

Looking Glass

A Meadow Mist Designs Quilt Pattern by Cheryl Brickey



MEADOW MIST
designs

#1012 V3

A precut friendly pattern in
baby, toddler, lap, twin,
and queen sizes

Learn To Quilt Series

Thimble Bee's Sewing School

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Fabric & Supply Terms for Beginners

Quilter's Cotton – A medium-weight woven cotton fabric made specifically for quilting. It's durable, easy to cut and sew, and presses well for crisp seams. Quilts should always be made with 100% cotton (not polyester or blends). Cotton washes well, doesn't stretch or melt under the iron, and helps your quilt hold its shape.

Print Fabrics – Fabrics with printed designs, such as florals, stripes, polka dots, or novelty patterns. For quilting, small-scale prints (often called calicos) work especially well because the designs don't get lost when cut into smaller pieces.

Pre-Cuts – Bundles of fabric cut into standard sizes by the manufacturer (like charm packs or fat quarters). Coordinated and beginner-friendly.

Charm Pack – A stack of 5" x 5" fabric squares, usually 40–42 pieces from the same fabric line.

Fat Quarter – A quarter yard of fabric cut 18" x 22". (A standard $\frac{1}{4}$ yard is 9" x 44".) The fat quarter shape gives a larger, more versatile piece.

Background Fabric – The main fabric used behind or around quilt blocks, often a neutral or solid that helps other fabrics stand out.

Binding Fabric – Fabric cut into strips and sewn around the outer edge of a quilt to finish it neatly.

Backing Fabric – The fabric that covers the entire back of the quilt, sitting behind the batting.

Batting – The soft middle layer of the quilt that gives warmth and loft. For beginners, choose 100% natural cotton batting for the best results.

Choosing Your Quilt Size

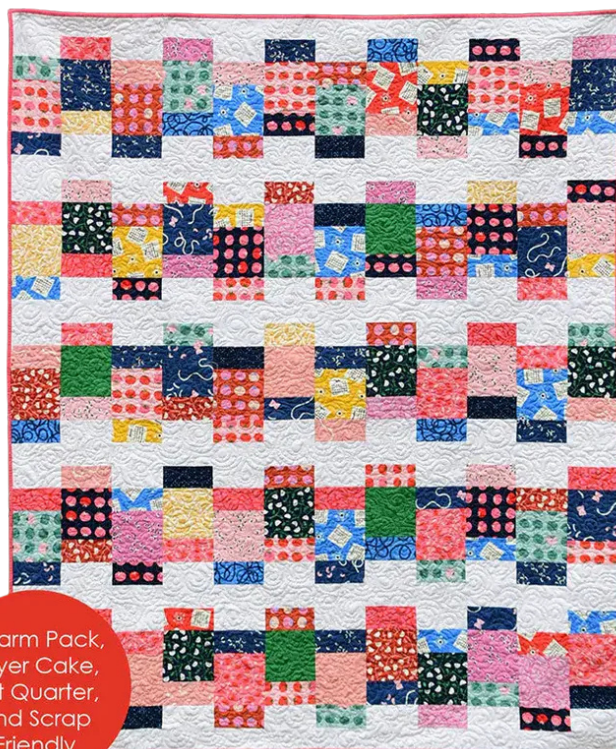
In this class, you'll have 9 weeks (15 hours of instruction) to complete your quilt. To help set expectations, please keep the following in mind as you decide on the size you'd like to make:

- **Start Small if It's Your First Quilt** – A baby-size quilt is the best option for beginners. It's easier to handle under the sewing machine, less stressful to finish, and will allow you to focus on learning good technique without being overwhelmed by the amount of sewing.
- **Homework Will Be Needed** – If you'd like to finish your quilt by the end of our 9 weeks, plan on sewing outside of class. Students who stay on top of homework have the best success in finishing on time.
- **Returning Students** – If you've taken this class before and are ready for a bigger challenge, you're welcome to select a larger quilt size. Just keep in mind that larger quilts take more time, and you may not finish completely within the session if you fall behind on homework.

Our goal is for you to enjoy the process and build confidence with each step. Starting with a smaller quilt ensures you'll end the session with a beautiful, finished piece you can be proud of!

