Hand Quilting

A Little Sample

Janice Cate

Reviewing Terms

What you need to know

FPP - Foundation Paper Piecing

EPP - English Paper Piecing

Hand Piecing - no paper needed

Hand Quilting - rocking the needle

Quarter inch seam allowance

Marking & cutting blocks

Supplies

What to bring

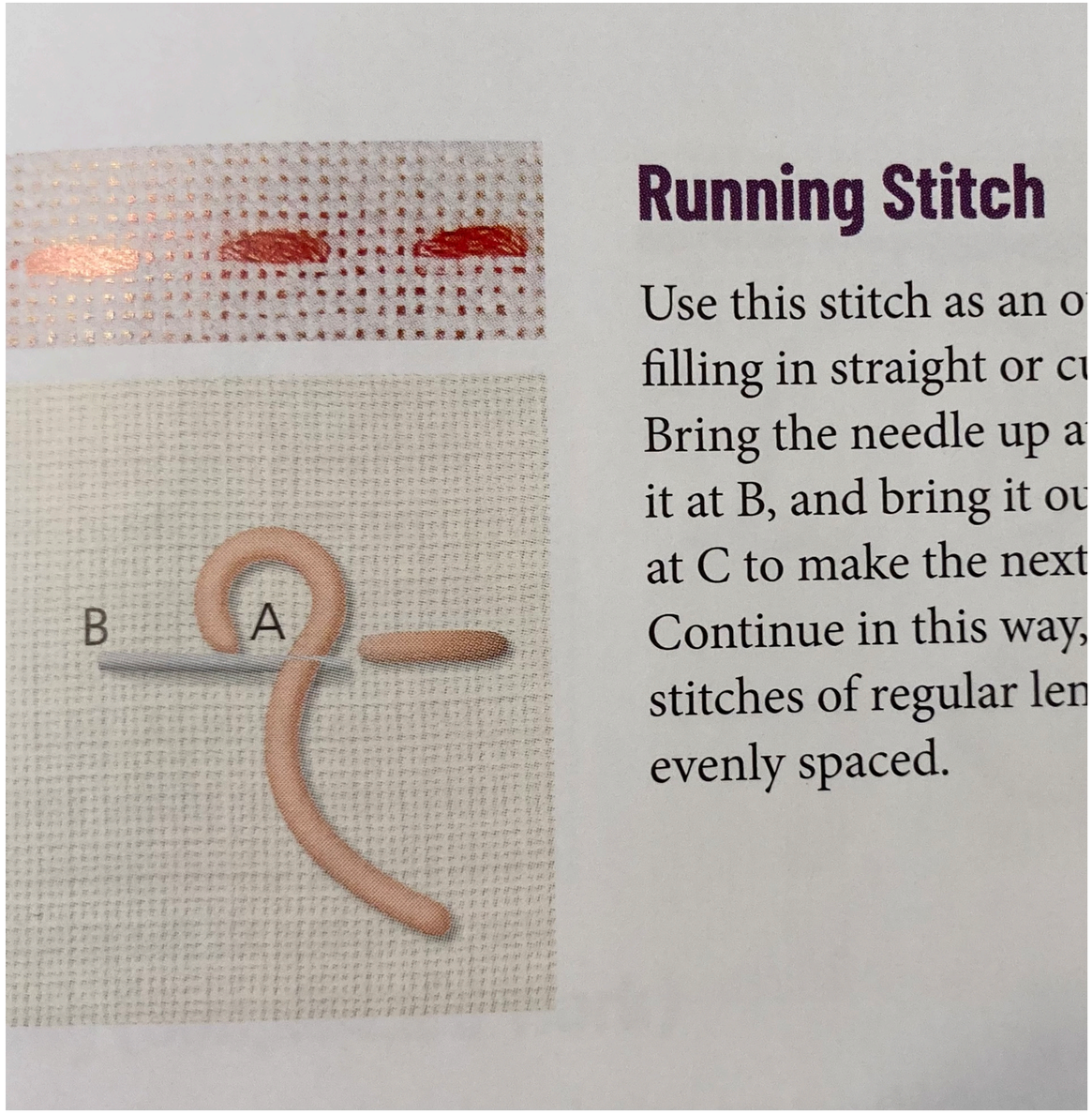
- Needles
- Pins
- Thread
- Bee’s Wax
- Small Scissors
- Thimble
- Needle Minder
- Project bag or container



