

# 4-H Fibres and Fabrics Series

## Discovering Rag Time Patchwork Quilts

### Welcome 4-H Leaders!

Welcome to the “Discovering Rag Time Patchwork Quilts” project. There is lots of information, fun facts, and hands on activities that cover basic sewing principles. This guide provides you with project meeting plans (**Skill Builders**) that include, a skills list, background information, activity suggestions, and ways to know if your members have learned the skills identified. In short, all the information and tools necessary to make this project a rewarding one for you and your members.

Members will examine, by **learning to do by doing**, the different kinds of fabrics and their fibres and basic sewing techniques required to make garments and a variety of other items. The Leader Guide is written with the expectation that the project leader(s) will have a working knowledge about sewing. If not, you may need to do some pre-work / research on the activities, or recruit assistance for certain sections.

Be sure to try out activities, demonstrations or hands on work ahead of time to ensure you have an understanding of each Skill Builder - this allows for any adjustments should an activity not work for you or if any equipment or supplies are unavailable.

**The 3D's of Learning** - Each Skill Builder has three sections of learning called “Dream it!”, “Do it!” and “Dig it!”. Below is a description of each.



**Dream it! Plan for Success** - this gives members a chance to help plan their activities. A skills checklist, background information, important words, and activating questions are included in the Member Manual so they will be able to think about the topic and activity and decide how they will approach it. The Leader Guide contains in-depth background information on the topics, material lists, suggestions, time requirements for activities, and activating, acquiring, and applying questions to engage member’s thinking through each step of the learning process.

**Do it! Hands on learning** - this is where members are engaged in the activity planned / discussed in the *Dream it!* Section. Here members are doing the activities and leaders are observing, recording, and providing feedback on how well they are doing. Allow as much individual practice as required; you are assessing the progress and understanding of individual members.

**Dig it! What did you learn?** - this simply means that members and leaders need to ‘dig into their learning’. For the learning cycle to be completed, both need to reflect on how things went and how well they did. For members, this involves self-assessment, giving feedback, creating meaning from their experiences, and thinking about what they would do differently next time. Once this is done they will be in a good position to apply what they have learned to the next experience.

**The sequence of project meetings and specific skill building outcomes for members in this project are on the chart on the following page.**

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- Draft 2009 -

# What Skills Will You Learn?

Each section or Skill Builder (or Builder) in this project has activities that will help your project group learn to do by doing while learning new skills and having fun!

## DISCOVER

To complete this project, you must:

- Complete the activities in each Builder **OR** a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement (See the inside back cover for more information about 4-H Achievements).

	Members will be able to...	Activities	Page
Skill Builder 1	Tools of the Trade <ul style="list-style-type: none"> <li>• Identify quilting tools</li> <li>• Understand batting and quilting fabrics</li> <li>• Plan their rag quilt.</li> </ul>	<ul style="list-style-type: none"> <li>• Quilt Mania!</li> <li>• Designing your rag quilt</li> </ul>	9 10
Skill Builder 2	Making the Cut <ul style="list-style-type: none"> <li>• Cut with a rotary cutter</li> <li>• Work with quilt batting and flannelette</li> </ul>	<ul style="list-style-type: none"> <li>• Rag Quilt</li> </ul>	15
Skill Builder 3	Quilt It! <ul style="list-style-type: none"> <li>• Identify 3 main ways to quilt a quilt top</li> <li>• Understand the impact quilting has had in rural Manitoba</li> <li>• Make a rag quilt block</li> </ul>	<ul style="list-style-type: none"> <li>• Let's Talk About It!</li> <li>• Rag Quilt</li> </ul>	20 21
Skill Builder 4	Scrap Quilts <ul style="list-style-type: none"> <li>• Identify how quilting can be environmentally friendly</li> <li>• Piece rag quilt rows together</li> </ul>	<ul style="list-style-type: none"> <li>• Discover Scrap Quilts</li> <li>• Repurpose It (<i>Optional</i>)</li> <li>• Rag Time Quilt</li> </ul>	27 27 27
Skill Builder 5	Sew, Sew, Sew <ul style="list-style-type: none"> <li>• Accurately join rows to form a quilt top</li> </ul>	<ul style="list-style-type: none"> <li>• Rag Quilt</li> <li>• Getting to the Point (<i>Optional</i>)</li> </ul>	32 32
Skill Builder 6	Finishing Touches <ul style="list-style-type: none"> <li>• Design and create a label for their quilt.</li> <li>• Identify a variety of ways to sell their sewing</li> <li>• Finish a rag quilt.</li> </ul>	<ul style="list-style-type: none"> <li>• Match It Up</li> <li>• Rag Quilt</li> <li>• Designer Label</li> </ul>	37 38 38
When you successfully complete your builders, you will showcase what you have learned.			
Showcase & Portfolio	<ul style="list-style-type: none"> <li>• Explain success in using the skills listed above</li> </ul>	<ul style="list-style-type: none"> <li>• Showcase Challenge</li> <li>• My Portfolio Page</li> </ul>	43 45



## Showcase Challenge and My Portfolio Page

At the end of the members' section are the “**Showcase Challenge**” and “**My Portfolio Page**”. The Showcase Challenge page gets members to think about their accomplishments and explain or demonstrate how they were successful. There are a number of suggestions along with planning information to help them decide how they will best “showcase” their learning to friends, family, community members and/or fellow 4-H members.



Record keeping is an important part of every 4-H project. “**My Portfolio Page**” is a graphic organizer used to keep track of members' 4-H experiences. As each member learns skills, the evidence of learning (through participation and completion of the various activities) is recorded on the page. When the Portfolio Page has been completed and confirmed by the leader, then it becomes a record of the member's completion of the project and participation in other 4-H activities beyond the project.

**4-H leader assessment** of members will happen throughout the project as you assess the progress and understanding of individual members. You need to observe the members doing the skill and record what you see and hear. Your feedback should be positive and descriptive (not just “well done”). Share that feedback with members frequently so they can put your suggestions into action. How you choose to observe and record is up to you. Some methods are to create checklists, videos and notes while encouraging discussions, peer observations and questions. Recognize that members may improve over the course of a builder and that records should be updated to reflect when they demonstrated their best learning. You are discussing how well members are meeting the skills checklists that are at the beginning of each of the project books, in each Builder and on the Portfolio Page.

Projects promote technical, communication, meeting management, and leadership skills, as well as community involvement and real-world experiences. In addition to the specific skills members are to learn in each builder, the following general learning goals for members are important: Following instructions - Working with others - Using supplies safely - Using the key words - Improving with practice - Respecting timelines.

### 4-H Project Series Skill Development Levels

Each project topic series contains three levels of skill development: explore, discover, and master.

**Explore** - each project series has is one project outlining the fundamentals. All members will be expected to complete the Explore level project before moving into the Discover level of projects. It introduces the basic skills and terms needed by members for subsequent projects in that series.

**Discover** - each project series has several project options and members are encouraged to take as many as they would like. At this level, members practice topic specific techniques and gain theme related skills through specialized builders.

**Master** - multiple project options encourage members to specialize in a topic. They may branch out and take advantage of community options such as cooking for a canteen or participating in a food drive. The leader's role is to look for opportunities for their members to have more authentic experiences by: working with other mentors, partnering with outside agencies, participating in exchanges, entering competitions, etc. Projects at this level may include the “Partner-a-Project” whereby pre-approved courses will allow members to advance their skills, while applying their learning to the 4-H program.

## 4-H LEADER TIPS FOR SUCCESS!

### DISCOVER

- ◆ To complete, members **must** complete all the activities referred to on the “Project Completion Requirements” page **OR** alternate idea for an activity that would teach the same skill or an age appropriate variation. If activity substitutions are used, be sure to have the member make note in their manuals.
- ◆ Dependent on time available at each meeting, group size and abilities of group members, you may wish to break the Builders into more than one project meeting.
- ◆ The internet has lots of interesting websites and educational activities. You may choose to use a search engine to explore the options available. We do not endorse any website or the safety or functionality of any products they may sell. Information/products will be used at your own discretion.
- ◆ Safety is a number one priority. Care has been taken to create safe, age appropriate activities throughout this manual. As leaders, it is important for you to emphasize safety rules and manage or adapt activities in a manner that will safely match your members abilities. Ensure members have a good understanding of safe working and handling practices when using tools, that they use the appropriate safety equipment when necessary, and that appropriate supervision is provided. A quality experience needs to be a safe experience.
- ◆ The multiple intelligences theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of “intelligences” and weaker in others. It follows that the more ways we teach, the more members we will reach. Throughout this project, you will find a mix of writing, reading, hands-on work, artwork, self-evaluation, group discussion and math calculations. Teaching projects using a broad blend will help increase the learning potential of all members.
- ◆ Projects are designed to teach many skills. However, the 4-H member is always more important than the subject matter. Stress cooperation in the activities where possible to develop teamwork and cooperation skills. These are valuable skills that will assist them in a number of settings. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning appropriate tasks or roles based on member’s individual abilities. Modelling and expecting supportive behaviour (i.e. no “put-downs”) amongst members, or by other adults, also contributes to a positive experience.
- ◆ There will be opportunity for experimentation and applying skills that members have learned throughout this project. Experimenting can be frustrating, but learning through trial and error is an important life skill. Explain to members that it is alright to either go onto the next builder or do the builder again if they need the practice. Help the members work through their challenges until they are satisfied with the quality of their designs. Creating inventive 4-H members will be very rewarding.
- ◆ Celebrating success is an important but sometimes overlooked part of our lives. We encourage you to use the final section to empower the members by celebrating all they have learned in a fun manner. Anything that you do to add to the spirit of fun and the sense of accomplishment of each member will likely be remembered as the high-light of their 4-H year.



Have fun and thanks for your belief in young people!



# Skill Builder 1: Tools of the Trade

## Skills Checklist

- Identify quilting tools.
- Understand batting and quilting fabrics.
- Plan their rag time quilt.



DISCOVER

## Dream it!

### Background for Leaders

#### Quilting tools

In addition to basic sewing tools there are quilting tools that help to streamline cutting and piecing.



**Rotary Cutter and Mat** - The rotary cutter has revolutionized the piecing part of quilting. With it, you can cut longer lengths of fabric more evenly and accurately than you can by hand. You can cut multiple layers of fabric at one time. When you cut fabric with a rotary cutter, you need a cutting mat made specifically to protect your table and the cutter blade. Cutting mats come in all sizes. The best choice is 18x24 inches with a measuring grid printed on one side.

**Rulers and Cutting Guides** - You need a ruler for measuring and to guide the rotary cutter. There are many appropriate rulers on the market. Look for rulers made of 1/8" thick acrylic that include lengthwise and crosswise guidelines, as well as lines for marking 45° angles. There are many sizes of squared rulers to use with a rotary cutter. These are especially helpful when you straighten completed blocks, cut fabric on the diagonal, or need to cut several of the same shape. A straight ruler that measures in 1/8" increments is also very useful. Some rulers come with yellow and black lines. The yellow to use on dark fabric and the black on light. This is very useful.

