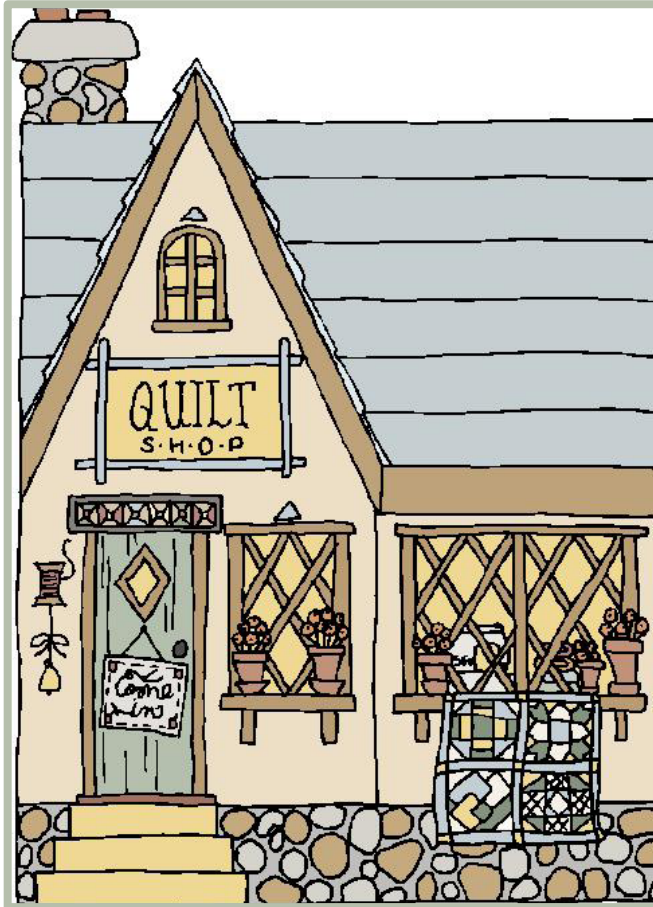
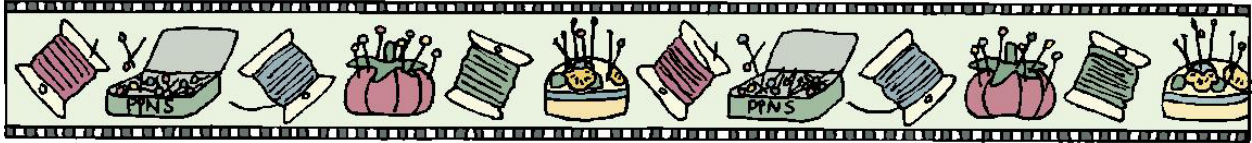


Colorado
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Colorado 4-H
Quilting Resource Guide
2011 Edition



Acknowledgments

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Introduction



This supplement is designed to be a guide and resource for the quilting project. Learning experiences for the project and unit skills and knowledge objectives can serve as a guide for goal setting by the 4-H member. Units 2-5 build upon the foundation skills learned in Unit 1. It is recommended that beginning sewers start with Unit 1 using the Quilting Member Manual.

Learning Experiences for the Quilting Project

- Learn broadly about quilts and quilting
- Learn quilting terms and equipment
- Learn to distinguish between appropriate and unsuitable fabrics for quilting
- Recognize elements of quilt design
- Learn to use tools
- Make and carry out a plan of action
- Construct a simple pieced block (straight line)
- Try advanced piecing methods, curved seams, and appliqué techniques
- Develop creativity
- Demonstrate how to store and hang quilts
- Strengthen family ties or the heritage of quilts
- Learn about contemporary quilt artists, uses of technology, and quilting careers
- Gain a self satisfaction of setting goals or creating a design and sharing with others
- Learn about quilts of different cultures

Unit 1



It is recommended that a beginning first time sewer, regardless of age, begin with Unit 1. There are multiple quilt patterns and directions in the Quilting Member's Manual for Units 1 and 2. Members can build on their skills and make a different quilted item multiple years.

