



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).*

## **Contents**

### **4-H Needlework: Quilting Young Beginner Level.....3**

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

### **4-H Needlework: Quilting Beginner Level .....5**

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

### **4-H Needlework: Quilting Intermediate Level .....7**

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

### **4-H Needlework: Quilting Advanced Level .....9**

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

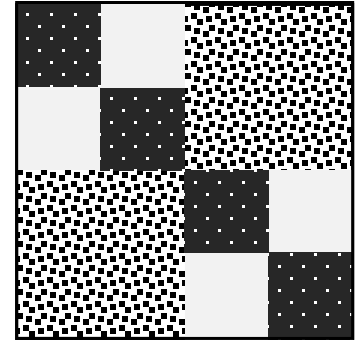


# 4-H Needlework: Quilting

**Young Beginner Level**  
**Suggested ages 9 – 11**

## 4-H Member Project Guide

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



## Do

### You will learn to:

- Select fabric and batting appropriate to the project
- Identify hand sewing needles used for quilting
- Identify appropriate thread for selected project
- Prepare and straighten fabric
- Cut fabric and batting to size of project
- Use the sewing machine and identify its parts
- Sew even seams to piece patchwork together by hand or machine
- Press seams to distribute bulk
- Sandwich fabric and batting together
- Pin and baste your quilt for quilting
- Tack your quilt by hand or machine
- Thread a needle and knot the thread
- Do simple machine or hand quilt stitching

## Apply

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

### What you will do:

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

Make one or more of the suggested practice/service items. Consider giving some of them as gifts to friends and family. The practice projects include: holiday ornament, baby mobile, hot pad, 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 Department at the Kentucky State Fair.



- ☑ **Make and exhibit: One four-block patchwork quilt that measures 12 inches by 12 inches.**

Fabric suggestions include: Firmly woven 100-percent cotton fabrics. 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 record sheet for 4-H Needlework projects. Check off the skills you have learned. Store it in a folder or notebook to review before you begin next year's quilting project.

### What you will need:

- Firmly woven 100-percent cotton fabrics for patchwork
- Fabric backing
- Cotton batting
- Patchwork block design
- Basic sewing kit (tape measure, dress-maker's shears, thread clips, marking pencils/pens, pins & pin cushion, hand needle (sharps and betweens)
- Sewing machine
- All-purpose thread
- Hand-quilting thread if you are hand quilting
- Perle cotton thread if you are hand tacking
- Walking foot (optional)
- Iron and ironing board

### Share

Show others what you have learned.

- Participate in club/county, district, or state demonstrations
- Exhibit your project in county or state fair, festival, or rally day (Project Card is 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 one gallon bag with a zip top for your quilting project. Be sure to 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.



# 4-H Needlework: Quilting

## Beginner Level

### 4-H Member Project Guide

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

## Do

You will learn to:

- Select fabric and batting appropriate to the project
- Identify hand-sewing needles used for quilting
- Identify appropriate thread for selected project
- Prepare and straighten fabric
- Cut fabric and batting to size of project
- Use the sewing machine and identify its parts
- Sew even seams to piece patchwork together by hand or machine
- Press seams to distribute bulk
- Assemble unit block pieces together to complete a quilt top
- Sandwich fabric and batting together
- Pin and baste your quilt for quilting
- Tack your quilt by hand or machine
- Thread a needle and knot the thread
- Do simple machine or hand quilt stitching

## Apply

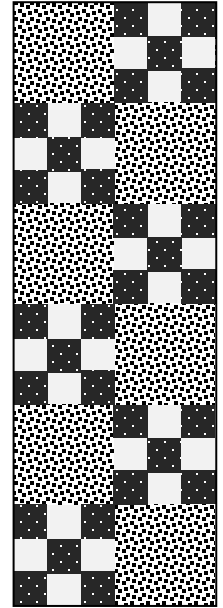
Using the skills from the above list, practice what you have learned as you complete this project.

## What you will do:

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

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

Make one or more of the suggested practice/service items. Consider giving some of them as gifts to friends and family. The practice projects may include a: pot holder, place mat, coaster, or 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 Department at the Kentucky State Fair.





**Make and exhibit.**

One-by-three four-block quilted patchwork runner. 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 record sheet for 4-H Needlework projects. List skills you have learned. Store it in a folder or three-ring notebook to review before you begin next year's quilting project.

## What you will need:

- Firmly woven 100-percent cotton fabrics for patchwork
- Fabric backing
- Cotton batting
- Patchwork block design
- Basic sewing kit (tape measure, dressmaker's shears, thread clips, marking pencils/pens, pins & pin cushion, hand needle (sharps and betweens))
- Sewing machine
- All-purpose thread
- Hand quilting thread if you are hand quilting
- Perle cotton thread, if you are hand tacking
- Walking foot (optional)
- Iron and ironing board

## Share

Show others what you have learned.

- Participate in your County Demonstration Contest
- Exhibit at your County Fair, Festival or Rally Day (Project Card is 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 one gallon bag with a zip top for your quilting project. Be sure to 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.