**Marking** - Fabric markers come in two types: Permanent and non-permanent. Templates are often traced with sharp pencils. Mechanical pencils with HB lead make thin lines which are good for template tracing. Use a metallic, white pencil or chalk maker to mark dark fabrics.

**Pins and Needles** - Quilters pins are extremely sharp with large heads so they are easier to handle and extra-long to pin multiple layers of cloth. Safety pins are useful for many things. As you learn to quilt you may want to use safety pins to keep the three layers of a quilt together as you machine quilt. Use sewing needles sized for cotton fabrics (size 70/10 or 80/12). You also need hand sewing needles (sharps) and hand quilting needles.



**Iron and Ironing Board** - Frequent and careful pressing are necessary to ensure a smooth, accurately stitched quilt top. Place your iron and ironing board, along with a plastic spray bottle of water, close to your sewing machine.

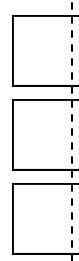
## Machine Piecing

Use a straight stitch sewing machine to quilt. The sewing machine needle should be sharp and properly sized for cotton fabrics. Change the needle often as dull or bent needles can snag and distort your fabric and cause your machine to skip stitches. Set the stitch length as 10 to 12 stitches per 2.5 cm.

### DISCOVER

Most seams used in quilting are 6 mm. Some sewing machines have a 6 mm guide on their plate. For others, the outside of the presser foot makes a 6 mm measure. If your sewing machine does not have a 6 mm guide, use masking tape to create a guide on the machine plate.

You can save time and thread by chain piecing. Place the pieces that are to be joined right sides together and raw edges even; pin as necessary. Stitch the seam, guiding the pieces along the edge of your masking tape guide. Do not lift the pressure foot or cut the threads when you reach the end. Feed the next set of pieces as close as possible to the last set through your machine. Sew as many as you can at one time; backstitching is not necessary. Clip the threads between the pieces before pressing.



## Pressing Patchwork

The goal of pressing is to set seams and remove wrinkles without stretching or distorting the fabric. Always lift the iron to move it from one position to the next. Use an up and down motion, rather than a sliding motion. Press rather than iron all seams and completed projects.

Develop the habit of pressing as you go when sewing. Press a seam before crossing it with another seam or joining seamed pieces. Press a seam first with right sides of fabric facing to embed stitches. Then press seam allowances to one side.

Seam allowances pressed to one side form a barrier to prevent batting fibres from migration out between stitches and are stronger than seams that have been pressed open. In addition you only have to deal with them on one side of the seam when you quilt.

Press patchwork seam allowances toward the darker of the two fabrics so that seam allowances will not show through the lighter fabrics.

For seams that meet and for corners or points, press seam allowances in opposite directions. Ideally seam allowances that will be on top when you join units should be pressed away from you and toward the sewing machine for easier matching.

Finger pressing is a method for forming temporary guidelines by taking fabric between your fingers and rubbing it to make a temporary crease.

To finger press place the darker fabric on top and right sides facing. Open up the top fabric to reveal right side of seam. Finger press along length of seam. Next, carefully press along right side of seam, pressing seam allowances to one side.

## Fabrics

For best results, select lightweight, closely woven 100% cotton fabrics. Cotton fabric wears well, holds a seam, can be washed and ironed, and feels good against the skin. Look for fabrics with a firm weave, not too tight and not too loose. A very tight weave is difficult to quilt. A loosely woven fabric frays easily, stretches out of shape, and won't hold a seam very well.

Two main factors determine which fabrics to combine; the characteristics of the prints (creating visual texture and creating character or a mood) and colour of the fabric (creating a colour scheme and contrast in hue or value).

Try combining small, medium and large prints. Using prints of various design scales adds to the visual texture of a quilt. Include light, medium and dark value fabrics so quilts have contrast.

DISCOVER

A simple approach to combining fabrics is to choose one fabric that contains several colours. Then select other coordinating fabrics.

Using formal colour relationships, such as monochromatic, analogous, or complementary colour schemes is another approach. Work within a specific colour scheme, or use colour to create an illusion such as depth. Choose a particular mood or character you want your quilt to have and select prints and colours that contribute to the mood.



Studying how other quilters combine their colours will help you to see what is appealing.

All quilt fabrics should be washed prior to sewing. This is to ensure they will not shrink when the quilt is washed and to eliminate any fabrics where the dye runs.

### Batting

Batting is the middle layer of a quilt. It can be made of cotton, wool, or polyester. Consider several factors when choosing batting. How do you want the quilt to look? How close will the quilting stitches be? Are you hand or machine quilting? How will the quilt be used?

Batting is made from different fibers. If you prefer an old-fashioned looking quilt, consider using a mostly cotton batting. The newer cotton battings are bonded and do not require the close quilting that old-fashioned cotton battings once did. If you don't want to do a lot of quilting, use a regular or low-loft polyester batting. If you like "puffy" quilts, use a high-loft polyester batting. Wool battings are also available.

If you are not sure which batting is right for your project, consult the professionals at your local quilt shop.

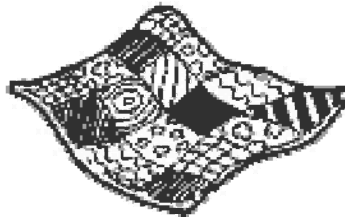


## DISCOVER

### Important Words

Help members define the following words and listen for them using these words in their discussions. To increase the member's understanding try providing a synonym members know or provide examples. The more personalised the examples the better.

Patchwork	Stitching small pieces of fabric together in distinctive patterns. The result is called patchwork. The process is called piecing.
Block	The basic unit of a quilt top.
Batting	Batting is the middle layer of a quilt. It can be made of cotton, wool, or polyester.
Flannelette	A lightweight cotton or man-made fibre fabric that is napped on both sides., A soft fabric.



### Age Considerations

8 and up

### Thinking ahead

1. What will you have your members bring to the first meeting?
2. What will you discuss with members? Gather observations and think of examples that will help support your discussion

### Preparing for Success

- Ask members how they know they will be successful in this builder. Discuss what success looks like, sounds like, and feels like.

### Activating Strategies

- Activate member's prior knowledge of quilting. Are they familiar with the different types of quilts? Do they know any quilt block names? Review what sewing skills they will need to make a rag time quilt.



# Do it!

## Quilt Mania!

Time Required: 20 minutes

Equipment and Supplies: pencil

Instructions: Complete the word search



A	W	R	U	C	P	L	G	B	L	O	C	K	S
O	C	U	T	T	I	N	G	M	A	T	W	F	M
L	G	N	I	C	E	I	P	H	Z	E	J	Y	Q
P	T	F	E	U	Q	I	L	P	P	A	R	U	H
P	A	T	C	H	W	O	R	K	M	X	I	F	G
R	X	A	L	A	L	O	P	G	T	L	U	H	G
T	Z	B	H	I	V	I	K	S	T	D	V	N	E
R	L	A	Z	K	U	U	J	I	N	F	I	F	T
E	E	T	L	B	N	Q	N	D	D	S	J	K	A
T	R	T	O	X	P	G	R	R	S	H	B	W	L
T	U	I	T	C	D	B	X	E	G	P	C	U	P
E	I	N	H	U	O	U	R	A	L	O	G	S	M
L	A	G	U	R	C	P	E	G	K	P	F	A	E
E	S	P	D	C	R	Y	N	K	Q	V	M	U	T
N	P	E	D	E	V	I	R	J	T	X	G	A	C
N	R	O	G	F	D	W	W	A	W	C	D	Z	S
A	X	N	J	N	N	Q	N	O	T	T	O	C	O
L	I	Y	I	R	U	L	E	R	R	O	H	U	I
F	G	B	M	N	Y	T	U	Y	J	B	R	K	X

RULER ROTARY CUTTER CUTTING MAT BATTING	COTTON FLANNELETTE PATCHWORK BLOCKS	BORDER BINDING PIECING SAMPLER QUILT	TEMPLATE QUILTING FINGER PRESSING APPLIQUE
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## Designing Your Rag Quilt

Rag quilts are an old fashioned favourite. They have exposed seam allowances on their fronts and finished traditional seams on the back. Design your own rag time quilt.

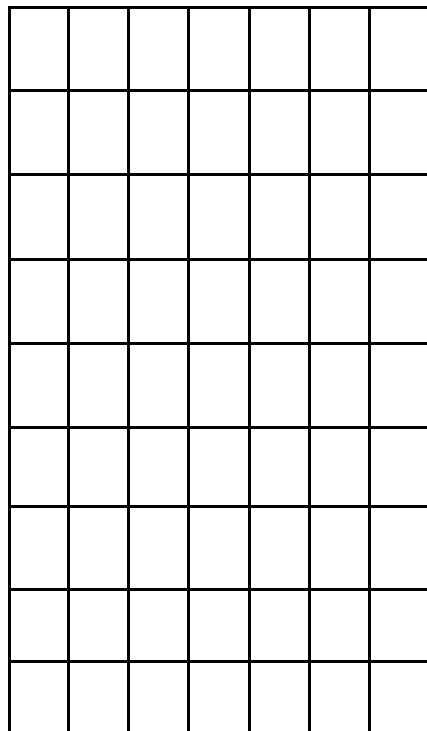
**Time Required:** 1½ hour

**Supplies and Equipment:** Flannelette, quilt bat, thread, pencil crayons or markers,

### Instructions:

These instructions are for a small rag quilt 105 cm x 135 cm. If you choose to change the size of the quilt you will also have to change the amount of fabric required.

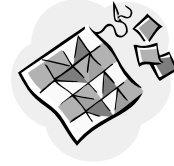
- 1 This quilt will consist of 63 20 cm squares on the front and 63 20 cm squares on the back. You will need 63 15 cm squares of quilt batting Plan what you would like your quilt to look like. Will it have a variety of flannel prints, will it be two solids in a checkerboard pattern, will it be one print and one solid, etc. What pattern will the blocks make when they are sewed together? What will you use for the back? Will it have a pattern as well?
- 2 Using markers or pencil crayons colour in what you want your quilt to look like.
- 3 Make a trip to the fabric store to purchase your fabric and quilt batting or use flannelette pieces from home. Make sure you have enough fabric if you are using scrap pieces from home.



# Dig it!

Members will now have an understanding of the tools and fabrics required to make a quilt. They will have gone through the process of planning a quilt. Have them reflect on their learning by asking the following questions:

- What fabrics are suitable for quilt making? Are the fibres natural or man-made?
- List 3 tips on how to press a quilt block.
- When planning a quilting project what should you consider?



## What's next?

In the next builder members will learn about using a rotary cutter. Members will cut out the squares for their rag quilt. To get members thinking about the next lesson have them discuss how a rotary cutter might work and what would be some benefits of using a rotary cutter vs scissors. Make a list of the supplies needed for the next meeting.

