

PAULINE'S  
QUILTERS  
WORLD

**Getting Started**  
**With**  
**Dot to Dot Quilting**  
**Pauline's Way**



Code: DDT

Quilting can be quite daunting for a beginner or novice who is trying to teach themselves quilting. Many have tried and given up. I encourage people to try again with these templates and my tips. I know it can be done, and it is such a fantastic and rewarding experience when you start to understand the techniques and processes.

All it takes is a little time and, like anything, a little practice. Don't focus on the amount of time you practice, but rather aim for consistency. There are no hard and fast rules. Quilting can become the most fun part of quilt making.

I found it frustratingly hard when first learning to quilt. I started with trying to quilt in the ditch with a walking foot, and found that I was continually running out of the ditch. I stuck with it until I got my eye in, and learnt that you need to concentrate on where the needle is going - then it became easy.

I also struggled with was the bulk of the quilt. The bulk didn't want to move through my domestic sewing machine with ease; it seemed that I was continually pushing and shoving all the time. Once I practised on quite a few small practice pieces, I moved onto some smaller quilts. I found it got easier the more I practised. I recommend that when learning to quilt, to practice on a lot of smaller pieces first, then move on to a big quilt.

The main thing that's needed when learning to quilt, is building up your confidence. Sit at your sewing machine with a small piece of fabric that's been sandwiched together with the backing and batting. Then, stitching around shapes that have been drawn onto the top fabric is the best way to build your confidence bit by bit.

In this booklet, I explain step-by-step how to achieve the steps I practised to teach myself. I know it seems like it takes up a lot of time, but it's worth it, as it's so gratifying when you feel you're starting to get a handle on it. I'm going to take the scary out of getting you started on your journey to becoming a confident quilter.

We will focus on using traditional means to achieve creative expression. This book explores a less restrictive approach to quilting as it offers a beautiful blend of simple design combinations with practical step-by-step guidance. We all have talent; it's just a matter of discovering it.

## A Little Note Before We Start

In this booklet, I refer to the tools and ideas that I like to use and recommend. If you want to know how to use these tools, refer to the videos on my website [www.pqw.com.au](http://www.pqw.com.au) or my YouTube channel. You may, of course, have favourite tools which you enjoy using, so don't feel restricted if you don't have the tools I like to use.

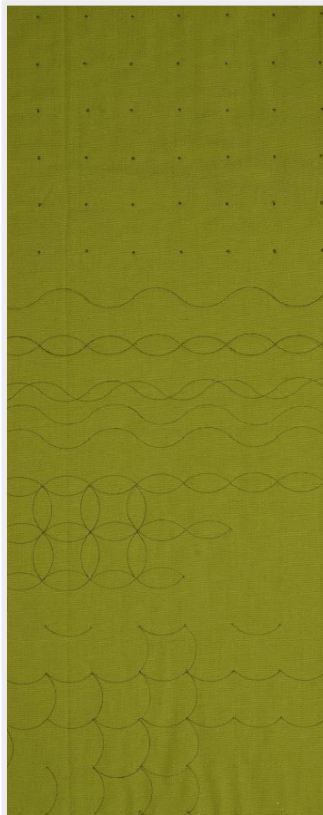
## Getting started

The Dot to Dot template set has been designed to get you on your way to become an accomplished quilter. Using these templates will give you the ability to quilt straight or gently curved lines. The possibilities are endless. Let me take you on a journey of discovery to give you joy and satisfaction and stimulate your creative juices. Preparation is particularly important; these are some guidelines to follow and to improve on.

There are different ways to quilt. You can either quilt with your Feed Dogs up or with your feed dogs down. The method you want to use to quilt will decide on how your machine needs to be set-up. More on these methods of Quilting, later in the book.

## What is in your Template Kit

Template A - 1" Base Grid  
Template B - 1½"; Base Grid  
Template C - 1" Curves and 3" Curves  
Template D - 2" Curves and 2" Semi Curves  
Template E - 6" Curves and Straight Edge  
Dot to Dot Booklet



## Tools I like to use for Quilting

### Bohin Fabric Marking Pencil

This is a quality fabric marking pencil that washes out or can be erased away with its own eraser. It comes with both white and black leads, with many more colours available.