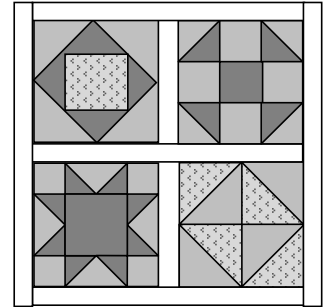


# 4-H Needlework: Quilting

## Intermediate Level

### 4-H Member Project Guide

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



## Do

In addition to the skills previously learned, skills to be added include:

- Measuring and rotary cutting fabrics
- Selection & placement of light and dark values to create quilt pattern
- Appliqué techniques by hand or machine
- Bias cut edges used for patchwork
- Quilting in the ditch or echo quilting around a design
- How to apply binding with mitered corners to finish quilt edge

## Apply

Practice what you have learned and complete this project.

## What you will do:

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

Quilting and accurate piecing is an art as well as a skill. The more you practice what you are learning, the better you will become at it.

Make one or more practice/service projects. Consider giving some of these projects as gifts to friends or family. Practice projects suggestions include: machine-pieced placemat in the rail fence pattern, pillow sham, table runner, seat cushion, pillow, hot pad, and/or tote bag. See your leader/teacher or county agent for copies of the pattern and instructions. Practice/service projects cannot be exhibited in 4-H Needlework Department at the Kentucky State Fair.

- Make and exhibit: Lap quilt or quilted wall hanging.**

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 or a lap quilt which measures not more than 36 inches by 36 inches. It can be machine or hand pieced and quilted by hand or machine. Ask your leader/teacher or county agent for patterns and hand-outs.

- Your lap quilt or quilted wall hanging must include the following:



- \* Four 12-inch blocks or nine 9-inch blocks that are made with appliqué and/or triangular pieces
- \* Sashing and/or borders
- \* Piecing by hand or machine
- \* Quilting by hand or machine (cross hatch, stitching in the ditch, or echo/outline)
- \* Binding with mitered corners
- \* Hanging sleeve is optional

**Keep a record of what you have quilted.**

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

### What you will need:

- 100-percent cotton assorted light and dark fabrics
- Quilt pattern
- Rotary cutter, mat, and ruler
- Rotary cutter safety glove
- Batting
- Sewing machine
- Backing fabric
- All-purpose thread for basting
- Basic sewing kit [tape measure, dress-maker's shears, thread snips, marking pencils/pens, pins, and pin cushion, hand needle (sharps)]
- Quilting thimble

- Curved basting needles or safety pins for pin basting
- Quilting needles (betweens)
- Cotton quilting thread
- Quilting hoop
- Walking foot for machine quilting (optional but helpful if you have one)
- Iron
- Ironing Board

### Share

Show others what you have learned:

- Participate in Club, County, District or State Demonstrations Contest
- Exhibit your project in County or State Fair, Festival or Rally Day (Project Card is 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 one gallon bag with a zip top for your quilting project. Be sure to 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.





# 4-H Needlework: Quilting

## Advanced Level

### 4-H Member Project Guide

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

## Do

Skills to be learned include:

- Free-motion quilting
- Transferring and following a design for quilting
- Handling bulk in machine while quilting
- Adjusting machine tension
- Various appliqué techniques
- Advanced piecing techniques such as foundation piecing, English paper piecing, and miniature scale
- Dimensional and landscape design
- Appropriate finish techniques

## Apply

Using the skills you have already learned as well those listed, practice what you have learned as you complete this 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 quilted oven mitt (pattern included in the Keeping 4-H in Stitches Needlework notebook), holiday stocking, an embellishment on clothing, baby bib, baby quilt, photo album, purse or tote bag, pillow sham. 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 Department at the Kentucky State Fair.

- Make and exhibit: A creative quilt or quilted wall hanging that measures at least 24 inches by 24 inches but not more than 48 inches by 48 inches.**

It can be hand or machine piece/appliqués and quilted by hand or machine or a combination. It must include advanced piecing and quilting techniques such as:

- \* Dimensional pieces
- \* English Paper piecing
- \* Foundation piecing
- \* Freezer paper or needle turned appliqué
- \* Landscape design
- \* Miniature scale



For other ideas, check your local library for quilting books, look at quilting magazines, books 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.**

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

### What you will need:

- 100-percent woven cotton fabric
- Appliqué or patchwork pattern
- Light-weight fusible web for appliqué
- Freezer paper for needle turned appliqué or English paper piecing
- Sewing machine
- All-purpose sewing thread
- Cotton batting
- Backing fabric
- Quilting design pattern
- Basting pins or curve needle for hand basting
- Darning foot (for sewing machine)
- Machine quilting thread

- Basic sewing kit [tape measure, dress-maker's shears, thread snips, marking pencils/pens, pins, pin cushion, hand needles (sharps and betweens)]
- Iron and ironing board
- Quilting hoop for hand quilting
- Quilting thimble

### Share

Show others what you have learned.

- Participate in club/county, district or state demonstrations contest
- Exhibit your project at a county or state fair, festival or rally day (Project Card is 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 one gallon bag with a zip top for your quilting project. Be sure to 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.