## Leader's Notes



## Skill Builder 1: Tools of the Trade

**Needles Says...**

There are many quilting tools available:

- Rotary Cutter and Mat
- Rulers and Cutting Guides
- Marking Tools
- Pins and Needles






### SKILLS CHECKLIST

- Identify quilting tools
- Understand batting and quilting fabrics
- Plan your rag quilt

### Important words


Watch for these important words throughout this builder:  
**Patchwork, • Block, Batting, Flannelette**

### Dream it!

<p><b>Quilting Basics</b></p>  <ul style="list-style-type: none"> <li>• Use a sharp needle sized according to the fabric</li> <li>• Change the needle often. Don't sew with a dull needle</li> <li>• Set stitch length to 10-12 stitches per 2.5 cm</li> <li>• Most seams are 6 mm</li> <li>• Save time and thread by chain piecing.</li> </ul> 
<p><b>Pressing Patchwork</b></p> <ul style="list-style-type: none"> <li>• Pressing sets seams and removes wrinkles without stretching or distorting the fabric. Press rather than iron all seams.</li> <li>• Develop the habit of pressing as you sew.</li> <li>• Press seams to one side towards the darker fabric</li> </ul>
<p><b>Fabrics</b></p>  <ul style="list-style-type: none"> <li>• For best results choose lightweight closely woven 100% cotton fabrics.</li> <li>• All fabrics should be washed before sewing.</li> <li>• Combine small, medium and large prints to add interest.</li> <li>• Include light, medium and dark value fabrics for contrast.</li> <li>• A simple way to combine fabrics is to choose one fabric that contains several colours. Then select other coordinating fabrics.</li> </ul>
<p><b>Batting</b></p> <ul style="list-style-type: none"> <li>• Batting is the middle layer of a quilt and can be cotton, wool or polyester.</li> <li>• When choosing batting consider how you want the quilt to look, how close will the stitches be, are you hand or machine quilting, and how will the quilt be used.</li> <li>• If not sure which type to choose ask the quilt shop staff.</li> </ul>

**Do it!**  
 Quilt Mania!

What will you need: Pencil



### DISCOVER

A W R U C P L G B L O C K S  
 O C U T I N G M A T W F M  
 L G N I C E I P H Z E J Y Q  
 P T F E U Q I L P P A R U H  
 P A T C H W O R K M X I F G  
 R X A L A L O P G T L U H G  
 T Z B H I V I K S T V N E  
 R L A Z K U U J I N F I F T  
 E E T L B N Q N D D S J K A  
 T E R T O X P G R R S H B W L  
 T U I T C D B X E G P C U P  
 E I N H U O U R A L O G S M  
 L A G U R C P E G K P F A E  
 E S P D C R Y N K Q V M U T  
 N P E D E V I R J T X G A C  
 N R O G F D W A W C D Z S  
 A X N J N N Q N O T O C O  
 L I Y I R U L E R R O H U I  
 F G B M N Y T U Y J B R K X

### Word List

RULER ROTARY CUTTER CUTTING MAT	COTTON FLANNELETTE PATCHWORK	BORDER BINDING SAMPLER QUILT	TEMPLATE FINGER PRESSING APPLIQUE	BATTING BLOCKS	PIECING QUILTING
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### Needles'



### Fun Facts!

Did you know old quilts tell a story? People began immigrating to Canada in the 1800's. The materials and patterns they used demonstrated their domestic situations and the traditions of where they came from. English women in Newfoundland sewed stripy quilts. Scottish colonists from P.E.I sewed with plaid or checkered patterns and Irish people sewed the Irish chain pattern. Russian Mennonites made wool quilts. Scandinavians embroidered quilts with cross-stitch and the English moving west made the Grandmother's Flower Garden Pattern. Gold seekers went to B.C. (mostly English) and they favoured the Log Cabin and Wedding Ring quilt design.

# In the Member Manual



## Designing Your Rag Quilt

Rag quilts are an old-fashioned favourite. They have exposed seam allowances on their fronts and finished traditional seams on the back.

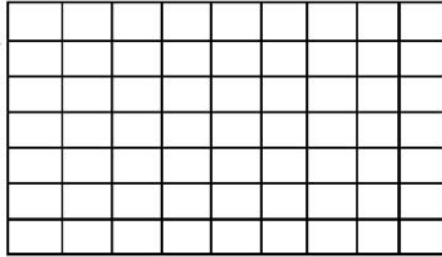
**What will you need:** Flannelette, quilt bat, thread, pencil crayons or markers

**DISCOVER**

### Let's Quilt!

These instructions are for a small rag quilt: 105 cm x 135 cm. If you choose to change the size of the quilt you will also have to change the amount of fabric required.

1. This quilt will consist of 63 20 cm squares on the front and 63 20 cm squares on the back. You will need 63 15 cm squares of quilt batting. Plan what you would like your quilt to look like. Will it have a variety of flannel prints, will it be two solids in a checkerboard pattern, will it be one print and one solid, etc. What pattern will the blocks make when they are sewed together? What will you use for the back? Will it have a pattern as well?
2. Using markers or pencil crayons colour in what you want your quilt to look like.
3. Make a trip to the fabric store to purchase your fabric and quilt batting or use flannelette pieces from home. Make sure you have enough fabric if you are using scrap pieces from home.



### Sew Much Fun

Quilting Assistant & Resource Website - Free patterns, fabric calculators, and quilting hints and tips [www.quiltingassistant.com](http://www.quiltingassistant.com)



### Dig it!

Think about this builder and the activities you did ...

#### Record it ...

Review the Skills Checklist on page 3. What skills have you developed? Do you need more practice?

#### Apply it ...

Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page needed for quilting!

### What's next?

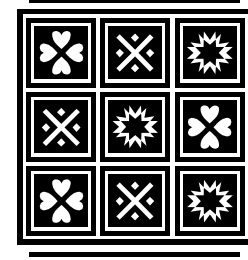
The next builder will teach you how to use a rotary cutter. You will cut out the squares for your rag quilt. Think about how you would cut out more than one quilt square at once. What would be the benefits of using a rotary cutter vs scissors. Make a list of the supplies needed for the next meeting.

# Skill Builder 2: Making the Cut

## DISCOVER

### Skills Checklist:

- Cut with a rotary cutter
- Work with quilt batting and flannelette



## Dream it!

### Background for Leaders

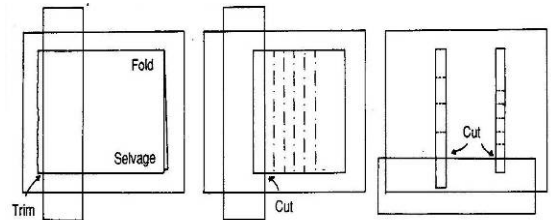
#### Rotary Cutting Quilt Blocks

Rotary cutters and rulers make for template free quilting. They provide quick cutting accuracy and allow simple sewing techniques. One to 16 layers of fabric, depending on fabric weight and degree of accuracy required can be cut at one time.

Strips are cut across the width of the fabric and then these strips are cut into the required pieces. Most pieces can be cut using a wide quilting ruler with a marking for a 45° angle. Specialty rulers are available for cutting specific patterns, such as diamonds. Tape a thin strip of sandpaper across the width of see through rulers, using double stick tape, to prevent the ruler from slipping when you are cutting fabric.

#### How to Cut Fabric Using Quick Cutting Techniques

1. Fold fabric in half, selvages together. Hold the selvage edges letting fold hang free. Shift one side of the fabric until fold hangs straight. Fold line is on the straight of grain. You may want to fold in half again so that there are 4 layers of fabric.
2. Lay fabric on cutting mat, with fold along a grid line. Place ruler on fabric close to raw edge at 90° angle to the fold. Trim along edge of ruler using the rotary cutter, taking care not to move the fabric.
3. Place ruler on fabric, aligning trimmed edge with measurement on ruler to the width of strip you want to cut; cut along edge of ruler. After cutting several strips, check fabric to be sure cut edge is still at 90° angle to fold as in step 2.
4. Cut squares and rectangles from strips. Three or four strips may be stacked with the edges matching exactly. Place the ruler on fabric near selvages at 90° angle to long edges of strips. Trim off selvages. Place ruler on fabric, aligning short edge of fabric with measurement on ruler to desired size. Cut holding ruler firmly.
5. Cut squares into triangles by cutting diagonally through each square. Cut once or twice diagonally following cutting directions for the specific project. Three or four squares may be stacked, matching edges exactly.



## Using a Template

Templates require a stiff material that can be used and reused such as plastic or cardboard. Measure, draw and cut out the desired sized square including the seam allowance. Be sure to use non fabric scissors to do this. Lay the template onto the wrong side of the fabric. Trace the square using a pencil or for dark fabric a white marking pencil. Cut out the square using fabric scissors.



## Important Words

Help members define the following words and look for members using this vocabulary in their discussions. One strategy to help members learn new vocabulary is to have them paraphrase the definitions. Having members use their own words increases connection making.

Template	A pattern made of plastic or cardboard used to trace cutting or stitching lines onto fabric.
Rotary Cutter	A cutter shaped like a pizza wheel with a very sharp blade. It is used with a cutting mat and ruler to cut through fabric in a quick efficient way.
Salvage	The smooth tightly woven edge of the fabric along the length wise edge. This edge never frays.

**Age Considerations:** 8 and up

## Thinking ahead

What will you discuss with members? Gather observations and think of examples that will help support your discussion

## Preparing for Success

Ask members how they know they will be successful in this builder. Discuss what success looks like, sounds like, and feels like.

## Activating Strategies

Activate member's prior knowledge of quilting. Have they worked with patchwork in other sewing projects? Which would be quicker – using a rotary cutter or cutting out squares with scissors and a template. Review fabric terms from “Exploring Fibres and Fabrics” such as selvage, straight of grain etc.

## Do it!

### Rag Quilt

Time to cut out your quilt!

**Time requirement:** 1 1/2 hours

**Equipment and Supplies:** flannelette for rag quilt, quilt bat, quilting tools

**NOTE:** For a rag quilt fabrics **do not** have to be pre-washed before cutting and sewing.



## DISCOVER

### Instructions:

Using the quick cutting techniques members have learned using a rotary cutter cut out all squares to make the rag quilt. 63 15 cm squares from front fabrics, 63 15 cm squares for backing fabric and 63 10 cm squares from quilt batting. NOTE: If a rotary cutter is not available cut out a cardboard template, trace and cut out with scissors. This will take much longer to do than using a rotary cutter.

### Dig it!

Have members reflect on their learning by asking the following questions:

1. What are the pros and cons of using a rotary cutter vs. scissors.
2. What have you learned about using a ruler and rotary cutter? How many layers were you able to cut at once?
3. How will these new skills help you with your next projects?