**Tip** - Whichever pencil you use to mark a quilt, be certain the marks will come out of the fabric.

### Hera Marker

Used to mark straight lines and gentle curves. Press down hard, and the tool leaves a crease line on the fabric. It can be used on a single sheet of fabric or fabric sandwiched together with the batting and backing.

### Sew Slip Mat

This is the tool that takes all the push and shove out of quilting. It's a slippery mat that adheres to the bed of your machine, with a cut out to allow the feed Dogs to be either up or down..

### Titanium Topstitch Needles

I love these needles and use them for most things I stitch. I find the needle stays much sharper for a lot longer than a regular needle. The big eye on these needles make it amazingly simple to thread, especially if you don't have a needle threader on the machine. I mostly use the size 80/12.

### Batting/Wadding

With so many different battings on the market, it can become very confusing when choosing one for your quilt. You may have your favourite, but if not, why not try the one I use that I think is terrific. I love to use the Hobbs's Double-Sided Fusible Batting. This batting is 80% cotton and 20% polyester, and it has a noticeably light adhesive on both sides that washes out when the quilt is first washed.

There are many reasons why Hobbs Double Sided Fusible Batting is so popular.

The big payoff is firstly, no safety pins needed, and this saves on time. No walking foot is needed as the layers do not move away from each other. It washes very nicely with little to no shrinkage, does not pill through the fibres of the fabric, and is incredibly soft and cuddly.

## Quilting with Feed Dogs up

This is a fantastic way for a beginner or novice quilter to get started. For example, if I were a beginner or novice quilter, I would start quilting on lines that I have drawn onto the fabric.

I would use a walking foot or an open toe foot on the machine, with a stitch length set on about 2.5 or 3.

I would then stitch on the line like regular sewing. You may need to adjust the stitch length a bit depending on the machine and the batting that you've used.

If you have two small a stitch length, you may find the stitches to cut through the batting. Increase your stitch length in this case.

Any design that is open and simple can be stitched like this.

If you were to work on a large quilt, it would become quite a struggle as you would be turning the bulk of the quilt through the machine all the time.

## Straight line quilting

This is the easiest option, and in the last little while, has become immensely popular as a modern form of quilting. Straight line quilting is a clean, modern style that is incredibly satisfying. The lines can go in any direction and be any width - horizontally and or vertically.

Gentle wavy lines also look super cool! Get funky and create irregular shapes to add a wow factor to your creation.

# Get Started and Ignite Your Love for Quilting

Start with preparing some small pieces and sandwiching them together. Cut 2 x top fabrics, backing fabrics and batting approximately 18" x 12". If using the fusible batting, press the three layers together. If using other batting, you will need to pin baste the three layers together. Template B 1½" base template to mark out the Dots.

**Tip** - Set the Bohin pencil up with both Black and White leads. Mark Dark fabrics with the White lead and the light-coloured fabrics with the Black lead.

## Step 1. Drawing Crosspatch Pattern

Lay template B 1½" grid onto the fabric. Align the edge of the template to the top and side of the fabric. Using a fabric marking pencil, put a small dot in every hole. Move the template over, aligning the first row of holes on the template with the last row of pencil dots.

Move the template down the fabric. Align the first row of the holes on the template with the pencil dots across the top. Continue marking the dots until the whole piece of fabric has all the dots marked.



## Step 2. Template C 1" Curves

Have the small curve of template C facing to the top and the big curve at the bottom. Align the **second** hole on template C with the first dot on the fabric made from template B. Draw along the gentle curve of the template and continue moving template C along until the curve is drawn right across the fabric. Move Template C down, so the first hole on the template aligns up with the second dot on the fabric, and then draw the curve. Repeat until you have drawn the gentle curve on all the fabric.



**Note** - Refer to the diagrams within this booklet for design ideas.



## Quilting on the Line with Feed Dogs Up

Set the machine up with a contrasting thread to the fabric in both the top and bobbin. As this is a practice exercise, it's best to have a contrasting thread so you can quickly check your stitch length and tension. If the layers have been pinned, attach the walking foot on the machine. If you used the Hobbs Fusible Batting, set the machine up with an open toe foot. Feed dogs need to be up and engaged. Lay the Sew Slip Mat over the bed of the machine, as this will help glide the fabric along the curves.

You're now ready to stitch on the line. You'll need to gently glide the fabric under the needle as you stitch in and out of each curve. Once you have stitched the first line, check the stitch length to see that it's not too small. Adjust if needed until you're happy with the stitch. Continue stitching on the lines until you have stitched each one.

