

Supply List for:**JUMP START YOUR CREATIVITY****BARBARA OLSON:** barbquiltart@aol.comwww.barbaraolsonquiltart.com

This technique is for the quilter that is ready to break out of the box and experience a playful way of creating. Playing with color, texture and the design elements of depth and shading, create a small flower piece filled with light and energy. Starting with a simple pattern, add a wide array of novelty fabrics (polka dots, geometrics, florals, etc.) and a few solids. Use decorative threads to develop the texture and last, engage your willing spirit. The construction technique is machine appliqué. (a pattern will be provided)

TOOLS and SUPPLIES:

1. Sewing Machine with zigzag capabilities, sewing machine accessories and manual
2. Needles—Embroidery 75/90, Microtex Sharp (60/8-90/14), Metafil® or Topstitching 80/12 -100/16
3. Invisible Thread
4. Bobbin Thread – neutral color
5. Variety of Decorative Threads: variegated, solids, metallics, etc.
6. Straight pins
7. Scissors – Small sharp point paper and fabric
8. 2 yards Sulky Totally Stable™
9. Fusible Web – ¼ yard –Steam a Steam 2™ regular-light weight works best
10. Black permanent ink felt tip pen - Sharpie™ extra fine point is best
11. Marking Pencil, color depending on your backing –light to dark or visa versa
12. Repositionable or Re-stickable Glue Stick
13. \$2.00 lab fee
14. Design Wall fabric –at least 30" X 30" –very useful for pinning and transporting design-- *in progress*

FABRIC:

1. A variety of 12 or more ½ yard pieces of fun/playful novelty fabrics. Consider polka dots, geometrics, large floral's, etc. Give yourself many choices. Don't worry about coordinating.
2. A selection of 4 or more ½ yard solids or fabrics that read solid that can possibly go with your collection.
3. One high contrast fabric –1/4 yard piece—consider black and white
4. Background fabric –1 yard solid
5. Backing fabric – 1 yard solid

“Pull a playful selection of novelty fabric from your collection or library of fabrics. What better fabrics to work with *to get the brain out of the way*. This is not a struggle of matching fabric for a perfect quilt. Trust your instincts. Pull fabrics for no other reason than it looks fun and playful. Give yourself lots of choices.

BOOK: Journey of an Art Quilter: Creative Strategies and Techniques, Dragon Threads, 2004.