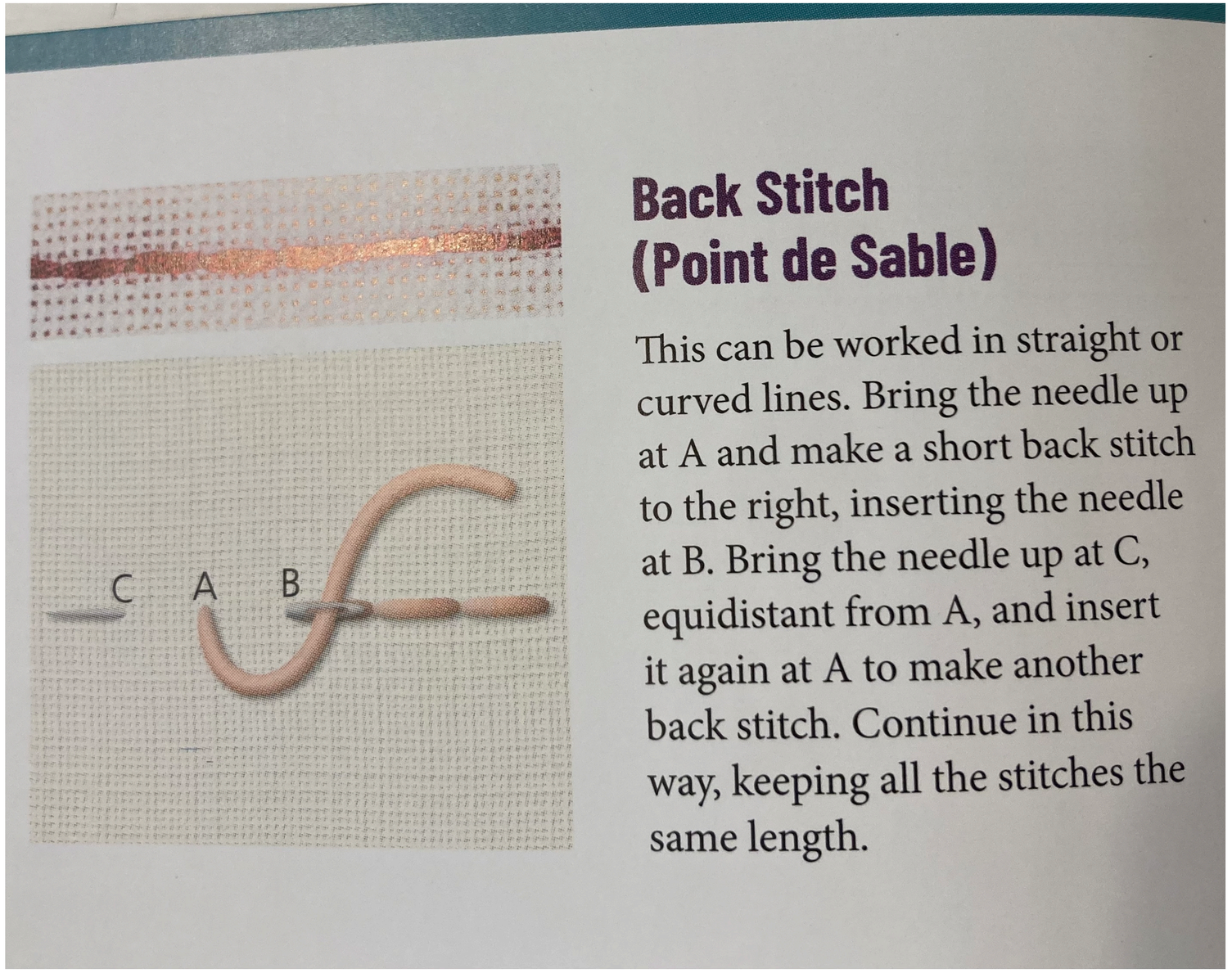
Stitches

And knots

- Running Stitch
- Back Stitch
- Quilters starting knot
- Quilters finishing knot

