



Workshop Supplies and Prep

Double Friendship Knots

Workshop by Sheri Cifaldi-Morrill of Whole Circle Studio

What to bring to class:

1. 22" x 22" quilting cotton for BACKGROUND **STARCHED** (*NOT Best Press or Flattening spray*) and *press fabric PRIOR to class. The starch will help with the applique process. Spray starch can typically be found in the laundry aisle at grocery store.*
2. At least one Charm Pack (5" squares) with at least 30 pieces for KNOTS or equivalent* **STARCHED** (*NOT Best Press or Flattening spray*) and *press fabric PRIOR to class.*
When selecting fabric for knots I recommend:
 - thinking about the 2 knots and if you want them to:
 - contrast one another (if so, choose a charm pack that has 2 distinct, contrasting color ways or choose fabrics that can be separated into a warm palette—reds/oranges/yellows and a cool palette—greens/blues/purples)
 - blend together (if so, select fabric that looks good together to you!)
 - consider how your TOP/KNOTS fabrics look when placed on your BACKGROUND fabric. If your background fabric has a vibrant print or if it is lighter than your top fabrics, it may show through your knots. This isn't necessarily a bad thing, just a design choice.

** scraps that measure at least 3" x 5" work well too. It's always better to bring more scraps or an additional charm pack (or both) to mix and match as we sew!*

If you need help narrowing down fabrics, I'm happy to help you in class after the introduction/first demo.

3. Basic sewing supplies: sewing machine, iron, neutral 50wt thread for machine piecing, pins, seam ripper, rotary cutter, small acrylic ruler and small cutting mat, sharp scissors for fabric
4. Water soluble fabric glue marker
5. Small quilting seam roller or general purpose wallpaper seam roller
6. Old hotel room keycard, credit card or equivalent.
7. CottageCutz Add-a-Quarter Ruler
8. Curved safety pins (usually used for quilt basting)
9. Applique needles *My favorite are Tulip Big Eye Applique— available through my website: <https://shop.wholecirclestudio.com/product/tulip-big-eye-applique-needles-size-10> (See next page for description)*
10. Thin cotton thread(s) for applique that matches the majority of your top fabrics. If it's challenging to pick a few colors, match your background fabric. *I use Aurifil 80wt or Aurifil 50wt if I can't find a matching color in 80wt.*
11. Seam gauge with ¼" indication. *I highly recommend the Dritz Measuring Gauge*
12. Bees wax or Thread Conditioner
13. Thimble(s) and/or Adhesive Thimble Pads. *I use the adhesive type*

Optional:

- Longer needle or needle with larger eye for basting
- Bee wax or Thread Conditioner
- Needle minder so you don't lose your needle while practicing your handwork!
Get your own cute and helpful *Sew Speedy* needle minder—available in my online shop: <https://shop.wholecirclestudio.com/product/sew-speedy-enamel-needle-minder> (See next page for description)





If you need applique needles, there are my ABSOLUTE FAV!

I LOVE [Tulip Big Eye #10 Applique Needles](#) for handwork, especially needle-turn applique. These high-quality needles are made in Japan and are nickel-plated steel, with gold plated eyes. They are polished lengthwise to ensure smooth fabric piercing and needle eyes are polished from both sides to ensure easy threading. I highly recommend these needles to all of my students as they glide right through your fabric, don't easily bend, are easier to thread than most other applique needles, and you get what you pay for—they last a while. I tend to lose my needle before it wears down!

The package includes six high quality Japanese needles within a labeled, clear, cork topped tube.



Totally optional...

Don't lose your needles with this cute (but strong) [Sew Speedy needle minder](#). When you're not using your sewing needles, let this sturdy magnetic enamel needle keeper hold them for you! Great for when you're doing handwork on the couch, in the car or on the go. Leave it next to your sewing machine to hold your used needles until you can properly dispose of them. It's also a handy tool to have when you inevitably drop your needles or pins and need something magnetic to pick them up! Needle minder is 1" in diameter and includes a second magnet, so you can attach it to the project you're working on—a quilt, fabric in your embroidery hoop or even your sleeve. Your needles will stay attached to the top even when the second magnet is removed.



Bonus! When you're not using it to hold your needles, use it as a fashion accessory! The strong second magnet makes it great for lapels or bags to show off your love of sewing

Please contact me (sheri@wholecirclestudio.com) with any questions.
I look forward to working with you!

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