

# Hand Quilting Class

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## Supplies:

### Hoop

- There are many kinds and sizes of quilting hoops – I prefer a smallish lap size wooden hoop so I can carry my work throughout the house. Q-snap style hoops are great because you can adjust tension easily. It's just personal preference.

### Needles

- Big stitches: I use chenille needles (any brand) I use Size 22 for #5 Perle and Size 24 for #8 Perle
- Traditional Hand Quilting: I use betweens needles (any brand) I recommend a pack that has various sizes you can decide your favorite. In general, a smaller needle = smaller stitches, but slightly larger is easier for beginners.

### Thread

- Big stitches: I like perle cotton (vs. embroidery floss) because I think it stands up to abuse better.
  - Traditional hand quilting: look for special hand quilting thread that is coated or polished for smoother sewing. It doesn't work in machines, btw. It's not required, but it helps.
  - Don't cut your thread too long. Different brands have different sturdiness, but a general rule is 18" or the length from wrist to elbow.

### Marking tool

- There are many options! I use a graphite pencil or a white lead mechanical pencil for complicated designs, and a hera marker for marking straight lines.
- For echo quilting around your piecing, you can make a mark on your finger to create a visual reminder of the distance you want to be quilting from each seam.

## Knots:

- There are two basic knot options:
  - A standard basic knot. I prefer this for perle quilting
  - A quilter's knot. I prefer this for traditional hand quilting – you can look up videos on-line
- Burying thread:
  - Insert needle into fabric about a half inch from where you want to start, pop up needle point at starting point. Pull through till the knot is against the fabric
  - Gently tug to "pop" the knot in between the quilt layers to bury the knot
  - Tip: Bury knots from the back of your quilt to help your "better" side look more polished.

## Stitching

- **Stitch Length:** Consistency is more important than length. You might notice as you get more experienced your stitches get shorter.
- **Stitch type:** There are two general methods of hand quilting:  
"Stab Stitching" just insert the needle at 90 degrees each time

"Rocking stitch" using your thimble, load up a couple of stitches on your needle by rocking it up and down. This method can be awkward to learn, but I think it's worth it. Youtube it!