

---

## **Intro to Quilting: Patchwork Basics** with Justin of Keaton Quilts

---

### **Chapter 1 - Intro to Quilting: Patchwork Basics**

#### Overview

- Growing up, I was a really creative kid. I loved all the crafts. I saw a quilting magazine and it had this sweet picture on the cover and I remember thinking how beautiful it was. And I thought, gosh, I want to make that. And so I did! I cut up every piece of fabric I could find in my house. That was my first quilt and it really was the beginning of something for me. Hi, I'm Justin of Keaton Quilts. I have a small quilting business in New York City. In this class, I'm gonna show you all the skills you need to make your first quilt, from cutting all the way to the last stitch. This class is for absolute beginners, so don't worry if you've never made a quilt before. We've got you covered. (cheerful music)

#### Materials

- There's a few materials you need in order to get started. So let's take a look at them. We'll be using a sewing machine, some batting. We've got our fabrics for the foreground and then also the background and your backing. We've got some thread. There's a walking foot. We've got a 1/4" piecing foot, sewing machine needles, a seam ripper, some sewing clips, fork pins, some sharp scissors, some big cutting scissors, a rotary cutter, an erasable sewing marker. We use basting spray. We've got a cutting mat. We've got some rulers. An iron and also an ironing mat. And sometimes I like to use a different pin or different needle or a different clip so I've got my little case full of doodads handy and ready to go. An optional tool you can use is this ruler connector to help you cut longer distances when you don't have a ruler that's long enough. But you can also use tape. It'll work just as fine. For this class, we'll be making a 12 1/2" little mini quilt, but if you want to go bigger, keep in mind you're gonna need more fabric and more batting.

#### Preparing your fabric

- When choosing your fabrics, you wanna be pretty careful. As a beginner, definitely wanna stick to quilting cottons, they'll be much easier for you to work with. I say, once you've tackled quilting cottons, then move into those other types of linens and wales and all those fancy ones. But for the most part as a beginner, it's great to start with these. I use JOANN Fabric's Keepsake Quilting Collection for today's focal fabrics. I like to spend the rainbow a little bit here. So I've got a blue, a purple, a pink, a red, an orange, a yellow, a lime and then a teal. And now you only need a small scrap of fabric from each, so a quarter of a yard or a fat quarter will do great. I chose this pretty white linen here for our background. I'll also be using it for the binding and the backing. When choosing your batting, you're gonna wanna start with a cotton low loft piece. Now, you'll need a 14 and a half inch square. But remember, if you're gonna make a bigger quilt, you want a bigger piece of batting. When it comes to getting your fabrics prepped, a lot of people ask me whether or not you should prewash. Now there's lots of different answers I could give to that. But for the most part, you wanna either prewash all of your fabrics or prewash none of them. And the reasoning behind that is that fabrics usually shrink when you wash them for the first time. And if your fabrics all shrink the same amount, then when you go to put it together and you wash them once your piece is made, then they're all stay the same size. What I usually recommend everyone do as a beginner is to wash all of their fabrics, that way, you know, for sure that they're gonna stay the same size, that first time you wash your project and you won't run into any headaches. Another tip I can give you is if you are

going to prewash your fabrics, you wanna throw in a color-catcher into your wash. What that does is it absorbs all the little extra dyes that could rinse off onto the other fabrics and maybe especially of a white background. It just makes sure that everything will stay as it is in your final piece. There was a time when I made a red and white quilt and I didn't wash any of the reds. And so at the end, when I threw it in the washer and took it out of the dryer, I had a pink quilt. There were no more white parts left. So especially if you're using reds, I highly recommend prewashing them. Now that we've treated all of our fabrics, let's get down to cutting. I like to do all of my cutting at least where possible with a rotary cutter. Now, the reason we use a rotary cutter instead of scissors, is it just allows us to be that much more accurate. In order to cut with the rotary cutter though, you do need a few things. You need a cutting surface like this cutting mat we have here. And then also you need rulers. These all come in different shapes and sizes. I recommend honestly, as many sizes as you can get, but a good place to start is the standard 6 by 24 ruler. And for our project, a four and a half inch square. A couple of rules with the rotary cutter, it's very dangerous. So a lot of them have a safety lock on it. You wanna keep that locked at all times unless you're actually cutting. And rule number two is you never wanna pull the blade towards you, you always want to push away with your rotary cutter. That way, you know, God forbid, there's no finger for you to pull back on. It's much easier to see what you're cutting. If you push away from you with the rotary cutter. Fabric usually comes in 42 to 44 inch width, and so I really like to fold it in half a lot of the time when I cut. That way, I can cut two layers at once or I can cut long strips easier. It just makes things a lot simpler. If you either have a small space or a smaller cutting mat, it also makes things go a lot faster 'cause you're able to cut more at once. I recommend ironing before you cut your fabrics, it just helps everything stay that much smoother. And your finished project will end up so much nicer if you take that little time to just give things a quick iron. If you do find that you're struggling a little bit with fabric slipping on the board, or if your fabric is extra stretchy, I'd also recommend giving it a quick starch with just some Niagara shirt starch from the grocery store. It'll stiffen up your fabrics and make them ever so slightly easier to work with. So I'm just giving this fabric a quick press to get all these creases out. For each of our colored pieces today, we're gonna cut a four and a half inch square. So it really helps to have a ruler that's exactly that size. Just makes things that much easier. I'm gonna unlock my rotary cutter first. Now remember, you're always trying to cut away from you. Press really firmly on your ruler. You don't want it to slip or slide by your cutting. You'll end up with a very wonkily cut piece of fabric if it slides. So hold that ruler steady, and then you're just gonna gently glide the blade along that edge. You wanna press enough where it cuts the fabric, but you don't wanna press so much that the ruler shifts it's a very delicate dance. The next cut I'll make is I'm gonna cut across the top. And then, like I said before, you'd never wanna cut towards you, so I'm not gonna go in this direction. What I'm gonna do is I'm gonna shift the fabric to make it easier to cut. So I just wanna make sure my rulers in that same spot, and then I will again, cut away and then cut that final edge off the top. Don't forget, it's just a gentle push, you don't wanna press too hard, but you don't wanna press so little that it doesn't cut the fabric. Take my ruler off, and there I have my first, four and a half inch square. You're gonna wanna cut one, four and a half inch square from each fabric. We're gonna move on to cutting our background pieces, our binding strips and also our backing. Now this fabric is a little bit wider than the mat when double folded. So I'm just gonna shift our mat around so I can have the full width of the mat to cut on. It'll just make things much easier. The first thing I wanna do when cutting my binding strips is I wanna make sure the edge of my fabric is very straight. So I'm gonna line up the ruler along the edge. Now, if you see here this edge, isn't quite long enough to reach to the fabrics. So I'm gonna take my other ruler, I'm gonna lay it