Skills and knowledge the quilter will learn

- Quilt definition
- Quilting terms, tools, and supplies
- Fabric selection
 - Color—wheel, hue, value, intensity
 - Size of print
 - Fiber content
- Thread Selection
- Fabric preparation
- Sewing machine operation
- Rotary cutting and safety
- Sewing $\frac{1}{4}$ inch seams
- Precision and accurate sewing and cutting
- Pressing
- Strip piecing or flash feeding
- Tied, hand, or machine quilting
- Envelope turn or self binding
- Hanging sleeve

Information for Unit 1
skills and knowledge
can be found
in the Quilting
Member Manual.

Additional Activities and Tips



Have a “what is a quilt” discussion

Utilitarian quilts of long ago vs. today’s art quilts

Quilts of different cultures

Difference between patch, pieced, appliqué tops and a quilt

Take a Sewing Machine Test

Each member should take the driving test by sewing (with or without thread) on a paper template with curves, corners, straight lines, etc. The Colorado State University Extension 4-H Beginning Clothing Leader’s Guide is a good source for templates.

Identify Terms and Tools

Have table of tools and examples at front of the room. Facilitator also has list of terms and definitions. Members are in teams or a small group can play as individuals. Members or each team have sticky notes and pencils. Facilitator holds up a tool or states a term. Each group writes the answer on note and a runner brings to the front. Each team with the correct answer receives a point and the first team to reach the front gets an extra point. Points are deducted for wrong answers.

Use Leaders or Starties

Teach your students to use scraps of fabric as leaders before they sew their seams. This leader is fed through the machine before the fabric. This keeps the tails of the thread from being pulled down into the machine, causing tangles and snarls and interfering with sewing. Feed a startie through the machine after they finish sewing their seams at the end of chain piecing. The startie is in place when they are ready to begin the next round of chain piecing. This saves on thread and cuts back on the amount of threads that end up on the floor.

More Activities and Tips



Look at Rotary Cutting and Quilter Height and Age

In addition to determining the use of the rotary cutter on age and eye/hand skills consider member height. Students who are not tall enough do not have the leverage to use a rotary cutter well. One solution may be to lower the table.

Thread Different Machines

Set many different sewing machines up. Have members take the parts identification test on each different machine. Members should learn how to wind a bobbin on each different machine.

Everyone Uses Correct Terminology

It is important for leaders and members to use correct quilting and sewing terminology.

Take in a Quilt Show

Take students to a quilt show and walk around with them and discuss the quilts they see. Ask them which are their favorites and why. Also ask which ones they don't particularly care for and why that is so.

Utilize Local Quilt Guilds

Take advantage of your local quilt guilds. They are invaluable resources for lessons and help with classes. They are also excellent sources of quilt history if you have older members.

Plan by Listening

Listen to the kids while they work on quilts. They will be inspired and express a goal or desire for a future project. You can plan next year's sessions on their informal wishes.

More Activities and Tips



Help with Organization

Quilting requires planning, time management, and organization. The following suggestions will help members:

- Provide a supplies and tools list.
- Create or supply a basic tool kit.
- Suggest a 1 or 2 gallon zip top plastic bag to hold fabric and pieces.
- Make a sturdy bag with handles to carry supplies and quilt project.
- Provide a folder or binder to hold record book, patterns, and other papers.

Find Quilt Games

Find quilt games at www.quiltguilds.com

Community Service Ideas

Lap blankets for the elderly

Project Linus

Blocks for cancer quilts

Stow and go pillowcases for Social Service Child Protection office

Make and donate quilted items for non-profit programs to sell

Demonstration Ideas

How to thread a sewing machine

How to measure and figure fabric amounts

How to straighten a fabric edge

How to cut fabric

How to select fabric-design and color factors

How to press seams or make a pressing board

Resources



Anderson, A. (2002). *Kids start quilting with Alex Anderson*. C & T Publishing.
ISBN-10: 1571201416 , ISBN-13: 978-1571201416

