

SUPPLY LIST:

INDI-GO-MODERN

Materials List:

- ☐ **PDF Paper Kit** — Please print out this PDF in color on quality laser paper before class, single-sided.
- ☐ **8-10 indigo blue and white fabrics**, in a range of values, patterns, and textures. Fat quarters work great for this project. They can be prints, wovens, or fabrics you have dyed with indigo yourself. Please stick to exclusively blue and white. Also include at least one solid dark blue fabric, and one solid white or off-white. You will select a few fabrics to use, but you will want a range to choose from. You may want to purchase vintage Japanese yukata cotton fabric in blue and white from <https://okanarts.com> or buy contemporary prints in blue and white.
- ☐ **Standard cotton quilt batting** for a design wall, about 24" x 24". Tape this up so you can experiment with your composition, and step back to see the results. Have your phone/camera handy to take pictures of your progress!
- ☐ **Cotton sewing thread** for piecing in a neutral color, like light or medium grey. I prefer 40 or 50 wt. thread.

Tools/Equipment:

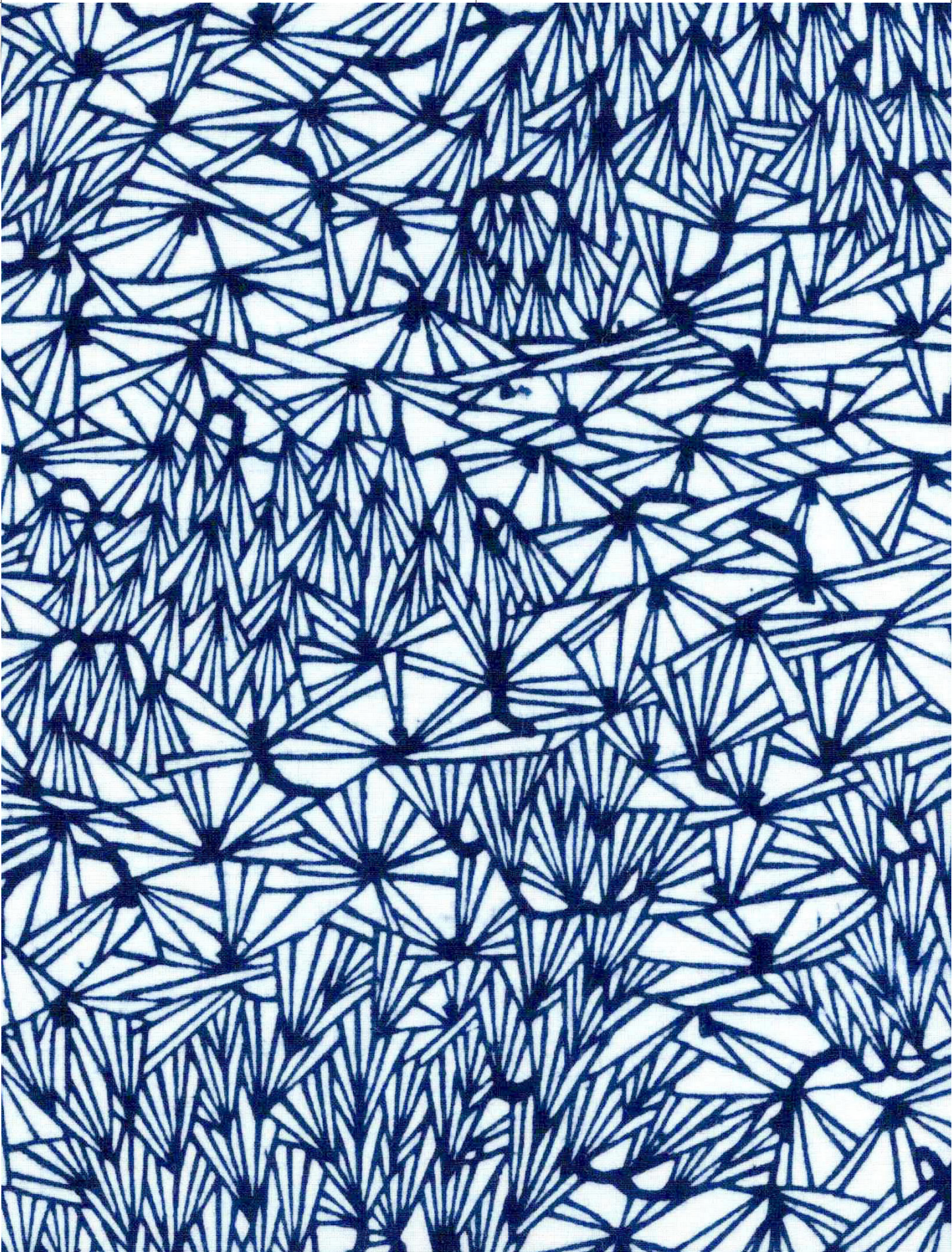
- ☐ **Domestic sewing machine** with quarter-inch seam allowance foot, or standard foot
- ☐ **Fresh machine sewing needle:** 80/12
- ☐ **Rotary cutter**
- ☐ **Utility knife** or **X-Acto knife**
- ☐ **Scissors for paper** and **fabric shears**
- ☐ **Seam ripper**
- ☐ **Cutting mat**
- ☐ **Quilting ruler**
- ☐ **Fabric marking pen**
- ☐ **Black Sharpie** and a **pencil with eraser**
- ☐ **Pins**
- ☐ **Smart phone with camera** or **digital camera** to take photos as you work
- ☐ **Iron** and **ironing board**
- ☐ **Post-It pad**, small size – you will only need a few Post-Its.
- ☐ **Thin cardboard** for pattern making: a flattened cereal box is perfect for this, but any thin cardboard that you can cut easily with scissors or a utility knife will work.

