

A NEEDLE PULLING THREAD

QUILT SEW KNIT CROCHET CROSS STITCH EMBROIDER HOOK RUGS



80



86



64



18

1 Birds of Paradise Quilt

2 out-of-the ordinary tea cozies

3 quilted banners to fall for

4 cast ons for knitting circular lace

Artist Reviews with
Lise Belanger
Galla Grotto

Make & Be Happy!

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HEART 2 HEART Mandala

Definition of mandala. 1: a Hindu or Buddhist graphic symbol of the universe; specifically: a circle enclosing a square with a deity on each side that is used chiefly as an aid to meditation.



Since I was 10, I wanted to learn about quilting, but I didn't know anyone that could teach me. It was only in 1984, at 22 years old, that my dream of learning to quilt came true. I had joined the Canadian Armed Forces where I met my husband, an Acadian from Rogersville, New Brunswick. We had received our posting to the Base in Gagetown, New Brunswick and that's where I learned the basics of traditional quilting. My mother-in-law was my teacher and at the time, no quilting tools were yet available on the market.

In 1993, we were posted to Portage-la-Prairie, Manitoba. During this period, besides quilting, I created

many oil paintings. To meet people in my new community, I exhibited my paintings at the Arts Council in Portage and later, taught classes to meet more people.

Soon after arriving on the air base in Portage, I met two inspiring artists that would share their teachings with me as well as the Native arts and crafts. So for the following three years, Aimée, an Algonquin from the Ottawa region and her husband, a Lakota Sioux from Long Plain, Manitoba, showed me how to work raw hides and make drums, shields, beadwork, moccasins, mukluks, mittens and bags as well as dream catchers and other ceremonial items.

In hindsight, painting and Native Art gave me a new perspective that would drive my passion for quilting and designing into a new direction.

We moved back to Quebec in 1996 and since raw hide is a bit more difficult to find, I returned to my love of quilting. At this point I longed for something different, more challenging. I had found a quilt book from Pam Bono's collection that was quite different from the traditional quilting style of the day. I contacted her and we became friends over the years. She became my mentor and invited me to visit her in Pagosa Spring, Colorado. She taught me the

business of quilt designing among other things and she has been a tremendous influence on me.

It's in 2008, with a little nudge from Pam, that I started my small business as a quilt designer.

The name **COLLECTION INÉDITH** is a play on words with the word **INÉDITE** which, figuratively speaking, means **UNIQUE**.

Reflecting while gazing at a Mandala will change your outlook on life. This little beauty is part of my **PFF Collection** (Pattern Free Forever) and is designed to ease people into practicing Free Motion Quilting (FMQ) and Raw Edge Appliqué. This little Mandala requires minimum effort, materials and time.

This project is very versatile. You can apply this design to different techniques:

- Stand-alone FMQ, and some may use it to make hand embroidery projects
- FMQ and fabric painting. You can do the FMQ design then paint each petal with fabric paint. It can be a colourful alternative to appliqués.
- Raw Edge Appliqué with FMQ design

In this project, I'll show you two of the techniques listed above; the stand-alone FMQ design or embroidery and the Raw Edge Appliqué with FMQ design.

This project can be done on a domestic sewing machine. All you would need is a FMQ foot and to lower the feed dogs. It can also be done with a sit down mid arm quilting machine.

You can use the **Heart 2 Heart Mandala** to make a decorative cushion or, my personal favourite, frame your work as if it were an oil painting. Use a blank painting canvas, wrap the quilted piece around it and staple it to the back. Then cover the back with thick black cardboard used for crafts and install a hook behind the frame to hang the piece on the wall. It will become a conversation piece.

Hopefully, this will give you the push you need to start Free Motion Quilting unique designs on your projects with confidence.

skill level intermediate

finished measurements

8½" x 11" [21.5 x 28cm]

materials

FMQ design or embroidery

- 2 fat quarters, white with small print tone on tone for fabric for background and backing
- 18" x 22" [46 x 56cm] cotton batting
- polyester embroidery thread size 40 wt in dark yellow or gold, fuchsia and purple

Raw Edge Appliqué with FMQ Design

- 2 fat quarters, batik green
- fabric scraps in dark yellow, fuchsia and purple
- 3 sheets of 9" x 12" light fusible web
- 18" x 22" [46 x 56cm] cotton batting
- polyester embroidery thread size 40 wt in dark yellow or gold, fuchsia