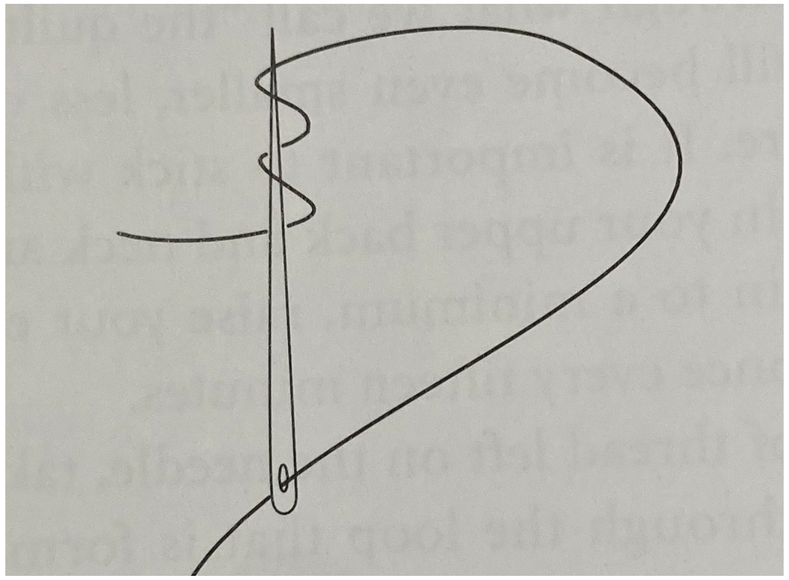


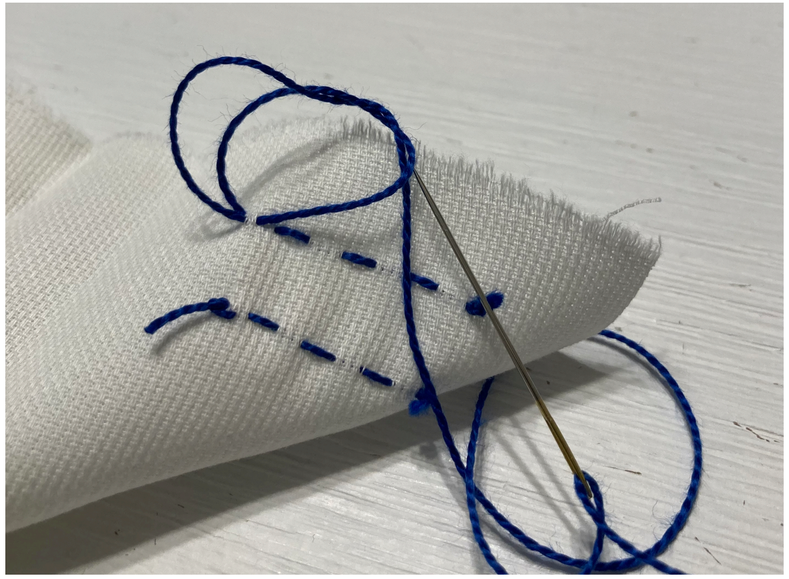
Quilter's Knot & Finishing Knot



Back Stitch (Point de Sable)

This can be worked in straight or curved lines. Bring the needle up at A and make a short back stitch to the right, inserting the needle at B. Bring the needle up at C, equidistant from A, and insert it again at A to make another back stitch. Continue in this way, keeping all the stitches the same length.