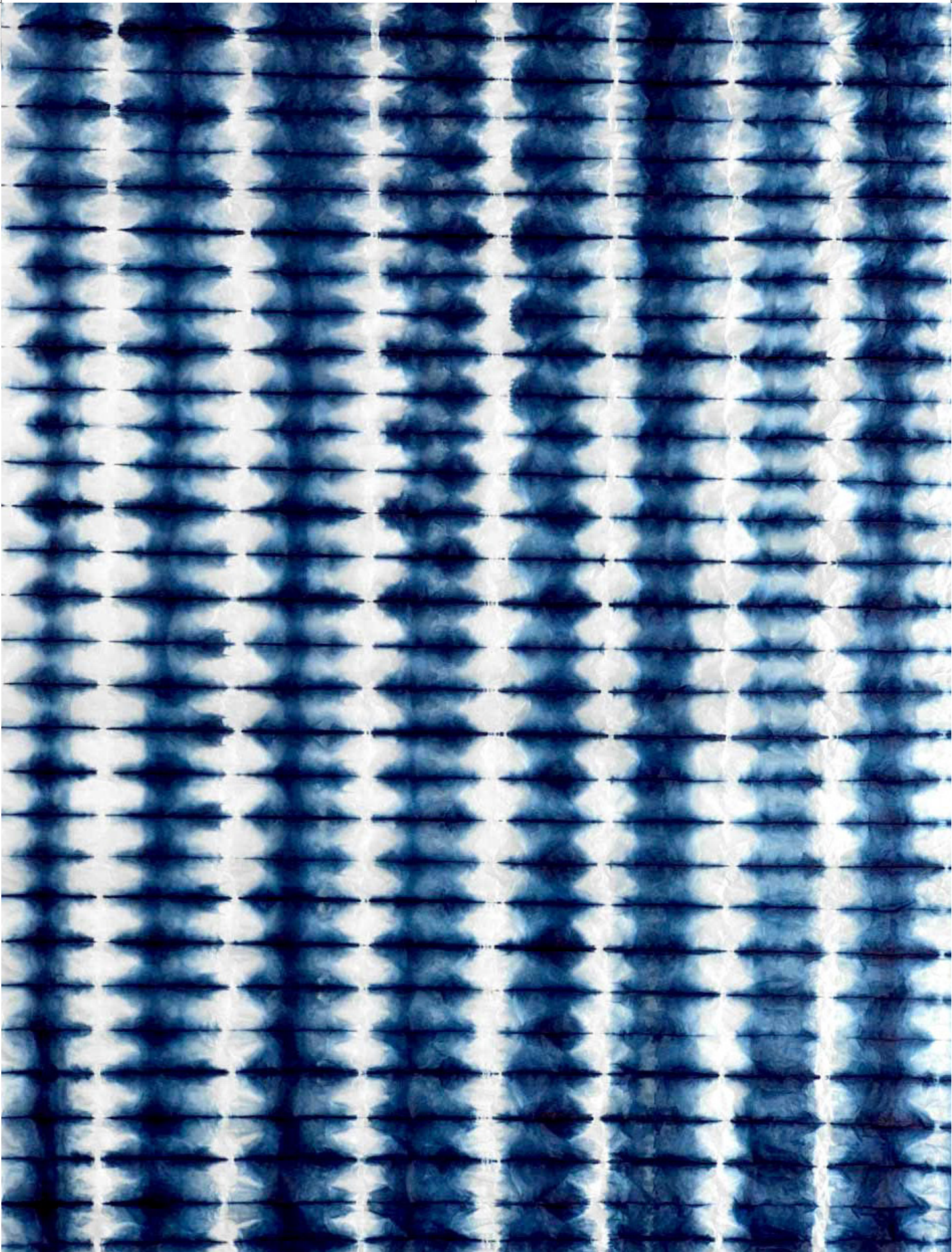


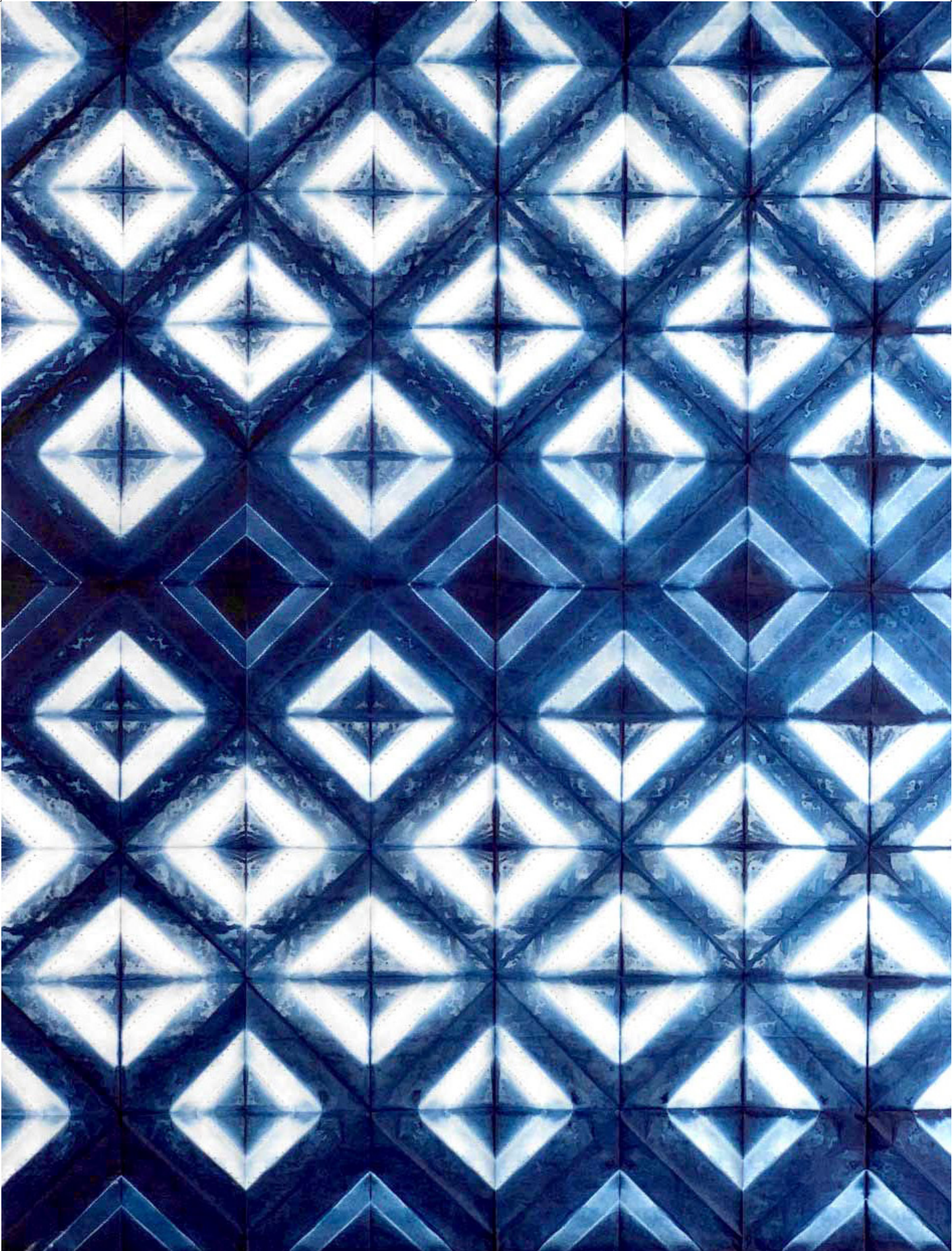
You do not need to do any cutting/sewing in advance.

We will go through all the steps of each design together in class.











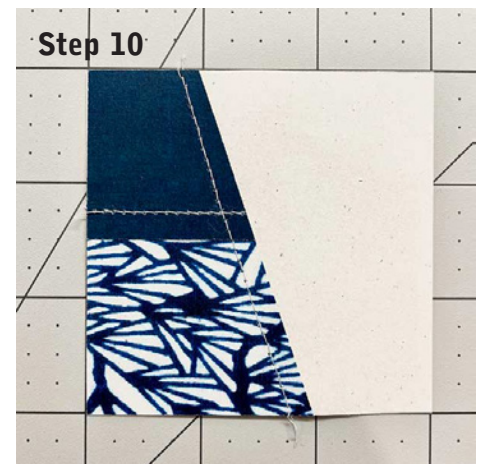
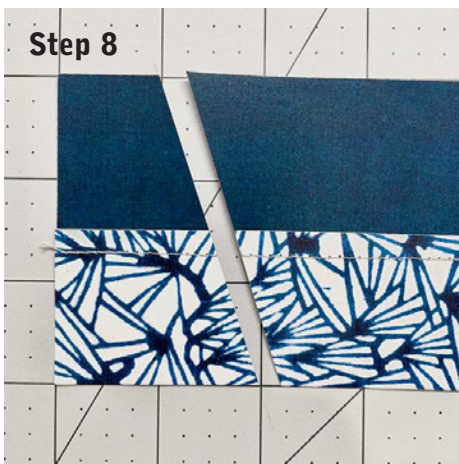
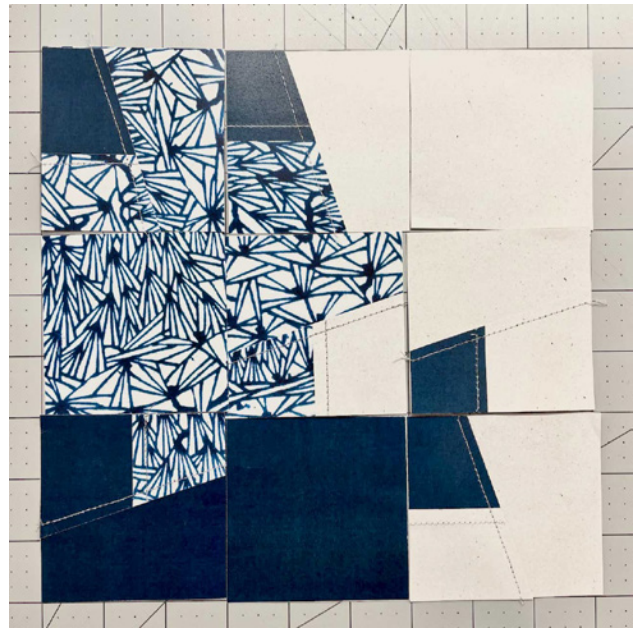