next to it, and then Fiskars makes this fun little contraption that makes the ruler stick together nicely as you're cutting, so you don't have to worry about them slipping. So I'm just gonna make sure those rulers are perfectly flush at the edge. And I'm gonna take this little doodad, press it down. That way, my rulers will stay nice and steady while I'm cutting. Grab the rotary cutter. Again, I'm gonna press firmly on this ruler. I find it helps when you're cutting very long pieces of fabric like this. To cut part of the way, pick up your hand, move it down and then press down further along and then continue cutting, that way, you're really able to keep that ruler nice and stable. Start at the bottom of the fabric and press firmly on my ruler and then run the blade along that edge. Now, when I get about halfway, I'm gonna lift up my hand, making attention to not move that ruler, and I'm gonna push my hand down along the edge. It's just so I can have a better center of gravity to keep that ruler nice and steady while I cut. And now we've got a nice clean edge to start with. The next thing you're gonna do is you're gonna flip around your fabric. And that'll be the edge that we cut our strips from. Now, the reason we flipped the fabric is that you always want the cutting to feel ergonomic. And if you were running the ruler along an edge, the other direction, it just, it wouldn't quite feel right. So this just makes it. So everything feels nice and natural. We need two and a half inch strips for our binding, and we need enough to go around all the edges. No matter what size quilt you're making, you always need to add up the edges of your quilt and then add 10 inches. Whether your quilt is tiny or huge, it's always the same. So for our quilt, we're gonna take the edges, which add up to 50 inches and add 10 inches to that. So we need 60 inches, total. Whatever with a fabric or you're using, you'll wanna make sure that you cut enough strips in order to get 60 inches once you join them together. So I will be cutting a few strips here, and the key is line up your fabric against that two and a half inch mark, and then have that two and a half inch mark run all the way to the top. Once your fabric is lined up with the two and a half inch marker line on your ruler, you're gonna cut. So again, I'm gonna start out by pressing firmly on the lower end of my cut and gently run that rotary cutter up about halfway, pick up my hand, move it to the end and then continue cutting all the way to the edge. We have our first strip and remember, you're gonna wanna cut enough. So you have at least 60 inches worth of strip once you join them all together. We're gonna take that and put that aside. The next piece we're gonna cut is our backing. Now we want our backing to be about 14 and a half inch square. You always want your backing fabric to be larger than your quilt top. Since ours is a 12 and a half inch mini quilt, 14 and a half inches will give us one inch around all our edges. If you're making a larger quilt, maybe say a bed size quilt, I would want at least maybe two to three extra inches around each edge, if you're quilting it yourself. If you find that you wanna send out your quilt to a longarmer, you're gonna wanna leave at least five inches extra on each side. I'm gonna unfold my fabric since I only need one, 14 and a half inch square. When you're cutting pieces larger than you have of a ruler, it really helps to put those rulers together to create the size that you need. I need to measure 14 inches from the edge, and I know this ruler is six inches and that gives me eight and a half. So I need to find that eight and a half inch mark on this big square ruler I have here, which is right there. And then I'm going to put my six inch width ruler next to it. From the bottom, I wanna make sure that I cut at least 14 and a half inches high, because that's the size I'll need. One quick tip is that you wanna make sure that you're cutting above and beyond the salvage area. If it helps just slice off that little piece before you get started or pay attention that it doesn't end up in your final project. Now that I've measured my 14 and a half inches from this edge, I'm gonna go ahead and I'm going to cut. I'm gonna press my hand firmly on that ruler. And I'm gonna gently glide the blade away from me along that edge until I reach that 14 and a half inch mark, all right. Then what I'm gonna do is I need to measure the other direction. And so I'm

gonna start a little higher along the fabric to make sure I give myself enough space so I don't end up with that salvage. And if you remember, I need at least eight and a half inches from this ruler. So, right there. And then that eight and a half, you add the six inches of this ruler to it, and that gives you 14 and a half, which is what we need. So I'm gonna press firmly on that ruler. And I'm gonna glide the blade along that top edge. Oop, cut a little thread there. That'll give us our 14 and a half inches. Now we have a little piece we have to slice off, what I was speaking of earlier, that salvage area, which is kind of fuzzy and has some dots in it. Well, make sure that that doesn't end up in our final piece. So I'm going to measure eight and a half inches from the posing edge of that. Have the six inches of my ruler. And I'm just gonna trim off that extra bit of fabric there. And that is our backing. For the pieces of our quilt top we need of this background fabric, we need nine, four and a half inch squares. Now, when you need a lot of one shape, it's great to cut a big long strip and then cut those pieces off of that strip, it just makes everything go that much quicker. So what I'm gonna do, is I'm gonna take my long ruler and again, my little square. I'm gonna attach that square to extend the length of this guy here. And I need to make sure that my cut is four and a half inches. So I'm gonna line up the four and a half inch mark on my ruler with the edge of the fabric. So that I give me one long, four and a half inch strip. Press firmly towards the bottom of my ruler. Again, I'm going to gently glide that blade along the edge, making extra sure that my ruler doesn't slip. I'm gonna lift up my hand, lay it down, further down on that ruler and then continue the cut all the way to the edge. All right, now that I have my four and a half inch strip cut, I just need to trim off the edge, and then flip my fabric, and go along and cut four and a half inch pieces off my strip. So that was one, oop, (laughs) and we'll cut the next one, and you can just see it makes everything go much faster than if, for example, I cut, you know, if I'd lay the square down on the fabric and cut one or two squares out and then moved it down. It really, it saves fabric and also just makes cutting all those little pieces much quicker. Now, once you cut nine, four and a half inch squares from your strip, then you have all the pieces you need to get started.

