

Happy Feet! Quilted Sneakers
Instructor: Joan Radell

Kit Information, Sizing Information, Supply List, Pre-Class Prep

Your kit includes sneaker soles, padded insoles, shoemaking supplies, eyelets, and the sneaker pattern and guidebook. Any incidental materials will be supplied; you just need to come prepared with your fabrics, foam interlining and interfacing. We'll be making hi-top sneakers, but you can opt for classic sneakers (like Keds.) The supply list is the same for both styles.

Please note that soles are not available for women's shoe sizes under 5.5, and over 13.5. The soles run a bit wide, but are not truly wide sizing. Narrow and wide width soles are not available, unfortunately.

Supply List	Supply Notes
	<i>The supply list is the same for hi-tops and classic sneakers.</i>
<p>¼ yard of quilt weight cotton for upper; Fat Quarter preferred (18" x 22") ¼ yard of quilt weight cotton for lining; Fat Quarter preferred (18" x 22") Quilt weight cotton for contrast tongue if desired; 10" square is plenty 4 pieces of of 1.75" wide bias strips to contrast or coordinate with your upper fabric, each 18" long.</p>	<p><i>Your bias can match or contrast with your exterior—your choice!</i></p> <p><i>For sizes over 42, you will need a half-yard of upper and lining fabric.</i></p>
<p>½ yard double sided fusible foam interlining (Bosal In-R-Form, Soft 'n' Stable by Annie's, and Pellon Flex-Foam Ff79F2 are all great choices and readily available at fabric stores or from online retailers.)</p> <p>½ yard midweight woven fusible interfacing (We recommend Pellon SF101 or Woven Fuse 2 by Barb's Got Interfacing, gotinterfacing.com)</p>	<p><i>These interfacing/interlinings give the shoes their structure. If you substitute other interfacings, or omit them all together, your shoes will be very soft and shapeless, like slippers.</i></p>
<p>Thread to match or coordinate with your fabrics.</p>	
<p>One pair of shoelaces to match, contrast or coordinate with your exterior fabrics. Hi-tops require 60" laces; classic and ultra low sneakers use 45" laces.</p> <p>Ultra-fine Sharpie marker or equivalent, black</p> <p>If you are using a dark fabric, bring a white or silver marking pencil and sharpener</p>	<p><i>Joan will have lots of 60" shoelaces in a wide variety of colors available for purchase during class (\$5/pair.)</i></p>

<p>Sharp sewing scissors, paper scissors, thread snips</p> <p>Rotary cutting supplies—<i>if you do your pre-class prep, you can leave these at home.</i></p> <p>6” x 24” ruler is helpful</p> <p>About 20 narrow fabric clips or very small binder clips</p> <p>Sewing machine in good working order, with power cord and pedal. If your machine has a quilting bar, bring it. If it doesn’t, bring a roll of 1” or ¾” painter’s tape for marking machine quilting lines.</p> <p>Size 90 sharp machine needles: denim, microtex or quilting needles all work well. Do not use a universal needle.</p> <p>Basic sewing supplies, including pins, removable fabric marker, seam sealant such as Fray Check</p>	
Pre-class Prep:	
You can leave your rotary cutting supplies at home if you do your cutting before class.	
Cutting Chart:	
18” x 22” (sizes over 42, cut 18” x 25”) Cut one from each of the following materials:	Exterior fabric for uppers, lining, SF101, Fusible Foam
10” x 10” (sizes over 42, cut 10” x 12”) If you want a contrasting tongue that’s different from your lining, cut one from each of the following materials:	Tongue fabric, lining, fusible interfacing, fusible foam
1-7/8” x 18”	Binding fabric, cut four on true bias.