WARM UP EXERCISE:

Stitched Paper Maquettes

We will do this exercise together in class — you do not need to do any work in advance. I have documented the steps here if you'd like to do this exercise again in the future. Here are the steps:

- ☐ **Step 1:** Choose 1 patterned page, 1 solid dark, and 1 solid light.
- ☐ **Step 2:** Stack the 3 pages up together, and trim out at the crop marks. You will have 2 sets of 3 strips.
- ☐ **Step 3:** Stack 1 set of 3 papers and trim to 3" wide, set aside.
- ☐ **Step 4:** Stack the other set of 3 papers, and cut vertically at about 1.5" from the edge. You will have two narrow sets now.
- ☐ **Step 5:** Mix and match the narrow strips into 3 sets, using 1 of each width.
- ☐ **Step 6:** Overlap the strips so they make 3" wide columns. They should overlap by about 1/2". Hold together with a couple of Post-It notes.
- ☐ **Step 7:** Stitch down the center of the overlap with your sewing machine, removing the Post-Its as you go. These are your paper strip sets.
- ☐ **Step 8:** Stack up the 3 paper strip sets, and cut a wedge shape from the end: 1" at the top, 2" at the bottom.
- ☐ **Step 9:** Sew down a wedge piece onto 1 of the unsewn papers that you cut to 3" wide, aligning the ends.
- ☐ **Step 10:** Trim off to make a 3" square. Repeat with the other strip sets so you have 6 to 9 small stitched paper blocks.
- ☐ **Step 11:** Cut a few plain paper blocks (no stitching) at 3" square.
- ☐ **Step 12:** Use these paper blocks (maquettes) as design tools to make different arrangements, photographing the variations with your smart phone or digital camera. Notice any interesting secondary shapes that are created when you see similar values touching within your compositions. Allow one pattern or value to predominate in your composition.



THE DESIGNS:

Design Option A

This is a very simple but effective block design using the same construction concept as used for the stitched paper maquette exercise. Option A works best with 2 medium- or small-scale patterned fabrics, plus 1 solid fabric. These measurements make 6" blocks, which will finish at 5.5" when sewn together.

- ☐ First you will make a strip set with the 2 patterned fabrics.
- ☐ Cut 2 strips from your patterned fabrics: one is 4" wide, the other 2.5" wide. (They should be about 14"-18" long.)
- ☐ Sew them together, right sides facing, with a 1/4" seam allowance. Press with the seam allowance to one side.
- ☐ Make a 6" square cardboard pattern, and cut a wedge from it: 2" at the top, 3" at the bottom.
- ☐ Use the smaller wedge from your pattern to cut a wedge from your strip set: be sure to add a 1/4" seam allowance to the diagonal edge.
- ☐ Use the larger pattern piece to cut a wedge from a solid fabric, adding 1/4" to the diagonal edge.
- ☐ Sew the two wedge pieces together, aligning the diagonal edges, with a 1/4" seam allowance.
- ☐ Open up, pressing the seam allowance to one side.
- ☐ Cut a few blocks of solid fabric (no piecing) to mix in with the pieced blocks.
- ☐ Explore composition, build in connections between the pieced elements, and add in several solid fabric blocks to expand the negative space where your quilting will really shine.

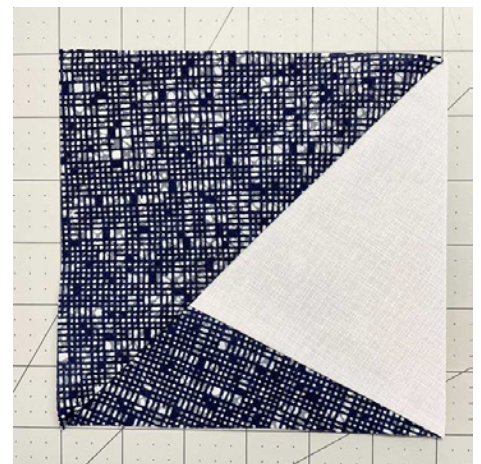


THE DESIGNS:

Design Option B

Option B is great if you have a medium- or large-scale patterned fabric. It works fine with small patterns, too. You only need 1 print plus 1 solid to start: you can mix in more variations later. These measurements make 6" blocks, which will finish at 5.5" when sewn together.

- ☐ Select 1 patterned fabric plus 1 solid to start.
- ☐ Make a 6" square cardboard pattern. First cut it diagonally, corner to corner, to make 2 half square triangles. Then cut 1 of the triangles into 2 uneven smaller triangles (see photo).
- ☐ Mark the interior cut edges with hash marks (see photo): this will remind you to add a 1/4" seam allowance to those edges. You do not need to add 1/4" to the outer edges.
- ☐ Use the cardboard pattern pieces to cut out your fabric, adding a 1/4" seam allowance to the inside edges of the block (see photos).
- ☐ Notice how the #1 piece is used for the solid fabric, and #2 and #3 pieces are cut from the patterned fabric.
- ☐ Sew the two smaller triangles (#1 and #2) right sides together, aligning the diagonal edges, with a 1/4" seam allowance. Be careful not to stretch the fabric as you sew. Press open, seams to one side.
- ☐ Sew this combined triangle to the remaining #3 triangle piece, right sides together, with a 1/4" seam allowance. Press open with seams to one side.
- ☐ You should now have a 6" block made with 3 triangles.
- ☐ Explore composition, build in connections between the pieced elements, and add in several solid fabric blocks to expand the negative space where your quilting will really shine.

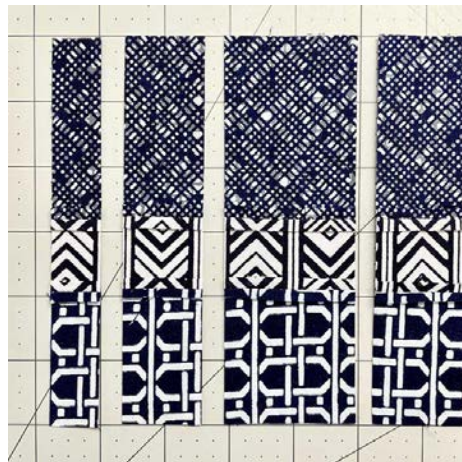
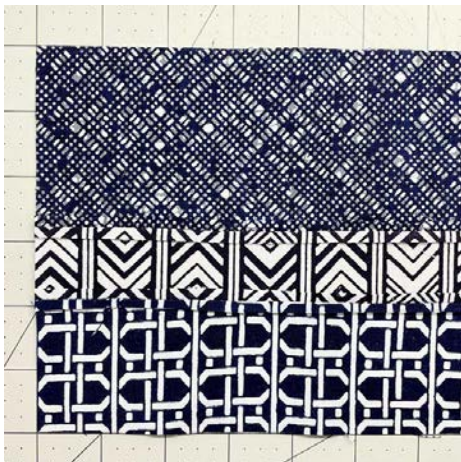


THE DESIGNS:

Design Option C

Option C works best with small-scale patterned fabric. You will need 3 patterned fabrics plus 1 solid. These measurements make 6" blocks, which will finish at 5.5" when sewn together.

