



Quilting uses running and/or backstitch over cotton or silk fabric and wadding to create various patterns. The idea of a quilt is to attach layers of fabric to one another at intervals, so that they do not slide or pull against and away from each other. The addition of wadding gives warmth.

ENGLISH QUILTING

Traditionally the thread and fabrics used would be of the same colour. Designs are created in running and backstitch, some as overall patterns using templates such as *wineglass* or *diamond*, but also patterns and designs following a botanical theme.

ITALIAN QUILTING

This type of quilting uses freer patterns. Two rows of running or backstitch 5-6mms apart are stitched around a pattern through a double layer of muslin and cotton fabric. The design is drawn onto the muslin on the reverse. Quilting wool is then threaded between the layers through the channel created by the rows of running stitch.

TRAPUNTO

Larger areas within a design can be stuffed with wadding from the back. These areas are edged with backstitch not running stitch. If the top layer of fabric used is sheer (organza, fine silk or lawn), then a type of shadow quilting can be done with coloured wool and stuffing.

KANTHA QUILTING (OPTIONAL)

This is a type of quilting done in India; lines of running stitch are worked around embroidered motifs, echoing the shapes. The quilts were often constructed from old, worn saris layered together and reformed into one fabric.

AIM – To demonstrate an understanding of quilting techniques, combining them in one design (except Kantha which may be worked separately). To show technical skill in creating a mini quilt finished with an appropriate backing and edging technique. Designs should not be directly copied from other sources; referencing, interpreting or stylising shapes or designs is acceptable however designs should be original you, which your tutor will encourage you to do.

Please note: All preparatory work (e.g. outlines, drawings, stitch plans, original source material) MUST be handed in for assessment or the work will not be marked.

DESIGN

Size approximately A4 measurements.

Design can be based on any subject matter but must be versatile enough to incorporate elements of English, Italian and Trapunto quilting. Discuss this with your tutor.

ASSESSMENT CRITERIA: Please see *Project Evaluation* sheet for details



TIPS

- Running stitches and backstitches should be small and even, about 3mm.
- Be careful not to let your stitches fall or slope diagonally on the underside.
- Keeping your needle straight through the layers of fabric and wadding will help. If the frame tension is firm when stitching, this will also help.
- Stuffing Trapunto incrementally will prevent it looking lumpy. Too much stuffing will distort the design and fabric.
- Start and stop your threads invisibly - Italian or Trapunto on the back of the calico and English and Kantha by drawing a small knot through the fabric into the wadding.
- Use suitable lengths of thread to prevent it breaking or becoming fluffy.
- Make sure your work is covered by tissue to avoid fabrics getting dirty or worn in appearance.
- Use locking stitches to secure the backing to the quilt and prevent it from pulling away.
- No design lines should show once complete.

MATERIALS

- Patchwork cotton (linen of similar weight may be used). Fabric should be fairly plain to best demonstrate the quilting techniques.
- Fabrics can be pieced together before quilting if preferred.
- Backing fabrics should be similar in weight to the front and complementary in colour.
- Wadding: polyester (high 'loft') or cotton (low 'loft') as preferred – discuss with your tutor.
- Quilting wool, toy stuffing.
- Gutermanns polyester thread self colour or contrasting depending on your design.

BOOKS

- Marguerite Ickis, The Standard Book of Quilt Making and Collecting ISBN 0486-20582-7
- Mavis Fitzrandolph, Traditional Quilting ISBN 978-1445518466
- Elizabeth Hake "English Quilting Old and New" ISBN 978-1445513256
- Amy Emms' "Story of Durham Quilting" ISBN 0-85532-676-X
- Darielle Mason "Kantha, The Embroidered Quilts of Bengal" ISBN 978-0-300-15442-9

STOCKISTS

- Creative Quilting, East Molesey 020 8941 7075 www.creativequilting.org.uk (cotton fabrics, wadding/batting)