



One-Step Strip-Piecing and Quilting

Supplies Needed

For all:

- Sewing machine that straight stitches in good working order with cord and quarter-inch foot. (Seam guides will not work with this technique).
- Thread to coordinate with fabrics.
- Fabric strips for project: Strips should be cut to 1 ¼ inch wide. Strips should be at least 19 inches long. To find the number of strips, measure your pattern pieces top to bottom. Add all of the lengths together, and divide by 0.75. For example, if your pattern is a skirt and there are four panels, two at 36" and two at 40" that would be $36+36+40+40=152"$
 $152/0.75=202$ strips
 - Students may purchase packets of batik strips from the instructor, or make their own. Packets of strips must be pre-ordered at least one month in advance by emailing Karen at betterdonequilts.com.
- 8" shears
- Thread clipper or small sewing scissors

For table runner:

- 2/3 yard fabric for back
- 24 x 45 inch batting* OR 18" x 45" piece of foam
- If you want borders
 - ½ yard fabric
 - 6" x 12" or 6" x 24" ruler
 - Rotary cutter
 - Cutting mat

For sneakers (Happy Feet class):

- Fat quarter for lining fabric
- Fat quarter for making bias strips for binding
- Woven fusible interfacing
- Fusible foam or regular foam and basting spray

For clothing:

- A copy of the pattern you plan to use.
- Lining fabric – Look at the pattern and select the yardage needed for making the garment in the size you desire. If you have questions, e-mail Karen.
- Facing fabric – May match or contrast with lining fabric.
- Quilt batting – bring the amount of yardage used for the lining fabric.
- Basting spray (not necessary if you have fusible batting)

Quilt batting options*

For the lightest weight, you can use woven sew in interfacing such as [Pellon SF785](#). For light weight clothing I recommend: [Hobbs Thermore](#), [Quilter's Dream Bamboo](#). For mid-weight clothing your favorite quilt batting is fine. Fleece may be used as batting, but be aware that it can be very warm. One-sided Fusible batting is great for table runners and works for clothing. It is very difficult to use fusible batting if both sides are fusible. The following battings are single-sided fusible: [Pellon 1-sided Fusible Polyester Batting](#), [Bosal Single Sided Light Fusible Batting](#)