- ☐ First you will make a strip set with the 3 patterned fabrics.
- ☐ Cut 3 strips from your patterned fabrics: 3.25" wide, 1.5" wide, and 2.25" wide. (They should be about 14"–18" long.)
- ☐ Sew the strips together into a strip set, right sides facing, with 1/4" seam allowances. Press with the seam allowances to one side. The strip set should now be 6" wide.
- ☐ **OPTION:** Sew the strips together, WRONG sides facing, with 1/4" seam allowances. Press with the seam allowances OPEN on the front. This gives some added texture. The strip set should now be 6" wide.
- ☐ Cut off random widths from your strip set: from 3/4" wide up to 2" wide.
- ☐ Sew the strip sets into your solid background fabric at random intervals, making 6" square blocks. Be sure to cut a few solid squares of fabric to mix in.
- ☐ Explore composition, build in connections between the pieced elements, and add in several solid fabric blocks to expand the negative space where your quilting will really shine.



Workshop: Inspired by Architecture

MATERIALS LIST

- 3–6 photos of architecture that you like: Please have color hard copies of the images you like best, we may cut them up. Think about simple, graphic images: detail shots work well. You may use the photos included in the provided PDF if you prefer.
- 6–8 solid neutral fabrics: fat quarters to half yards work well. Choose solid quilting cotton in black, tan, grey, and white. Neutrals only. Very subtle textures are OK but no strong prints, please. You do not need to match the colors in your photos.
- 3–4 solid accent fabrics: bring a few small pieces of solid accent fabrics. Choose strong, bright, modern colors. Subtle textures are OK.
- 3–6 pieces of backing fabric: cut into 14" x 14" squares. A dark quilting cotton (like black or grey) with an open weave works great. Have an extra yard of fabric if you'd like to try facing your mini quilt. My favorite backing fabric is Essex Linen in dark grey or black.
- 3–6 pieces of cotton quilt batting: cut into 13" x 13" squares.
- Design wall: if you like, bring a piece of quilt batting about 24" x 24". Tape this up so you can experiment with your composition, and step back to see the results. Have your phone/camera handy to take pictures of your progress!
- Cotton sewing thread for piecing in a neutral color (like medium grey) plus black, white (or off white) and a bright color to go with your accent fabric. I prefer 40 or 50 wt. thread but feel free to experiment with heavier weight thread. You may also want to bring a ball of perle cotton thread for some hand quilting.

TOOLS/EQUIPMENT

- Domestic sewing machine with walking foot plus a 1/4" seam allowance foot (or standard foot)
- Fresh machine sewing needles: I like to use Klasse' Quilting needles 80/12
- Rotary cutter with a fresh blade
- Utility knife or X-Acto knife
- Scissors for paper and fabric shears
- Seam ripper (just in case!)
- Pins
- Cutting mat (medium size, about 18" x 24")
- Quilting ruler (6" x 18" or 6" x 24")
- Add-A-Quarter ruler (optional)
- Chalk pencils and/or Chaco Liner
- Black Sharpie and a pencil with eraser
- Masking tape or blue painter's tape
- Paper for sketching: copy paper will work, cut into quarters
- 2 sheets of white copy paper + a stapler
- Tracing paper pad: 14" x 17" size, or a 15" roll of baking parchment paper works, too
- 3–6 pieces of 12" x 12" thin cardboard for pattern making: a flattened cereal box or file folder is perfect for this, but any thin cardboard that you can cut easily with scissors or a utility knife will work. Tape together smaller pieces if needed to make a 12" x 12" square.
- Smart phone with camera or digital camera to take photos as you work