## Continuing with More Curved Lines

To add to the design you have just completed, align the second hole on template C with the second dotted line on the fabric. Draw the gentle curve, and you'll see you have created a nice but simple curved arc design. Continue drawing these curves and stitching.

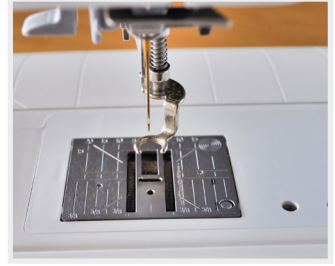
## Do You Want More?

To expand on this design, turn to design one on page 13. It's exciting to see what can be developed with basic curves. Have a play and see what you can create. Remember, there's no right or wrong way to create designs for quilting.

Take the time to experiment with all the different templates in your pack. There are many options for you to try. I know as you do, your confidence will grow line by line. Do it, keep doing it and do it some more. It is the only way to become great with quilting. I suggest you work through all the design ideas in the booklet and as you do, experiment with different combinations of curves. You will be amazed at what you can create. The more you stitch over these shapes, the sooner you will be wanting to move onto giving Free Motion Quilting a try.

## Quilting with Feed Dogs Down FMQ

This is a really lovely way to quilt, but be warned it does take quite some practice. This form of quilting is called Free Motion Quilting. You drop the feed dogs and attach the free motion foot (refer to your machine manual or contact your dealer on how to set this up on your brand machine).



Once the feed dogs are down, the machine makes no stitches, unlike when the feed dogs are up. This allows you to quilt in any direction without turning the fabric. You simply guide the fabric in the direction you want to stitch.

The first thing you need to learn, is to be able to create evenly sized stitches. To do this, you need to practice moving the speed of the needle in rhythm with the speed of the fabric. This can be quite frustrating at first. The best way to get the rhythm is to start by sewing a bit slower than you would normally.

Try to move the fabric at a medium speed and the needle at a medium speed. Try stitching some straight lines towards yourself just like you would with normal sewing. Then stitch backwards by merely moving the fabric forward as you stitch backwards. Also, try stitching from side-to-side by gliding the fabric in the direction you want to go. Now you are ready to stitch some gentle curves.

If you are new to Free Motion Quilting, you may want to look at the Free Motion Quilting Pauline's Way booklet. For more in-depth information than what is covered in this booklet, go to [www.pqw.com.au](http://www.pqw.com.au).

## Gaining Confidence with Free Motion Quilting

The curve shapes you can create with the Dot to Dot templates are perfect for marking out the gentle curve line to practice Free Motion Quilting (FMQ).

Sandwich more practice pieces together as per normal quilting. Mark out the designs you want to stitch using the templates and some of the suggested designs in your booklet. Use contrasting threads so you can see your stitches.



You may find it hard to stay on the line, as the foot does not go right down onto the fabric applying pressure like normal sewing. Apply slight pressure on the fabric with your hands or use a weighted Quilting Hoop to stop it from jumping around. Gently guide the fabric as you stitch in and out of each curve.

Keep stitching on these lines until you get nice even stitches. It may take you some time, but with every line you stitch, it will start to become easier.

## Quilting Shapes Like Feathers and Spirals

There are many options with quilting shapes. You can either use a pattern or a stencil to draw the design onto the fabric and quilt on the line; Or you can practice on small sample pieces stitching over and over until you develop an image of the shape in your mind. I encourage you to keep stitching over and over designs, as this is the most logical way for our brain to be trained. Eventually, enabling you to stitch out designs without drawing the shape on fabric and following the lines. The exercises that you can do using the Dot to Dot Templates will get you started.

Try my Feather Templates, as they've been designed for the novice quilter to be able to quilt any size or shape feathers. You can find these by visiting my website at [www.pqw.com.au](http://www.pqw.com.au).

## Quilt As You Go

I know you may still be afraid to quilt a large bulky quilt, so why not try doing your quilts in one of my Quilt As You Go techniques.

