

# Cotton Theory Quilting Workshop

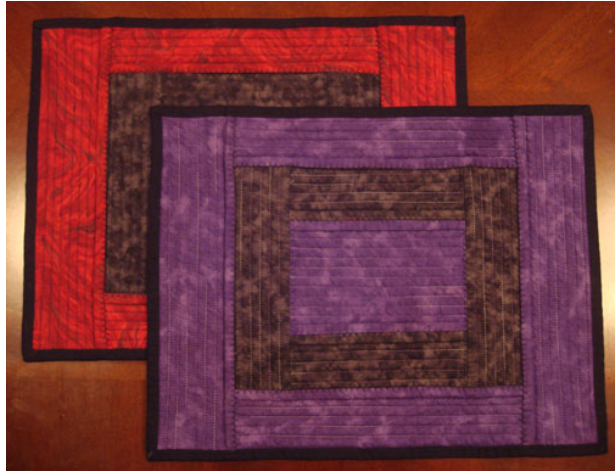
## Introduction and Supply List



Hello everyone. I hope you are excited about the **Cotton Theory Quilting Workshop**. We are going to be learning and practicing the Cotton Theory techniques of cutting, quilting, assembling, folding, and stitching as we make a 12" x 16" reversible placemat.

We have a very full day, so please plan to arrive by 10:15 a.m. so you can get your work area prepped and we'll be ready to get started at 10:30 a.m. We are planning to arrive by 10 a.m. to have the doors open for you.

I want to stress that the goal of this class is **NOT** to make an absolutely perfect, beautiful placemat. The placemat you will make in this class is your **practice placemat**. The one you don't have to worry or stress about. The placemat you can afford to make mistakes on as you learn the techniques. The placemat you might not even put the binding on (unless it's just to practice applying binding). And that will be just fine. 😊



Once you finish this practice piece, then you'll know how the Cotton Theory process works and you can apply those skills to making other placemats, table runners, and quilts.

### Lunch:

I want to get our fabric and batting pieces cut, sandwiched, and quilted before lunch. We'll probably take a 30-minute lunch break – if you get your pieces done before then, you'll have time to go get something for lunch. If you work slower and need extra time, you may want to bring your lunch so you can work through the break and have your pieces ready when we start back up. After lunch, we'll start joining the quilted pieces and fold & stitch the seam allowances.

### Questions?

If you have any questions about the class or the supply list, please call or email:

Don Lusk - (405) 205-3802 - [luskd@yahoo.com](mailto:luskd@yahoo.com)

## Supply List:

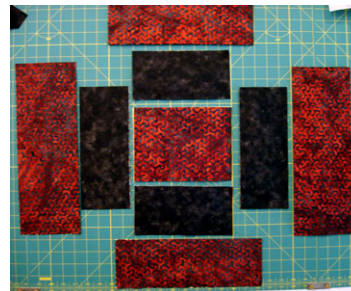
Here's the final supply list. Please take a moment to review it because I've added a few items and included detailed notes about some items below:

- Sewing machine in good working order with foot pedal, accessory feet, power cord, etc.
- If your sewing machine has a dual feed or walking foot attachment, bring it. (On the PFAFF machines the IDT is built-in.)
- Basic sewing tools – scissors, extra needles, marking tools, etc.
- Pen & Paper for taking notes.
- Cotton Theory Adhesive Quilting Guide – (Required).
- PFAFF Adjustable Guide Foot – (Optional - if you have it, bring it).
- PFAFF Narrow Edge Foot – (Optional, but highly recommended).
- Straight Pins – thin and sharp glass-head pins work best.
- Wash-Away Wonder Tape (Optional - can be used instead of pinning).
- Sharp scissors to trim the seam allowances (The Heritage VP-39 - 5" Art Quilt Scissors are my favorite scissors for Cotton Theory and raw-edge appliqué.)
- Needles - Size 90 - Quilting.
- Needles - Size 90 - Topstitch.
- Rotary Cutter – either size 28 mm or 45 mm is fine.
- Acrylic Rotary Ruler - the 6" x 24" and 6"x12" size are the ones I use most for this project. A 1" x 12" (or 1" x 6") ruler is also handy when layering the blocks.
- Cotton Theory Batting or any 100% cotton or 80/20 Batting - (this project is great for using up batting scraps).
- Fabric - you'll need two or three fabrics for each side of the placemat – (see fabric notes below.) A generous fat quarter of each fabric should be enough. Your placemat will be reversible, so use completely different fabrics on front and back if you wish.
- Construction Thread – pick a 50-weight construction thread that coordinates with all fabrics.