david owen hastings



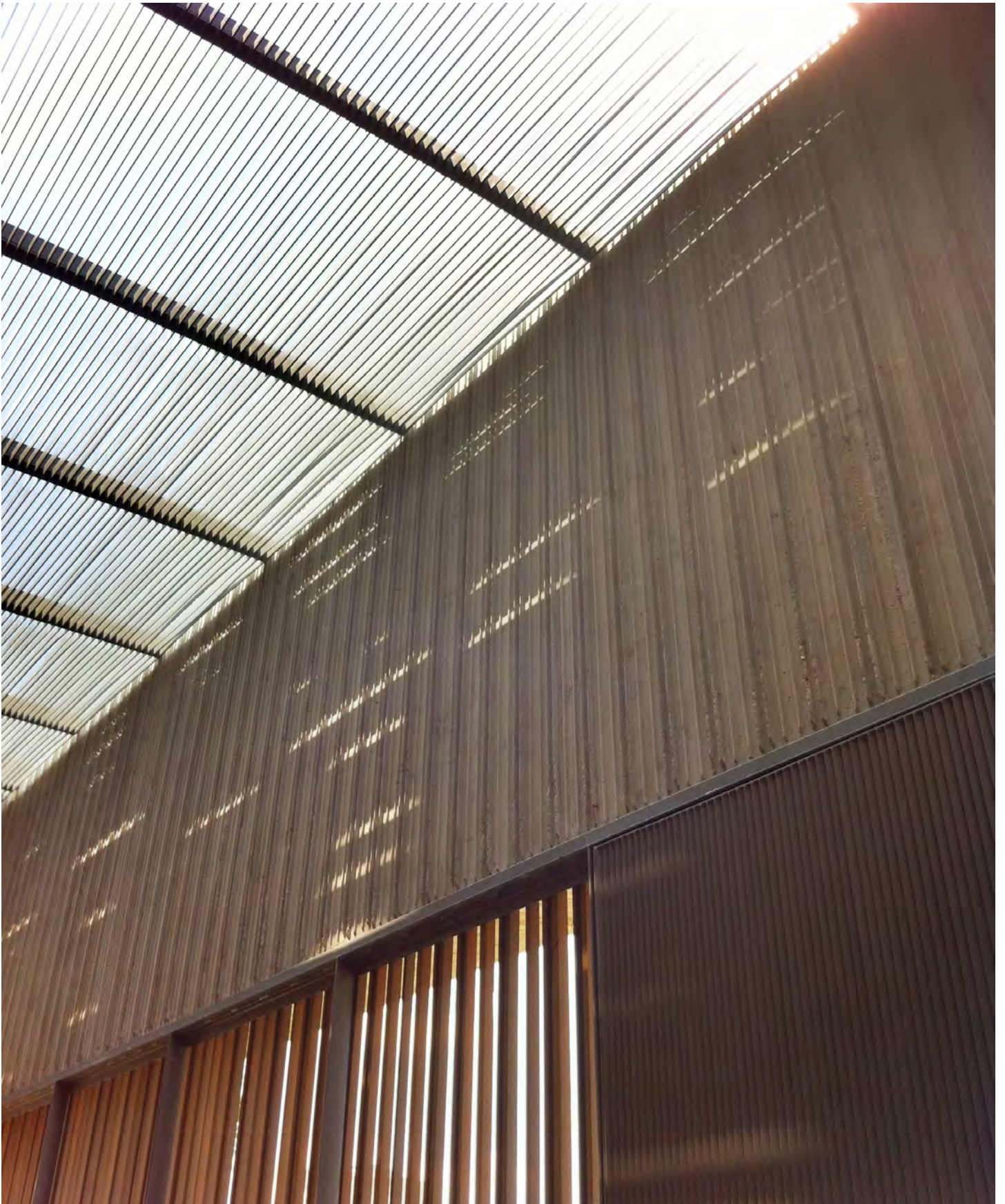
david owen hastings



david owen hastings



david owen hastings



david owen hastings





david owen hastings



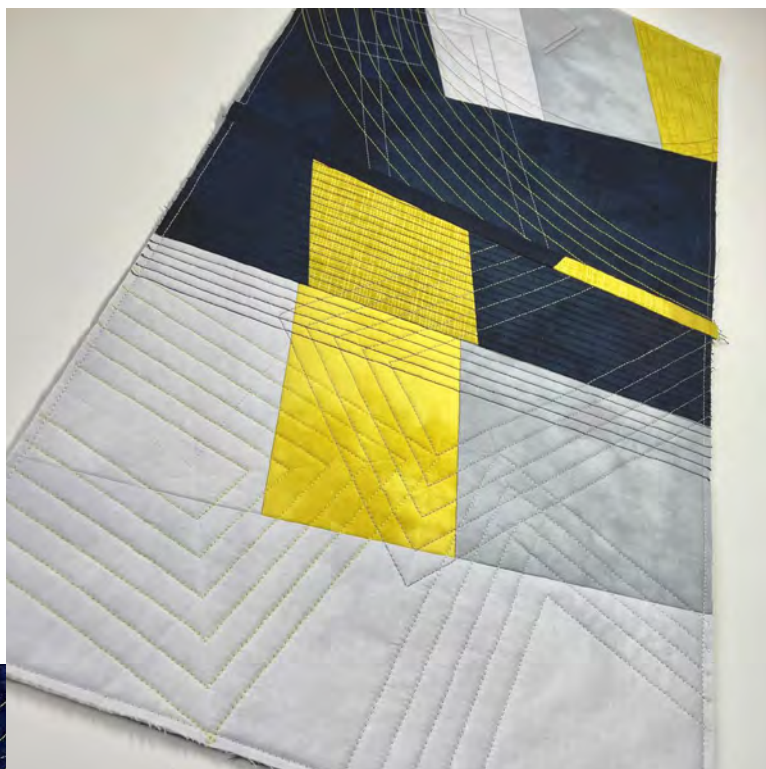
GUSSET JOIN TECHNIQUE

This is a great way to connect multiple quilted blocks together. It's much easier to completely quilt smaller pieces on your domestic sewing machine, then join them together after quilting with a gusset.

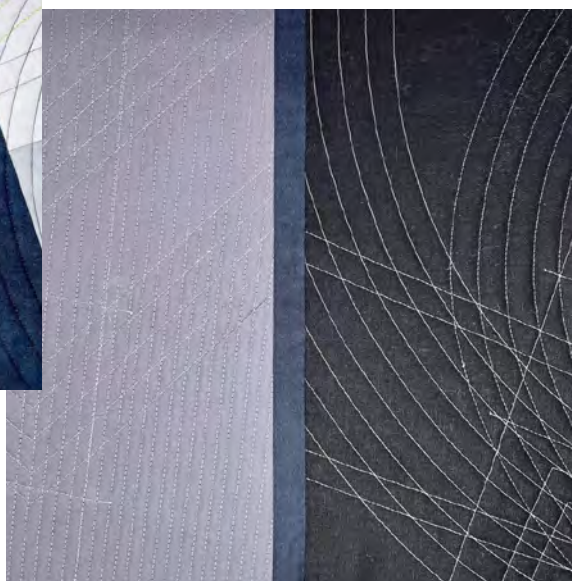
You can select your gusset fabric to blend into the adjacent quilted blocks, or piece in a little color to make the gusset an additional design element.

Use this technique to link just two blocks together, or keep going and add more to build a larger quilt.

Use your favorite binding technique to finish: I like to use a face binding, especially on quilts that will be hung on a wall as it helps them lay flat.



**Front
Gusset**



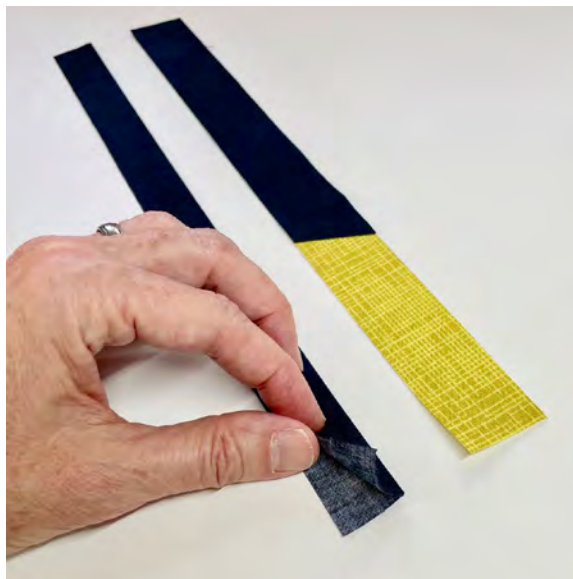
**Back
Gusset**

1: Cut two gusset strips



The **back** gusset fabric should be cut to **1 3/4" wide**, and the height of the two blocks you are joining. Use the same fabric that is on the back of your blocks. The **front** gusset fabric should be cut to **1 1/4" wide**, and the height of your blocks. Use a fabric that blends into your design, or piece in a little flash of color to make it a highlight.

2: Press the back gusset in half



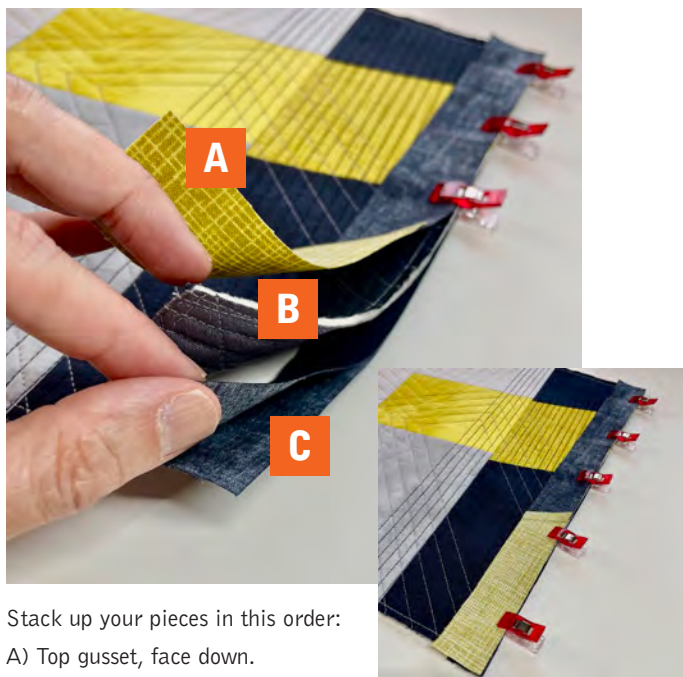
Press the back gusset in half, matching the raw edges with the wrong side of the fabric inside. Leave the front gusset flat.

3: Prepare your blocks



Stay stitch 1/8" from the edges of your quilted blocks. Lay your front gusset strip between them, making sure it is the same height as your blocks. Your gusset will blend in better if you use the same fabric that is on the adjacent blocks. Or, you may choose to use a strip with some added color to make it an intentional design element.

