

MYSTERY  
*Wholecloth*  
QUILT ALONG  
with Telene Jeffrey  
2023



## *Lesson 1 Notes*

*Fabric, threads, batting, marking tools*



*Whether you believe you can, or  
you can't, you are right...*

*-Henry Ford-*

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*Strive towards excellence, no one and  
nothing is perfect except God!*



# General Info & Tips

- Only use bobbins specific to your brand and model of machine.
- Machine must be cleaned and oiled **EVERYDAY THAT YOU SEW!**
- Never blow into your machine to remove lint balls – rather use a vacuum cleaner to suck it out.
- Only oil where your manual directs you too.
- Any sewing/quilting/overlocker/embroidery machine should be serviced at least once a year.
- Always unplug your machine from power outlet when you are done working.

- Use the correct marking pens/pencils that has been developed for fabric.
- Fixion pens are a BIG NO-NO! Permanent ink that is very difficult to remove from fabric.
- Stick to the blue water erasable pen – read the pen mark removal instructions.
- Use the purple air erasable pen – only lasts 12-72hours.
- Use white chalk markers and pounce pads – stay away from any coloured chalk as it is very difficult to remove the marks.
- A dry slither of a white soap bar is usually a good choice.

- Sandwich your quilt very well - pin baste every 4 fingers apart.
- When using spray glue on a long term project, machine stitch/hand stich baste the quilt as well.
- Work is same densities throughout the quilt to keep it square.
- Dense quilting preserves a quilt for longer.
- Posture is very important when quilting.
- Nose over needle.
- Quilting aides help – full palm coated quilting gloves, wedge door stop under machine, LED lighting, a glass of wine and good music...
- Strive towards excellence, perfection is a myth!

- Always press seams to one side, not open seams in patchwork.
- Use bulk reducing methods like twisted points or gradated sections.
- Make sure that an entire seam is pressed to one side, and not flipping left and right.
- Rather sew a scant  $\frac{1}{4}$ " seam and square blocks off than risking ending with blocks too small.
- Work accurately from the first cut, sew and press – it's reduces compounding problems.
- Press as you go. Not steam, not rub, not force – just heat press.
- Pre-wash ALL or pre-wash NOTHING – you decide.
- Join borders in the correct manner.
- Form a habit of clipping all threads as you sew..

## **How to Choose:**

Batting is the soft layer between the quilt top and the backing. It gives the quilt dimension and definition as well as offering warmth. Because it comes in various thicknesses, it can make a quilt flat or puffy, stiff or drapable. It is available by the meter or packaged to fit standard bed sizes. Historically, quilt makers used whatever natural fibers were on hand for the quilt's middle layer. Today's quilter can choose from natural and synthetic products that have a variety of characteristics. The batting you choose should complement the nature and use of your finished quilt. The following pages will help you compare batting products and choose the one that will work best for your project.

## **How Will Your Quilt Be Used?**

Before you make your final batting choice, consider how you'll use your quilt. These questions will help you evaluate which batting is best for your project. Is it a baby quilt that will be washed and dried extensively? Will it be placed on a child's bed and get pulled and tugged? Are you making a wall hanging that needs to maintain sharp, crisp corners? Or are you making a quilt that you want to drape loosely over a bed and tuck beneath the pillows? Is it an heirloom project that will be used sparingly and only laundered once every few years? Or is it a decorative item that will never be washed? Is it a table runner that needs to lie extremely flat?

## **Batting Qualities**

These terms will help you compare the various types and features of batting products.

**Drapability:** The density or sparseness of the quilting and the loft of the batting will affect the drape, or relative stiffness or softness, of the finished quilt.

**Grain line:** The lengthwise grain is stable and doesn't have much give; the crosswise grain will be stretchy.

**Loft:** This term describes the thickness of the batting. Different loft levels result in different appearances in a finished quilt.

**Resiliency:** This is the batting's ability to regain its original shape- how quickly it can spring back when unfolded and how it resists creasing.

**Warmth:** Cotton battings absorb moisture, making them cool in the summer and warm in the winter. Wool battings provide warmth with little weight.