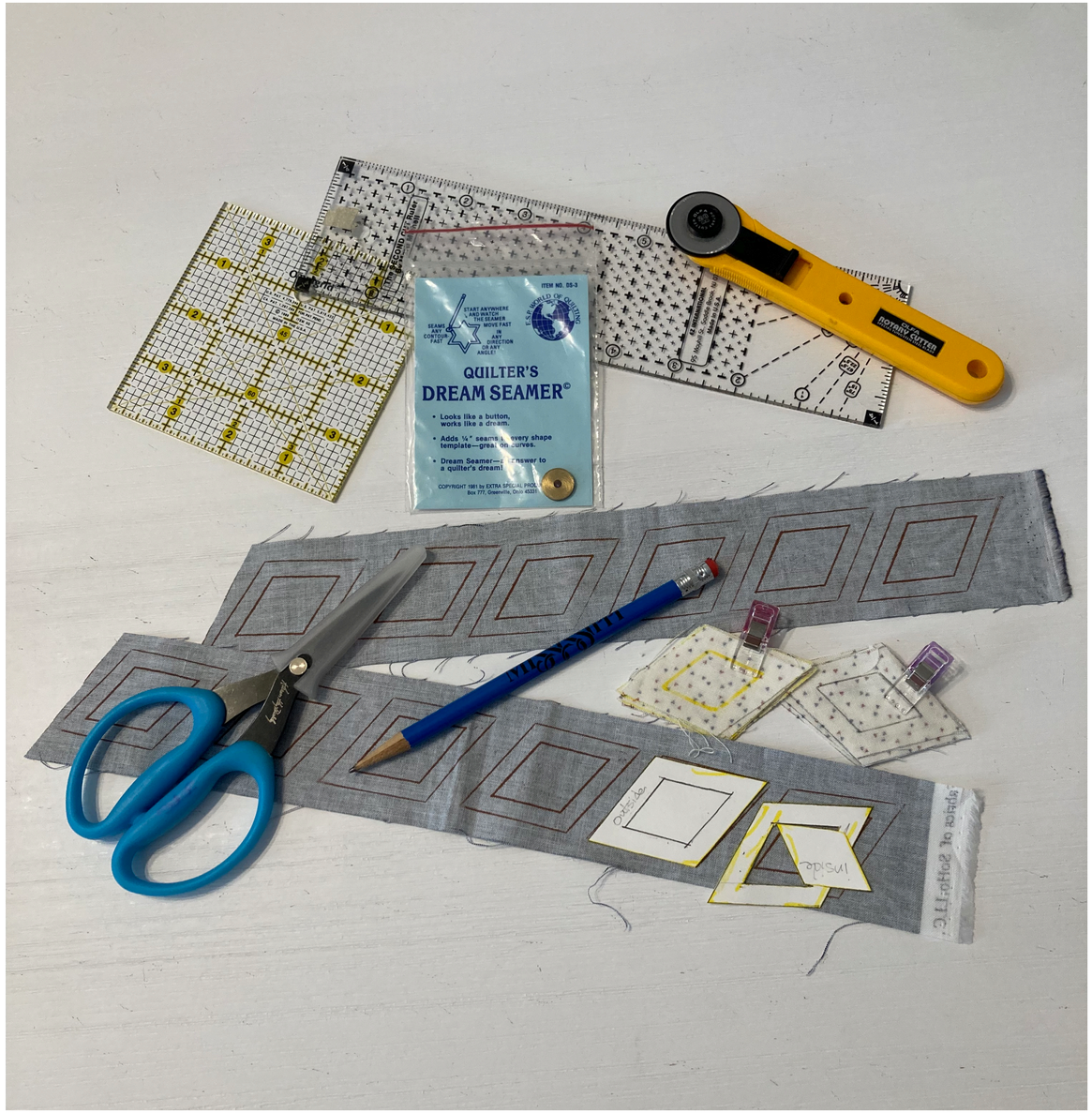




Cutting Fabric

Stamps or Rulers

- Hand piecing begins with marking fabric on the wrong side
- All pieces need to have quarter inch seam allowances marked
- Use rulers, pencils & rotary cutters or
- Stamps & scissors



Assembling the blocks

- Using 12 -18” of single thickness thread and size 10 Sharps needle, make small quilter’s knot on the end of the thread.
- Align two blocks with right sides together.
- Place a pin at the far left corner, matching the corners of both pieces of fabric.
- Start sewing at the far right corner, matching both corners. Make one backstitch with the knot on top.
- Sew a running stitch to the pin at the far left corner. Come up at the pin & remove the pin.
- Backstitch twice or use a double loop knot. Leave a tail.
- Open the two pieces and finger press.

Adding Blocks

Making corners tight

- Sew from the outside corner to the intersection of the next block.
- Pull the needle through the double fabric and continue around the four meeting corners until the needle is back at the stitched seam.
- Go through to the other side and continue to stitch to the opposite corner. Make a finishing knot.



Why piece by hand?

- Slow stitching is calming.
- Does not need sewing machine.
- Available anywhere.
- Uses small bits of fabric.
- Connects to makers of all ages.



Resources

- Stamps by Kate (Lago Vista, TX) online at bykate.com
- Getting Started with Quilt Stamps - Stamps by Kate - YouTube
- Hand Piecing Basics: The running stitch and quilter's knot -YouTube video - Kristen Esser, November 11, 2018.
- Hand Piecing Basics: Sewing Through Seam Allowances - YouTube video - Kristen Esser.
- Hand Piecing with Jen Kingwell -Quilting Tutorial - You Tube Moda Fabrics, April 29. 2025.