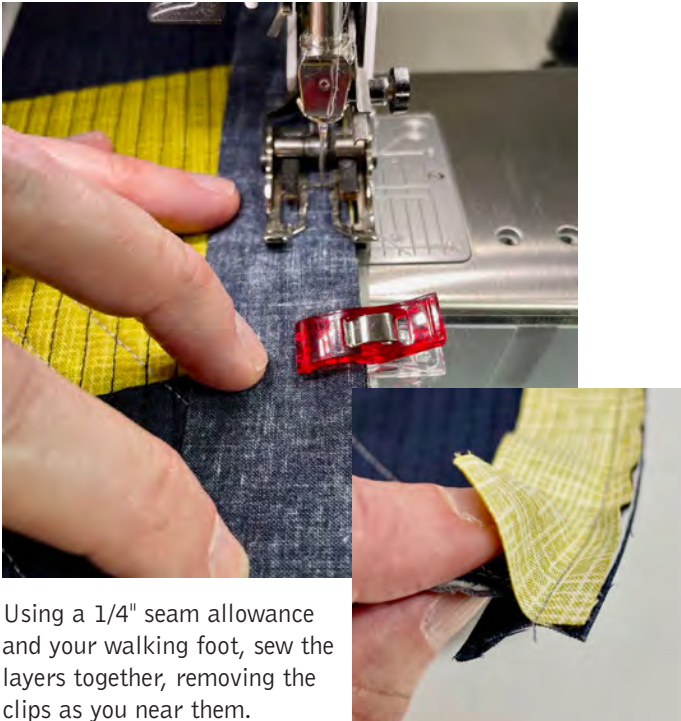
4: Stack up the pieces for sewing



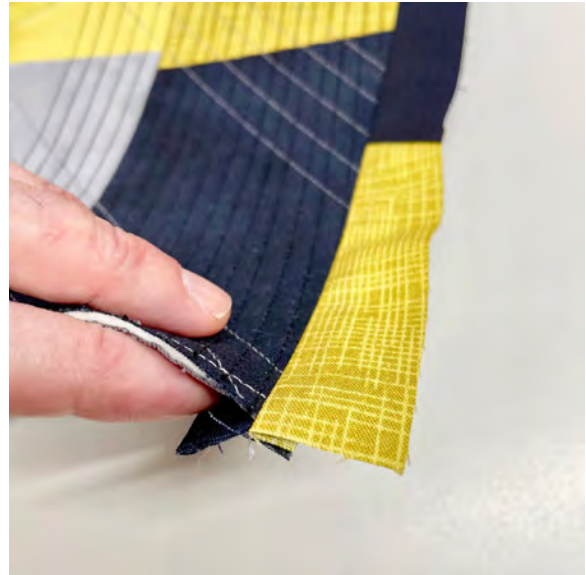
Stack up your pieces in this order:

- A) Top gusset, face down.
- B) Left quilted block, face up.
- C) Back gusset (folded), with raw edges on the right.

Align the raw edges, and hold the layers in place with binding clips.

5: Sew first seam

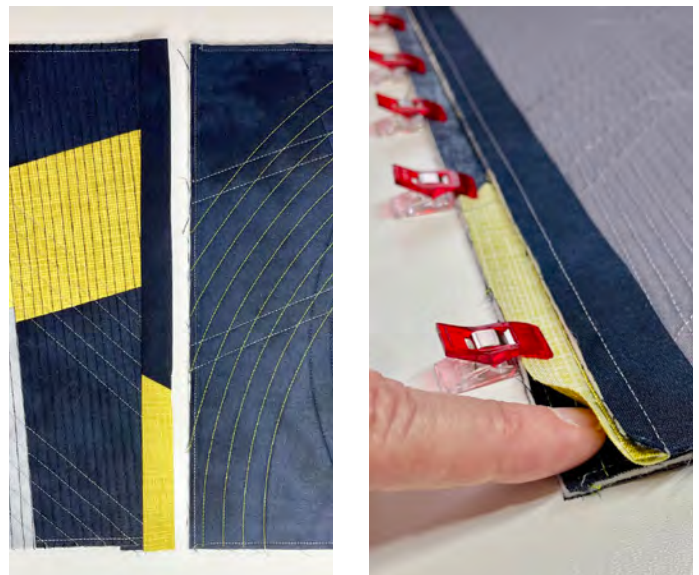
Using a 1/4" seam allowance and your walking foot, sew the layers together, removing the clips as you near them.

6: Press the top gusset

Press the top gusset to the right so it is flat. Leave the back gusset as-is, folded out of the way.

7: Trim the top gusset

Place the unit face down, and trim the top gusset (from the back) to an accurate 1/2" from the edge of the quilted block.

8: Prepare to add the second block

Align the two blocks face up, then flip the left side on top of the right block, matching the edges. (The top gusset will be face down.) Clip in place.

9: Sew second seam

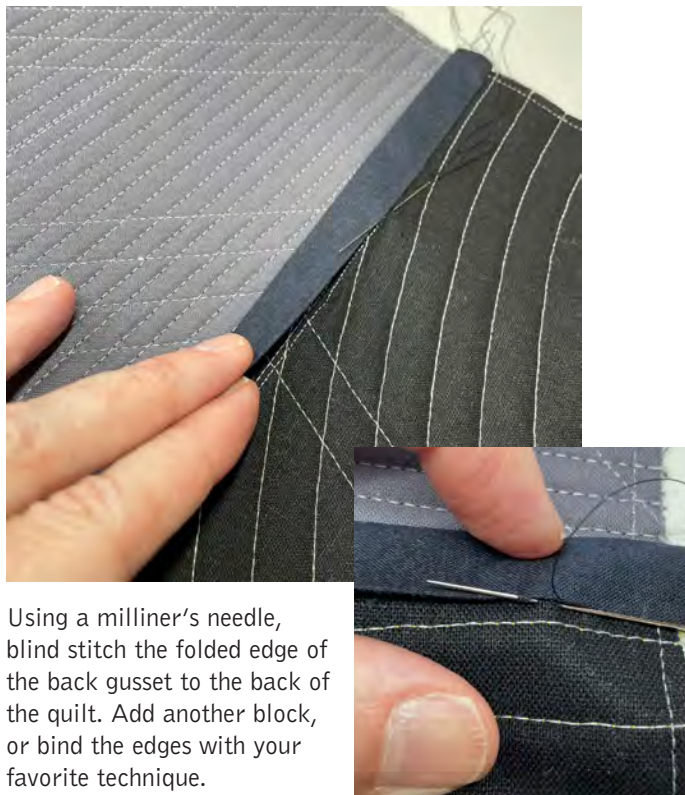
Using a 1/4" seam allowance and your walking foot, sew the second seam. Carefully guide the assembled pieces under the walking foot: it will be a little odd, because one side is higher than the other.

10: Check your work

The assembled pieces should look like this, with two seams seen from the back. As you unfold the blocks, the raw edges should come together and meet in the middle.

11: Press the back gusset flat

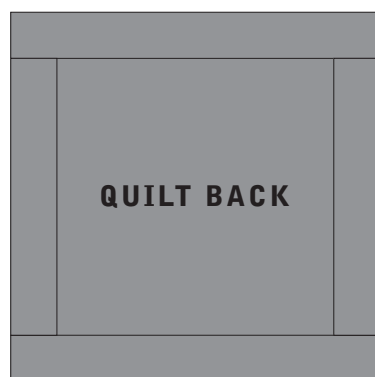
Fold the back gusset over the raw edges, and press.

12: Blind stitch the back gusset

Using a milliner's needle, blind stitch the folded edge of the back gusset to the back of the quilt. Add another block, or bind the edges with your favorite technique.

1. Cut Facing Fabric

Match facing fabric to quilt back fabric. Use a dark color. Cut it 4 inches wide on the straight grain, and as long as the perimeter of your quilt. Press facing fabric in half lengthwise, right side out.



