

MODULE ON QUILTS AND MATS

Introduction

Newly merged areas are basically cold with hard weather. People need quilts and mats for the winter season as the winter season is very much long in this area. People with minimum livelihood cannot afford to buy enough quilts and blankets for the winter season while purchasing a single quilt or mat costs 4500 rupees. It means a bigger amount for such a low income family whose livelihood is totally destroyed due to conflict. Stitching a quilt or mat by themselves will cost them 1800 only or females can re-stitch the old one which will cost nothing to them. Females are also interested in such a skill so the community will benefit largely from this skill and will contribute in large to achieve the project objectives.



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Traditional quilts

Traditional quilts use regularly repeating shapes and blocks, based on a grid. **Traditional** patchwork can be simple or complex, but it is usually made up of

many repetitions of the same block and orderly rows. These are frequently combined with uniform sashing between individual blocks and/or borders all around.



1. HandQuilting

Hand quilting is slower and methodical. It's a classic quilting method that involves hand stitching the fabric pieces together to make the quilt top.

There are several ways to hand quilt. Traditionally, hand quilting is done with the use of a hoop so that the quilter can keep the fabric taut while stitching with a needle and thread. However, in recent times, some quilters have found working without a hoop allows for more freedom while working.

Whether you use a hoop or not is mostly dependent on what you are quilting. Some patterns and designs need the stiff hold of a hoop whereas others don't.

The type of stitching you choose when hand quilting may also depend on the pattern. However, machines do not allow you to create that hand-stitched or freeform appearance that you can achieve with quilting by hand. You can choose to use large, wide stitches, which mean less time and detail, but it

does take practice to create smooth, clean lines.

A steady hand and patience is the key to hand quilting. It's less expensive since you don't need a machine or extra equipment but it is time-consuming, so it's important to consider all of the factors associated with your quilt pattern before choosing whether to hand or machine quilt.

2. Technical process of quilt or mat stitching

What You Need

There are a few must-have supplies to help you master the art of hand quilting.

1. Needles

The size of your needle can make a big difference. Most hand-quilting pros agree that a size 10 is ideal — the eye isn't too big or small, and the needle is strong enough to handle a quilt's many layers.

2. Thread and Conditioner

If you're using [all-cotton fabric](#) , it's best to use a [cotton thread](#) . You may have to try a few different types to find one that's both durable and easy to work with. Once you've got it, coat the thread with a conditioner like [Thread Magic](#) to help keep it from knotting as you stitch.

3. Quilting Hoops

There are all sorts of hoops on the market, including [handheld hoops](#) , lap hoops and standing quilt hoops. When hand quilting smaller projects, like [pillow cases](#) , you may not even need a handheld hoop. But for a project like a throw, hoops can be useful.

Pro Tip

Don't place the quilt too tightly in the hoop, like you would when embroidering. The fabric needs to be able to move up and down as you work, so make sure there's enough give.

Here are some pointers for getting started with hand quilting.

1. Cut the Thread

Your thread should be roughly 18" — any longer and it'll tangle; any shorter and you'll have to switch threads frequently. Once you've got your length, tie a small knot at the end. Pull the needle and thread through the back of the quilt, bringing it up at the exact spot you want to start hand quilting. Give a slight tug so the knot goes through the backing fabric, but doesn't pull all the way through. This way the knot will be hidden inside the quilt.

2. Start Stitching

Keeping your stitches small and even is the most important part of hand quilting. A good goal is six stitches per inch. As you become more skilled, you can shoot for anywhere between eight and 12 stitches per inch.

Pro Tip

Keep one hand underneath the quilt and one hand above. Your bottom hand steadies the fabric while guiding the needle all the way through to the back of the quilt and moving it back to the top. Your top hand moves the needle down into the fabric and up again.

4. Load the Stitches

As your top hand guides the needle up and down, don't pull the thread all the way — load two or three stitches on your needle instead. *Then* you can pull the thread all the way through, taking care to keep the tension even. Continue in this manner until you're done sewing that particular piece, then move onto the next one.

Precaution's while hand Quilting

- Take breaks when sewing, especially when quilting by hand. You do not want to hurt your hands or your back.
- If using tailor or dressmaker's chalk to trace quilting lines onto the top of the quilt, make sure to test it on a scrap of the fabric first. It can stain some fabrics.
- Man-made fabrics like rayon and polyester lead to a crease free quilt, but one that cannot "breathe", meaning that a person sleeping under it will sweat and feel smothered. It's best to use natural fabrics like cotton for functional quilts, and man-made fabrics for applique decoration or simply decorative quilts.



Training Agenda:

Lesson	Topics	Time
Introduction to Quilts and Mats		
Introduction	Welcome and Overview	20 mints
Lesson 1	Introduction	45 mints
Lesson 2	Traditional Quilting	40 mints
Lesson 3	Hand Quilting	40 mints
Recap	Recap on Quilts and Mats	30 mints
Total time		2:55 hours

DAY-2

Lesson	Topics	Time
Technical Process/Tools/Raw Materials		
Introduction	Welcome and Overview	20 mints
Lesson 1	Technical Process	60 mints
Lesson 2	Tools for quilting	30 mints
Lesson 3	Raw Material for quilting	30 mints
Total time		2:20 hours

DAY-3

Lesson	Topics	Time
Demonstration and Precautions		
Introduction	Welcome and Overview	20 mints
Lesson 1	Practical Demonstration	30 mints
Lesson 2	Precautions	60 mints
Recap	Recap on Quilts and Mats	30 mints
Total time		2:20 hours