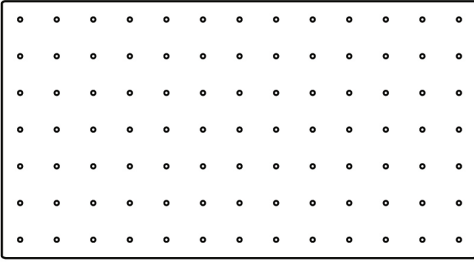
To explain briefly, once each block is made, it is then quilted. After all blocks or sections are quilted, the quilt is then joined. Borders are quilted before they are joined to the quilt. It's such an easy process as you do not have to handle all the bulk through the machine.

I hope you enjoy the process and will be enormously proud of what you achieve!

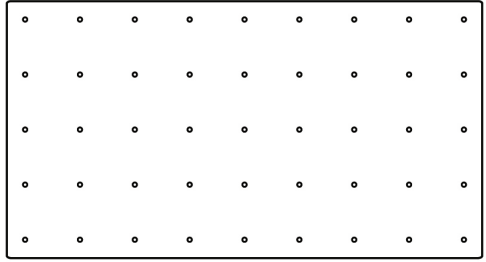
Happy Quilting, Pauline

# How to Use the Templates

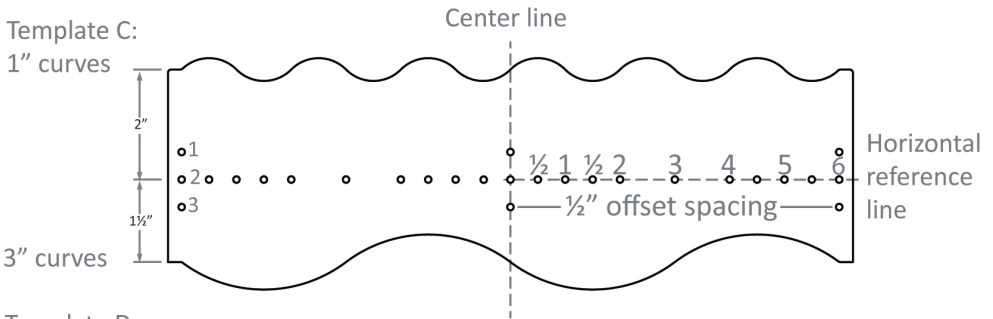
Template A: 1" Grid



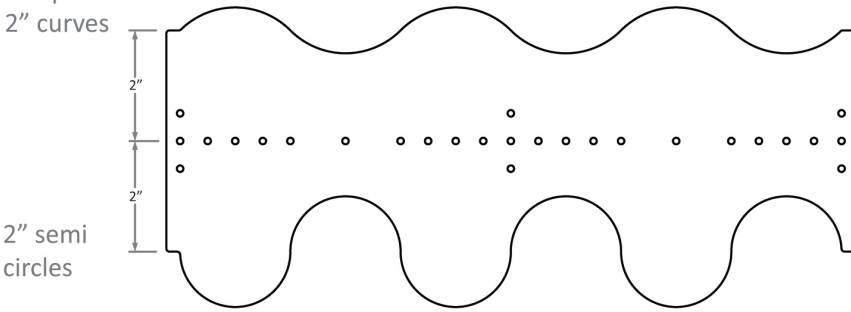
Template B: 1½" Grid



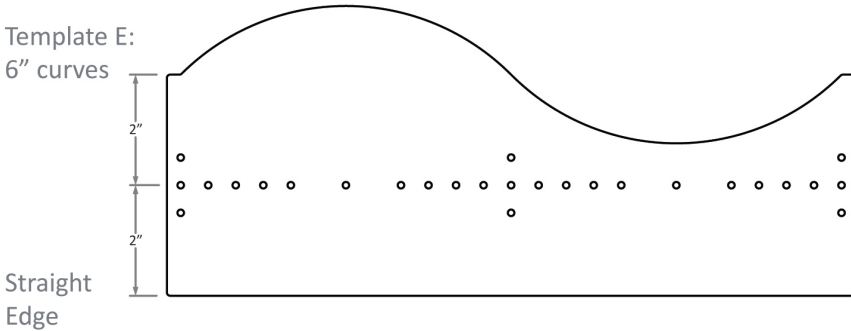
Template C:  
1" curves



Template D:  
2" curves



