

# Stitching Together

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## Lesson Three - Big Stitch Hand Quilting

### Choosing your Thread

Recommended threads for Big Stitch Quilting are Perle Cotton #5 or #8. Just like regular sewing thread, the lower the number, the thicker and heavier the thread. Other options are Sashiko and 6 strand embroidery floss.

Useful facts about Thread: Ply is the number of yarns twisted together to create thread. Strands are threads twisted together. Embroidery thread strands can be separated but it is not recommended to separate Perle cotton.

### Needles

Crewel or Darners are great because they have a larger 'eyes' for threading and more suitable for stranded thread. It is important to make sure you do not choose a needle that is too big (small size number) because it will make too big of hole in your fabric. If the needle is too small it could cause thread to fray because a big enough hole was not established by the needle before the thread is passed through.

They also have a sharp pointed tip to ease through the fabric. This is especially important for quilting through two layers of fabric and batting.

If you have trouble threading your needle try inserting thread through the other side. The eye is actually bigger on one side than the other because of the way the needle was manufactured.

### Instructions

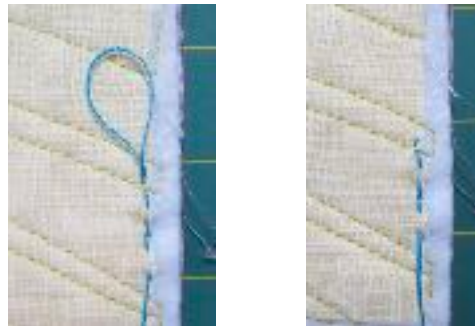
1. Thread your needle by starting your thread as it comes off the spool. Use 18"-22" of thread. Do not tie a knot at the end of thread. This will avoid extra bulk in Binding.



2. Take three stitches along the raw edge of the quilt top, pulling the thread through. Be sure to leave a little of the end of the thread hanging out.



3. Turn around and sew over the initial stitches to where you want to start your first line of hand quilting. Pull the thread through, be sure not to gather your stitches. These will be hidden under Binding.



4. Use your machine quilting as a guide to where to stitch. Stitch about four stitches/inch. Load 3-4 stitches on your needle at a time. The most important thing about hand quilting is to keep your stitches as even and the same size as possible.



5. Randomly stitch on your top until you have added enough to accent your quilt. For guidance place your EPP circle on top. Once you get an idea of where to place your stitches, remove EPP. This will not actually be sewn down until Lesson Four.



6. When ending a stitching line, put your needle between the batting and backing and 'travel' out to the edge of the quilt top. Back stitch along edge to secure.



7. For added variety, change the color of quilting thread to accent colors in the EPP