### What's next?

In the next builder members will learn about 3 different quilting techniques. Members will also begin to sew their rag quilt. To get members thinking about the next lesson have them discuss what the first steps will be to start to sew their project. What supplies do they need to bring to the next meeting.

### Leader's Notes





## Skill Builder 2: Making the Cut



### Needles Says....

Today there are many tools and quilting techniques to make cutting and piecing easier and less time consuming. Check out a quick and easy method in this builder. You will have your rag quilt cut out in no time at all!

DISCOVER



### SKILLS CHECKLIST

- Cut with a rotary cutter
- Work with quilt batting and flannelette



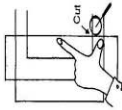
**Important Words**  
Look out for these important words in this builder:  
**Template, Salvage, Rotary Cutter**

### Dream it!

#### Rotary Cutting Quilt Blocks

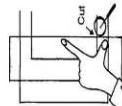
Rotary cutters and rulers make for template free quilting. They provide quick cutting accuracy and allow simple sewing techniques. One to 16 layers of fabric, depending on fabric weight, and degree of accuracy required can be cut at one time.

Strips are cut across the width of the fabric and then these strips are cut into the required pieces. Most pieces can be cut using a wide quilting ruler with a marking for a 45° angle. Specialty rulers are available for cutting specific patterns, such as diamonds. Tape a thin strip of sandpaper across the width of see through rulers, using double stick tape, to prevent the ruler from slipping when you are cutting fabric.



#### How to Cut Fabric Using Quick Cutting Techniques

1. Fold fabric in half, selvages together. Hold the salvage edges letting fold hang free. Shift one side of the fabric until fold hangs straight. Fold line is on the straight of grain. You may want to fold in half again so that there are 4 layers of fabric.
2. Lay fabric on cutting mat, with fold along a grid line. Place ruler on fabric close to raw edge at 90° angle to the fold. Trim along edge of ruler using the rotary cutter, taking care not to move the fabric.
3. Place ruler on fabric, aligning trimmed edge with measurement on ruler to the width of strip you want to cut; cut along edge of ruler. After cutting several strips, check fabric to be sure cut edge is still at 90° angle to fold as in step 2.
4. Cut squares and rectangles from strips. Three or four strips may be stacked with the edges matching exactly. Place the ruler on fabric near selvages at 90° angle to long edges of strips. Trim off selvages. Place ruler on fabric, aligning short edge of the fabric with the measurement on the ruler to desired size. Cut holding ruler firmly.
5. Cut squares into triangles by cutting diagonally through each square. Cut once or twice diagonally following cutting directions for the specific project. Three of four squares may be stacked, matching edges exactly.



#### Using a Template

Templates require a stiff material that can be used and reused such as plastic or cardboard. Measure, draw and cut out the desired sized square including the seam allowance. Be sure to use non fabric scissors to this. Lay the template onto the wrong side of the fabric. Trace the square using a pencil or for dark fabric, a white marking pencil. Cut out the square using fabric scissors.

DISCOVER

#### Sew Much Fun



A cool site that allows you to design a quilt on line. Go to the gallery and see what others have designed. Make sure to scroll across the bottom in order to see the entire site. <http://explorer.quiltstudy.org/quiltmaker.html>

You tube video on how to cut squares to make a rag blanket <http://www.youtube.com/watch?v=1j8zH2X4>

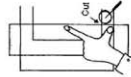


### Do it!

#### Rag Quilt

Time to cut out your quilt!

**What You Will Need:** flannelette for rag quilt, quilt bat, quilting tools, measuring tape  
**NOTE:** For a rag quilt fabrics **do not** have to be pre-washed before cutting and sewing.



1. Using a rotary cutter cut out all squares to make the rag quilt. 63 20 cm squares from front fabrics, 63 20 cm squares for backing fabric and 63 15 cm squares from quilt batting.

**NOTE:** If a rotary cutter is not available cut out a cardboard template, trace and cut out with scissors. This will take much longer to do than using a rotary cutter.

#### A Piece of Quilting History

"The patchwork bedcover was sewn to the quilting frames and suspended from the overhead beams by ropes attached at the four corners. Under this canopy was a fine playhouse for children, and many pricked fingers have resulted from bobbing heads beneath the quilt." Harriet Bonebright-Closz Reminiscences of Newcastle, Iowa 1848.

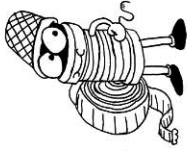
#### Needles!



#### Fun Facts!

## In the Member Manual

DISCOVER



**Dig It!**

DISCOVER

### **How Did it Go?** - Answer these questions:

What have you learned about using a ruler and a rotary cutter? How many layers were you able to cut at once?

What are the differences between using scissors to cut out quilt squares vs. a rotary cutter?

How will these new skills help you in the future?

### **What's next?**

In the next builder you will learn about three different quilting techniques. You will also begin to quilt your rag quilt. Discuss with your leader what the first steps will be to start to sew your rag quilt. Make a list of supplies you need to bring to the next meeting.



# Skill Builder 3: Quilt It!

## Skills Checklist:

- Identify the 3 main ways to quilt a quilt top.
- Understand the impact quilting has had in rural Manitoba
- Make a rag quilt block.



## Dream it!

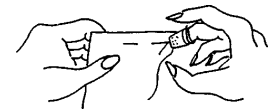
### Background for Leaders

#### Quilting Basics

Quilting serves the purpose of holding the layers together and adding surface interest to the quilt. There are three basic ways to finish a quilt top.

1. **Quilting by Hand** –When quilts were first made they were all hand pieced and hand stitched. Perfect, even stitches were much admired. Today, hand quilting is still done but it is a choice not a necessity. Hand quilting features evenly spaced, small stitches on both sides of the quilt with no knots showing on the backside. You will need a fine hand sewing needle, quilter's thread a thimble and a hoop or frame to place the quilt in.

To begin, cut thread that is specific to quilting (quilting thread) 60 cm long and make a knot on one end. Place the needle tip either into a seam line or 10 mm behind the point where quilting stitches are to begin and guide it through the batting and up through the quilt top to “bury” the knot. Gently pull on the thread until you hear the knot “pop” through the quilt top. Trim the thread end.



To quilt using a running stitch, hold the needle parallel to the quilt top and stitch up and down through the three layers with a rocking motion, making several stitches at a time. Gently and smoothly pull the thread through the layers. To end make a small knot and bury it in the batting.

2. **Quilting by Machine**– This is faster than hand quilting. Several techniques can be used.
  - **Stitch -in- the- ditch** quilting is the easiest and most common method. It gives definition to blocks borders and sashing and is the only type of quilting to complete a project.
  - **Outline** quilting is stitched 6 mm from the seam lines to emphasize designs. Use machine guided outline quilting when the project is small enough to allow the quilt to be turned easily.
  - **Channel** quilting is stitched in evenly spaced lines. The quilting lines may be either diagonal, vertical, or horizontal. Channel quilting provides an easy design to use for borders.
  - **Free-motion** quilting–In this method the feed dogs are covered or dropped and the fabric is guided by hand, allowing you to stitch in any direction without repositioning the quilt. This type of quilting is used to quilt designs with sharp turns and intricate curves, and includes template quilting, outline quilting and stipple quilting.
3. **Tying**- Instead of quilting, many quilters choose to tie the three layers of the quilt together. Tying serves the same function as quilting; it holds the three layers of a quilt together and secures the batting in its proper place.

**DISCOVER**

The material used to tie a quilt can match the fabric or contrast with it. To tie a quilt use a darning needle and one of the following: wool or synthetic worsted weight yarn, perle cotton, crewel embroidery yarn, knitting cotton or embroidery floss. Regular thread, no matter how heavy, is not appropriate to tie a quilt.

Double knots, often called granny knots are used to tie quilts. To form, hold a thread in each hand. Wrap right thread around left thread around right thread. Pull tight to form a knot.



**Age Considerations:** 8 and up

**Thinking ahead**

What will you discuss with members? Gather observations and think of examples that will help support your discussion.

**Preparing for Success**

Looking back to the skills checklist, help members identify how they know they have been successful in this builder Discuss what success looks like, sounds like, and feels like.

**Activating Strategies**

Activate member’s prior knowledge by discussing quilting projects the members have sewn. What method did they use to quilt the item? Google images of quilts and talk about how they were quilted. Which method does the member like the most? What sewing skills will they use as they begin to sew their rag quilt?

**Important Words**

Help members define the following words and look for members using this vocabulary in their discussions. Here are some examples of how to use the “important words” to increase the members understanding.

- Ask members to form a mental image of the new word.
- Have members describe (rather than define) the new word in terms of their experiences.

Quilting	The small, running stitches made through the layers of a quilt -- top, batting and backing -- to form decorative patterns on the surface of the quilt and to hold the layers together.
Quilting bee	A social gathering of neighbourhood quilters - meet to help hand quilt a quilt.

**Do it!**

**Let’s Talk About It!**

Quilts are fun to sew ! They also have a fascinating history and have played an important role in Manitoba communities.

**Instructions:** Choose **one** of these activities to learn more about the social /community side of quilting. Members can record their findings by taking a picture, writing a 4- H speech, video taping the activity etc.

- Interview a local quilter
- Visit a local pioneer museum and check out the quilts
- Take part in a local quilting bee
- Do an internet search on the history of quilting in the prairies
- Help a community group working on a fundraiser quilt
- Research quilts that commemorate events, for example a centennial quilt
- What ideas do the members have?



## Rag Quilt

Time to quilt the squares!

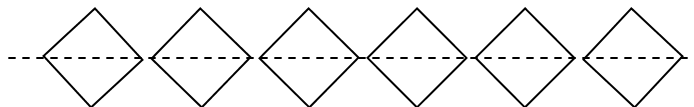
**Time Required:** 1 hour

**Equipment and Supplies:** flannelette squares, quilt bat squares, thread, sewing machine

### Instructions:

1. Start by making a 3 layer sandwich. Lay the top square face down, the batting square in the center of the top and then lay the backing square face up on top of the batting.
2. Stitch an X across the block. Mark a few blocks with a marking pencil and once you get the hang of it you will be able to do it without marking the X on the blocks.

A quick way to sew the X's is to chain stitch the squares. Sew one diagonal line corner to corner and do not cut the thread when you get to the end. Instead line up the next block behind it and continue to stitch. When all blocks are sewn snip them apart and stitch the next diagonal line to form the X using the chain stitch technique. Snip Blocks apart.



## Dig it!

Have members reflect on their learning by asking the following questions:

1. Do you think that chain stitching is a quicker way to quilt blocks than doing each block individually?
2. Which method of finishing a quilt top do you like best?
3. What was the importance of a quilting bee for pioneer women on the prairies?

Once members have a solid foundation of basic skills and achievements, they should be ready to start working on communication skills and developing leadership roles in the community. Have members explain to you the quilting techniques they have learned so far. What did they learn in their study about the role quilting has played in Manitoba communities?