Template E:  
6" curves



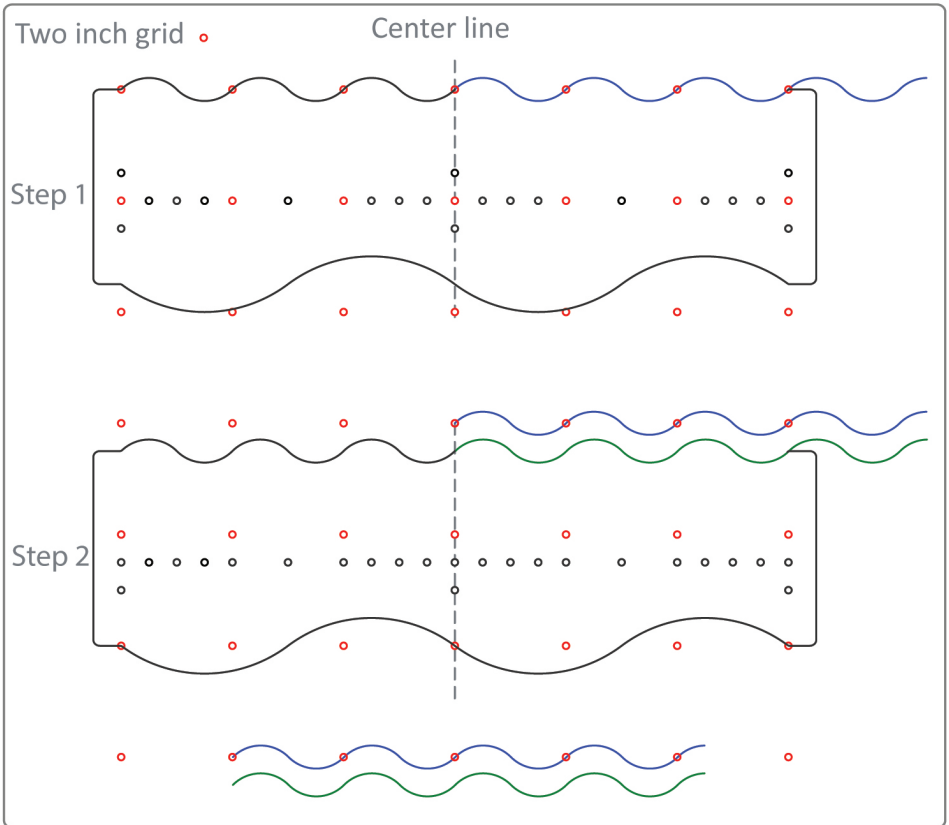
# Using the Half Inch Offset Spacing to Create Echoing Patterns

## Step 1.

Mark fabric with a grid (shown below using template A with a 2" grid drawn in red)  
First, mark the desired waved edge using the horizontal reference line centered on the drawn grid.  
(shown below using template C and starting at the center line drawn in blue).

## Step 2.

Shift the template up or down using the half inch offset spacing holes to mark the next echoed line onto the fabric.  
(shown in green below using template C with a 1/2" shift down).



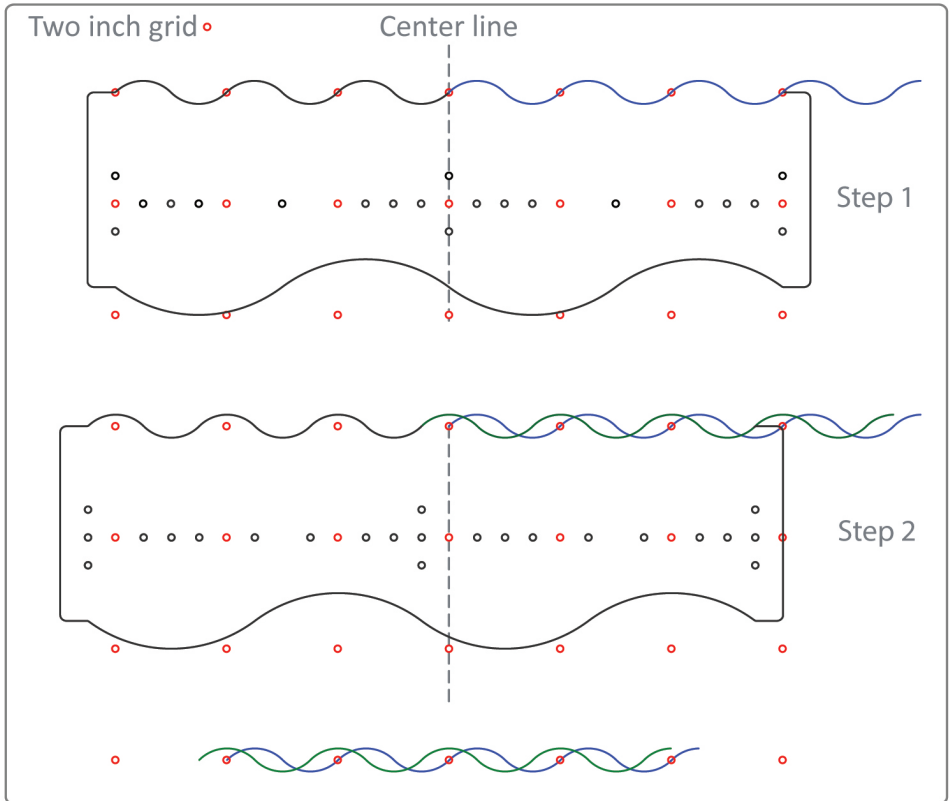
# Using Horizontal Reference Line to Create Crosspatch Pattern