QUILT FRONT

1/2 inch shorter



1/2 inch shorter



QUILT FRONT

QUILT FRONT

2. Assemble the Pieces

Square up and trim your quilt.

Stay-stitch 1/8" around the perimeter of the quilt.

Place the quilt face up.

Cut two pieces of folded facing the same width as two sides of your quilt.

Cut two more pieces of folded facing **1 inch shorter** than the other two sides of your quilt.

3. Machine Stitch Facings

With the raw edges of the facing on the outer edges (folded edges toward the quilt center) stitch the two longer pieces on using a 1/4" seam allowance.

Next, stitch the two shorter pieces on, centered so there is a 1/2" space at each end.

Again, the raw edges of the facing should be on the outer edges.

QUILT FRONT

4. Turn Facings to Back, Press and Hand Sew

Clip the corners, and turn the facing to the back.

Make sure the facing is pulled completely to the back so none shows on the front. Press with steam.

Hand sew the facing to the quilt back with a blind stitch.



Materials List:

- ☐ **Cotton sewing thread:** 40- or 50-weight, medium grey
- ☐ **Cotton batting:** cut into 5" x 5" squares (cut 6–8)
- ☐ **Cotton backing:** cut into 5" x 5" squares (cut 6–8)
- ☐ **6–8 neutral fabrics:** choose solid or subtly printed quilting cotton fabrics in a neutral color family. Very subtle textures are OK but no strong prints, please. Choose colors in one family with similar values, such as ALL light grey, ALL medium grey, ALL black, ALL tan, ALL navy, etc. If you use prints, make sure they are very small and low-contrast. Yarn dyed wovens are nice for this project and provide a texture contrast to the printed cottons.
- ☐ **Accent fabrics:** choose strong, bright, modern colors. Solids or subtle textures/prints.
- ☐ **#8 or #12 perle hand quilting cotton thread**

Tools/Equipment:

- ☐ **Home sewing machine with walking foot**
- ☐ **Iron and ironing board**
- ☐ **Small scissors and fabric shears**
- ☐ **Seam ripper**
- ☐ **Rotary cutter**
- ☐ **Cutting mat**
- ☐ **Quilting ruler**
- ☐ **Fabric marking pen**
- ☐ **Straight pins**
- ☐ **Wooden chopstick**
- ☐ **Note pad and pencil/pen**
- ☐ **Cell phone or digital camera**
- ☐ **Sashiko or embroidery needle**

Please Note: Try out your walking foot attachment before class until you are confident it is working properly.

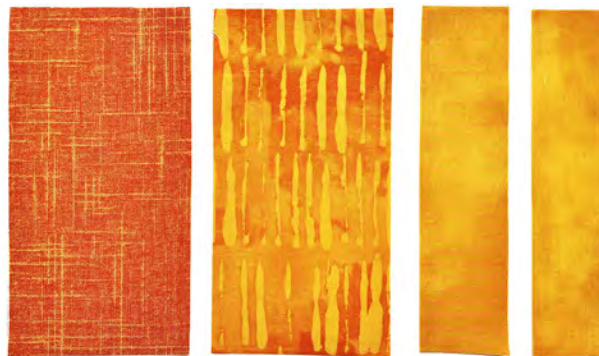
Please cut fabric & batting before class, so you can have as much time as possible to work on your mini quilts.

Cotton batting:
5" x 5" (cut 6–8)

Cotton backing:
5" x 5" (cut 6–8)



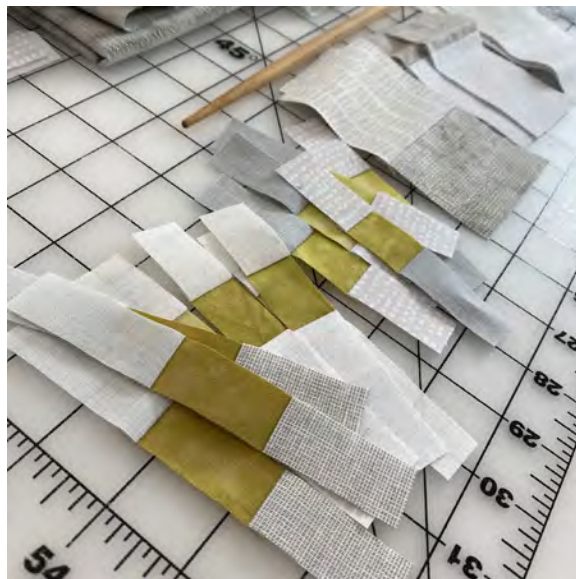
6–8 neutral fabrics:
4" x 6" (cut 3–4 each)



Accent fabrics:
Cut two: 4" x 6"

Cut one: 1.5" x 6"
Cut one: 1.25" x 6"

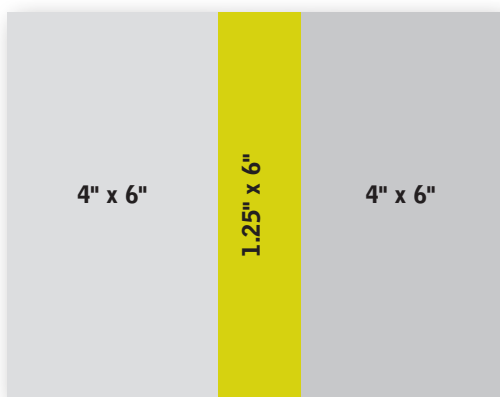
1: Assemble your materials



Gather your fabrics and supplies together. Please follow the directions on page 2 and cut out your fabric and batting before class.

The directions below are notes for your reference to use during class. **You do not need to do any sewing in advance.**

2: Prepare accent strip sets

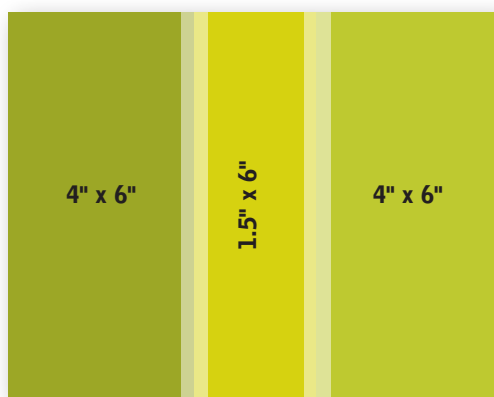


3/4"
wide:



Strip set one: sew two 4" x 6" strips of neutral fabric with a 1.25" x 6" accent fabric in the center, quarter-inch seam allowances.

Sew this set with **right** sides together and seams on the back, pressed away from the center.



Strip set two: sew two 4" x 6" strips of accent fabric with a 1.5" x 6" accent fabric in the center, quarter-inch seam allowances.

Sew this set with **wrong** sides together and seams on the front, pressed open.

Cut 3-4 slices from your accent strip sets that are 3/4" wide.

3: Audition your composition



Using one accent strip and three other pieces of neutral fabric, play with composition using a piece of 5" x 5" cotton batting as the base. (Leave the backing off for now.)

4: Sew down the first 2 pieces



With the accent strip face up, place one of the other pieces face down on top, aligning the edges. Sew with walking foot from center outward, with a scant quarter inch seam. Allow your fabric and stitching to go beyond the batting.

5: Open up and press



Fold back the top fabric and press. I like to use light steam, but don't push too hard as you may distort the small pieces.

NOTE: you are sewing directly onto the batting, with no backing fabric.

6: Sew down the next piece



Place another neutral piece face down on top of the accent strip, aligning the edges. Sew with walking foot from center outward, with a scant quarter inch seam.

7: Open up and press

Fold back the second top fabric and press. You should have a quarter inch visible of the accent strip.

