac{3}{4}$ " (1-2 cm) wide.

To make a $\frac{1}{2}$ " (12 mm) wide binding, cut 3" (7.5 cm) wide strip of fabric. Fold it lengthwise, wrong sides together, and machine stitch both raw edges to the right sides of the binding to the back of the project to just cover the machine stitching. Finish with tiny, even hand stitches.

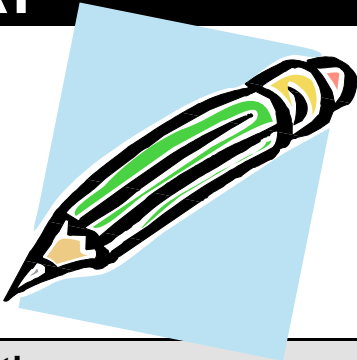


FIRST TIME USING SEWING MACHINE ?

1. Use scrap paper to practice a $\frac{1}{4}$ " (6 mm) seam. Do not thread the machine for this. Keep trying until your seam is perfectly straight and even from the paper edges.
2. Next, thread the machine. Use straight pins to join fabric scraps, placing the pins at a 90° angle to the seam. Stitch using $\frac{1}{4}$ " (6 mm) seams. You can stop the machine to remove the pins as you come to them.
3. Anchor seam ends by backstitching or with 3 - 4 stitches on one spot. Snip threads at both ends of seams immediately. This keeps your work neat throughout the project.
4. Practice using a seam ripper to take out a short seam (without leaving holes).

PROJECT MEETINGS DIARY

Most projects will require at least six to eight project meetings to complete the project.



Meeting Date	Location	Time	At this meeting, we...

Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

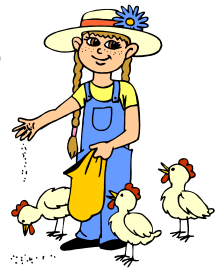
I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

I helped by _____

It was beneficial because _____

I learned _____