### Constructing your quilt top

- Let's put our quilt top together. The first thing you're gonna do is you're gonna take your eight colored squares and you're gonna lay them out into a grid of nine. The block we'll be making is called the Churn Dash block. It's been around for ages and ages and made many different ways, but we're gonna do it in a little bit of a fun rainbow color. What I want is for each color to fade from one and then into the next one nicely. So if you look at this right now, the purple to the green is a pretty big jump. So in between that color, I wanna put a teal. And so that way it goes teal, green, yellow. And now you see orange is over here? I'm gonna put the orange over here and I'm gonna do that. I'm gonna flip these around. So the ultimate goal is this, where the teal feeds into the limey green, which goes into the yellow and then the orange, and that way, everything flows pretty harmoniously from one to the next. Once you have your squares laid out like this, you're going to take one of your background color squares, put that in the middle, and you're just gonna pair each square with a white one. Each of these is gonna be a little different. Now your corner squares are going to be sewn into triangles, and your middle squares will be sewn into rectangles. Let's tackle the corner squares first. So what you're gonna do with your corner square is you're gonna pick up your colored square and also your background square that matches it. You're gonna lay them on top of each other, just so the edges line up pretty nicely. That looks pretty good to me. Take your ruler, and you're gonna draw a diagonal line, from corner to corner. Now I'm choosing a water-erasable pen. This just erases away when you spritz a little water, but there's also air-erasable pens and chalk. You

can use a pencil. You could really get away with using any type of marking tool. The key is that it either erases or it's subtle enough where it won't show up in your final piece. I'm gonna draw a line all the way to the other corner. Clip these two pieces together now. So they stay. Now you can also use pins if you don't have clips, either will work fine. I just prefer the clips. And you're gonna do this for all four of your corner sections. Once you have all four corner squares with your line drawn and clipped together, it'll be time to get sewing. So when you head over to your sewing machine, there's two things you're gonna wanna pay attention to. The first is that you wanna adjust your stitch length from two and a half millimeters, which is where most sewing machines start, and you wanna make your stitch just a little bit shorter, and two millimeters is a great place to be at. Now when patchwork sewing, you don't necessarily need to backstitch because all of your seams are eventually sewn across, and so that will keep the thread from pulling out. But if you choose to backstitch, there's nothing wrong with that and it just means your quilt might last ever so, a little bit longer, than if you didn't. For this step, you're gonna wanna sew right on that line you drew. So your eye is gonna be looking at that needle going into that blue line we have right here. I'm gonna do a little backstitch at the beginning of the end because I like to make it that much stronger, but again, it's not necessary. I also recommend, if you're not really comfortable with your machine, to set the speed to the lowest setting just to start. So here we go. I'm gonna do my little backstitch, and then I'm gonna sew on down the line. Again, I'm trying to keep that needle right in that blue drawn line. When I get to the end, do a little backstitch, and that's our first seam. I like to chain stitch my pieces together. And what that is is when you don't snip the thread in between the new piece you sew and the last one, it does a couple things. Some machines have a tendency to pull small pieces under, into the machine. So what this does is it just gives you that extra little bit of insurance that your piece won't get pulled under. And then also, it'll save a little bit of thread. There's less of a tail needed in between each of your pieces. Continue on sewing. Now, I didn't backstitch there. I'm gonna do a little backstitch, and then I'll do one at the end. (sewing machine whirring) All right. Grab our next pair. Just continue sewing straight through that blue line. (sewing machine whirring) Now backstitch. And here's the fourth and final quarter. Once you finish that fourth one, you're just gonna trim the little strings in between each piece. Remove your clips. And now your four corner pieces are sewn. The next step will be to sew the four remaining middle pieces. Now to do that, we wanna trim them down to four and a half by two and a half. So we're gonna grab our cutting mat. I like to layer them on top of each other, but you can also cut each one separately, if you prefer. If you're not as comfortable. What I'm gonna do is I'm gonna measure two and a half inches from that edge there. And I'm just gonna cut off that little extra remainder I have. So that leaves me with a two and a half by four and a half inch piece. You're gonna do that for all four. Once you have your pieces trimmed, you can put the scraps aside, and clip, or pin if you don't have clips, your pieces together. I like to put a clip at each edge. Once your pieces are all trimmed and clipped, it's time to sew. We won't be sewing on a line this time, we'll be using a seam allowance, which will be a quarter-inch. Whenever you're quilting, you'll always be sewing a quarter-inch from the edge of the fabric. Different manufacturers make different feet that are exactly one quarter-inch from the edge. And so if you have access to one of those, that's amazing, and I suggest using that. If not, I would suggest finding the quarter-inch marker on your sewing machine and just putting a piece of tape down to make it a little easier to see where your fabric needs to be in order to maintain that nice quarter-inch distance from the edge. Remember, you want your fabric to be aligned right with the edge of this foot. Start sewing. Do a little backstitch, again, not necessary, but just gives it that little extra strength, and I'm gonna sew along that edge. (sewing machine whirring) Give a little

