

## **4-H QUILTING GUIDELINES**

The following are guidelines for providing learning experiences in quilting.

### **GENERAL GUIDELINES FOR ALL MEMBERS**

Learn quilting skills for lifetime leisure and vocational pursuits.

Learn how to select materials, thread and equipment.

Learn different quilting patterns.

Learn how to combine colors for harmony or contrast.

There are fair classes for patchwork items, applique items, tied items and quilted items.

Learn to adopt pattern to size of article.

Projects must be clean and neat.

Following are a number of possible projects for different skill levels. There are many other possibilities. Sizes are approximate and will vary with the design and individual needs.

### **Beginners: (First Year Members)**

Potholder (6" - 8" square):

- Use a single 9-patch block with each fabric square measuring 2" - 2 3/4".
- For the filler, use several layers of cotton flannel, toweling, cotton or wool blanket, or any heat resistant material.
- The potholder should be hand or machine quilted, as the loose ends of the ties could present a fire hazard.

### **Intermediate Level: (Second & Third Year Members)**

Do not make same project two years in a row.

Table runner (12" x 24" or Placemat (12" x 18")):

- Enlarge the potholder design.
- Use a thin batting or pella fleece as a filler.
- It's probably best to machine or hand quilt these items as tying would result in an uneven surface to set glasses and dishes on.

Pillow (12" to 24" square):

- Plan the design to fit a pillow form.
- Use batting or pella fleece as a filler.
- Can be either quilted or tied.
- Optional: add a border to frame the design.
- Finish by adding a ruffle or cording and a pillow back. Use either a zipper or a split back for pillow insertion.

Doll Quilt (15" to 25" square - varies with doll size):

- This is an excellent project to start playing around with your own design.
- Use batting for a filler.
- Either tie or quilt.

### **Skilled Level: (Fourth Year and Up Members)**

Original designs are encouraged.

Wall hanging (24" to 48" square) or Crib Quilt (approx. 45" x 60"):

- These projects use the same principles as the doll quilt does, only they require more patience as the project is larger and the design possibilities more intricate.

Twin-sized Quilt (approx. 66" x 96"):

- Measure the bed to plan the size as each bed is different. Measure the mattress and add the drop to the dust ruffle or floor on both sides and the foot of the bed. Add 10"-15" for a pillow tuck, if desired.

### **Quilting Rules:**

- The selvage is never used in quilting. Cut it off.
- In quilting, a 1/4" seam allowance is used.
- The outside edge of the quilt block or unit should always be on the straight-of-the-grain.
- Sashing or lattice strips are approximately 1/4 to 1/3 the size of the quilt blocks they separate. For example: 3" squares sewn into a 9-patch result in a 9" quilt block. 1/3 sashing=3", 1/4 sashing= 1/4 (round off to 2").
- If it's necessary to piece the backing, don't use a center seam. A center panel of fabric with 2 side panels result in a stronger quilt backing.
- Pre-wash all fabric in hot water with vinegar or salt added to set the dyes.

### **Quilting Tips:**

- To determine the amount of a particular fabric needed:
  - 1) Figure how many squares can be cut across the width of the fabric by dividing the fabric width by the square size (don't forget to include the seam allowances).
  - 2) Divide the total number of squares needed of that fabric by the result of step 1.
  - 3) Multiply the result of step 2 by the square size (including the seam allowances). The result will be the amount of fabric needed in inches. Divide by 36 to get the yardage needed.
- To help keep fabric organized when working on a large project, stack similar pieces one on top of the others. With a needle and knotted thread, run the thread thru the stack. Leave a long thread and don't knot this end. Remove the fabric pieces from the thread as you need them.
- Work with the graph paper design in front of you as you sew. This helps prevent mistakes.
- To hang a quilt on the wall, attach a hemmed tube of fabric across the back of the quilt 1"-2" from the top. Leave a little fullness to allow a wooden strip or dowel to be inserted. If the quilt is large, use a number of tubes to allow for openings for extra nails or screws to help support the quilt's weight.