Brumbeau, J. & de Marcken, G. (2000). *The QuiltMaker's Gift*. Scholastic Press.
ISBN-10: 1570251991, ISBN-13: 978-1570252037

Hargrave, H. (2009). *From Fiber to Fabric*. C&T Publishing. ISBN-10: 1571205586,
ISBN-13: 978-1571200259

Hawley, M. R. (2008). *Fabulous Fat Quarter Bags*. C&T Publishing.
ISBN-10: 1571205586, ISBN-13: 978-1571205582

Martin, N. J. (2008). *Easy Quilts from 2 ½" Strips*. That Patchwork Place.
ISBN-10: 156477841X

Smith, N., & Milligan. (2003). *The best of sewing machine fun for kids*. Lafayette, CA:
C&T Publishing. ISBN 1-57120-254-4

Stout, L. (1993). *Rail fence quilt for kids at heart. Quilt in a Day*. ISBN-10: 0922705445
ISBN-13: 978-0922705443

University of Nebraska-Lincoln, Extension 4-H Youth Development Program. *Quilt Quest* CD. (4H1310) found at <http://4h.unl.edu/web/4hcurriculum/4h1310>

A copy of the Quilt Quest CD is located in each county Extension office.

Unit 2



There are ample new techniques and skills in Unit 2 to challenge a newer 4-H quilter. The member can enroll in this Unit more than once and be able to learn and make different and advanced quilts each year.

The design and quilt pattern should match the skill and experience of the quilting member. Types of quilts and techniques continue to evolve and grow as indicated by the hundreds of quilt instruction books in print. See the resource section for a start to applicable and tested books by 4-H leaders.

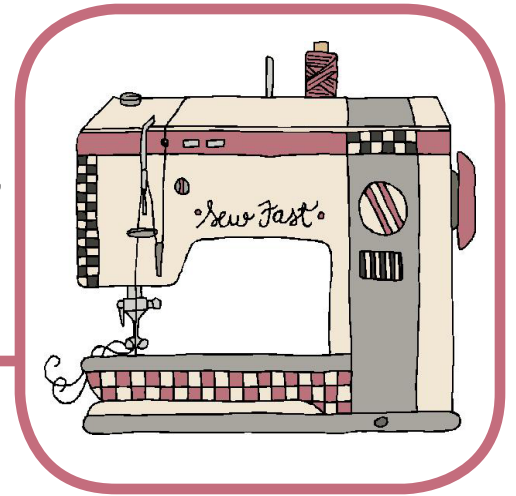
Additional skills and knowledge the quilter will learn

- Layering or stacking, batting, and marking
- Edge finish with a separate straight or bias binding
- Straight line block patterns
- Triangle shape patterns
- Proper care and cleaning and storing of quilts
- Labeling
- Documentation

Use Quilt Quest for triangle shape patterns and quilt care. A copy of Quilt Quest is in each county Extension office.

Find information about documentation at www.allianceforamericanquilts.org

Additional Resources, Activities, and Tips



Free Online Quilting Tutorials/Videos

There are thousands of tutorials or “how to” videos on quilting online. Some are professionally done and some are amateur. Check out these portals and type in quilting as a broad term and then filter down to more specific techniques, blocks, or skills.

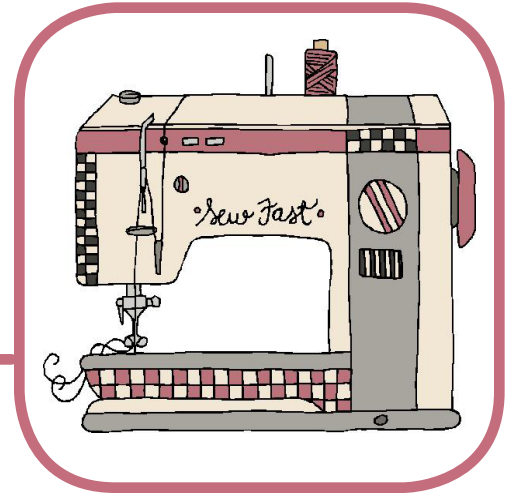
youtube.com
monkeysee.com
ehow.com
5min.com
videojug.com

You can also find video tutorials by googling “free online quilting videos.” Archived shows of Sewing with Nancy can be found on the PBS website. Many quilting books, magazines, and fabric stores will also have posted tutorial videos.

