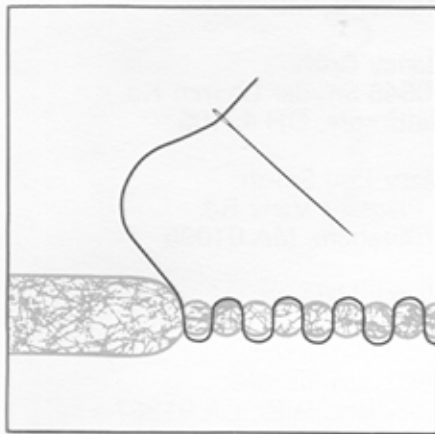


Your fingers beneath the quilt will get very sore from needle pricks. A bandage will help pad your finger so you can still quilt.



STITCHING THROUGH THREE LAYERS

How to Quilt:

1. Thread the needle and knot one end.
2. Put the needle into the quilt top about 1/2 inch away from where you want your first stitch to begin.
3. Draw the needle up where your first stitch is to start. (The needle is to go down only into the batting for this stitch, not through to the backing.)
4. Tug gently to pop the knot down through the quilt top into the batting. If the knot does not pop through, try making the thread hole a bit wider by sticking your needle into it and holding it open as you tug the thread. When the knot pops through, it will be secured and hidden. (No one should be able to tell where you begin or stop quilting with a thread; your aim is to give the effect of one endless thread.)
5. Take a running stitch through all 3 layers of the quilt. (One hand guides the needle; the other hand feels to make sure that every stitch is going through to the back of the quilt.) Take as many stitches as you can comfortably take. Your aim is to make them small, straight, and with an even amount of space between each stitch. Some expert quilters take only one stitch at a time. I feel this is a hard way for beginners to learn, however, and think you should learn to do a running stitch first.
6. When you want to end a line of quilting because you finish an area or run out of thread, you can take a couple of back stitches in a seam where they won't show. If you're not near a seam, carefully take a few small stitches over the last quilting stitches you've done. In either case, when you take your last stitch, draw the needle through the batting (but not through the backing) and bring it up about an inch away from where it entered. Clip the thread close to the spot it comes out, and allow the thread to be pulled back into the quilt.

Quilting on a Hoop

Even the largest quilt can be quilted on a hoop. A quilting hoop is great to work with because it's large enough to allow you to work on a large section of the quilt at one time, yet small enough to be portable.

If you have a large group of people who want to quilt together, however, you'll need to use a large quilting frame.