Further suggestions: Have members plan and give a presentation on something they have learned about quilting to (friends, family members, other school children, senior citizens, etc.). The presentation should include both written (planning, speech) and oral (speaking to group) components.



**DISCOVER**

### What's next?

In the next builder members will learn how quilting is good for the environment. Also, members will continue to sew their rag quilt. To get members thinking about the next lesson show members a picture of a rag quilt (Google rag quilt images and there will be many to look at) and talk about how a rag quilt differs from a more traditional looking quilt. What sewing techniques will they use at the next lesson? Make a list of supplies to bring to the next meeting.

### Leader's Notes



# In the Member Manual

## Skill Builder 3: Quilt It!

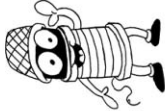
### Needles Says...

It is time to get quilting! You will be quilting by machine using the chain piecing method. Check out the fascinating history of quilting and it's role right here in Manitoba.



### SKILLS CHECKLIST

- Identify the 3 main ways to quilt a quilt top.
- Understand the impact quilting has had in rural Manitoba.
- Make a rag quilt block.



### Dream it!

#### Quilting Basics

Quilting serves the purpose of holding the layers together and adding surface interest to the quilt. There are three basic ways to finish a quilt top.

**Quilting by Hand**—When quilts were first made they were all hand pieced and hand stitched. Perfect even stitches were much admired. Today, hand quilting is still done but it is a choice not a necessity. Hand quilting features evenly spaced, small stitches on both sides of the quilt with no knots showing on the backside. You will need a fine hand sewing needle, quilter's thread, a thimble and a hoop or frame to place the quilt in.

To begin, cut thread that is specific to quilting (quilting thread) 60 cm long and make a knot on one end. Place the needle tip either into a seam line or 10 mm behind the point where quilting stitches are to begin and guide it through the batting and up through the quilt top to "bury" the knot. Gently pull on the thread until you hear the knot "pop" through the quilt top. Trim the thread end.



To quilt using a running stitch, hold the needle parallel to the quilt top and stitch up and down through the three layers with a rocking motion, making several stitches at a time. Gently and smoothly pull the thread through the layers. To end make a small knot and bury it in the batting.

**Quilting by Machine**—Machine quilting is fast compared to hand quilting. There are several techniques that can be used.

- Stitch-in-the-ditch** quilting is the easiest and most common method. It gives definition to blocks, borders and sashing and is the only type of quilting to complete a project.
- Outline** quilting is stitched 6 mm from the seam lines to emphasize designs. Use machine guided outline quilting when the project is small enough to allow the quilt to be turned easily.
- Channel** quilting is stitched in evenly spaced lines. The quilting lines may be either diagonal, vertical, or horizontal. Channel quilting provides an easy design to use for borders.
- Free-motion** quilting. In this method the feed dogs are covered or dropped and the fabric is guided by hand, allowing you to stitch in any direction without repositioning the quilt. This type of quilting is used to quilt designs with sharp turns and intricate curves, and includes template quilting, outline quilting and stipple quilting.

### DISCOVER

**Important Words**  
Look out for these important words in this builder:  
**Quilting, Quilting Bee**



**Tying**- Instead of quilting, many quilters choose to tie the three layers of the quilt together. Tying serves the same function as quilting; it holds the three layers of a quilt together and secures the batting in its proper place.

### DISCOVER

Double knots, often called granny knots are used to tie quilts. To form, hold a thread in each hand. Wrap right thread around left thread around right thread. Pull tight to form a knot.



### Do it!

#### Let's Talk About It!

Quilts are fun to sew! They also have a fascinating history and have played an important role in Manitoba communities.

**Instructions:** Choose one of these activities to learn more about the social/community side of quilting.

- Interview a local quilter
- Visit a local pioneer museum and check out the quilts
- Take part in a local quilting bee
- Do an internet search on the history of quilting in the prairies
- Help a community group working on a fundraiser quilt
- Research quilts that commemorate events, for example a centennial quilt
- What ideas do you have?



Which activity did you choose?

How will you record your finding - taking pictures to go on your portfolio page, writing a 4-H speech, video taping?



### Sew Much Fun

Blanketing Manitoba is made up of Manitoba volunteers who make blankets for needy Manitobans. In 2007 they distributed over 537 blankets. How could you help this cause? [www.blanketingmanitoba.ca](http://www.blanketingmanitoba.ca)

Check out the Great Canadian Quilt. It has 205 signatures of Canadians who have made important contributions in many facets of Canadian life. It was made as a fundraiser for the Grandmothers for Grandmothers organization. [www.greatcanadianquilt.com](http://www.greatcanadianquilt.com)

### Underground Railroad Quilt Code

It is believed by some historians that secret messages in the form of quilt patterns aided slaves escaping the bond of captivity in the Southern states before & during the American Civil War. Most quilt patterns had their roots in African traditions. The quilt patterns, used in a certain order, relayed messages to slaves preparing escape. Each pattern represented a different meaning. Some of the most common were Monkey Wrench, Star, Crossroads and Wagon Wheel. Quilts hung out to air was a common sight on a plantation and the plantation owner and overseer did not notice anything suspicious. Go to <http://osblackhistory.com/quilts.php> to see pictures of the quilt blocks and their meaning. What do you think? Fact or Fiction?

### Needles'



### Fun Facts

# In the Member Manual

## DISCOVER

### Rag Quilt

Time to quilt the squares!

**What You Will Need:** flannel/square, quilt bat squares, thread, sewing machine

### Let's Sew!

1. Start by making a 3 layer sandwich. Lay the top square face down, the batting square in the center of the top and then lay the backing square face up on top of the batting.
2. Stitch an X across the block. Mark a few blocks with a marking pencil and once you get the hang of it you will be able to do it without marking the X on the blocks.

A quick way to sew the Xs is to chain stitch the squares. Sew one diagonal line corner to corner and do not cut the thread when you get to the end. Instead line up the next block behind it and continue to stitch. When all blocks are sewn snip them apart and stitch the next diagonal line to form the X using the chain stitch technique. Snip Blocks apart.

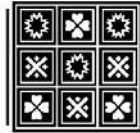


### Think about this builder and the activities you did ...

Review the Skills Checklist on page 9. What skills have you developed? Do you need more practice?

### Record it ...

Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page.



### Apply it ...

How has quilting had an impact on the lives of Manitobans?

### What's next?

In the next builder you will learn how quilting is good for the environment. Also, you will continue to sew your rag quilt. Take a minute and Google images of rag quilts. How do they differ from more traditional looking quilts? What sewing techniques will you use at the next lesson? Make a list of supplies to bring to the next meeting.

## DISCOVER



# Skill Builder 4: Scrap Quilts

## Skills Checklist:

- Identify how quilting can be environmentally friendly
- Piece rag quilt rows together



DISCOVER

## Dream it!

### Background for Leader

#### Environmentally Friendly Quilting

What does environmentally friendly quilting mean? Is it making a quilt using only green coloured fabric? It could be. Is it using your quilt to portray a message about the environment? Many quilt designers and fabric artists design quilts around a theme or message they wish to portray. During the time of slavery in the United States secret messages in the form of quilt patterns aided slaves escaping the bonds slavery in the Southern States before and during the civil war. Many made their way to Canada. Or is it quilting using recycled, repurposed or left over pieces of fabrics? This is called scrap quilting.

Quilters were the original repurposers. Throughout history quilters reused, recycled and repurposed fabrics. From pioneer times to the depression years and beyond, material was scarce and many quilts had to be made from leftover fabric scraps. When clothing was no longer wearable it was deconstructed and the useable fabric was stitched together to make quilt tops. If batting was not available blankets and worn out quilts were used. Since new fabrics were often hard to come by, on-hand materials such as feed sacks were made into quilts.

Today, one way for individuals to reduce their own carbon footprint is to make scrap quilts. Fabrics can be found from a number of sources: leftover scraps from previous projects including selvage edges that have been trimmed off, fabric found at yard sales or second hand stores, garments that are taken apart and reused, fabrics from old sheets, curtains or other household items, or fabrics that are from friends and family – arrange a fabric trading party. Repurposing materials is a great way to give items a second life. It also saves on the production costs of producing new fabric, keeps fabrics out of landfills and is easy on the wallet. It also allows the quilter to design and create a truly unique quilt.

#### Scrap Quilting

Scrap quilts are interesting and fun to sew. Some quilters make scrap quilts with a particular purpose. For example, you could make a quilt from the clothes of a person in your family. It could be from a child's outgrown clothes (t-shirt quilts are a good example) or it could be a remembrance quilt (for example, a quilt made from a man's ties).

Most quilt block patterns can be made from fabric scraps. It will take some time to work out the layout of the variety of colours but it is well worth the effort.

Here are some scrap quilt tips:

- Include something dark, something light, something dull and something bright
- Combine large, medium, and small scale prints
- Use bright accent colours sparingly and consistently throughout the quilt to keep your eye moving
- Use neutrals to give your eye a rest (black and/or white)



Pay attention to the amount of dark and light contrast within the individual prints of the fabrics you choose.

- Scrap quilts are a balancing act. While too little variation results in boredom, too much variation can result in confusion and chaos. The ideal is to have just the right amount of variation to keep the eye interested, but not so much that the overall design is lost or overwhelmed.
- Quilter Judy Turner says, “Every fabric needs two friends.” If you have fabrics that stand out too much on their own, they are either eliminated or supported by at least two fabrics or similar colour value or style of print.
- If you can lose it, you can use it. If you can fit a fabric somewhere in the range without it jumping out too obviously go ahead and include it.
- A quick way to increase the fabric options is to use the reverse side of your print fabrics. Turn over each print and see if the other side reveals a lighter value, a softer pattern, or some variation that will be useful in the quilt.
- Swapping small amounts of fabric with friends is a great way to achieve more variety in your fabric collection. As an added bonus, you will always remember your friends through the pieces they gave you.

**Important Words**

Help members define the following words and look for members using this vocabulary in their discussions. Here are some examples of how to use the “important words” to increase the members understanding.

- Ask members to form a mental image of the new word.
- Have members describe (rather than define) the new word in terms of their experiences.

Scrap Quilt	A quilt made up of left over fabrics scraps from other projects. It may also include fabrics from garments, linens etc.
Repurpose	Taking the fabric form one item and reusing it to make a different item.

**Age Considerations:** 8 and up

**Thinking ahead**

What will you discuss with members? Gather observations and think of examples that will help support your discussion

**Preparing for Success**

Looking back to the skills checklist., help members identify how they know they have seen successful in this builder Discuss what success looks like, sounds like, and feels like.

**Activating Strategies**

Activate member’s prior knowledge by discussing Quilts members have seen. What type of border do they prefer? Would the type of border you use be determined by the type of quilt?

## Do it!

### Discover Scrap Quilts

Part of the fun of a looking at a scrap quilt is looking at the many different fabrics and remembering where they came from.