The following tips for using youtube.com may be helpful:

- It is recommended to create a youtube account. You are able to set your privacy, advertising, and sharing settings. The youtube account provides tools to help focus and organize the over 4,000 videos you have access to.
- Go to youtube.com, scroll to the bottom, and click on About. From this page you can set up your account.
- Follow the instructions and information found on the youtube.com/About page to help search and organize videos. This page will also help troubleshoot problems you may have.
- You will need to have access to the internet to watch the videos. If you need to download videos to your computer you will need one of the many free download and file converter tools in order to download a youtube video from the internet.

More Activities



Selecting Fabric Consumer Choices Style

Prepare 6-8 different types of fabric of various weights, textures, colors, and designs. Number each piece of fabric. Set a scenario or situation. For example, “you have a new baby cousin or niece and you want to make a gift. You have decided to make her a baby quilt and need to select the appropriate fabric.” Have members choose three fabrics that would be appropriate for the situation. Members explain the reasons for their choice.

Science of Quilts and Quilting

This simple activity helps members learn how light and gas (air) and washing and cleaning affect fabric and particularly colorfastness. Members will test using the scientific method for the following characteristics: dry crocking, wet crocking, and bleeding.

Refer to the directions on page 201 in Quilt Quest to dry test and wet test fabric.

International Quilt Study Center and Museum

The museum is located in Lincoln, Nebraska but their website at www.quiltstudy.org has quilting research and information for leaders and older members. The center has over 2800 quilts accessible in an online database.

Resources



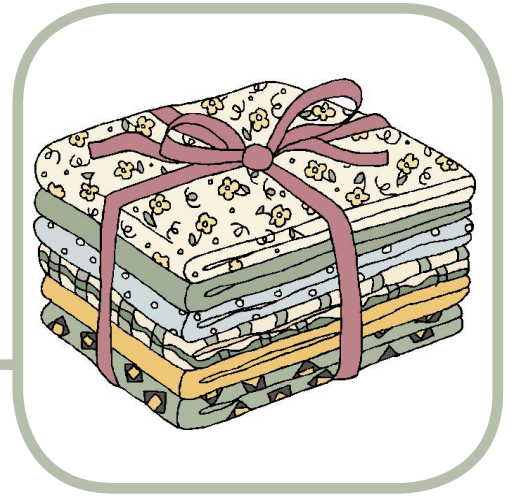
Quilt Quest is thorough curriculum developed by the University of Nebraska-Lincoln for 4-H youth. It is a great resource for quilting techniques and methods. The CD also contains a wealth of supplemental quilt and quilting information. A copy of the Quilt Quest CD is located in each county Extension office. It can also be purchased at www.quiltquest.unl.edu. This website also has additional resources for games and patterns.

Burns, E. (2005). *It's elementary: Quilting tips and techniques*. Quilt in a Day. ISBN-10: 1891776185.

McCloskey, M. (1996). *Quick Classic Quilts*. Oxmoor House. ISBN-10: 0848714652, ISBN-13: 978-0848714659.

A copy of the Quilt Quest CD is located in each county Extension office.

Unit 3



Most intermediate and advanced quilters can make a new project year after year and still be challenged. Block designs and piecing techniques from Units 1 and 2 can be used. Unit 3 quilts have applique, circles and curves, foundation piecing, Y-seams, or embellishments in the design.

Additional skills and knowledge the quilter will learn

- Templates
- Circles, curves piecing
- Y-seams
- Machine and hand appliqué
- Foundation piecing
- Mitered corners and advanced edging
- Embellishments & Fabric manipulation
- Challenging fabrics—stripe or directional fabric

Information for Unit 3 skills and knowledge can be found in Quilt Quest located in each county Extension office.

