

Heidi Parkes – Story Quilts

Specific supplies for class:

- Needle, I like Dritz milliners
- Thread that fits with the needle, I like DMC pearl size 8
- A pushing thimble, to protect your fingers while sewing (I LOVE the Clover Protect and Grip Thimble, which is in [My Amazon Shop](#))
- A pulling thimble or gripper:
 - I LOVE the Little House Needle Gripper Silicon Thimble, which I purchase from Snuggly Monkey. [Use this \\$5 discount code from me.](#)
 - Or, a needle puller or rubber gripper I like using a square of [Dycem Non-Slip](#)
- *A large solid piece of base fabric to applique on.* I often use a 5x5' piece of unbleached muslin in a large width, but you can use any size from 2x2' to 7x7'. Any color. If using a print, I'd stick towards something subtle. Be careful with bedsheets, since they can be pretty hard to sew through if they have a high thread count.
- Additional fabric to applique with, items with histories like clothing or domestic textiles are great. Dyed fabric also tells a potent story. Anything will work though.
- Scissors
- Pins: straight and/or applique
- A couple safety pins
- An embroidery hoop, any size will work, but ideally 4", 6", and 10"
- Needle threader? (Optional, I don't use one, but you might! A tiny piece of paper is [my favorite kind of needle threader](#))

- **Rotary and mat cutter (optional)**
- **Cardboard, thin from a cereal box (optional)**
- **Tissue paper (optional) repurposed from gift wrap is fine**
- **Aluminum foil (optional)**
- **Hera marker for pressing a crease/mark into your fabric (optional)**
- **A sewing machine and related thread and tools (optional) (If you're already skillful with a machine, you are welcome to incorporate it at times in class. I've included a video of me 'pleating' on a machine, and that's one optional technique that works well in a Story Quilt to add texture.)**