**What You Will Need:** computer and the internet, paper and printer, or take photos of scrap quilts you have in your home.

#### Check it Out!

1. Google scrap quilt images. Choose 3 favourite images and print them.
2. Write on the image page what it is that you like about the scrap quilt. Include it in your portfolio pages.

### Repurpose It! (Optional Activity)

Part of the fun of repurposing fabrics is using your imagination to find another use for fabrics. Such as turning scarves into a blanket.

**What You Will Need:** 6-8 scarves with a fringed edge the same length ( To find scarves visit thrift stores, find them at home or from your friends). Try to choose co-coordinating colours and similar fibre content.

#### Let's Sew!

1. Wash and dry scarves. Lay scarves out in the order you would like them to be.
2. Over lap the length of 2 scarves 1 cm. Pin in place and stitch together. Sew the remaining scarves together the same way. NOTE: If you like you can use a contrasting thread with a decorative stitch to sew the scarves together.
3. Cozy up in your new blanket.

### Rag Time Quilt

Now it is time to sew your quilted squares together!

**Time Required:** 2 hours

**Supplies and Equipment:** Quilted rag quilt squares, thread, sewing tools, sewing machine

#### Instructions:

1. Lay out your quilt according to your plan in Builder 1. Make any changes.
2. For rag quilts the seam allowance is 2.5 cm. The seam allowance will be on the front of the quilt and the back will look like regular patchwork. Place your squares wrong sides together and stitch with the 2.5 cm seam.
3. Sew 9 rows with 7 squares in each row (or if you have changed the size of the quilt sew accordingly). Make sure all seam allowances are on the front of the quilt.

## Dig it!



### DISCOVER

Have members reflect on their learning by asking the following questions:

1. What are 3 ways scrap quilts help the environment?
2. Where would you find fabrics for a scrap quilt?
3. Did you make any changes to the design of your quilt? Draw them in the chart in their manual.

### What's next?

In the next builder you will learn how to match seams accurately and to sew quilt rows together. You will finish sewing your quilt top together. Think about what the finishing steps will be to complete your rag quilt. Make a list of supplies to bring to the next meeting.

### Leader's Notes



## Skill Builder 4: Scrap Quilts

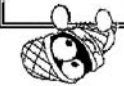


### Needles Says...

What does environmentally friendly quilting mean? Is it using your quilt to portray a message? Or is it quilting using recycled repurposed or left over fabrics? Scrap quilts are fun to look at and make. Many rag quilts are made with recycled blue jeans, or scrap fabrics.

### SKILLS CHECKLIST

- Identify how quilting can be environmentally friendly
- Piece rag quilt rows together.



### Important Words

Look out for these important words in this builder:  
**Scrap Quilt, Repurpose**

### Dream it!

#### Environmentally Friendly Quilting

Quilters were the original repurposers. Throughout history quilters reused, recycled and repurposed fabrics. From pioneer times to the depression years and beyond material was scarce and many quilts had to be made from leftover fabric scraps. When clothing was no longer wearable it was deconstructed and the useable fabric was stitched together to make quilt tops. If battling was not available blankets and worn out quilts were used.

Today, one way for individuals to reduce their own carbon footprint is to make scrap quilts. Fabrics can be found from a number of sources: leftover scraps from previous projects including salvage edges that have been trimmed off, fabric found at yard sales or second hand stores, garments that are taken apart and reused, fabrics from old sheets, curtains or other household items, or fabrics that are from friends and family - arrange a fabric trading party!

Repurposing materials is a great way to give items a second life. It also saves on the production costs of producing new fabric, keeps fabrics out of landfills and is easy on the wallet. It allows the quilter to design and create a truly unique quilt. In a scrap quilt each piece of fabric has a story behind it.

Today, you will also see new fabrics made from natural fibres produced in more earth friendly ways. These include bamboo, hemp and organic cotton. There are also recycled fabrics such as fleece made from plastic bottles

#### Scrap Quilting

Here are some scrap quilt tips:

- Include something dark, something light, something dull and something bright.
- Combine large, medium, and small scale prints. Use neutrals to give your eye a rest (black and/or white)
- Use bright accent colours sparingly and consistently throughout the quilt to keep your eye moving
- Pay attention to the amount of dark and light contrast within the individual prints of the fabrics you choose.
- Quilter Judy Turner says, "Every fabric needs two friends". If you have fabrics that stand out too much on their own, they are either eliminated or supported by at least two fabrics or similar colour value or style of print.

### DISCOVER

- Swapping small amounts of fabric with friends is a great way to achieve more variety in your fabric collection. As an added bonus, you will always remember your friends through the pieces they gave you.

- A quick way to increase the fabric options is to use the reverse side of your print fabrics. Turn over each print and see if the other side reveals a lighter value, a softer pattern, or some variation that will be useful in the quilt.

### DISCOVER



### Do it!

#### Discover Scrap Quilts

Part of the fun of a looking at a scrap quilt is looking at the many different fabrics and remembering where they came from.

**What You Will Need:** computer and the internet, paper and printer, or take photos of scrap quilts you have in your home.

#### Check it Out!

1. Google scrap quilt images. Choose 3 favourite images and print them.
2. Write on the image page what it is that you like about the scrap quilt. Include it in your portfolio pages.

#### Repurpose It! (Optional Activity)

Part of the fun of repurposing fabrics is using your imagination to find another use for fabrics. Such as turning scarves into a blanket.

**What You Will Need:** 6-8 scarves the same length ( To find scarves visit thrift stores, find them at home or from your friends). Try to choose co-ordinating colours and similar fibre content.

#### Let's Sew!

1. Wash and dry scarves. Lay scarves out in the order you would like them to be.
2. Over lap the length of 2 scarves 1 cm. Pin in place and stitch together. Sew the remaining scarves together the same way. NOTE: If you like you can use a contrasting thread with a decorative stitch to sew the scarves together.
3. Cozy up in your new blanket.



#### Needles!



#### Fun Facts

#### A Piece of Quilting History

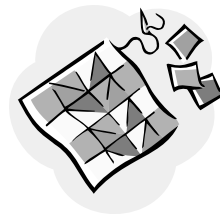
In 1937, Lady Tweedsmuir, wife of the Governor General of Canada, was interested in reviving needlework skills. Handicraft kits were set up and could be borrowed by women in small towns and rural areas through the Women's Institute. Manitoba was the first province to participate in this project.



# Skill Builder 5: Sew, Sew, Sew

## Skills Checklist:

- Accurately join rows to form a quilt top.



## Dream it!

### Background for Leaders

#### Tips for Sewing Patchwork Together

- When sewing rows together lay one row on top of another. For rag quilts place wrong sides together. For traditional quilts place right sides together. The seams joining the squares should line up with one another when you put the rows together. Use your fingers to slide the fabric of two rows from side to side with little movements until you feel the seams slid into place with one another.
- Insert a pin through the points where the seam lines meet.
- Stitch the rows together, finger pressing the seam allowances in opposite directions.
- When machine stitching one row to another, stop sewing just before a seam between squares is about to move under the presser foot of your machine. With the needle in the fabric, raise the presser foot just a little in order to let the fabric of the seam lie flat. Wait until the machine's needle has caught the fabric of a seam before taking out the pin holding it. This will help keep your seams lined up. Sliding the pin under the fabric while the machine is stopped helps to make sure that seams on the underside of the work are lying flat as well.
- It is not a good idea to sew over pins in fabric. If the needle on your machine hits a pin it can break. Even if your machine's needle doesn't break, you should change it if you hit a pin because the needle's tip will be blunted or the needle may be bent.
- Press both sides of each row's seams to one side. Alternate the direction of this pressing with each row. This alternate pressing helps to lock the seams to make the overall quilt stronger than if all the seams were pressed in the same direction. For a rag quilt you may skip this step.
- As you sew your quilt top together, stitch with longer pieces on the bottom.

### Important Words

Help members define the following words and look for members using this vocabulary in their discussions. Knowing colour terms is important when selecting fabrics for a quilt.

Quilt Top	A quilt top is made by stitching small pieces of fabric together in a pattern. The result is called patchwork, the process is called piecing. It can be made up of blocks, sashing, borders and binding.
Pincushion	A small cushion which is used in sewing to store pins and needles.

**Age Considerations:** 8 and up

### Thinking ahead

What will you discuss with members? Gather observations and think of examples that will help support your discussion.

## DISCOVER

### Preparing for Success

Looking back to the skills checklist, help members identify how they know they have seen successful in this builder Discuss what success looks like, sounds like, and feels like.

### Activating Strategies

Activate member's prior knowledge by discussing rag quilts they have seen. How do they think a quilt top should be sewn together? What new sewing skills will they learn as members continue to work on their project?

## Do it!

### Rag Quilt

Now it is time to sew the rows together to form the quilt top!

**Time Required:** 1 1/2 hours

**Supplies and Equipment:** Quilted rag quilt rows, thread, sewing tools, sewing machine

#### Instructions:

1. Lay out your quilt according to your plan in Builder 1. Make any changes.
2. For rag quilts the seam allowance is 2.5 cm. The seam allowance will be on the front of the quilt and the back will look like regular patchwork. Place two rows wrong sides together matching and pinning the seams together. Stitch the row using a 2.5 cm seam.
3. Continue to sew all rows together in the same manner until the quilt top is complete. Make sure all seam allowances are on the front of the quilt.
4. Topstitch 2.5 cm from the outside edge of the quilt all the way around. This will seal the edges of the quilt securing the batting inside and control the fringing on later washings.

### Getting to the Point (Optional Activity)

A good sewing tool to have is a pincushion filled with emery or fine sand. This will keep your needles and pins dirt free and sharp.



**Time Required:** 1 hour

**Supplies and Equipment:** muslin 10 cm x 20 cm, cotton print fabric 10 cm x 20 cm, sewing tools, sewing machine, thread, emery or dry sand

#### Let's Sew!

1. Fold the muslin fabric in half lengthwise and using a 1 cm seam allowance stitch the side and bottom .
2. Fold the cotton print in half lengthwise and using 2.5 cm seam allowance stitch the side and bottom.
3. Turn right side out. The muslin sack should be smaller than the print sack.
4. Fill the muslin sack with emery or sand . Turn in the raw edge and pin. Hand stitch closed.
5. Insert the muslin sack into the print sack. Fold in the raw edges, pin and hand stitch closed.
6. Insert pins ready for your next sewing project.



## Dig it!

Have members reflect on their learning by asking the following questions:

1. What new quilting technique did you learn in this builder?
2. What tips would you give someone on how to sew quilt rows together to form a quilt top?
3. How important is it to make sure you are working with sharp pins and needles?



### What's next?

In the next builder members will learn how to label their quilt. They will look at different ways to sell items that they have made and will finish their rag quilt by clipping the seams and laundering it. To get members thinking about the next lesson have them discuss what do they need to do to finish their project. Make a list of supplies to bring to the next meeting.