## Step 1.

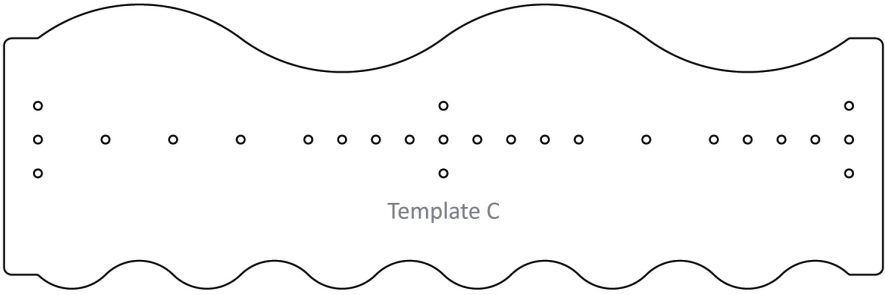
Mark fabric with grid (shown below using template A with a 2" grid drawn in red). First, mark the desired waved edge using the horizontal reference line, (shown below using template C and starting at the center line drawn in blue).

## Step 2.

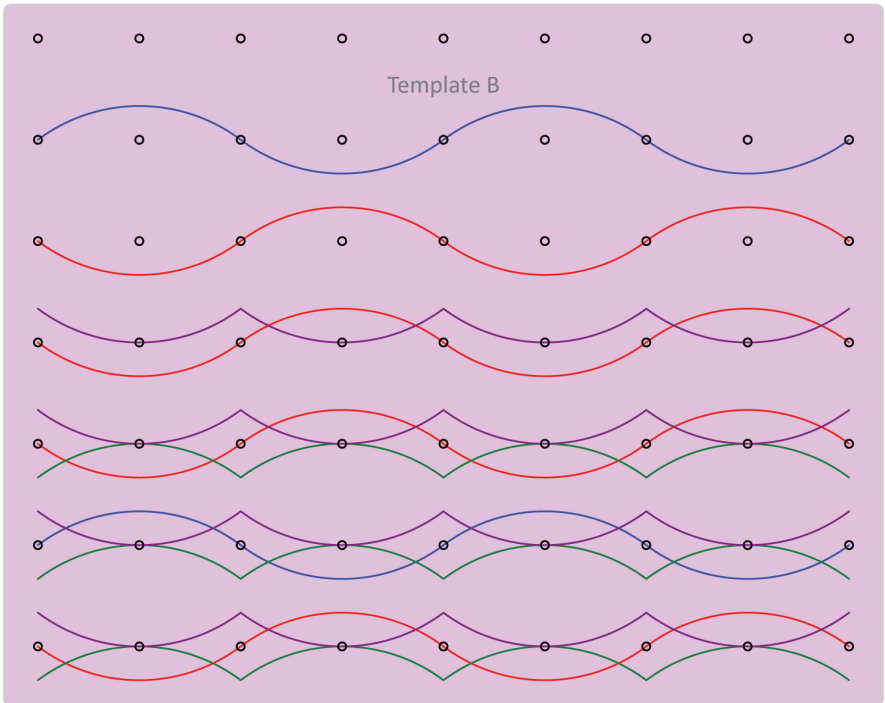
Shift the template to the left or right using the horizontal reference lines  $\frac{1}{2}$ " hole spacings to then mark the fabric with next wave. (shown in green below using template C with a  $\frac{1}{2}$ " shift to the left).