**Washability and shrinkage:** Polyester and wool battings resist shrinking, while cotton can shrink from 3 to 5 %. Some quilters prefer the puckered, antique look that results when batting shrinks.

Compare types of batting and the pros and cons of each using this chart.

# Batting

BATTING TYPE	ADVANTAGES	DISADVANTAGES	CHARACTERISTICS
100% Cotton	Natural fiber so batting breathes Resists fiber migration. Readily available	May have seeds and plant residue that can release oils and stain the quilt. Often cannot be prewashed. Shrinks 3 to 5% when washed. May be too dense for beginning hand quilters to needle.	Can give a puckered appearance if washed after quilted. Good for experienced quilters' fine, hand-quilting stitches or machine quilting.
Cotton/Polyester Blends: 80/20, 50/50	Some natural fibers so batting breathes. Resists fiber migration. Easy for beginning hand quilters to needle. Readily available.	Some shrinkage, which can be avoided in many cases, if desired, by prewashing.	Low to medium loft. Drapable. Good for hand quilting and machine quilting.
Wool and Wool Blends	Natural insulator. Pre-shrunk. Available in black.	May have inconsistent loft. May need to be encased in cheesecloth or scrim if not bonded.	Blend of fibers from different animal breeds. Resiliency enhances quilting stitches. Soft, drapable. Good for hand quilting and machine quilting.
Silk	Good choice for quilted garments. Does not shrink. Can be washed.	Expensive. Not widely available. Damaged by exposure to direct sunlight.	Has excellent body and drape. Lightweight. Good for hand quilting and machine quilting.
Polyester	Resilient, lightweight. Cannot be harmed by moths or mildew. Readily available. Available in black.	Synthetic fibers lack breathability.	Available in many lofts. Suitable for hand quilting and machine quilting. High loft is good for tied quilts, comforters.
Bamboo	Made from 50% bamboo and 50% organic cotton blend batting. Bamboo batting is very breathable and ideal for machine quilting. It's machine washable.	2-3% shrinkage	Bamboo is processed into luxurious fiber using pollution-free methods with little waste.
Fusible	No need to prewash. Eliminates need for basting. Good choice for small projects.	Limited batting options and sizes. Adds adhesive to quilt. Difficult for hand quilters to needle.	Good for machine quilting. Eliminates need for basting.

- New project = new needle
- “The lifespan of a needle ends when it can no longer function properly.” – Schmetz
- Approx 12 hours of stitching

## Change Your Needle

Damaged or worn needles result in:

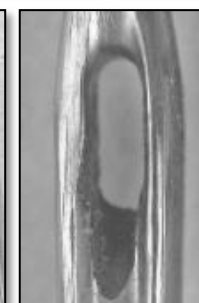
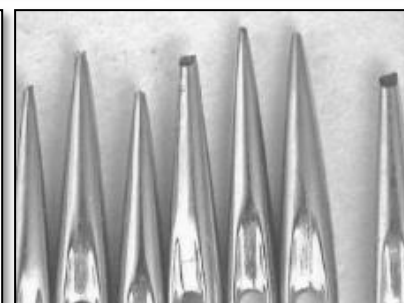
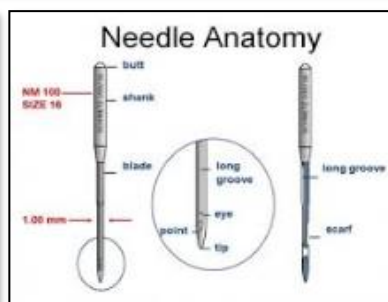
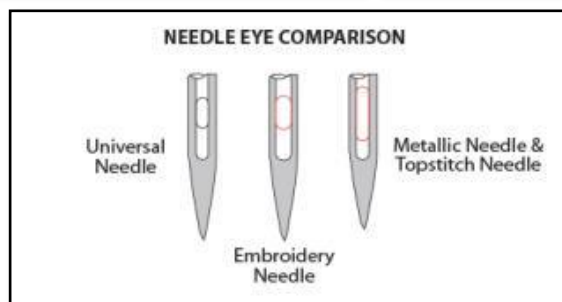
- Broken or shredded threads
- Skipped or uneven stitches
- Puckered or damaged fabrics
- Popping sounds made by sewing machine

## Replace Your Needle

It’s the easiest way to improve your stitch quality.