Resources



Anderson, A. (2009). *Hand and Machine Appliqué*. C&T Publishing.
ISBN-10: 1571206116, ISBN-13: 978-1571201683

Guerrier, K. (2007). *Scrap Quilt Sensation*. David & Charles. ISBN-10: 0715324527,
ISBN-13:978-0715324523

Larsen-Line, J. & Loving-Tubesing, N. (2000). *Quilts from the Quiltmaker's Gift*.
University of Minnesota Press. ISBN-10:1570252033, ISBN-13: 978-157052037

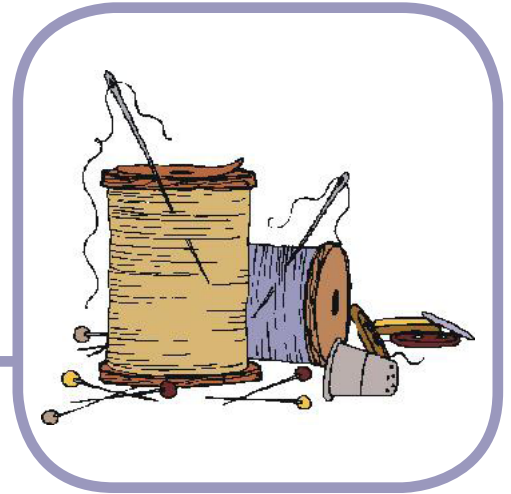
Martin, J. & McCloskey, M. (1994). *Pieced Borders: The Complete Resource*. Crosley-
Griffith Publishing Co. ISBN-10: 0929589033, ISBN-13: 978-0929589039

Smith, L.L. (2001). *Strips 'n Curves: A New Spin on Strip Piecing*. C&T Publishing.
ISBN-10: 1571201688, ISBN-13: 978-1571201683

Wilson, J. (2003). *Plum Creek Prairie Sampler*. Krause Publications.
ISBN-10: 087349542X, ISBN-13: 978-0873495424

Unit 4

Original Design



Unit 4 is an advanced unit for 4-H members who want to express their creativity. The quilters must also document their processes and include plans and calculations in their record books in addition to their originally designed quilts.

Skills and knowledge the quilter will learn

- Drafting quilt blocks
- Computer programs for drafting and design
- Determining fabric amounts
- Designing hand quilting or machine quilting designs
- Types and use of specialty threads
- Documenting the creative and original work process
- Producing an inclusive project presentation

Quilt Quest has ideas for original design creations and basic directions for figuring fabric amounts.

There are many commercial software programs for designing blocks and other quilt patterns.

Unit 5

Quiltless Quilt



The goal of a quiltless quilt unit is to provide learning opportunities and experiences about quilting without having to construct a finished quilt. 4-H members need to document their self-initiated but guided project activities and experiences. They will produce an inclusive presentation on their chosen topic using various medium options. Those options include the following: notebook, portfolio, video, or PowerPoint (no display boards) summarizing knowledge and skills learned on an aspect of quilting.

Topic Ideas

- Process of converting an old quilt block or pattern to modern methods and instructions of cutting and strip piecing. Include formulas and calculations used to figure fabric amounts for a quilt using the block. Include sample of new and old block.
- Research summary of the history and culture, ethnicity, and political meaning behind a specific quilt block or design, i.e., Hawaiian quilts, Civil War Quilts, American Indian quilts.
- In depth study of fabrics, fiber, and batting; from historical old blankets to recent recycled plastic and bamboo. This subject might include one of the following:
 - The history of fabric and fabric dyes
 - Popular colors or styles of print of a specific historical era
 - Battings of the past, present, and future
- Timeline or history of a family heirloom quilt (own family not required.) Interview the various owners and/or quilters of the quilt. Investigate the quilt's origin, including why the quilt was made, for whom, and the significance of fabric pieces.
- Exploration of careers connected to quilting. Include interviews with men and women involved with quilting businesses.