



4-H Member Project Guides

NEEDLEWORK

Quilting





Purpose

To have fun while learning how to use a hand needle and thread and/or sewing machine, fabric, and batting to create useful well-constructed items through the needle art of quilting (hand and/or machine).

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4-H Needlework—Young Junior Quilting Member Project Guide (Ages 9 to 11)

Let's Learn to Hand Quilt

Quilting by hand can be fun and creative!

DO

Learn new skills.

You will learn to:

- Select fabric and batting appropriate to the project
- Transfer pattern to fabric
- Sandwich fabric, batting, and backing together
- Identify hand sewing needles and thread appropriate to the selected fabric and project
- Thread a needle and knot the thread
- Baste properly for quilting
- Start and end quilting thread
- Form a hand quilt stitch
- Use a thimble when quilting

APPLY

Using the skills listed above, practice what you have learned and complete a project.

What you will do:

Practice the skills—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of them as gifts to friends and family. The Practice Projects include: holiday ornament, coaster, jar cover, and pin cushion. See your leader/teacher or county agent for copies of the pattern and instructions.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Hand quilt and exhibit a final project

Create one 8-inch square hot pad.

Now that you have practiced hand quilting and are familiar with the skills involved, it is time to make your final project. Ask your leader/teacher or county agent for the pattern and handout.

Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record for your project. Check off the skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's quilting project.



What you will need:

- 100% cotton fabric or “cheaters” cloth
- Quilting pattern
- Cotton quilting thread
- Cotton batting
- Quilting thimble
- Basic sewing kit to include: tape measure, dressmaker’s shears, thread clips, marking pencils/pens, pins and pin cushion, hand needles (sharps)
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county Fashion Revue

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Nita Benson, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Young Junior Quilting Member Project Guide (Ages 9 to 11)

Let's Learn to Machine Quilt

This is the first of three levels of machine quilting. Let's have fun and learn to make a sewing machine quilt.

DO

Learn new skills.

Skills to be learned:

- Selecting fabric and batting appropriate to project
- Preparing and straightening fabric
- Cutting fabric and batting to size of project
- Sandwiching fabric and batting together
- Transferring quilting pattern design to fabric
- Pinning and basting technique for quilting
- Basic sewing machine use and parts
- Basic machine quilt making

APPLY

Using skills from the above list, practice what you have learned and complete a project. Remember to keep a record of what you have learned.

What you will do:

Practice the skills and techniques—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of them as gifts to friends and family. The Practice Projects include: fringed and machine-quilted coaster, holiday ornament, baby mobile, and/or hot pad. See your leader/teacher or county agent for copies of the pattern and instructions.

Ask your leader/teacher or your county agent for a copy of the handouts and pattern.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Machine quilt and exhibit a final project

Make one 12-by-18-inch rectangle place mat with fringed edges.

Now that you have practiced machine quilting and are familiar with the skills involved, it is time to make a project to exhibit. Fabric suggestions



include: homespun, Osnaburg, or any other loosely woven fabric. Ask your leader/teacher or county agent for the pattern and handout.

Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record for your project. Check off the skills you have learned. Store the record in a folder or notebook to review before you begin next year's quilting project.

What you will need:

- 100% cotton fabric (homespun or Osnaburg fabric for top and back)
- Quilting design/pattern
- Cotton or polyester batting
- Masking tape
- Sewing machine
- All-purpose sewing thread
- Walking foot (optional)
- Basic sewing kit to include: tape measure, dressmaker's shears, thread clips, marking pencils/pens, pins, pin cushion, and hand needles (sharps)
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit supplies
- Use a cloth or sturdy bag with handles to carry all your supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Prepared by: Nita Benson, Owen County Certified Master Clothing Volunteer



4-H Needlework—Beginner Quilting Member Project Guide

Hand Quilting—Pillow Talk

Let's be creative by using our designing, piecing, and hand-quilting skills all in one project.

DO

Learn new skills.