## Needle Selection

Choose needle size according to thread thickness and needle type according to fabric application.



**Denim/Jeans Needle** — Modified medium ball point and reinforced blade. For denim and similar fabrics. Advanced point design is a SCHMETZ exclusive. For penetrating extra thick woven fabrics, denims, or quilts with minimum needle deflection, reduced risk of needle breakage and skipped stitches. Available sizes: 70/10, 80/12, 90/14, 100/16, 110/18, Assorted, Twin.

**Embroidery Needle** — Designed for rayon and polyester embroidery applications. Available sizes: 75/11, 90/14, Assorted, Twin.

**Jersey / Ball Point Needle** — Designed for sewing on knits and some stretch fabrics. Available sizes: 70/10, 80/12, 90/14, 100/16, Assorted.

**Leather Needle** — Designed for leather, artificial leather and heavy non-woven synthetic applications. Available sizes: 70/10, 80/12, 90/14, 100/16, 110/18, Assorted. **Metallic Needle** — Designed with an enlarged polished eye to accommodate specialty threads by preventing shredding. Available sizes: 80/12, 90/14, Twin. **Microtex/Sharp Needle** — Sharp point for straight stitches on delicate and microfiber fabrics. Available sizes: 60/8, 70/10, 80/12, 90/14, 100/16, 110/18, Assorted. **Quilting Needle** — Special taper to shaft and sharp point to prevent damage to material sewn in layers. Available sizes: 75/11, 90/14, Assorted. **Stretch Needle** — Designed for synthetic suedes or elastic knitwear. Designed with a deep scarf to prevent skipped stitches. Available sizes: 75/11, 90/14, Twin. **Topstitch Needle** — Extra sharp with an enlarged groove to accommodate large diameter threads and dense fabrics. Available sizes: 80/12, 90/14, 100/16. **Universal Needle** — General sewing of knit and woven fabrics. Slight ball point. Available sizes: 60/8, 65/9, 70/10, 75/11, 80/12, 90/14, 100/16, 110/18, 120/19, Assorted, Twin, Triple.

## Good quality thread is crucial to any quilting project success.

The most commonly used classification to measure the “thickness” of a thread used for quilting is the weight standard (wt). Sometimes this leads to confusion, as the number of strands or plies the thread is made of is not incorporated in this classification, but is of equal importance. Therefore a 50/3 thread will be heavier and stronger than a 50/2 thread, because it has three strands of a size 50 twisted together, whereas the 50/2 has only two and will result less resistant. Depending on how much importance the quilting should get on a quilt, thread weights ranging from 28wt to 60wt are best to use as a top thread, whereas dedicated bobbin threads usually range between 50wt and 60wt.

### True or false ?

- **Polyester thread damages your quilt** False: but it is always a good choice to use high quality polyester thread.
- **Cotton thread will shrink when washed** False: during the colouring process high quality cotton raw material automatically shrinks and will stay stable when used for quilting.
- **Silk thread cannot be used for quilting** False: try your BERNINA Quilting machine and you will see how wonderful quilting with silk can be, especially for intricate Micro Work.
- **Different colours of the same thread have equal tension settings** False: different colours of the same thread may behave differently. Darker colours tend to be a little “rougher” and need lower tension settings.

Most quilters use thread that comes in cones. However, you may find a wonderful thread you would like to try that comes on a normal small spool. If the thread wraps around the spool in “stacking circles” instead of crisscrossing itself as it wraps around the spool, it will work best mounted horizontally on the machine. This allows the spool to turn to release the thread instead of causing snarls. Cross wound cones work best if they are standing, in order to let the thread come of the top of the cone. A thread stand next to your machine allows for the thread to run smoothly without winding around spool pins when you stop and start quilting.