### Leader's Notes



## Skill Builder 5: Sew, Sew, Sew



### Needles Says....

Quilting is a very creative way to sew. You need to be able to work with colour, shapes and design. It is also important to pay attention to details like making sure your seams line up. Let your creativity shine as you sew your rag quilt rows together!



### SKILLS CHECKLIST

- Accurately join rows to form a quilt top.



**Important Words**  
Look out for these important words in this builder:  
**Quilt top, Pincushion**



### Dream It!

#### Tips for Sewing Patchwork Together

- When sewing rows together lay one row on top of another. For rag quilts place wrong sides together. For traditional quilts place right sides together. The seams joining the squares should line up with one another when you put the rows together. Use your fingers to slide the fabric of two rows from side to side with little movements until you feel the seams slid into place with one another.
- Insert a pin through the points where the seam lines meet.
- Stitch the rows together, finger pressing the seam allowances in opposite directions.
- When machine stitching one row to another, stop sewing just before a seam between squares is about to move under the presser foot of your machine. With the needle in the fabric, raise the presser foot just a little in order to let the fabric of the seam lie flat. Wait until the machine's needle has caught the fabric of a seam before taking out the pin holding it. This will help keep your seams lined up. Sliding the pin under the fabric while the machine is stopped helps to make sure that seams on the underside of the work are lying flat as well.
- It is not a good idea to sew over pins in fabric. If the needle on your machine hits a pin it can break. Even if you machines needle doesn't break, you should change it if you hit a pin because the needle's tip will be blunted or the needle may be bent.
- Press both sides of each row's seams to one side. Alternate the direction of this pressing with each row. This alternate pressing helps to lock the seams to make the overall quilt stronger than if all the seams were pressed in the same direction. For a rag quilt you may skip this step.
- As you sew your quilt top together, stitch with longer pieces on the bottom.

### Sew Much Fun

1295 links to free quilt patterns can be found at [www.freequiltpatterns.info](http://www.freequiltpatterns.info)

A good reference book to help a beginner quilter is:  
Teach Yourself Visually Quilting by Sonja Hakala from Wiley Publishing, Inc  
ISBN: 978-0-470-10149-0



### Do It! Rag Quilt

Now it is time to sew the rows together to form the quilt top!



### DISCOVER

**What You Will Need:** Quilted rag quilt rows, thread, sewing tools, sewing machine

### Let's Sew!

1. Lay out your quilt according to your plan in Builder 1. Make any changes.
2. For rag quilts the seam allowance is 2.5 cm. The seam allowance will be on the front of the quilt and the back will look like regular patchwork. Place two rows wrong sides together matching and pinning the seams together. Stitch the row using a 2.5 cm seam.
3. Continue to sew all rows together in the same manner until the quilt top is complete. Make sure all seam allowances are on the front of the quilt.
4. Topstitch 2.5 cm from the outside edge of the quilt all the way around. This will seal the edges of the quilt securing the batting inside and control the fringing on later washings.

### Needles'



### A Piece of Quilting History

"It took me more than 20 years, nearly 25, I reckon, in the evenings after supper when the children were all put to bed, my whole life in that quilt. . . . All my joy and all my sorrows are stitched into those little pieces. I tremble sometimes when I remember what that quilt knows about me."

Marguerite Iddis, Quilting her Great-Grandmother

### Fun Facts

### Getting to the Point (Optional Activity)

A good sewing tool to have for quilting is a pincushion filled with emery or fine sand. This will keep your needles and pins dirt free and sharp.

**What you will need:** muslin (10 cm x 20 cm, cotton print fabric (10 cm x 20 cm), sewing tools, sewing machine, thread, emery or dry sand

1. Follow the instructions provided by your leader to complete this project
2. Insert pins and needles so you are ready for your next project.



### Needles'



### A Piece of Quilting History

Pincushions were first recorded in history during the 15th century in England. Metal pins were very costly and precious items in those early days and were kept in small cases made of bone, ivory, or silver. During the Tudor era, simple stuffed shapes started to be used instead of the cases. In the Victorian era pincushions were very decorative and were proudly displayed in parlours. Popular shapes were shoes, fans, dolls, teacups, fruits and vegetables. Today, we still use the tomato shaped pincushion with the emery filled strawberry attached.

### Fun Facts

# In the Member Manual



DISCOVER



### Big It!

Think about this builder and the activities you did ...

Review the Skills Checklist on page 15. What skills have you developed? Do you need more practice?

**Record it . . .**  
Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page.

**Apply it . . .**  
How do you line up seams in order to sew quilt rows together?



### What's next?

In the next builder you will finish your rag quilt by clipping the seams and design a label for your finished quilt. Many people turn their quilting skills into a business. Do you know any? What kinds of things do they do? Make a list of supplies to bring to the next meeting.



DISCOVER

# Skill Builder 6: Finishing Touches



## DISCOVER

### Skills Checklist:

- Design and create a label for your quilt.
- Identify a variety of ways to sell your sewing items.
- Finish a rag quilt.

## Dream it!

### Background for Leaders

#### Signing Your Quilt

Signing and dating your quilt is an important step in finishing a quilt. The quilt label should tell the quilts story for those who will enjoy it today and in the years to come. It should answer the questions who, what, when, where and why. It could also include such things as the occasion it was made for, your age, and the history behind the making of the quilt.

Labels can be simple ink on muslin, hand embroidered, or machine embroidered. They can just be the words or can have a picture or border added. Labels can be any shape or size and be placed on the front or back of the quilt. It is up to the quilter to design a label for the quilt or it is possible to purchase a label to write on and sew onto the quilt.

#### How to Sell Your Sewing Projects

Once you become an experienced sewer there are many opportunities to market your sewn items. If you are interested in turning your hobby into a business here are some ways to sell your items.

**Craft Sales** - A craft sale or fair is an event where a variety of crafters get together to sell their crafts. Generally you are required to pay an entrance fee that includes the rental of a table. Things to consider when preparing for the sale include; pricing your items, signage, business cards, setting up an attractive display, how you will handle the money, and your sales techniques.

**Farmers Markets** - Farmer's Markets are similar to a craft sale. However, they do not just sell handmade items they also sell food items such as vegetables, fruits, baking, jams and jellies, plants etc. Farmers Markets are usually outdoors. You must consider how to set up for being outdoors, pricing, signage, how you will handle the money and sales techniques.

**Consignment** - Consignment means that a retail business will display and sell your product for you. The retail business does not pay you for your items until they are sold. Typically the retailer will keep a percentage of the sale as their fee for displaying and selling your product. For example if the consignment fee on a \$10 item were 10 % the crafter would receive \$9 and the retailer \$1.

**Commission** - A commission is an agreement to execute and idea. Clients would commission the crafter to make certain items in a certain way. The crafter would charge a fee for doing so.

**EBay** - EBay is an on line auction. People can buy and sell on line. The crafter posts an item and those interested bid on it. The highest bidder wins and the crafter mails the item to the client. If an item is purchased the seller pays a fee to EBay.

## Important Words

Help members define the following words and look for members using this vocabulary in their discussions. A few strategies you can use include;

- Teach synonyms by providing a synonym members know.
- Also, teach antonyms. Not all words have antonyms, but thinking about opposites requires the members to evaluate the critical attributes of the words in question.

DISCOVER

Commission	A commission is an agreement to execute an idea.
Consignment	Consignment means that a retail business will display and sell your product for you for a percentage of the sales.

**Age Considerations:** 8 and up

### Thinking ahead

What will you discuss with members? Gather observations and think of examples that will help support your discussion.

### Preparing for Success

Looking back to the skills checklist., help members identify how they know they have seen successful in this builder Discuss what success looks like, sounds like, and feels like.

### Activating Strategies

Activate member's prior knowledge by discussing if they had a sewing business what type of items would they make? Have they been to a craft sale? What did they like and dislike? What are the quilting techniques members have learned upon completing their project?

## Do it!

### Match it Up!

How would you sell your sewing items?

**Time Required:** 15 minutes

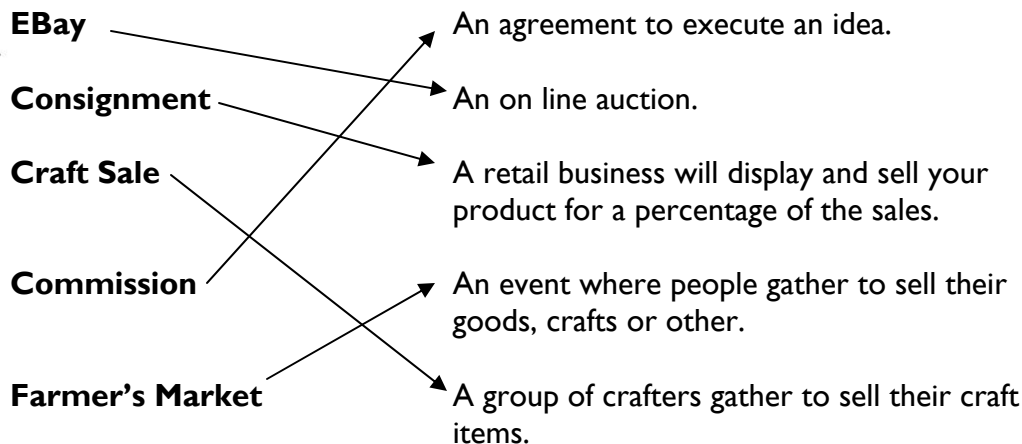
**Equipment and Supplies:** pencil





### Instructions:

Match up the definition and the term by drawing a line between them. Which method of selling items would you choose?



**Selling method I prefer:** \_\_\_\_\_

## Rag Quilt

Finish your rag quilt by clipping the seams and laundering it.

**Time Required:** 2 1/2 hours

**Supplies and Equipment:** Pieced rag quilt, scissors, laundry facilities

### Instructions:

1. To give the quilt a ragged appearance it is now time to clip the seam allowances. Use a sharp pair of scissors clip every seam allowance. Be sure to stop short of your seam allowance when clipping. Do not clip through the seams. Clipping the seam may cause a hole in the quilt top and allow the batting to escape or the blocks to come apart. Where the seam allowances are held down by stitching, clip as close as possible parallel to the seam. Clip the seam allowances on each seam Try to cut as close to the seam as possible without cutting it.
2. When all seams are clipped put the quilt in the washing machine and wash on a normal cycle. Once the cycle is finished give the quilt a shake out and remove any large loose threads and put into the dryer. Repeat the process until you are happy with the results. **Important: If you do not have a washer with a lint trap or if you have a septic tank system you may want to consider using a coin operated laundry.**
3. Snuggle into your quilt and pat yourself on the back for a job well done!

## Designer Label

No quilt is complete without a label! Record the history of your quilt for future generations!

**Time Required:** 45 minutes

**Equipment and Supplies:** muslin, freezer paper ( ask local butcher for a 1/2 metre), permanent fabric marker(s), hand sewing needle and thread.

