

# Free Motion Quilting Workshop

Geraldine Wilkins, Living Water Quilter

## Quilting Supply list:

1. **Home sewing machine** – in good working order capable of Free Motion Quilting
2. **A single hole stitch plate** – for best quilting experience and results (recommended, not required)



3. **Free-motion quilting foot** – preferably with an open toe
4. **Sewing machine extension table** – free motion quilting requires an extension table or a table that your machine fits down into to give a flat surface for quilting.
5. **Quality Thread** – one spool of white thread – recommended threads - Isacord 40-wt poly, Aurfil 50-weight Mako Cotton, Glide 40-wt poly, 40wt Trilobal, Superior Threads So Fine! 50wt
6. **Quality Sewing Machine needle** –Superior Threads Top Stitch or Schmetz Top Stitch needle 90/14(40 weight thread or 80/12 needle(50 weight thread)
7. **A mini white board or sketch book** – whiteboard or pad with ruled lines, The Dollar Tree

## Free Motion Quilting Tools – Highly recommended but not required

- Supreme Slider \$26**  
Amazon.com <http://amzn.com/B0018NA1C0>
- Thread stand \$25** Superior Thread Holder (Spool & Cone Acrylic Stand)  
<http://www.superiorthreads.com/shop/product/superior-thread-holder/>  
WATCH video - <http://www.superiorthreads.com/shop/product/superior-thread-holder/>
- Machingers Quilting Gloves \$8**
- Grip n Stitch Quilting Discs ( I will have a few for sale in class)**
- Cheater Needle, Dritz 6 Easy Threading to bury threads \$3**
- Thread nets \$2.30 (used for large thread cones and threads that unwind too fast)**

**Resources and Recommendations Find ALL supplies in a [curated list on Living Water Quilter](#)**

**Amazon Shop** <https://amzn.to/48ihLY>

### Thread

Glide 40wt poly- <https://www.habanddash.com/> (I will have some available for sale in class)

Isacord 40wt poly - <http://www.redrockthreads.com/>

Aurifil 50 wt cotton- <http://www.redrockthreads.com/>

**Superior Threads** <https://www.superiorthreads.com/>

Bottomline 60wt poly - a lightweight bobbin thread or top thread

So Fine 50wt poly– top thread quilting

**Needles** –Recommended - Superior Threads – Titanium-coated Top Stitch

<https://www.superiorthreads.com/product/needles/home-machine-needles/>

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## Preparation

### Quilt sandwiches

Use fat quarters or cut eight 11 x 18-inch rectangles from yardage

1. **Four fat quarters (22 x 18-inches)** – solid, medium to dark fabric, it can be tone on tone
2. **Quilt Batting** – Eight low loft batt rectangles 11 x 18 inches each (warm & natural, Quilters Dream Cotton)
3. **Muslin for backing** – Eight rectangles 11 x 18 inches each

### Fabric Preparation

Wash, press, and starch all fabric.

Cut fat quarters in half. You should have eight rectangles that are approximately 11 x 18 each.

Make eight quilt sandwiches. Use one fabric piece, one batt, and one piece of muslin and baste lightly with basting spray. No pins.