



Spirals Supply List

By: Barbara Shapel

A passage, a flower, or even a shell – which will you choose? This pattern can be interpreted in several distinctly different ways. In any way, however, the *value* of the fabric will be important in making the overall results sing. This pattern uses a freezer paper appliqué method to construct this fiber art piece. The finished size of the quilt will be 36" square.

Fabric Suggestions:

- 1 ¼ yards of background fabric.
- There are a total of 28 pieces (not including the background fabric) that will be used to make up your spiral. Each individual piece will fit on a fat quarter of fabric. When choosing fabric, consider the following:
 - If you're making a passage, choose two or three color ways that will contrast each other. Make sure to have fabric that is very light to very dark in each of the color ways. You might also want to consider using black and white prints in a variety of values for one of the color ways.
 - If you are going to make a flower or a shell, choose your favorite flower or shell color and bring values from very light to very dark.

Supplies:

- \$16 Spirals Contemporary Appliqué Pattern
- Heavy Duty Freezer Paper (available at most grocery stores)
- Thread: Invisible Thread in Smoke or Clear (I prefer the Madeira brand)
- 50 or 60 weight medium value thread for the bobbin
- Iron, Small Ironing Pad and Spray Starch
- Sewing Machine in good working order (must be capable of doing a zigzag stitch)
- Sharp Sewing Machine Needles in size 60/8 (preferred) or 70/10 (also called Microtek Sharps)
- Basic Sewing Supplies (seam ripper, pins, etc.)
- Scissors to cut paper and fabric
- Mechanical Pencil
- Masking Tape

Questions? Please feel free to contact me at barbarashapel@pacifier.com or 360 606-9608. I look forward to seeing you in class!

Barbara Shapel