Sheila Frampton-Cooper

Express Your True Self: One Piece at a Time www.Zoombaby.com

Class Description:

Explore the mystery and excitement of creating a pieced abstract quilt with little or no plan. We will discuss basic design and composition, color and value, quilting, and most importantly, trusting your instincts. I will demonstrate construction techniques for sewing curved seams and discuss some of the challenges you may run into with spontaneous design and piecing.

Supply List:

- 100% cotton fabric, preferably solids LIGHT/MED/DARK VALUES FOR EACH COLOR (details below)
- At least one yard each of neutral colors. (see below)
- Sewing machine
- Needles (I like SCHMETZ Microtex Sharps 70/10)
- Neutral thread for piecing (I suggest light cream and light gray)
- Seam ripper, scissors and thread snippers
- Rotary cutter (with extra blade)
- Ruler
- Cutting Mat (at least 24" for cutting width of fabric)
- Table top lamp (optional)
- Multi-plug extension cord with surge protection and a 3 prong adaptor if needed for classroom outlets
- Iron with auto shutoff and tabletop iron pad
- Small spray bottle (for water)
- Sketchbook (for note taking, drawing etc.)
- Pen and regular pencils w/eraser
- White pencil, if you have one
- White flannel for your design wall
- Blue painters tape
- Camera (or you may use your phone)

You may visit this site as a reference for choosing your palette: http://www.robertkaufman.com/fabrics/kona cotton/?solids&cotton#colorcard

If you like blue, make sure you bring a very dark blue, a very pale blue, and a few steps in between. If you choose gray for your neutral, make sure you bring a very light shade (close to white) as well as a light/medium. I suggest bringing grays and creams, but keep them on the light side. Bring a very dark gray, black or brown. (at least a half yard of each) For example, if you want to use earth tones, you might want very dark brown, if you are using cooler colors, a charcoal would be nice.