Fabric Amounts:

	Baby	Lap	Twin
Finished quilt size	36 1/2" x 40"	54 1/2" x 65"	72 1/2" x 90"
Print Fabrics: 5" packs or 10" packs or fat quarters (fq) or # scraps 5" x 5"	(2) 5" packs or (1) 10" pack or 48 squares	(3) 5" packs or (1) 10" pack or 10 fq or 120 squares	(6) 5" packs or (2) 10" packs or 19 fq or 224 squares
Background fabric	3/4 yard	1 3/4 yards	2 3/4 yards
Binding Fabric	3/4 yard	3/4 yard	3/4 yard
Backing fabric	2 1/2 yards	3 1/2 yards	5 1/2 yards
Batting	45" x 48"	63 x 73"	80" x 98"



Required Supplies for Class

The list below includes the required items you'll need to bring to class. In the following pages, you may also see additional tools that are not required for class, but are helpful if you plan to sew at home or work on homework outside of class. Consider those items optional — they're simply recommendations to make your at-home sewing easier.

- **Quilter's Fabrics: see page 2**
- **Rotary Blade (45mm)**
- **Quilting Pins + Clips**
- **100% Cotton Thread (50 wt)**
- **100% Cotton Thread (30/40 wt)**

Helpful Extras (optional): Seam ripper, small thread snips, extra rotary blades, and a fabric marking tool.

Basic Cutting Tools

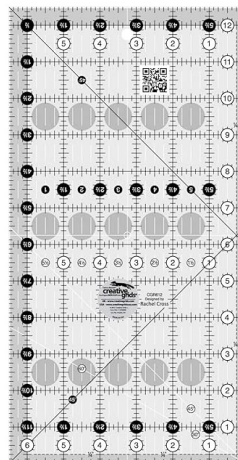
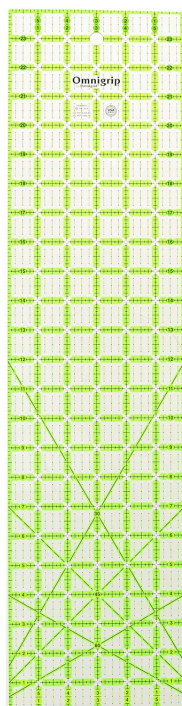
Rotary Blade



A rolling blade (like a pizza cutter) used with a quilting ruler and mat to cut fabric quickly and accurately.

