

## SAMPLE CLASS PLAN:

### WALKING FOOT BOOT CAMP: THE BASICS from Foolproof Machine Quilting by Mary Mashuta

#### Class description:

At last a class for those who need to build their machine quilting skills. Forget about “dropping the feed dogs” and learn all you can do with the walking foot. We’ll cover preparation tips, selecting supplies, and actually “doing it”.

#### Approximate class time:

One six hour class or two three hour sessions

#### What each student will get:

Each student will have a completed sample

#### Project supplies:

Required text: Foolproof Machine Quilting by Mary Mashuta

#### Bring to class:

1. "Reject" pieced squares (like Ohio Star) or pieced top (no larger than 18" x 18") (we'll pick the best)
2. Square of batting 2" larger than block
3. Backing fabric 2" larger than top
4. Safety pins for basting (1 1/8")
5. Straight pins
6. Hand sewing needle: Embroidery 6 or 7 (big eye)
7. Masking or painter's tape (3/4" or 1")
8. Neutral 50 weight cotton thread for bobbin
9. 50 weight cotton or 40 weight rayon thread
10. Schmetz quilting 75/11 or jeans 80/20 needles
11. Optional monofilament and metallic threads
12. Optional Metallica needles 80/12 for metallics
13. Optional small jar to place monofilament and metallic thread in (if you don't have horizontal thread spindle)
14. Sewing machine in good working order (cleaned and oiled!)
15. Walking foot for your machine
16. Extension cord

#### Advance preparation:

Make simple blocks or quilts that have been machine quilted with the walking foot

#### During the class:

1. Students share in ONE SENTENCE their machine quilting history.
2. Discuss the basics (pp. 5-15 pictures)
3. Select blocks: look at front for poor stitching and pressing; back side to point out seams poorly pressed or that switch direction between seams. (Difficult to stitch in the ditch if seams are open.)
4. Make corrections. Baste block, batting, and backing (pp. 16-18)
5. Discuss securing stitches, machine adjustments for different threads, stitch length, stitching in the ditch, and possible decorative stitches (pp. 28-30).
6. Help each to decide how much stitching in the ditch to do. Select decorative stitches to add.
7. Demonstrate how to use tape as sewing guide (pp. 19 and 33).
8. At class end select and share SIMPLE quilting solutions from pictures for sashing, blocks, corners, and borders (save advanced ones for next class): pp. 33-34, 43-45, 47-40, 52-53
9. Review any samples or quilts you have.
10. Show several samples from second class.