backstitch, and I'm gonna repeat the same process for all four pieces. All right, and now all our four rectangle pieces are sewn. So I'm gonna quickly snip them apart. And then remove my clips. I need to do a little trimming before I move over to the iron, and that will be trimming these half-square triangle pieces. To do that, I'm gonna use a cutting mat and my ruler, and also a rotary cutter. I'm gonna put the ruler so it gives me one quarter-inch distance from that drawn line that I sewed on. And I'm going to trim off this excess. and this is what I'll be left with. So you're gonna do that for all four pieces. Now that we have our pieces trimmed, we're gonna head over to the iron and press these. A lot of people don't like to use steam when they press, just because it distorts the fabric a little bit. So I find if you like pressing without water, and you're finding that your iron gets hot enough, go for it. But if not, I say put your steam setting on low and just use a little bit of steam. You're gonna wanna iron your seam towards the dark side of the fabric. Now, the reasoning behind that is if you have a darker fabric and you iron it to the light side, there's a chance it'll peak through and show. So what we're gonna do is we're gonna iron towards that hot pink there. That way we won't have anything showing through with our white. Gently, and just use the edge of the iron to swipe over that little ridge there. Hold the iron for a second. And then I wanna flip it over and I'm gonna use the edge of the iron again, to just gently press over that little ridge to make sure it's nice and flat. I find that I always wanna flip it over and do that because there's certain times where I will use the iron to iron it that way, and flip it over, and I'll find that the edge is just ever so slightly inward. So when I flip it over and I used the edge of the iron to smooth out that little piece there, it's just an extra little insurance policy. I'm just gonna do that for each four of my triangle pieces. Again, you just wanna be really gentle with the fabric. You don't wanna stretch it or pull it. Just think of it more as a little nudge to get the fabric to do what you want. If you stretch or you pull too much, then your fabric might get out of shape and it won't be the size you need anymore. That's our four corner pieces. Next up, we're gonna take our rectangles. The same process. I've gotten a lot of questions in the past from beginners, whether they should iron their seams open. Now there's nothing wrong with this, and honestly, in certain quilting, where a lot of points come together, that's what you'll wanna do. But for our purposes, when you iron your seams open, what it does is once you have your final quilt, it leaves a little opening for batting to slowly seep through when you wash your quilt, again over many years. But by ironing your seams flat, you're creating a nice little seal there and it'll help keep that batting inside through lots and lots of washes. So just like before, then flipping it over and giving it a little nudge. We're gonna repeat that for all four rectangle pieces. Now we've got all of our pieces ironed and ready for the next part, which will be laying them out and joining all those squares together. And let's arrange our pieces in color order again. I really love this part 'cause you get to see everything start to come together. We'll put our blank square in the center, and I can kinda see almost what your finished block will start to look like. A lot of people in quilting will tell you to sew everything in rows and then join the rows together. But that's not how I work. I find that if you're sewing a long row of squares, by the time you reach the end, your seams won't match, and so I like to make everything into little bite-sized pieces. Now, when you're making a big quilt, this makes a lot more sense, but the meaning behind it still applies here for this little quilt. What I'm gonna do is the first three pairs I'm gonna sew, I'm gonna take the top square and then flip it over to the bottom squares. And then each seam I'll be sewing will be that top line. I'm gonna pick up my first set. Use either clips or pins to put these together. And now you wanna be extra careful to remember which side you're sewing on. Now I'm gonna pull these quick just to show you. That's correct. So that's the seam I want sewn, but it's so easy. Watch how I flip that over. I picked it up. I could easily think I need to sew that side. And see how it's not right? It doesn't give

me the same effect. So I just wanna be extra careful, and that's why I lay these all out, how they'll be in their final block, because it's easy to mix up colors and it's easy to rotate a square. So you're just gonna be extra careful when doing this, that you make sure everything stays nice and orderly. So on that side that you flipped over your fabric, that'll be the side you sew on. Clip these together also. Okay, now this will be our first three seams. So we're gonna bring these over to the machine and we're gonna sew them together. And we are going to use our quarter-inch seam allowance. So if you took a moment to tape down on your machine, you wanna follow that little guide, or if you're lucky enough to have a quilting foot, you wanna make sure you keep that quarter-inch seam allowance. I'm gonna sew. I remembered to do a little backstitch this time and I'm just gonna continue to sew along that edge. Again, making sure that the fabric edge stays aligned with the edge of that presser foot. Let me get to the end. If I remember, I'm gonna do a little backstitch and grab the next set. I'm still using my chain piecing technique to sew these together. I like to use as little thread as possible and just make sure that these little corners don't get sucked down into my machine and it helps that. (sewing machine whirring) Now, if you run into this problem where the fabric gets caught in between your presser feet, that's no problem at all. You just wanna take the wheel on the side of your sewing machine and you're gonna turn it so that your needle goes down into the fabric. You're gonna lift up your foot and then just put it down again. Once that fabric looks nice and flat, you're just gonna continue sewing till you reach the edge, do a little backstitch, and you're done. Just like before, you're gonna trim that little thread between your pieces and remove your clips. We're gonna sew our bottom row together. The first part will sew is we're gonna flip this blue triangle square over, on top of the teal, and then that's the edge we'll sew. And again, just remembering my quarter-inch seam allowance. Doing a little backstitch. (sewing machine whirring) And sewing all the way to the end. Doing a little backstitch. Trimming my threads. I removed my clips, and then I'm just gonna lay that down, open up what I've sewn to make sure I'm attaching the green on the correct side. And I'm gonna flip the green triangle over, onto that rectangle piece, and that'll be the edge I sew. And now I'm sewing that final seam. And I'm sewing along that edge. I'm gonna take my pieces over to the iron. Iron towards the darker fabric. And flip. And just again, give it a little scooch, make sure it's nice and flat. You don't wanna pull or stretch your fabric. You wanna be as gentle with it as possible, just to get a nice, crisp edge. Gonna do that with those other two pairs now. Now for this final piece, I'm just going to press towards the dark side down. If you happen to hit a part of the piece with the iron you don't mean to, no worries. Just take it, iron it flat again. Pressing a little bit towards that blue. Using the edge of my iron just to press the green out a little bit. And there we go. That's our pressing for this point. We're getting closer to our finished top. The next seam we're gonna do is we're gonna sew this piece to this one. So we're gonna take this unit and lay it over the other. And now at this point is where we have seams we want to match. By that, I mean where the pink meets the purple, we want to line up where the red meets the white. Now here's where our fork pins come into play. A fork pin is a handy little pin that has two prongs. So it's in a U shape. I'm lining up the two pieces the best I can. And now I take the fork pin. When you sew your seams in quilting, you're always sewing a quarter-inch from the edge. So I wanna put the pin exactly where I'll be sewing. Roughly a quarter-inch inward from the edge, and directly on top of the seam I sewed. When I insert my pin, it's so the stitch line is directly in between the two prongs and it's at a quarter-inch inward from the edge of the fabric. So once I stick the pin through, I'm gonna flip it over and take a look. Ideally, the stitch line on the other side will be right in the center of those pins. If it is, I'm just gonna take the pin and insert those prongs. And that'll be what I sew with. Let's say I flip it over, just to show you what happens if it's not so perfect, is you'll see the