8: Sew down the final piece

Align the edge of final neutral piece face down to match up with the pieces already sewn. Sew across with a scant quarter inch seam.

9: Open up and press

Fold back the last top fabric and press.

10: Flip over and trim

With your piece face down, trim off any overlapping fabric, leaving a 5" x 5" square.

11: Check your work

Your pressed, trimmed blocks should look something like this. It's OK if your blocks are slightly smaller than 5" x 5", just make them all the same size.

12: Stay-stitch the edges

With your stitch length a little shorter, stay-stitch the raw edges, 1/8" from the edges.

13: Add hand-quilting patterns

Using 8 or 12 weight perle cotton and a sashiko or embroidery needle, add some hand quilting patterns to your compositions. Keep your stitches small.

You can easily skip this step — they look just as great with no additional quilting required.

14: Ready for finishing!

Press lightly again to make sure everything is nice and flat.

15: Sew backing fabric

Place your backing fabric face down on your composition. Mark 2 spots, about 1" from the corners on one edge. Stitch around the edges with a 1/4" seam allowance, leaving a space open for turning.

16: Press and trim

Give it one more press, then trim the corners, being careful not to cut your sewn lines.

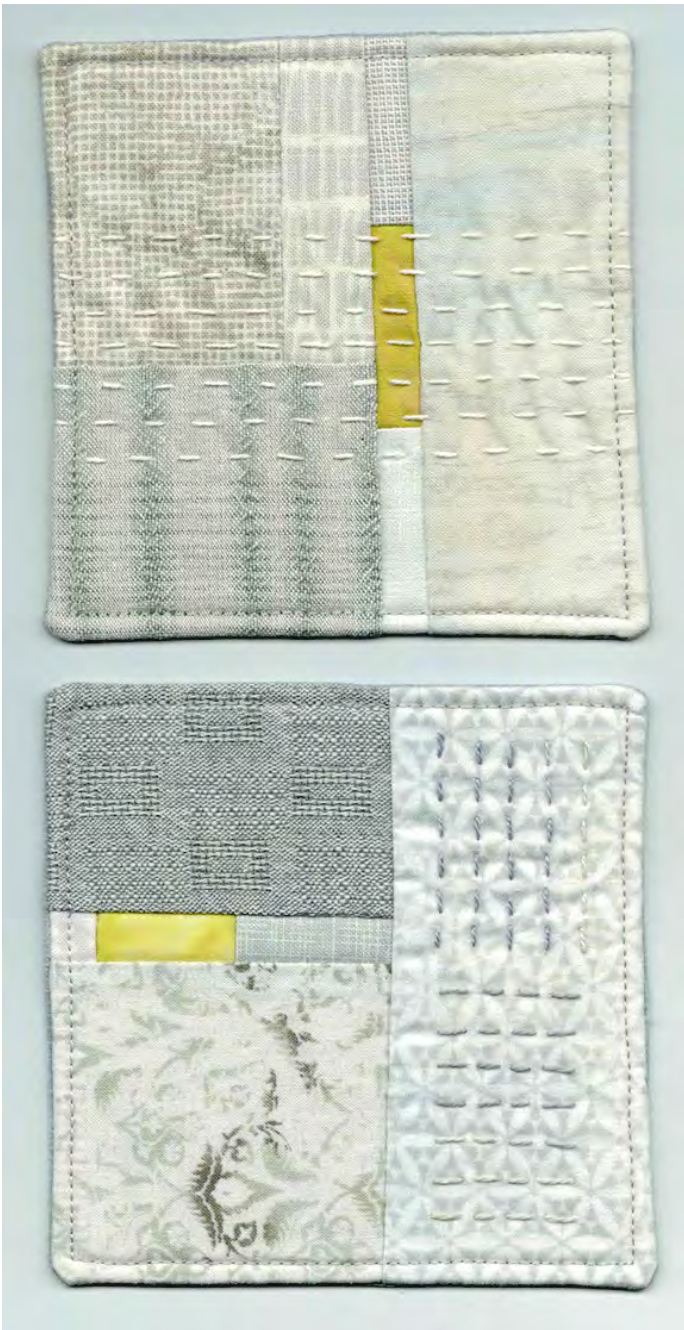
17: Gently turn right side out

Turn right side out, using a wooden chopstick to help push out the corners. Be gentle and try not to stretch or poke the fabric.

18: Press and top stitch the edge

Press lightly again to make sure everything is nice and flat. Top stitch the edge with a 1/8" seam allowance. Leave thread tails slightly long and bury the threads into the batting.

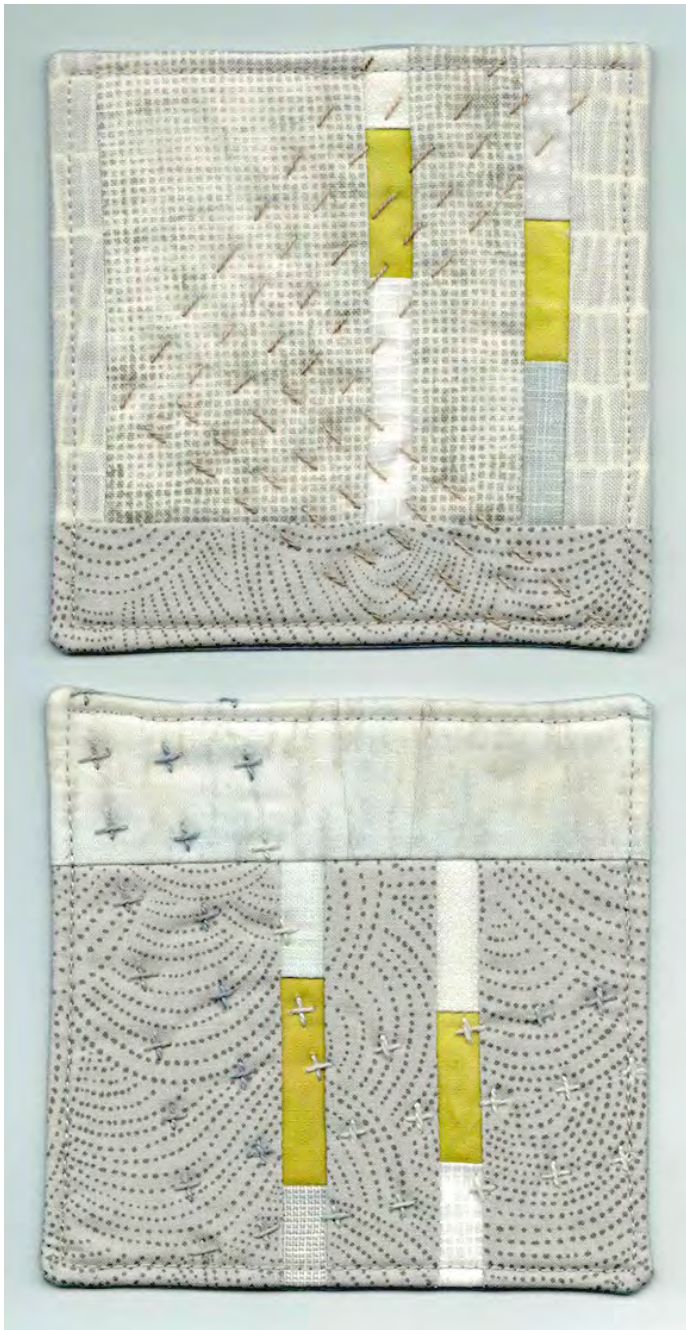
Hand quilting ideas: straight lines



Hand quilting ideas: crosses



Hand quilting ideas: angles



Hand quilting ideas: curves