An example of fabric choices:



Front side fabrics  
(using three different fabrics)



Back side fabrics  
(using two different fabrics)

## Notes & Recommendations:

Here are some detailed notes on some of the supplies:

### **Fabric:**

For this project, you will need up to six different fabrics – two or three coordinating fabrics for each side of the placemat. It will have one fabric for the center block, a second fabric for the frame around the center block, then a third fabric to make another frame around the outside. (Or, if you prefer, the center block and outer borders can use the same fabrics.)

Each side of the placemat can use totally different fabrics; make one side bright and the other side subdued, one side using novelty fabrics and the other side using batiks, etc. For the binding, you'll need a fabric that will coordinate with both sides. (We won't get to the binding in class, but you'll want to keep it in mind when choosing the other fabrics.)

### **Fabric Amounts:**

If you pick three fabrics per side, then Fat Quarters will give you plenty of fabric to work with. If you are using two fabrics per side, it is possible to use fat quarters ... IF ... you cut carefully, ...AND... the fat quarter is a FULL 18" by 22" with straight edges. If not, I recommend having some extra fabric just to be sure you have enough, (as an alternative, choose a third fabric for each side to use for the center block).

### **Prewashing:**

Some fabrics bleed, and some fabrics shrink. Since this is going to be a practice piece, it probably won't matter if you pre-wash. But keep that in mind for your real projects if they need to be washable – and placemats usually do.

### **Rotary Rulers:**

I had originally considered sending you cutting instructions to get completed before class, but since the cutting and prep of the quilt sandwiches is such an integral part of the Cotton Theory process, I want to do it during class. We'll have a couple of rotary cutting stations set up, but with everyone cutting at the same time, they get crowded, so feel free to bring your own cutting mat if you like. If you have a 6" x 24" ruler, and a 6" x 12" ruler, I recommend you bring them. Those two rulers will be the perfect size for cutting all the pieces. (I especially like the 6" x 12" because it's easier to maneuver on a crowded cutting mat.) I also use a 1-inch wide ruler when layering the pieces. Don't worry if you don't have one. We'll have a few to use in class.

**Cotton Theory Adhesive Quilting Guide** - This is a very simple device...a plastic bar that uses adhesive tape to stick to your sewing machine to guide your pieces as you quilt the center line of each quilt sandwich. It costs less than \$6 and is about the only tool on the list that there isn't a good substitute for. We have plenty of them at the store if you don't already have one. We also have extra tape refills for them.

**PFAFF Adjustable Guide Foot** - This foot has an adjustable guide on the right edge, which makes it easy to measure the 1-inch seam allowances we'll use. If you have one, be sure to bring it, because it works well for Cotton Theory.



**PFAFF Narrow Edge Foot** - This foot has a guide blade down the center of it and works very well for stitching down the folded Cotton Theory seams using zig-zag quilting stitches. (I also use this foot for topstitching garment edges, stitching along the edge of quilt bindings, joining pieces of batting, and other uses, so I highly recommend it if you don't have it.)



**Glass-Head Pins** – These long, thin, sharp pins are used to pin the folded seam allowances. Optionally, you can use WashAway Wonder Tape instead of pins. I'll be showing both methods. You'll also need pins to hold the pieces together before we quilt them.

**WashAway Wonder Tape** - This double-stick water soluble basting tape can be used instead of pins to secure the folded seam allowances before stitching. It's easy to use and great for securing long seams for stitching. Once they try it, most students use the tape instead of pinning.

**Cotton Theory Batting** – this batting is an 80% cotton / 20% polyester blend. It comes on an 18" wide roll and is very easy to work with on the cutting mat. You can also use scraps of batting left over from other quilt projects. Any 100% cotton or 80/20 batting will work.

Fun To Sew has the recommended feet, Adhesive Quilting Guide, glass head pins, Wash Away Wonder Tape, topstitch needles, Heritage Art Quilt Scissors, and 5-yard rolls of Cotton Theory batting in stock if you need to purchase any of these items. We can also order copies of Betty Cotton's *Cotton Theory Book 2* or the Cotton Theory DVD. You can purchase these items on the day of the class, and we can order other supplies, books, and patterns as needed.

Remember, you get a 10% discount on all supplies purchased on class day.