stitch line on the other side isn't exactly centered. And so if we sewed that, without the stitch line in the center of those two prongs, our little joints wouldn't line up nicely and we love points that line up. So you just pull the pin out. You zhooosh the fabric over a little bit. And it's just trial by error. All right, so now that stitch line's through the center. I'm gonna put that pin in, and now I still wanna put a clip or a pin on each edge, just to hold my edges together nicely. And I'm gonna go over to my sewing machine. The new thing to watch out for this time is this fork pin. So we're gonna sew pretty slowly, along that edge, and we're gonna sew right up onto we hit the pin, but never over it. You never wanna sew over a pin because if the needle hits that pin in just the right spot, your needle will break and go flying and that's never a good thing. So we wanna pull out our pin. And then continue along to the end. Remove our clips. Unfold our piece. Take a look at that seam. Looks great, all right. So we're gonna use that same technique to do this seam. I'm flipping over my piece. Aligning it the best I can, visually. I'm taking my fork pin, and a quarter-inch from the edge inward, and with the seam line through the center of the two prongs, I'm just pressing the pin through and checking. And it looks like it's a little closer to that prong. So I'm gonna pull out the pin, zhooosh the fabric a little bit in that direction and try again. This time, it's right through the center, it looks great. So I'm gonna insert my pin. If your machine has the function, it can be helpful to do the needle down, so that the needle stops in the downward position. Then you can lift your foot, and it makes it just that much easier when the foot is raised to pull out that pin if you're having trouble. Once the pin's out, you're just continuing all the way to the edge. Okay. Trimming some of those loose threads. And now we're ready to iron these two seams. You're gonna iron this seam towards the purple and the pink, and this seam towards that yellow and the orange. We're gonna sew our final seam now, which will be adjoining this piece to this block here. Flip these triangles over onto this edge. Now you'll notice we have two seams to line up here. So we'll be using two fork pins. I'm gonna head over to the machine. Again, using that quarter-inch seam allowance. Doing a little backstitch, if I remember. (sewing machine whirring) There's our final seam sewn. Now what we have to do is give it a nice press with the iron. There's our finished quilt top.

### Basting the quilt sandwich

- It's time for basting. Now there's lots of ways to baste a quilt, but I'm gonna show you my favorite. My favorite uses what is called temporary adhesive. It's just a simple basting spray, and there are other ways to do this with safety pins, you can hand stitch thread to hold the layers together, but the main key here is that you get all of your layers to stay together while you do your quilting. So that's what we're gonna do. The first step will be to take your backing fabric and lay it down nice and flat. We're then picking up our basting spray, giving it a good shake and just like you would hairspray, you're gonna just create a fine little mist (spray can hissing) and just try to get some spray coverage on there. Once you have your surface sprayed down with the glue, you're going to pick up your batting. I like to make a U shape, and the reasoning behind it, is if I make a U shape, the center of the batting will touch the fabric first, and that'll mean that I can then just slowly lay my batting nice and flat until it reaches the edges. Now, if you see here, it isn't quite in the center, which is no problem because this is temporary adhesive, so you can just peel it back, and start over. So there isn't really anything to worry about here if you don't do it right the first time. Trying to center this the best I can, and then lay it nice and flat. I'm just taking it and I'm smoothing it towards the edges. Now, if you see here, my edges aren't perfectly aligned, but that's okay, because I have about an inch of leeway all the way around my project. But what I wanna do, is I always wanna pat towards the edges, I never wanna push inward because what that'll do is that'll create a little bubble

of batting on the inside, and that way my quilt will end up lumpy. I want to pat and smooth away from that center towards the edges. Once that looks pretty smooth, I like to, since this is a small piece, you can do this, if this were a larger quilt, you wouldn't be able to, but we're lucky, you can flip it over to check, and that looks pretty flat to me. So we did great. You'll flip it back over, so the batting is right side up. I'm gonna take my basting spray again. (spray can hissing) Just give it a light spritz, and then I'll take my quilt top, just like the batting before it, try to figure out roughly the center, create a U shape, and so the center part touches the batting first, and then I'm gonna lay it flat and smooth towards the edges. If your quilt was larger, let's say a baby quilt, or a bed size quilt, I would recommend rolling up your edges of your quilt top towards the center, before you stick it down, lowering it down onto the batting, and then just slowly unrolling it and patting and smoothing towards the edge, as you unroll it, to get a nice flat quilt top. Now, if you're using safety pins, there's gonna be a little different. You're going to put all three layers down and smooth them out without any adhesive, and then you'll go in with a safety pin and you'll just put a safety pin every few inches or so, to keep your quilt sandwich together while you're quilting. So now that our quilt top's all stuck together, our quilt sandwich is complete, and we're ready for the quilting.

### Quilting

- With the piecing complete, the quilting can begin. There are many ways you can go about quilting your quilt. You can hand tie your quilt using string or yarn. You can hand quilt it just using regular thread and normal stitches. There's big stitch quilting, which uses embroidery thread and hand stitched stitches. There is free motion quilting, which you would meander around in curves and swirls around your quilt. And then there is straight line quilting, which is what we'll be doing today. We'll be using our walking foot on our home sewing machine in order to make this happen, so I'm going to show you how to replace your presser foot with a walking foot first. I'm gonna remove my presser foot. On a Bernina, there's a little lever in the back, but for different brands of sewing machines, it might vary ever so slightly. There might be a little screw to unscrew, but whatever you need to do to detach your presser foot, you're gonna go ahead and do that. And you're gonna grab your walking foot. There are several reasons we use a walking foot for doing the quilting part, and what a walking foot does is it has two little feet up top on the top of the foot. And those move in conjunction with the feed dogs under the fabric. And so what happens is there are little feet on top of your fabric and below your fabric moving all the layers through the sewing machine at the same time. If you didn't use a walking foot, what would happen is the feed dogs would be pulling the bottom layer under your machine and then a normal foot would be kind of pressing against that top layer. And it'll just create ripples and be a big disaster, so you never wanna quilt your quilt with a regular foot. You always wanna use a walking foot if you have one available to you. There's a couple pieces you wanna pay attention to. First, the part that connects to the sewing machine, but the second piece, which you won't find on your normal foot, is this little hook. And what this hook does is it attaches to the needle mechanism, the little screw that screws in your needle, and it rests on that and it moves up and down in conjunction with that when the needle goes up and down. And that is what moves these little feet and helps pull your fabric through. So when you're putting your walking foot on your machine, you wanna line up that little hole at the top with the cone on your machine. But you also, at the same time, need to make sure this hook doesn't just lay flat but hooks onto the little part that protrudes from your needle. I've got my machine threaded with a nice neutral thread that will match my background color. Now it doesn't necessarily need to be neutral. I'll just say that if you're not very confident in your ability to stitch very straight, I would use a color