You will learn to:

- Select a quilt design to hand transfer to fabric
- Select fabric and batting appropriate to the project
- Select and cut fabrics for patchwork design
- Transfer pattern to fabric for quilting
- Piece a design together
- Sandwich fabric, batting, and backing together
- Identify hand sewing needles and thread appropriate to the selected fabric and project
- Thread a needle and knot the thread
- Baste properly for quilting
- Press to distribute bulk
- Start and end the quilting thread
- Form a hand quilt stitch
- Use a thimble when quilting
- Make an envelope back pillow

APPLY

Use the skills above as well as others you may have already learned to practice and complete a project.

What you will do:

Practice the techniques and skills—learn by doing

Hand quilting is an art as well as a skill. The more you quilt and practice the skills you are learning, the better you will become at them.

Try a Practice/Service Project—learn by sharing

Make one or more of the suggested Practice/Service Projects. Consider giving some of them as gifts to friends and family. The Practice/Service Projects include: pot holder, hot pad, place mat, pin cushion, holiday ornament. See your leader/teacher or county agent for copies of the pattern and instructions.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Hand quilt and exhibit a final project

- Make one 14-inch hand-quilted patchwork pillow.



Now that you have practiced hand quilting and piecing and are familiar with the skills involved, it is time to make your project. Ask your leader/teacher or county agent for the pattern and handouts.

Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record. Check off the skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's quilting project.

What you will need:

- 100% cotton fabric or “cheaters” cloth
- Quilting pattern
- Cotton quilting thread
- Cotton or batting
- Quilting hoop (optional)
- Basic sewing kit to include: tape measure, dressmaker’s shears, thread snips, marking pencils/pens, pins, pin cushion, hand needle (sharps)
- Quilting thimble
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in county and state* Fashion Revue if your project is wearable

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Karen Mikel, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Beginner Machine Quilting Member Project Guide

Machine Quilting— Pillow Talk

Using a sewing machine to quilt is fast, easy, and fun!

DO

Learn new skills.

You will learn to:

- Select fabric and batting appropriate to the project
- Prepare and straighten fabrics
- Cut fabric and batting to the size of project
- Sandwich batting between fabrics
- Pin and baste
- Sew on a sewing machine and recognize its parts
- Assemble pieces together for stitching

APPLY

Use the skills listed above as well as those from the previous project to practice what you have learned and complete a project.

What you will do:

- Practice the techniques and skills—learn by doing**

Machine quilting is an art as well as a skill. The more you quilt and practice the skills you are learning, the better you will become at them.

- Try a Practice/Service Project—learn by sharing**

Make one or more of the suggested Practice/Service Projects. Consider giving some of them as gifts to friends and family. The Practice/Service projects include: pot holder, place mat, coaster, and holiday ornament. See your leader/teacher or county agent for copies of the pattern and instructions.

Practice/Service projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

- Machine quilt and exhibit a final project**

Make one 14-by-14-inch square rag pillow (machine quilting required on one side only). Ask your leader/teacher or county agent for the pattern and handout.

- Keep a record of what you have quilted**

Ask your parent or leader to help you fill out the 4-H Needlework Record. List skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's quilting project.



What you will need:

- 100% woven cotton fabric (for top and back of pillow)
- Quilting design
- Cotton or polyester batting
- All-purpose thread
- Basic sewing kit to include: tape measure, dressmaker's shears, thread snips, marking pencils/pens, pins, pin cushion, hand needle (sharps)
- Masking tape
- Sewing machine
- 14-inch pillow form
- Walking foot (optional, for sewing machine)
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in county and state Fashion Revue if your project is wearable*

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help you keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all of your supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Karen Mikel, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Intermediate Quilting Member Project Guide

Hand Quilting—Piecing It Together

Piecing can be fast and accurate with the use of rotary cutting equipment. Adult supervision is required for this project.

DO

Learn new skills and refine old ones.

You will learn to:

- Cut fabric strips, with supervision, using the rotary cutting technique
- Pin pieces of patchwork together and stitch
- Quilt around seam allowance and design
- Apply binding to finish the edge

APPLY

Practice what you have learned and complete a project.

What you will do:

Practice the techniques and skills—learn by doing

Hand quilting and accurate piecing is an art as well as a skill. The more you sew and practice what you are learning, the better you will become.