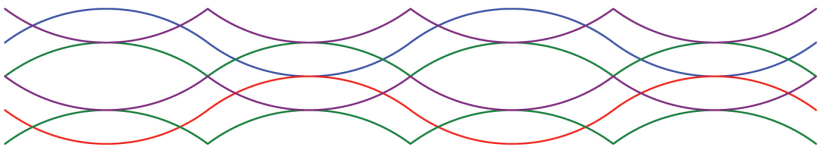
# Curved Arcs



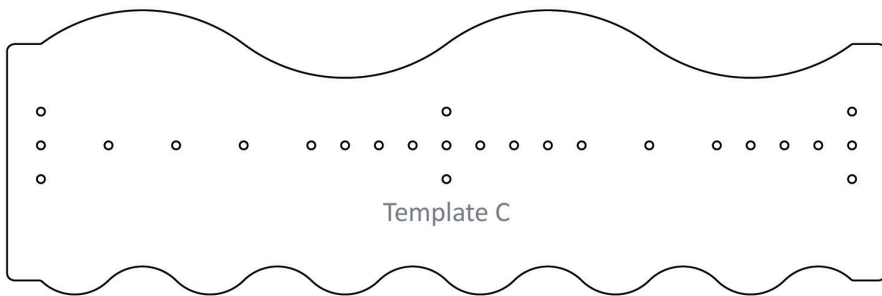
One and a half inch grid



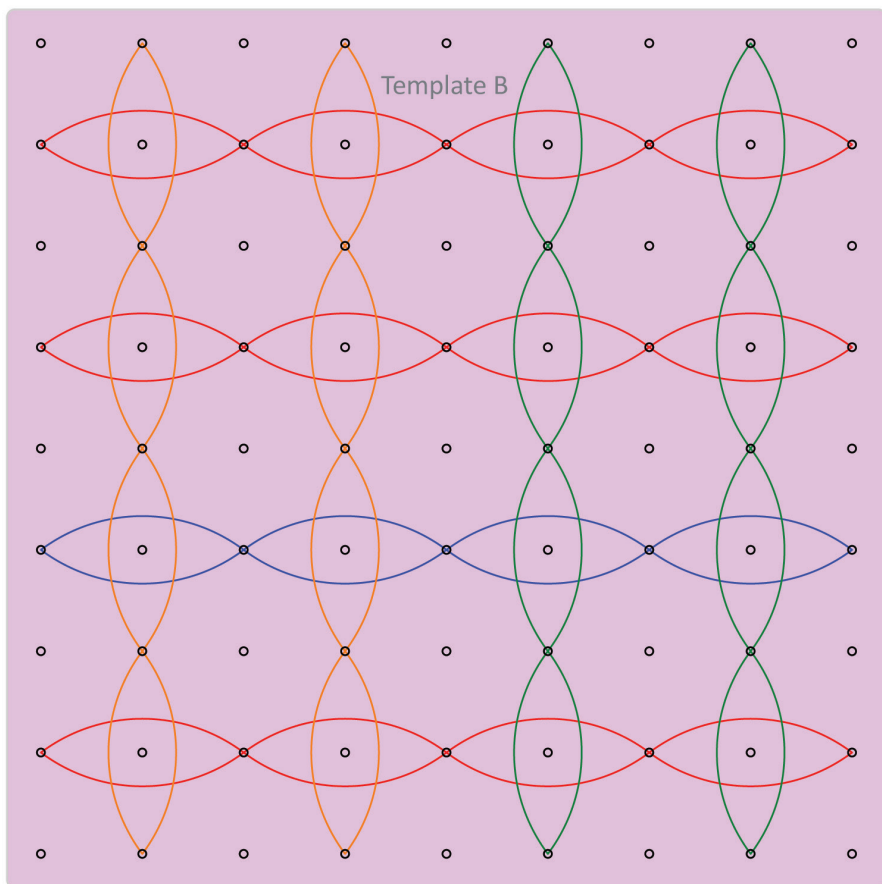
Alternative Design: Using offset spacing



