



# LEARN & CREATE

with Baby Lock



## Kiss Your Stash Goodbye Flip and Sew Quilting

Quilt and Sew all at the same time – Denise is going to show you how in this inspirational video. See how to make a very special quilt for a boy or a girl using simple strips.

### Supplies:

- Quilting Machine and Frame
- Basic sewing supplies
- Fabric Strips 2 ½"-6 ½"
- Backing and batting
- Quilting thread and 100/16 needles
- CNLB2 – Lady Bug Cutter set
- CN-SRC – Best Seam ripper
- BLJ19-CL Channel Locks
- Creative Notions Thread Snips
- Ginger 7: snips
- Rotary Cutter
- Madeira Snips
- Seam Fix
- Seam Ripper
- Line Tamer
- Start Right Quilt Clips by Grace

### Small mini lessons

1. Scissor lesson – use snips to cut threads and scissors to cut fabrics
2. Thread cutter lesson – best practice is to bring bobbin thread to the top, cut long thread tails and bury the threads in the batting
  - Lady bug thread cutter
  - Scissors come on lanyard
  - Scissors stored on Command Strip with hook
3. Rotary Cutter
  - Right tool for the job
    - Use a cutter with a smaller blade when cutting curves
  - Ruler
4. Seam ripper-Proper ripping lesson
  - Red ball on end to help rip



- Sharp point
  - Jack the ripper
  - Seam Fix Seam ripper
  - Rubber end removes threads
  - Long Arm seam ripper clipper is Denise's favorite
5. Walking foot for straight line sewing with home sewing machine
    - Made to go forward not backward
    - Best straight lines are achieved with walking foot
    - Straight stitch plate recommended
  6. Channel locks lock the machine in position so it can only sew a straight line.
    - Pro-Stitcher has channel lock function built in
    - If you do not have the Pro-Stitcher, use optional Channel locks which fit over the wheel of the machine



7. Felting batting back together lesson
  - Denise uses a hamper to store left over pieces of batting
  - Those batting pieces can be put together to be used for other quilts
  - Needle punch back together with a felting machine
  - Or use a zig zag stitch or hand sew

## Making the Flip and Stitch Quilt

1. Use strips of fabric cut 6 ½" by width of fabric
  - The wider strips are easier to handle for your first flip and stitch quilt
  - As you get comfortable with the process, you could use 2 ½ inch jelly roll strips if desired
2. Load backing and batting on frame
3. Use the Channel lock stitch backing and batting together
  - Use Quilt Clips to secure the batting to the backing rail at the front of the frame
4. Position the first strip of fabric with the top edge even with the straight line of stitching that secured the batting to the backing

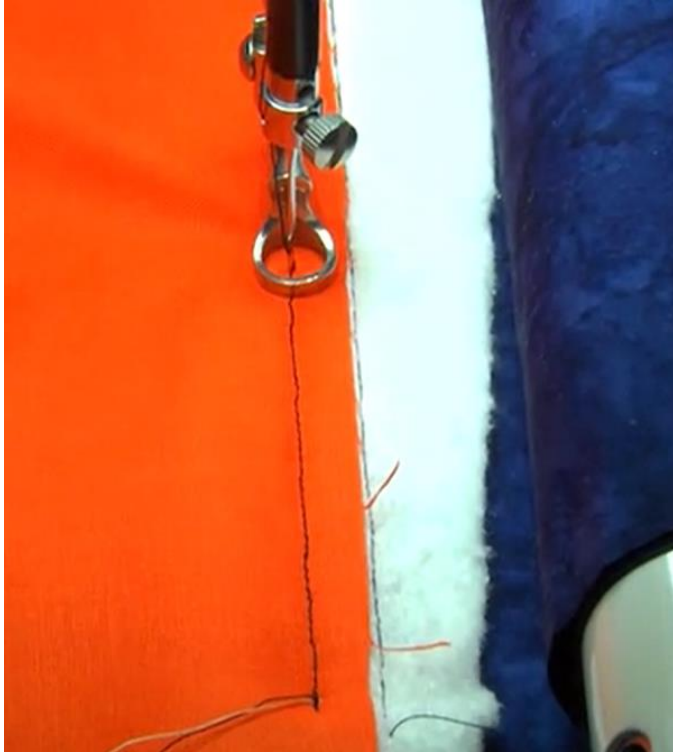


5. Position the machine as shown in the picture, with the edge of the hopper foot at the edge of the fabric

- The needle will be  $\frac{1}{4}$  inch from the edge of the fabric

6. Engage the Horizontal channel lock on the Pro-Stitcher or place the Channel lock on the wheel of the machine

- You will need to position the machine first before you engage the channel lock because when the channel lock is on, you can only move the machine left or right



7. Use one to guide the machine and the other hand to smooth the fabric as you stitch the two pieces together
  - 12 stitch per inch
8. Add the second piece of fabric
  - Directional piece
  - Verify what direction you want fabric to face and then flip
    - Lay the fabric right side up as it will be after you have sewn the seam
    - Turn it up and lay it wrong side up on top of the first strip
9. Position the machine with the machine to sew the seam
  - The edge of the foot should be near the edge of the fabric
  - Move the machine along the seam to determine if the fabric was cut straight and if you are going to have a good seam allowance
  - If needed you can sew a slightly wider seam allowance to compensate for fabric that is not cut perfectly
10. Engage the channel lock
11. As you sew from left to right:
  - Your left hand will be guiding the machine
  - The right hand leads for placement of the fabric



- If you choose to pin the fabric, it is important to remove the pins as you come to them. DO NOT sew over the pins
  - Adjust hands as needed
  - Stitch all the way across and clip thread
12. Flip the fabric after the seam is stitched and you have just sewn the seam and quilted in one step
13. Sew and flip down the entire quilt rolling as needed
14. Quilting the Quilt
- Top stitching is optional



- You may also stitch an edge to edge design on each strip
  - Design show BL-Cement Truck
15. Complete, bind and give to a friend

Happy Quilting,  
Denise Applegate-Schober