that matched the background because then it won't really stand out if you make any mistakes. I'm gonna start sewing off of my edge, meaning in my batting fabric. The key to that is I don't need to backstitch because eventually, my quilt will be trimmed off and that piece won't be part of my project anymore. So if you're sewing inward from the edge, you don't have to worry about anything. Now, I will stop and tell you that if you're starting somewhere in the center of your quilt, you just wanna make sure that you do a securing stitch so your quilting doesn't eventually unravel over time. Our plan here is to stitch 1/4-inch away and go all the way around the edge and then come back and stitch 1/4-inch around the center edge. I really like to go 1/4-inch away from the edge instead of doing stitch in the ditch. I find it's very hard to maintain your stitch perfectly around in that little ditch around the edge, and so this is just me splitting the difference and just finishing with a really nice crisp finish. If you're a beginner, I highly recommend giving this way a shot. I'm going to start with my walking foot in the batting and not on my quilt, so I'm not gonna do a backing stitch, but I'll tell you later on when you do need one. Using my neutral thread, I am sewing into the quilt top. I'm using the little marker on my walking foot as my guide, so I keep that little marker right on the edge of the fabric line. That way, my edge will be nice and even all the way around. You can feel free to use anything on your walking foot as a guide. They all vary and then just use that edge as you go all the way around. (machine whirring) When I get to what visually looks like 1/4-inch away, I'm gonna stop with my needle down. If my needle doesn't stop down, I'm just gonna turn the wheel of my sewing machine until it does. Lift up my presser foot, I'm gonna pivot, and continue sewing around the edges of those colored parts of my quilt top. (machine whirring) Again, slowing down before I reach the edge, leaving my needle down, picking up the foot, and pivoting, lowering my foot and continuing to sew around the edge. (machine whirring) I'm sewing off of the quilt top into the batting again, so I'm able to be 1/4-inch away from the edge when I pivot back. (machine whirring) Remember to always stop with your needle down. You never wanna lift up your walking foot without having the needle down. If you do, there's a chance that you could move the quilt top and you'll start out a little bit away from where the needle left its stitch last. So you wanna be extra careful to keep that needle down. (machine whirring) When I reach the end, I'm just gonna sew off the edge of my quilt top back into the batting. And that's the end. Snip my threads. And now I've gone all the way around the perimeter of my design and I'm gonna go and sew along the inner edge 1/4-inch away from the colors. For the center part, my goal is to start 1/4-inch in from each edge, so I'm about 1/4-inch from the top and 1/4-inch from this edge here. Lower my presser foot and now here's where you need to backstitch. The reason you need to backstitch here and not for the other parts is because you're starting from within the quilt sandwich. That means that you're gonna have to trim your threads when you finish, and if you trim them pretty close, eventually, they'll unravel if you don't do a securing stitch here. (machine whirring) Just like before, I'm using the little marker on my walking foot, so my edge around the interior of this design stays pretty uniform. And I'll be sewing up to 1/4-inch away from that purple edge right there. With my needle down, I'm lifting my presser foot again, I'm pivoting, and I'm gonna continue and I'm gonna sew right up to the point where I started (machine whirring) and finish this stitch line here with a backstitch to make sure that thread line stays nice and secure. Pull the quilt top away from the machine and trim my threads. Don't forget to trim the ones on the back. I really love the quilting step. It's one of the parts where you can go wild with your creative mind and do different designs. You can get squiggly. You can do secondary designs going over your piece. You can add so much fun to it using a heavier thread that really shows or another thread that just kinda fades in like we did. It gives you all these opportunities to add your own little personal touch to it.