Favorite Brands: Clover and Olfa

Quilting Rulers

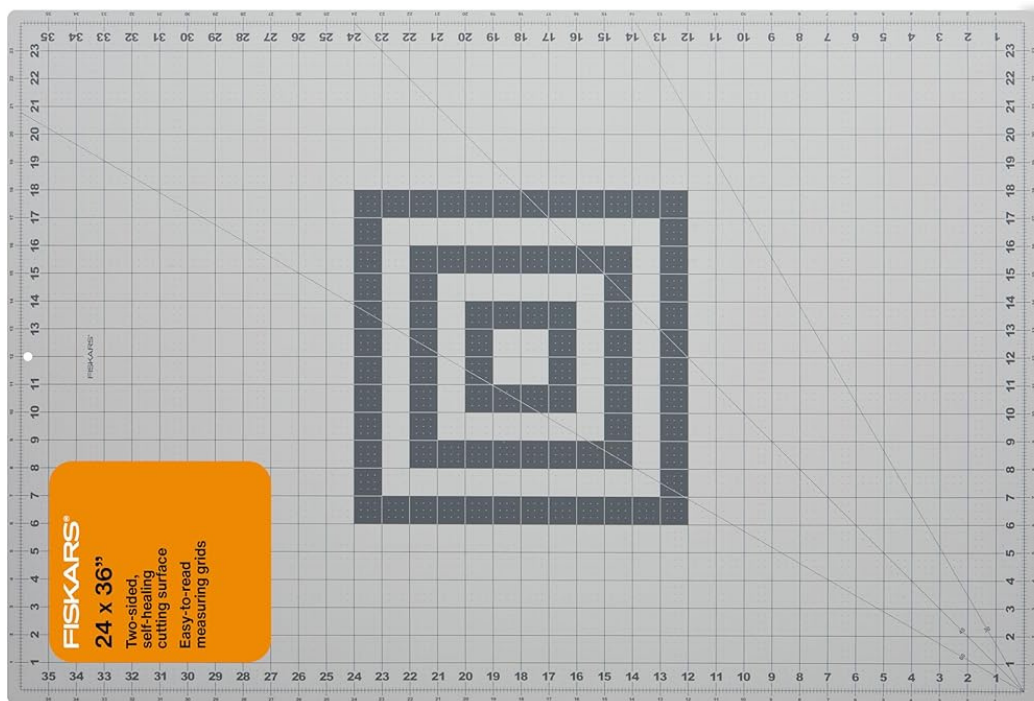


Clear acrylic rulers with grid lines used to measure and cut fabric accurately. The 6" x 24" ruler is the most essential size for cutting long strips and large pieces of fabric. The 6" x 12" ruler is handy for trimming smaller pieces. Top Brands: Creative Grids and Omnigrip

Creative Grids can be easier on the eyes when measuring, but a bit pricey compared to Omnigrip.

Basic Cutting Tools

Self Healing Mat



This tool is essential when cutting fabric with a rotary cutter. The mat protects your tabletop from scratches and helps extend the life of your rotary blade by providing the proper cutting surface. While you won't need to bring one to class, a larger mat (such as 24" x 36") is highly recommended if you plan to cut fabric at home or finish cutting outside of class.

Hobby Lobby frequently runs sales on the Fiskars cutting mat, often 40–50% off. Be sure to check their weekly ad for current sales.

Pins + Clips

Quilting Pins



Pins are an essential tool in quilting because they secure fabric pieces together before stitching. This prevents shifting, helps match seams, and improves overall accuracy. Quilting pins are longer and sharper than regular sewing pins, making them easier to use when working with multiple layers of fabric.

Quilting Clips



An alternative to pins, clips hold fabric layers securely in place without piercing the fabric. They're especially useful for binding edges or working with thick layers where pins may bend or distort the fabric.

Threads

50 wt. 100% Cotton Thread



Thread for Piecing: You'll need a 50 wt 100% cotton thread. This weight is fine enough that your seams lie flat, but strong enough to hold up during quilting and washing. Always choose 100% cotton thread so it works well with your cotton fabrics and presses smoothly without melting.

Good brands to look for are Aurifil 50 wt and Gutermann 50 wt cotton. Both are high-quality threads that glide easily through the machine.

Tip: Choose a neutral color such as light gray, beige, or off-white — it blends with most fabrics and won't show through seams.

28/30wt. or 40wt. 100% Cotton Thread



Thread for Topstitching & Quilting: When it's time to quilt your layers together and stitch down your binding, you'll want a 30 wt or 40 wt 100% cotton thread. This thread is thicker than the 50 wt piecing thread, which means your stitches will be stronger and more visible, giving your quilt a defined finish.

Choose a color that complements your quilt top — something that blends in nicely without distracting from your piecing.

Quality options include Aurifil 28 wt and Gutermann 30 wt/40 wt cotton threads.

Sewing Aids

1/4" Piecing Foot



This little foot makes quilting so much easier! It's designed to help you sew a perfect 1/4" seam allowance every time — no more guessing or trying to eyeball it. The built-in guide keeps your fabric lined up as you sew, which means your quilt blocks will fit together much more neatly and you'll spend less time fixing mistakes.

Walking Foot



A walking foot is sometimes called a dual-feed foot because it uses an extra set of feed dogs on top to work together with the feed dogs under your fabric. This means the top and bottom layers of your quilt are pulled through evenly at the same time. It's a huge help when quilting your "quilt sandwich" or sewing on binding — no more shifting, stretching, or puckering.

Sewing Guide



Washi tape is a quick and easy way to mark a straight stitching line on your sewing machine. Place a strip on your machine bed at the 1/4" mark (or wherever you need) and use it as a visual guide to keep your seams straight. It peels off cleanly without leaving sticky residue, making it a simple tool to help beginners sew with accuracy.