Try a Practice/Service Project—learn by sharing

Consider giving some of these projects as gifts to friends or family. Practice/Service Project suggestions include: machine-pieced place mat in the rail fence pattern, pillow sham, table runner, seat cushion, pillow, hot pad, curtain valance, and tote. See your leader/teacher or county agent for copies of the pattern and instructions.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Hand quilt and exhibit a final project

Make one 24-by-24-inch (minimum) pieced and hand-quilted item in any shape.

Now that you have practiced piecing and hand quilting and are familiar with the skills involved, it is time to make your project. This item can be a wall hanging, baby quilt, tree skirt, lap quilt, or any 24-by-24-inch (minimum) item that has been pieced and hand quilted. Ask your leader/teacher or county agent for patterns and handouts.



Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record. Check off the skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's quilting project.

What you will need:

- 100% cotton fabric
- Quilt pattern
- Rotary cutter
- Rotary ruler
- Rotary mat
- Rotary cutter safety glove
- Batting
- Sewing machine
- Backing fabric
- All-purpose thread for basting
- Basic sewing kit to include: tape measure, dressmaker's shears, thread snips, marking pencils/pens, pins, pin cushion, hand needle (sharps)
- Quilting thimble
- Curved basting needles
- Quilting needles (betweens)
- Cotton quilting thread
- Quilting hoop
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county and state* Fashion Revue if your project is wearable

** State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition.

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Karen Mikel, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Intermediate Quilting Member Project Guide

Machine Quilting—Quilt as You Go

The “quilt-as-you-go” technique allows you to quilt each block independently. These smaller block units are more manageable when sewing by machine. Two or more quilted block units can be assembled into a full-size quilted item of your choice.

There are many quilting patterns. The log cabin pattern, for example, dates to the Civil War era. It is constructed using narrow strips of light and dark values of fabrics. Placement of the strips creates many design variations.

DO

Learn new skills and refine old ones.

You will learn to:

- Measure and rotary cut fabrics
- Select and place light- and dark-value fabrics to create a quilt pattern
- Machine quilt by the sew-and-flip method

APPLY

Practice what you have learned and complete a project.

What you will do:

- Practice the techniques and skills—learn by doing**

Machine quilting is an art as well as a skill. The more you quilt and practice the skills, the better you will become at them.

- Try a Practice/Service Project—learn by sharing**

Practice Projects include: holiday ornament, pillow, table runner, tote or purse, and photo album cover. See your leader/teacher or county agent for copies of the pattern and instructions.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

- Machine quilt and exhibit a final project**

Select from one of the following:

- One 24-by-24-inch (minimum) item, such as a baby quilt, tree skirt, lap quilt, wall hanging
- Two (or more) 14-by-14-inch (or larger) squares to make a complete item, such as tote, pillow, chair pad, place mat, or other item

Ask your leader or county agent for copies of the patterns and instructions.



Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record. List the skills you have attempted and check off those you have mastered. Store the record in a folder or three-ring notebook to review before you begin next year's quilting project.

What you will need:

- 100% cotton assorted light and dark coordinating fabrics
- Rotary cutter
- Rotary cutter mat
- Rotary cutter ruler
- Rotary cutter glove
- Sewing machine
- Basic sewing kit to include: tape measure, dressmaker's shears, thread snips, marking pencils/pens, pins, pin cushion, hand needle (sharps)
- Walking foot (optional—for sewing machine)
- Cotton batting or fusible fleece
- Backing fabric
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card is required)
- Investigate participating in county and state* Fashion Revue if your project is wearable

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition.

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all your supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Karen Mikel, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Advanced Quilting Member Project Guide

Stitch It Down by Hand

Have a great time taking advantage of all of the things you can create with the skills you have learned.

DO

Learn new skills and refine old ones.

You will learn to:

- Manipulate large amounts of fabric and batting into a finished product
- Finish project appropriately
- Hand appliqué using several different techniques

APPLY

Use skills you have already learned in addition to those listed above to practice and complete a project.