## Binding

- It's time to work on the binding, which is finishing off the edges of your quilt. The first thing we need to do is we need to trim the quilt down, to make a nice, straight edge. To do that, we're going to grab our cutting mat, our rotary cutter and our ruler. I'm going to place my quilt top on our rotary cutting mat. I have a handy 12.5 inch ruler to use to trim this down, which happens to be the exact size of our finished quilt top. If you don't have a ruler that size, don't worry about it. You can go ahead and use your 6 by 24 ruler. And the only difference is that you'll be lining up the ruler with each edge of the quilt, and then using your cutter to trim it down. With this 12.5 inch ruler, if you have one handy, it just makes it much easier to place the ruler down just once and then to trim around each edge. Once my ruler looks like it's aligned pretty nicely over each edge, I'm going to press very firmly on this ruler so it doesn't slide and I'm going to use my rotary cutter, gently press the rotary cutter again away from me, along the edge of my ruler. This cutting mat we're using is a rotary mat, which swivels which is great for steps like this. It allows you to just spin the mat and then it leaves you with your most ergonomic way to cut that edge. So press firmly on that ruler and just continue trimming. Just like that. Our quilt top is all trimmed up. We're gonna put that aside for a moment and we need to make our binding strips. Depending on how long your fabric originally was, if you remember, we need to have a full length of at least 60 inches. To make that, we're going to join two strips together. The traditional way that most people would think is to sew a straight line and then butt the edges together, sew that down, but what happens is you end up with a pretty chunky seam. So in order to not end up with that chunky seam, you're going to lay the strips on top of each other. You're going to have them jutting over the edge about two and a half inches on each side, and then what you want to do, take a ruler and a marker. And you're going to draw a line from the inner corner here to the corner right there where the fabrics meet, nice diagonal line. Now that'll be the line that you sew on. You're going to take some clips and clip those fabrics together. And then when we get over to our machine, we're just going to sew right on top of that blue line right there. So again, you just want to place the needle directly over that blue line. And you also want to do a back stitch at the beginning and the end of your seam. If you don't have your walking foot on, that's okay. But most of us will from the last step and we can definitely use it here. I'm just going to sew a little bit, do a backing stitch, and then continue until I reach the end of that blue line. Back stitch and that's it. I'll trim my threads, remove my clips. And then I'm going to grab a scissor and I'm going to trim off this extra bit of fabric. First, snip up about 1/4 of an inch. Then snip along my seam, roughly 1/4 inch away. It's okay if you're a little off and then snip straight off the top. So that's what it'll look like. And then once we unfold it, we have this nice seam that goes diagonally across the fabric. We're gonna go over to our iron now, press open that seam. So this time what you're doing is you're using your finger to just pry apart the seam so it's nice and open, very different from when you were piecing your quilt top. And you're just gonna use the iron to press that little channel open. The reason that we press it open here is that it minimizes the bulk. Instead of having it folded over on one side, it kind of pushes the bulk out and also being diagonal, instead of all of our bulk being in one straight seam here, it's pushed out along the binding just a little bit more. If you have more than one strip, you might need to do this several times in order to join all your strips till you have the right length. But once you do, and your strip is at least 60 inches long, you're going to fold your strip in half lengthwise, keeping this or the multiple seams you have on the interior of the fold. So that's the key is you want your seams to be folded inward, start at the end of my strip, I'm going to fold my fabric. I grab my iron and then just making a nice crisp fold down the center. Once you power through the lengthy ironing, your binding strip's all set and ready to be applied to the edge

of your quilt. Generally, there's two ways that most people choose to bind their quilts. The first way is to sew on the binding by machine. And what you do is you sew it to the front and then you flip over the edge to the back and you hand sew around the back. People do that because of the hand sewing around the back, just gives it a nice, beautiful, finished edge that you don't see any thread coming through on the front and it really gives it a great look. But if you're like me, you probably don't have the time or maybe the patience to hand sew, and there is the other way, which is number two, and it's doing it by machine on both sides. You definitely want to decide which one you're going to choose to do at this point. Because again, if you're hand sewing the back, you want to sew it to the front, but we're going to show you how to machine sew it to both sides. So we're going to start on the back. You want to start out with at least about a five inch length of strip and you're going to take the raw edge side 'cause there's a folded edge and a raw edge and your raw edge is going to line up with the raw edge of the sides of your quilt top. And that five inches, what you're going to do is about 1/3 of away from the edge of the quilt. And you're going to line it up with the edge of your fabric. So you'll have about five inches hanging off the edge and then raw edge to raw edge, you're gonna lay the binding on the back of your quilt top. I'm just gonna use a few clips to secure my strip in place. When I get ready to sew, I'm going to start roughly 1/3 of the way from the edge of my fabric and then 1/4 inch from the edge I'm sewing on. So I want to keep that 1/4 inch seam allowance. I don't want to sew all the way to the end, I want to sew up until 1/4 inch away from the edge. Now it's hard for me to always remember to stop before the edge, so what I like to do is make a little dot 1/4 inch away so I remember to stop. If you can't eyeball it, I say just grabbing your ruler and just measuring 1/4 inch away from the edge and just putting a little dot there, that way you'll know exactly when you need to stop. I really recommend it. Let's sew this first seam. With our walking foot still attached, we're going to be sewing along our edge. Again, remember we have a little five inch tail hanging and starting about 1/3 away from the end of our quilt edge and also using 1/4 inch seam allowance. So making sure the needle is also 1/4 inch away from the edge we're sewing along. You also want to make sure you back stitch from here on out at the beginning and end of every seam, it will be important from this point on. I'm just sewing along my edge. And just remember, you want to stop right when you reach that little dot and then back stitch. Snip your threads, take out your clips. All right, now it's time to do the next edge is to take your binding, fold it away from the quilt. What I mean by that is in my mind, this is folding it towards the quilt. What you're doing is you're folding it away from the quilt. So you have a little edge there that points right to the center of the quilt. Once you fold away, then you're going to fold it over the quilt. So always first away and then over, and you're going to take clips or pins. You just want to secure this raw edge to raw edge. And just like the last time I want to make a little dot at the point that's 1/4 inch away from the edge of my quilt. So I'm going to use my quilting ruler here and just make a little dot to remind myself to stop. I'm gonna add one more clip here. I just want to make sure my edges stay nice and aligned as I'm sewing. Now over back at the machine, I want to start sewing at the edge and then sew all the way down to my little dot that I drew, I'm still keeping that quarter inch seam allowance that I've been. And I do want to remember to do a securing stitch at the beginning and the end of my seam. Just remembering to stop right as I reach the dot and back stitch it. And I'm going to repeat that same process for the rest of the edges until I get to the edge where I started. This last corner, I'm gonna fold my binding, remember, away from the quilt. And unfold it over. Except this time I won't be sewing all the way to the edge. I will be sewing to roughly 1/3 of the way in. I'm still going to put a little dot there because I'm very forgetful and it just helps me remember that I want to stop at that point. And then I'll be sewing from the edge to where my little dot is.

