

SUPPLY LIST
FREE MOTION WITHOUT FEAR
a six hour workshop by Elizabeth Rosenberg

Yes, you really will need all this stuff. The workshop is SIX HOURS long!)

FABRIC:

12" or 14" square practice "sandwiches"

A note about the sandwiches: Prepare at least 12 sandwiches, but if you work fast, or if you are obsessive, you'll need up to 24. These should be made of light-colored solid fabrics & cotton batting. They need NOT be basted, only layered. You will find that if you use a cotton batting, the layers will cling together nicely. YOU NEED TO PREPARE THESE BEFORE CLASS. You will NOT have time to prepare them during class. If you don't prepare them beforehand, you will fall behind in the class, and feel frustrated!

THREAD:

Bring an assortment of solid colors, and some variegated, too. What's important is that the thread color you choose contrasts well with your sandwich fabric color, so you can see it easily! You'll need at least one spool of each of the following types of thread:

50 wt cotton thread (the standard thread you use for piecing, etc.)

60 wt cotton thread (also known as embroidery thread. My favorite brand is Mettler)

Decorative rayon thread — 30, 35, 40 wt — any or all of these are okay (my favorite brand is Madeira)

ALSO bring any thread you own that you don't know how to use. You may not get to actually use it in class, but I can explain it to you!

NEEDLES:

Bring all the kinds you own, plus: size 75 Quilting AND size 75 embroidery.

OTHER SUPPLIES:

Well-adjusted sewing machine with which you have a good relationship — remember to pack your snap-on or free-standing extension table, the manual that came with your machine and a telephone book to sit on (or bring a pillow, if you are a delicate flower — six hours on a telephone book can be hard in more ways than one)

Darning foot. If you've never used a darning foot before, try to get one from the manufacturer of your sewing machine, it will work better than a "generic" foot.

Three filled bobbins. Fill one with rayon thread, one with 50 wt. cotton and one with 60 wt. cotton thread.

Sewing Machine Oil (even if your machine shouldn't be oiled – we'll be using it for something different!)

Cotton Swabs (not Q tips brand – buy the cheap store-brand ones, they're better!)

Chenille Sticks or Stems (they look like pipe cleaners. You'll find them in a craft store)

Drawing pad (11" x 14" is a good size — larger is okay) and Pencil

A notepad if you don't want to take notes in your drawing pad

small Scissors or thread snips

C-Thru ruler at least 12" long (C-thru is a brand, not a cute way of saying see-through. If you can't find this brand, make sure your ruler has 1/8" markings!) (I find that the 2" wide ruler is more practical than the 1")