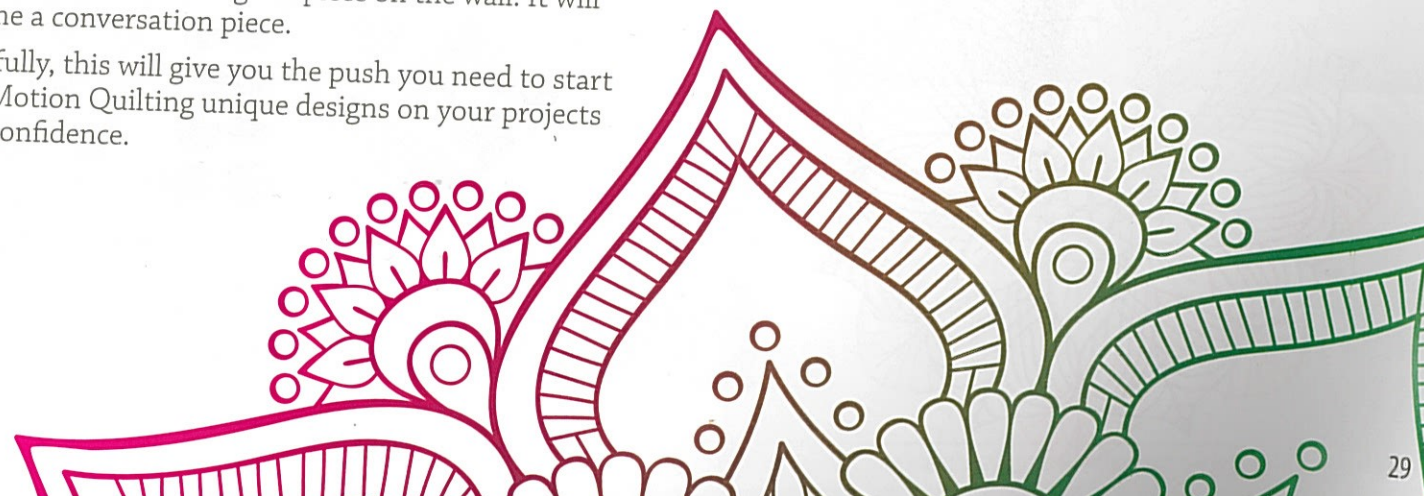
other

- light box / glass top table with a lamp underneath or sunny window
- mechanical chalk pencil extra fine
- 18" x 22" [46 x 56cm] paper for tracing each template

TIPS

Free motion quilting part of both projects:

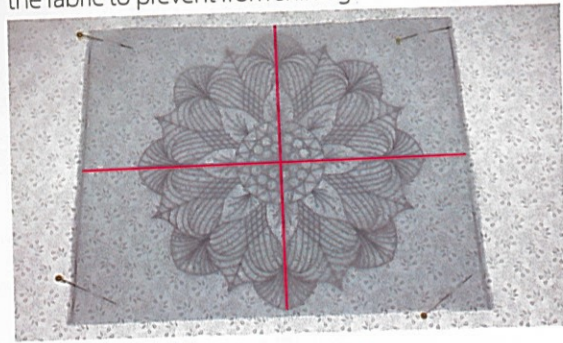
1. Travel twice over each line to add depth and intensity to your project and to correct the possible crooked lines made on the first pass.
2. Use thread colours that will contrast with the background fabric or the appliqués.



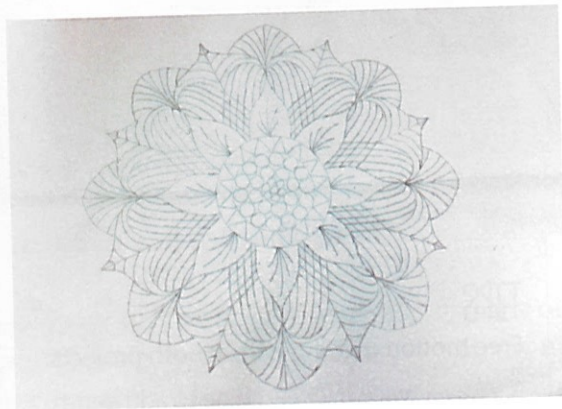
instructions

free motion quilting or embroidery project

1. Photocopy the Mandala Template A on the 8½" x 11" piece of paper.
2. Place the template on the tracing table and add the white fat quarter on top. Center the design on the background fabric and pin both the paper template and the fabric to prevent from shifting.



3. Trace the free motion quilting design poking through the fabric with a mechanical chalk pen.
4. Make a quilt sandwich by adding the batting and backing and the piece is ready to quilt.



The finished free motion quilting design



raw edge appliqué with free motion quilting design

1. Trace the templates on light fusible web. Templates 1, 2, and 3 must be traced eight times each. Templates 4 and 5 one time.



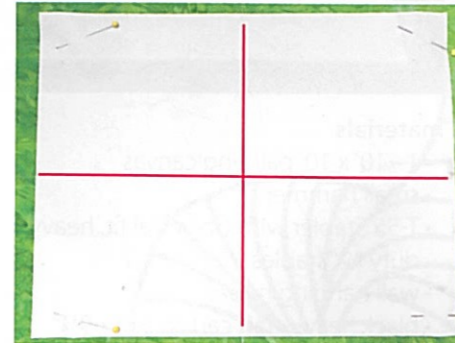
2. Apply the light fusible web templates on the wrong side of the fabric and press with a hot iron to fuse the fabric to the fusible web.