What you will do:

Practice your skills—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends or family. Suggested Practice Projects include a hand-quilted candle mat (pattern included in the 4-H Needlework Notebook), embellishment on clothing, table runner, place mat, photo album cover, baby bib, and quilt. All projects should be machine appliquéd and quilted. Ask your leader/teacher

or your county agent for a copy of the handouts and pattern for these Practice/Service Projects.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Hand quilt and exhibit a final project

Now that you have practiced hand quilting and hand appliquing and are familiar with the skills involved, it is time to make your project.

Make one 24-by-24-inch (minimum) hand-quilted and hand-appliquéd item. Suggestions: tree skirt, quilt, or wall hanging. Ask your leader/teacher for guidance in selecting an item. For other ideas, check your local library for quilting books, look at quilting magazines, or visit various fabric or quilting shops. Your county Extension agent may also be a source for quilting ideas and books.

Keep a record of what you have quilted and appliquéd

Take time to fill out the 4-H Needlework Record. List the skills attempted and check off the skills you have mastered. Store the record in a folder or three-ring notebook to review as you continue to create quilted items.



What you will need:

- 100% cotton fabric
- Appliquéd pattern design
- Template
- Freezer paper
- Quilting pattern design
- Pearl cotton embroidery thread or cotton all-purpose sewing thread
- Batting
- Backing fabric
- Quilting thread
- Basic sewing kit to include: tape measure, dressmaker's shears, thread clips, marking pencils/pens, pins, pin cushion, hand needles (sharps)
- Iron
- Ironing board
- Sewing machine
- Quilting needles (betweens)
- Quilting thimble
- Quilting frame or hoop

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county and state Fashion Revue if your project is wearable*

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all of your supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Nita Benson, Kentucky Certified Master Clothing Volunteer



4-H Needlework—Advanced Quilting Member Project Guide

Stitch It Down by Machine

What fun you will have creating all kinds of machine-quilted items with the skills you have learned!

DO

Learn new skills and refine old ones.

Skills to be learned include:

- Free-form quilting
- Quilting around a design
- Handling bulk with the sewing machine while quilting
- Using a walking foot
- Adjusting sewing machine tension
- Various appliqué techniques
- Appropriate finishing techniques

APPLY

Use the skills you have already learned as well those listed above to quilt a project.

What you will do:

Practice your skills and techniques—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends or family. Practice Projects include: a quilted oven mitt (pattern included in the 4-H Needlework Notebook); holiday stocking; embellishment on clothing; baby bib; baby quilt; photo album; purse or tote; and pillow sham. This

project will be machine-appliquéd and quilted. Ask your leader/teacher or your county agent for a copy of the handouts and pattern for this Practice/Service project.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Machine quilt and exhibit a final project

Create one 24-by-24-inch (minimum) machine-quilted and appliquéd item using any quilting technique.

Suggested projects include: wall hanging, baby quilt, tree skirt, lap quilt, quilted clothing, and large quilt. For other ideas, check your local library for quilting books, look at quilting magazines, or visit various fabric and quilting shops. Your county Extension agent may also be a source for quilting ideas and books.

Keep a record of what you have quilted

Ask your parent or leader to help you fill out the 4-H Needlework Record. List the skills you have attempted and check off the skills mastered. Store the record in a folder or three-ring notebook to review before you begin other quilting projects.



What you will need:

- 100% woven cotton fabric
- Sewing machine
- Lightweight fusible web
- All-purpose sewing thread
- Freezer paper
- Cotton batting
- Backing fabric
- Quilting design pattern
- Quilting thimble
- Appliqué pattern
- Walking foot (for sewing machine)
- Darning foot (for sewing machine)
- Basic sewing kit, to include: tape measure, dressmaker's shears, thread snips, marking pencils/pens, pins, pin cushion, hand needles (sharps)
- Iron
- Ironing board

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in county and state Fashion Revue if your project is wearable*

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your quilting project (put your name on it)
- Use a small container to hold your basic sewing kit
- Use a cloth or sturdy bag with handles to carry all your supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Nita Benson, Kentucky Certified Master Clothing Volunteer