Starting at the edge of the fabric, again, using that 1/4 inch seam allowance, don't forget to do your securing stitch. And sew up to the blue dot. And do a final securing stitch. And now, you'll see our binding is around all four of our edges, except for where we have this open part here where we need to join. Now, what I'm going to do is I'm going to unfold my strip, grab my scissor and I don't want to cut straight across the fabric. What I want to do is cut at a diagonal, so at a roughly 45 degree angle, I'm just going to cut along and trim down my strip. I just want to make sure where I start trimming, the point is before the fabric would meet the other strip if it was budded against it, so right about here. I'm gonna trim at an angle, roughly 45 degrees. Grab my iron. And what I want to do is I want to fold the fabric over about 1/4 of an inch and iron that nice and flat. What you end up with is a finished edge at an angle here and a little dog ear that protrudes off the edge. So you're going to go ahead using a scissor and just snip that little dog ear. You're going to grab the other length of binding and you're going to trim it so it fits into that little channel we created, but before it reaches where our seam starts sewing. So again, it needs to be past this full point 'cause we're going to tuck it in there. So I'm going to trim right about here, which if you look at the fabric is about a half inch away from that edge, just going to snip, and then fold my long binding strip into the one that I had ironed that nice little edge on. So my edge, if I folded it back would have that nice little channel along it, but otherwise look pretty nice. Now throw some clips on here to keep everything in place. And then I'm going to go over to my machine and I want to join this closing now. So I'm going to start sewing where I finished off, sewing along this edge here, and I'm going to sew up to here, pull the clips off, and then go all the way to where my seam starts again. Clip those strings and our binding is fully attached to the back of our quilt top now. Head over to our iron. Iron the edge away from my quilt top as flat as I can get it. Now you're not going to be able to get in the corners too well, just in between each corner. You want to iron the binding as flat as you can get it and really use the edge of the iron to work that binding edge out so it's nice and flat. I'm gonna repeat that around all four edges. I'm gonna flip over the quilt. And now we're going to trim these little corners off just to make it a tad bit easier to wrap our binding around them. So you're going to grab your scissor and you never want to cut through a cut line. I always want to cut right up to it. So when I trim off that edge, I'm not passing through the cut line, I'm just getting very close to it and do that on all four corners. Now what we're going to do, turn our quilt right side up, and we're gonna press our edges over the top of our quilt top. So I'm just pulling the binding over the edge and ironing it down, making it nice and flat. So when I go to sew it, it just glides easily along that edge. Once I do that first edge, I'm going to do the opposing edge next so the one opposite it, just folding that binding right up against the edge, getting it as flat as I can. At this point, if you like, on those two edges you ironed, you might want to put a few clips down just to keep that edge flat. Two edges left. So now what we're doing is we're folding this edge over the other, and tuck in that corner to just get a nice, sharp, as sharpened an edge as you can. This is pretty tricky and it takes a little maneuvering the fabric into place. This is one of the benefits of doing it the way where you sew the back by hand is that you can definitely maneuver the fabric a little more when you're hand sewing, then you can when it's machine, but you can still get a pretty nice corner from a machine. And then once I have that corner in a good spot, I'm going to follow along the edge. Just folding my binding over. When I reach the bottom edge, it's the same concept where I'm folding the corner over. Just trying to get a nice little mitered corner there. So, well, zhooshing and pulling until you can kind of maneuver the fabric into a position you're happy with. One thing to pay attention to when you're folding your binding over your edge is I like to make sure that my triangles have nice sharp corners. So I don't want to fold the binding too far and cover those up. I just want to meet

those little corners right there as they are. So I don't end up lopping them off by folding the edge over them. And then very carefully with the iron, iron that final corner in place. At this point, it might help to either use your scissor or some non-meltable edge to keep that corner down while you iron it, just to keep your fingers safe. I've scalded quite a few fingers over the years. All right. Gonna throw a clip on that end on the other corner. And I'll throw one more clip on there, just in the center. Keep that binding nice and secure. Moving around to our final edge. Gonna zhooosh that corner into place. I want to fold that final edge over the already ironed and folded edge. And just try to keep that little mitered corner as nice as I can get it. Now we've got our binding all ironed and ready to top stitch down. I like to start sewing at the corner, but feel free. Honestly, it doesn't matter where you start because you're sewing in a continuous circle around the whole edge. So you'll start and then you'll stop right at the point where you started, but I'm going to choose to start right at my mitered corner, using my walking foot. There's a lot of layers under this and that'll just help them stay in place that much nicer. If you find that keeping your little mitered edge pretty is difficult while you try to get it under the needle, I find using the pointy part of a scissor can really help you keep that little point nice until you get your foot down and your needle into that fabric. It's a little bit of a zhooosh and a dance to get it just right. Okay, the goal is to sew down the binding as close to the edge as possible without going over, but without veering too far the other way to the edge, because then the binding you could peel back. So you want to, right on that edge, if you can, just sew nice and slow. I'm just going to remember to back stitch at the beginning of my seam, and then just follow that little edge as closely as I can, maybe no more than 1/8 of an inch away from that edge. And I'm going to do this all the way around the quilt. Remove my clip before I get too close. And then I'm just going to hold the edge down with the tip of my scissor. You do want to make sure you don't sew into that scissor blade because again, you never know what's going to happen and you want to stay safe. So just keep it out of the needle's way, but close enough to hold that piece in place. Okay, then we want to put the needle down, lift our presser foot, pivot our fabric. And as you can see, we finished our first little edge there. It looks pretty good. So we'll continue on to the next one. Being careful to stay right along the edge of your binding. Sometimes my corner gets a little too close to the needle and I need to lift up my foot in order to get that corner nice and where I want it to be again. I'm just using my scissor to manipulate that fabric into the spot I want it so I have a nice crisp corner. Once I've pivoted, I'm just going to continue sewing along that edge and you're going to sew right up to the point where you started. When you meet that point, you just want to do a little back stitch and you're done. And now you have your first mini quilt.

### Quilt care

- A quilt is something you can have for many years, it's something that you can pass down to your kids, to your nieces, to your grandkids. There's just certain ways that you wanna make sure that you care for your quilt. I definitely recommend using Clorox Color Catchers in the first wash. You also, if possible, don't wanna put it in the dryer. If you have a line to line dry it on, that's the ideal way. You also want to hang it over the line through the center of the quilt. You never wanna clip a quilt to your laundry line from the top, because it will stretch all the way down, but if you hang it over the line midway, then the stretch is distributed evenly throughout the quilt. Now if you have to put it in the dryer, if you don't have a clothesline, I recommend putting it on the lowest setting possible, and just being very careful with it. You wanna use a gentle detergent when washing your quilt, and if you follow all these steps, you'll have a quilt that'll last you a lifetime.