## Instructions:

1. Take a few minutes to design a quilt label. Keep in mind size, shape, any drawings, where you will place it on your quilt, and what words you want to use.

Who: \_\_\_\_\_  
What: \_\_\_\_\_  
When: \_\_\_\_\_  
Where: \_\_\_\_\_  
Why: \_\_\_\_\_



2. Make sure muslin is pre-washed and pressed. Cut out a piece to size and hem it. Cut out freezer paper piece slightly larger. Place freezer paper to wrong side of muslin. Iron in place using a low iron with the iron on the paper side of the freezer paper. This will stabilize the fabric so you can write on it.
3. Using the permanent fabric markers write information on the label.
4. Peel off the freezer paper and hand sew the label onto your quilt.

## Dig it!

Have members reflect on their learning by asking the following questions:

1. What skills did you demonstrate to make this project a success?
2. What were the quilting techniques you learned?
3. If you could sew your project again, what would you do differently?

## What's next?

At this point members have completed all the learning activities established for this project. This final section is a chance for leaders to evaluate the learning of the members, and a chance for the members to present their findings to their peers, and parents.





## Leader's Notes

A large, empty rectangular box with a double-line border, intended for writing notes.






## Skill Builder 6: Finishing Touches

**DISCOVER**

**Needles Says....**

Quilting has become big business. Not only with more and more people taking it up for a leisure activity but sewers turning it into a business as well. What type of business would you have? It is always exciting to complete a quilting project so work with care and accuracy and have fun finishing your project!



### SKILLS CHECKLIST

- Design and create a label for your quilt.
- Identify a variety of ways to sell your sewing items.
- Finish a rag quilt



### Important Words

Look out for these important words in this builder:

**Commission, Consignment**

### Dream it!

#### How to Sell Your Sewing Projects

Once you become an experienced sewer there are many opportunities to make and sell your sewn items. If you are interested in turning your hobby into a business, what are some ways to sell your items? What would you need to consider?

<b>Craft Sales</b>	A craft sale or fair is an event where a variety of crafters get together to sell their crafts. Generally you are required to pay an entrance fee that includes the rental of a table. Things to consider when preparing for the sale include; pricing your items, signage, business cards, setting up an attractive display, how you will handle the money, and your sales techniques.
<b>Farmers' Market</b>	Farmers' Markets are similar to a craft sale. However, they do not just sell handmade items they also sell food items such as vegetables, fruits, baking, jams and jellies, plants etc. Farmers Markets are usually outdoors. You must consider how to set up for being outdoors, pricing, signage, how you will handle the money and sales techniques.
<b>Consignment</b>	Consignment means that a retail business will display and sell your product for you. The retail business does not pay you for your items until they are sold. Typically the retailer will keep a percentage of the sale as their fee for displaying and selling your product. For example if the consignment fee on a \$10 item were 10% the crafter would receive \$9.00 and the retailer \$1.00.
<b>Commission</b>	A commission is an agreement to execute an idea. Clients would commission the crafter to make certain items in a certain way. The crafter would charge a fee for doing so.
<b>EBay</b>	EBay is an on line auction. People can buy and sell on line. The crafter posts an item and those interested bid on it. The highest bidder wins and the crafter mails the item to the client. If an item is purchased the seller pays a fee to EBay.



### Do it!

#### Match it Up!

How would you sell your sewing items?

#### Instructions:

1. Match up the definition and the term by drawing a line between them.
2. Which method of selling items would you choose?

#### EBay

An agreement to execute an idea.

#### Consignment

An on line auction.

#### Craft Sale

A retail business will display and sell your product for a percentage of the sales.

#### Commission

An event where people gather to sell their goods, crafts or other.

#### Farmer's Market

A group of crafters gather to sell their craft items.

Selling method I prefer: \_\_\_\_\_

#### Needles'



#### Fun Facts!

#### A Piece of Quilting History

In the early days, quilt makers exchanged patterns much as they exchanged recipes. Within the stitches of a Friendship quilt you will see and feel the special love and bond that is shared by a group of women who quilt together. The Friendship quilt more than any other, preserves the tradition of fellowship that women have shared over the quilting frame for centuries. The memories and ties sewn into these quilts far exceed their value as bedcovers.

#### Rag Quilt

Finish your rag quilt by clipping the seams and laundering it.

**What You Will Need:** Pieced rag quilt, scissors, laundry facilities

#### Let's Sew!

1. It is now time to clip and launder your quilt to give it the frayed look. Follow your leader's instructions.
2. Snuggle into your quilt and pat yourself on the back for a job well done!



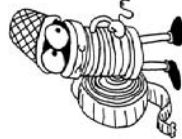
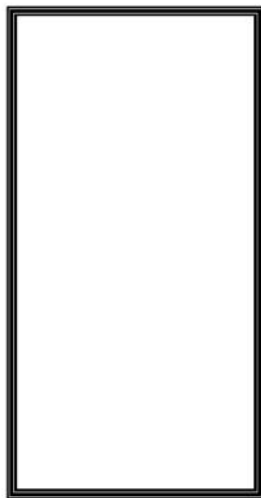
# In the Member Manual

## Designer Label

No quilt is complete without a label! Record the history of your quilt for future generations.

**What You Will Need:** muslin, freezer paper (ask local butcher for a 1/2 metre), permanent fabric marker(s), hand sewing needle and thread

Design a label and sew it onto your rag quilt. Remember to include who, what, when, where and why. Your leader will give you the instructions.



## Share your experiences with friends and family

*In this picture I want you to notice :*

---



---



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---



---



---



---

*I want to tell you about:* My research on how quilting has been important to Manitoba

*I want to explain to you :* How to quilt and sew in an environmentally friendly way.



DISCOVER



## What's next?

Now that you have finished all the builders in this project it is time to think about and plan for the Showcase Challenge. Make sure all your Discovering Rag Quilts Project Skills Chart is complete on your Portfolio page.

## Sew Much Fun



Check out the Quilting Gallery. You will find a quilting bloggers directory, find quilt shops in the quilt shop locator, free quilting projects, and videos. [www.quiltinggallery.com](http://www.quiltinggallery.com)



## Showcase Challenge

Have members use their Member Manual to help them in organizing what they have learned. The form of the showcase can vary according to the wishes of the leaders and member's ability. Information could be presented in many forms, some of which are: posters, pamphlets, written reports, speeches, computer presentations, displays, etc. Suggestions are listed on the Showcase Challenge page at the back of the Member Manual. The best results are almost always obtained when members are allowed to present their information in the style of their choice.

### In the Member Manual

## Showcase Challenge

*Bringing it all together!*

### DISCOVER

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help **you** understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will "showcase" it.

### Dream It!

#### Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a pamphlet
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Write a report
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!



### My Showcase Challenge Plan



My showcase idea: \_\_\_\_\_

What materials and resources do I need? \_\_\_\_\_

Who do I need to help me? \_\_\_\_\_

When do I need to have things done by? \_\_\_\_\_

## In the Member Manual

DISCOVER

### Do It!

Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.

DISCOVER



### Dig It!

Now that you have showcased your project skills;

- How did your Showcase Challenge go?
- What would you do differently next time?
- How will you use your new skills in the future? *(in different situations?)*



## Portfolio Page

Once members have completed all the builders they will have a lot of information recorded in their manuals. These are products of their learning. As a final exercise in the project, members and leaders will pull together all this learning in completing the Portfolio Page in the Member Manual. There is a skills chart that lists the skills members are expected to complete by the end of the project. Members and leaders must indicate how they know the member was successful at a particular skill. Leaders will find evidence if they think about what they have observed members doing, what discussions they have had with members, and what the members have produced. If leaders think that members need to go back and improve on any skill, this chart helps them clarify what needs to be done.



# My 4-H Portfolio Page Manitoba

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Year in 4-H: \_\_\_\_\_  
 Club: \_\_\_\_\_ Hours Spent on 4-H: \_\_\_\_\_ (Project and Other 4-H Activities)




<b>Project Skills Chart</b> To be completed by the leader and the member based on observations and conversations throughout the project.		
Skill Builder	Members will be able to...	We know this because...
1	<ul style="list-style-type: none"> <li>Identify quilting tools</li> <li>Understand batting and quilting fabrics</li> <li>Plan your rag quilt.</li> </ul>	
2	<ul style="list-style-type: none"> <li>Cut with a rotary cutter</li> <li>Work with quilt batting and flannelette</li> </ul>	
3	<ul style="list-style-type: none"> <li>Identify 3 main ways to quilt a quilt top</li> <li>Understand the impact quilting has had on rural Manitoba</li> <li>Make a rag quilt block</li> </ul>	
4	<ul style="list-style-type: none"> <li>Identify how quilting can be environmentally friendly</li> <li>Piece rag quilt rows together</li> </ul>	
5	<ul style="list-style-type: none"> <li>Accurately join rows to form a quilt top</li> </ul>	
6	<ul style="list-style-type: none"> <li>Design and create a label for your quilt.</li> <li>Identify a variety of ways to sell your sewing</li> <li>Finish a rag quilt</li> </ul>	
Showcase Challenge	<ul style="list-style-type: none"> <li>Explain success in using the skills listed above</li> </ul>	
Additional Comments/Activities:		

**Leader Point of Praise!**

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader's Signature: \_\_\_\_\_



# In the Member Manual

## DISCOVER

### Above and Beyond!

In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H.

(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

\*\*Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.

### Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member's Signature: \_\_\_\_\_



### Point of Praise! Another's perspective on your achievements in 4-H.

(community professionals, MAFRI staff, 4-H club head leaders, 4-H Ambassadors, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: \_\_\_\_\_





## 4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.



A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club's Achievement celebration!

**If you have any questions, comments or suggestions for this or other 4-H projects contact:**

**Manitoba 4-H Projects  
Manitoba Agriculture Food and Rural Initiatives  
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Brandon, MB R7A 1L9**

**Email: [4h@gov.mb.ca](mailto:4h@gov.mb.ca)**

**Phone: 204-726-6613**

**Fax: 204-726-6260**

This manual is for educational use only and is not intended as professional advice.



**For more information about 4-H and the many 4-H opportunities available please visit**

**<http://www.gov.mb.ca/agriculture/4-h/>**



## DISCOVER

### What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today's 4-H program reaches both farm and non-farm youth across Canada. The motto of "Learn to Do by Doing" is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.



### 4-H Motto

"Learn To Do by Doing"

### 4-H Pledge

I pledge,  
My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to greater service,  
My HEALTH to better living,  
For my club, my community, and my country.

### 4-H Quality Equation Principles

#### Quality People

- Promote responsibility, respect, trust, honesty, fairness, sportsmanship, citizenship, teamwork and caring.

#### Quality Experiences

- Provide members with personal development and skill development experiences.

#### Quality Projects

- Promote and value quality effort.
- Promote high quality, safe food production within industry standards.



Manitoba 4-H project material is developed by  
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