

SUE HEINZ

Fill Harmonics

Required

Basic Sewing Supplies

- Sewing machine, cleaned & oiled, machine manual and cords
- Basic sewing kit and 1- extra bobbin and tape
- Machine oil - if machine requires it
- Table top light and multi-plug extension cord with surge protection
- Machine needles - size 75/11 or 90/14 Embroidery needles
- Pearl Cotton #8, light color, but still contrasts with fabric, and a thimble
- A long (1.5" length or longer) hand sewing needle with a large eye and a sharp point
- Darning foot for Free-motion Quilting (FMQ), and a ¼" straight-stitch foot
- Thread: Polyester threads (preferred), such as Glide, Isacord or Mettler Metrosene – or, if you prefer Cotton threads - YLI Soft Touch or Aurifil 50wt are great options. Bring one large or two small spools. Fill bobbin with same. Color should match fabric (preferred) or be *slightly* darker
- Something to cover your work at night
- Paper for notes/drawing. Do not bring a coil-bound and thick drawing tablet, as it places your wrist in an awkward position for drawing. Loose-leaf copy paper works great!

Fabric/Batting/Lab Fee

- Choose good quality, non-patterned, cotton fabric, with a close weave. Light to medium color. For a traditional Wholecloth look, as in the class sample, use the same fabric for the back and binding. Pre-wash fabric and starch well. Use starch, not sizing, for the best results. Bring enough of the same fabric (preferred) to make one, fat quarter sized (FQ), practice sandwich. (You'll need 2 FQ's to make one sandwich). From your stash, bring 8 FQ's of similar, non-patterned fabric
- The class sample pattern will be exclusively available to you in two sizes – a Small and Large. If making the Small size, (same as the class sample and a bit more challenging to FMQ), you'll need a 26" square of fabric for the top and a 30" square for the back. (Note: The Small finishes at roughly 23" square). If making the Large size, cut a 37" square for the top and a 41" square for the back. (NOTE: The large finishes at roughly 34"). Do not pre-baste. Please contact Sue via her website, Sue Heinz.com, with your pattern size choice 3-4 weeks prior to the class (if possible). Sue will mail you a full-sized pattern of your choice. You will transfer the pattern outlines and gridded areas onto your fabric top at home. (The mailing will include transfer 'how-to' information). Note: You will be charged a Lab Fee of \$18 for your pattern and shipping

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SESSION 5

Friday to Wednesday, May 5 – 10, 2023

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- Batting. I prefer wool (Quilter's Dream Brand is my favorite). Choose one layer of wool batting for nice drape (class sample has one layer), or, for more quilting texture 'pop' and stiffness while hanging, choose one layer of wool and one layer of either cotton (Dream Select weight) or 80/20. Cut the batting to the same size as your quilt backer. NOTE: Bring enough batting for the class project plus your practice sandwich fat quarters. Do not pre-baste
- FMQ hand guides – bring your favorite: gloves, weighted circle, hand pads, arcs, etc.
- Travel-sized iron for wrinkle touch-ups and a small ironing pad.
- Spiral Eye Needle, size 24C or SE4 – Sue will have these in class for you to try.
- Rulers: If you want to work with FMQ rulers, you will need a ruler foot. Rulers: a 5+” circle and a large, arc-shaped ruler work well. NOTE: Check your machine manual for your shank height and match your FMQ ruler thickness to your shank. Once you have the pattern at home, map the arc-shaped ruler to the pattern curves. If it's close, bring it. (I used Quilter's Apothecary Mysti'Curve Large ruler on the original quilt).

Marking

- Favorite marking 'pen.' Do not use FriXion pens. Do not use pounce, as fabric will get handled often. Choose a removable, fine-tipped marking tool that can be easily seen on your fabric. PRE-TEST removability on a fabric scrap before marking top! (Ask me how I know this is important!). Also bring your marking tool to class

Recommended Items

- A Supreme Slider
- Extension table for your sewing machine
- Single-stitch throat plate
- Long nosed (1” tip length) college tweezer
- Table-top light with a multi-plug extension cord with surge protection
- Something to cover your work at night

In general, bring any tool, gadget, etc. that you FMQ with that may be missing from the list.

Depending on your experience level, you may choose to not sew the class sample in class. That's OK! You will get daily FMQ quilting experience on your practice sandwiches under the careful eye of your instructor.

Also, please contact me via SueHeinz.com if you have any questions – at any time. I'd love to hear from you!

I am so very excited to meet you and spend classroom time laughing and learning together. Thank you for choosing this class and I'll see you soon.

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