3. Cut the appliqué shapes.

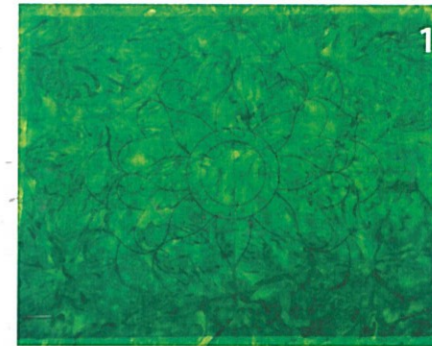


4. Photocopy the Mandala Template B on paper 8½" x 11". This template will be used as a guide to position the appliqués at the right place quickly.
5. Take a green fat quarter and place it wrong side up. Place the paper template B also wrong side up. Center the design and pin them together. Then turn them right side up.



placing the appliqués

6. When the light box is turned on, the design shows through the fabric. Place each appliqué starting with the farthest ones in the background and finish with the ones in the foreground.



The finished appliqué design with free motion quilting

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7. With a mechanical chalk pen, draw the quilting lines free hand. Use Template A as a guide.
8. Make a quilt sandwich by adding the batting and backing and the piece is ready to quilt.

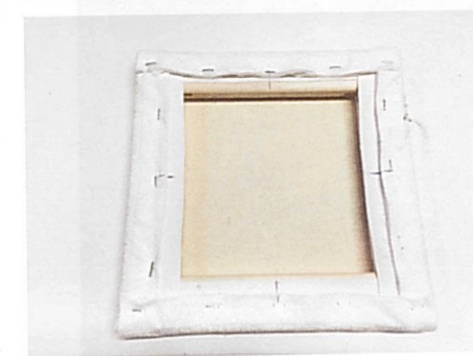
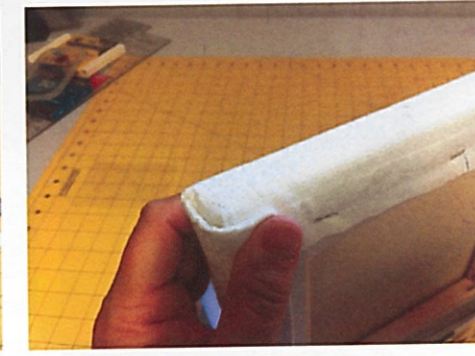
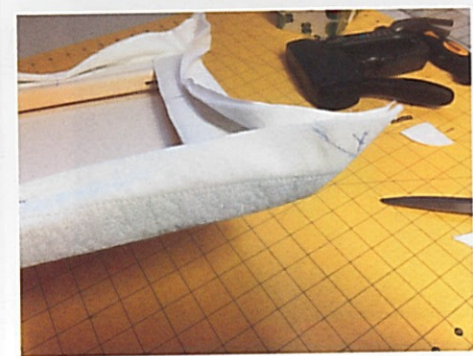
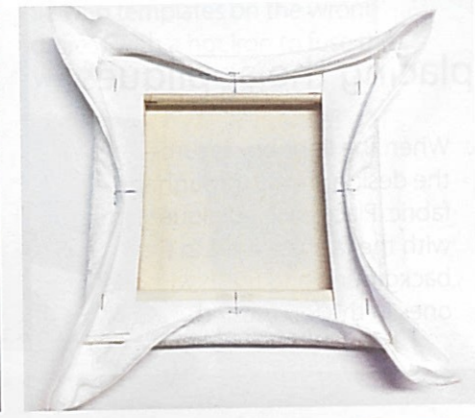
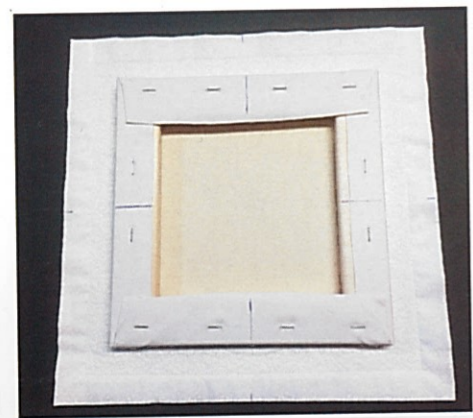




How to frame the Mandala project

materials

- 1- 10" x 10" painting canvas
- small hammer
- T-55 Stapler with Universal fit, heavy duty 1/16" staples
- wall hanging hooks
- black heavy craft carton 9 3/4" x 9 3/4"



1. To make sure the block is centered on the canvas, mark the center on all four sides of the back of the frame and do the same on the wrong side of the quilted block.
2. Wrap the block around the canvas and align the center marks on all four sides. Use only one staple on each side at first, then look at the other side to see if the design is centered.
3. Cut about 1" of the extra fabric in each corner to make the corners less bulky.
4. Fold the fabric. Once corner is square, staple it in place.
5. Add a few more staples and add the black carton to cover the back.

Note: The carton should be 1/4" shorter on each side so that it doesn't go over the frame.

6. Finally, add the wall hanging hook and you're done!

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HEART2HEART Mandala

Template for free motion quilting design