# Starcrossed Orange Peel

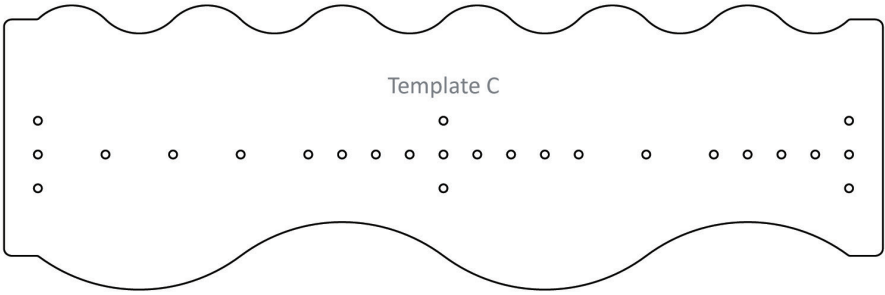


One and a half inch grid

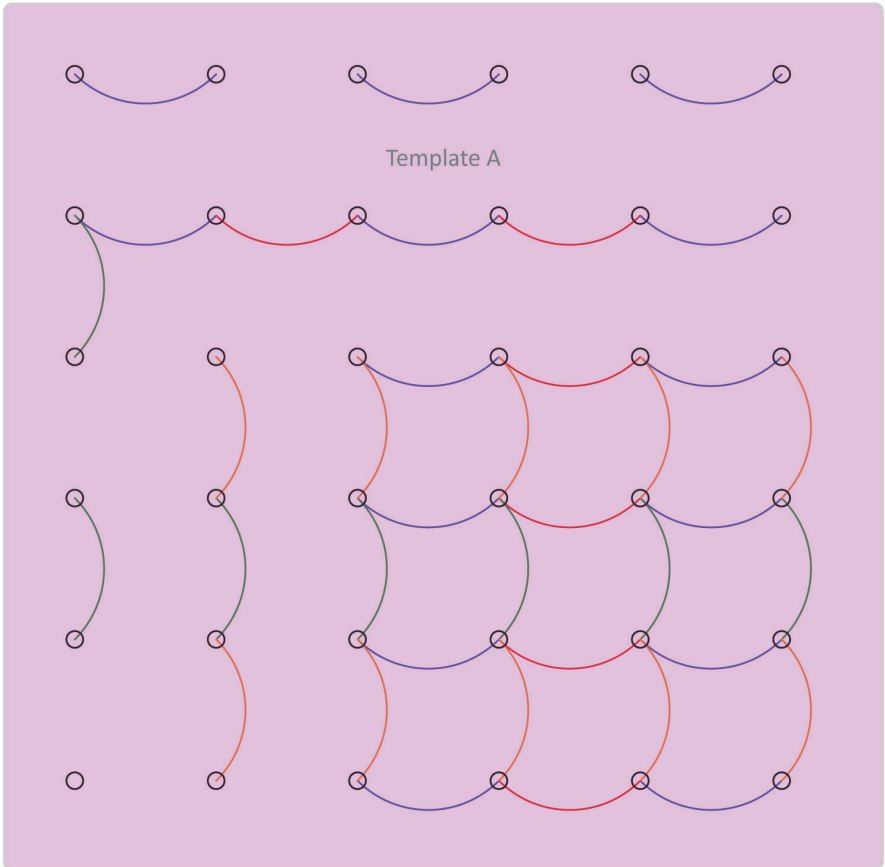




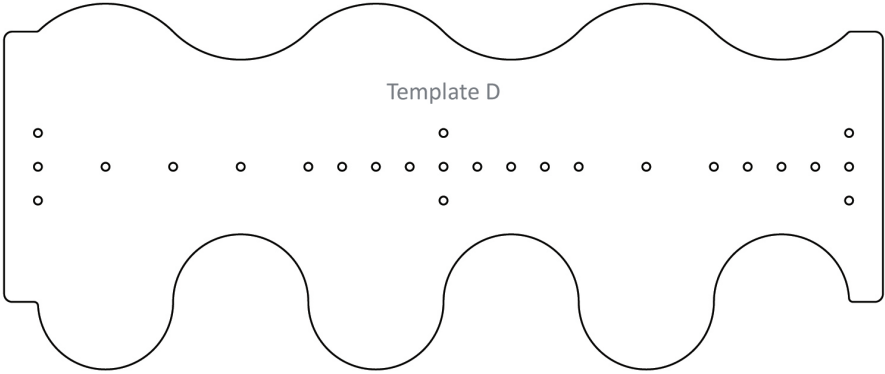
# Clam Shell



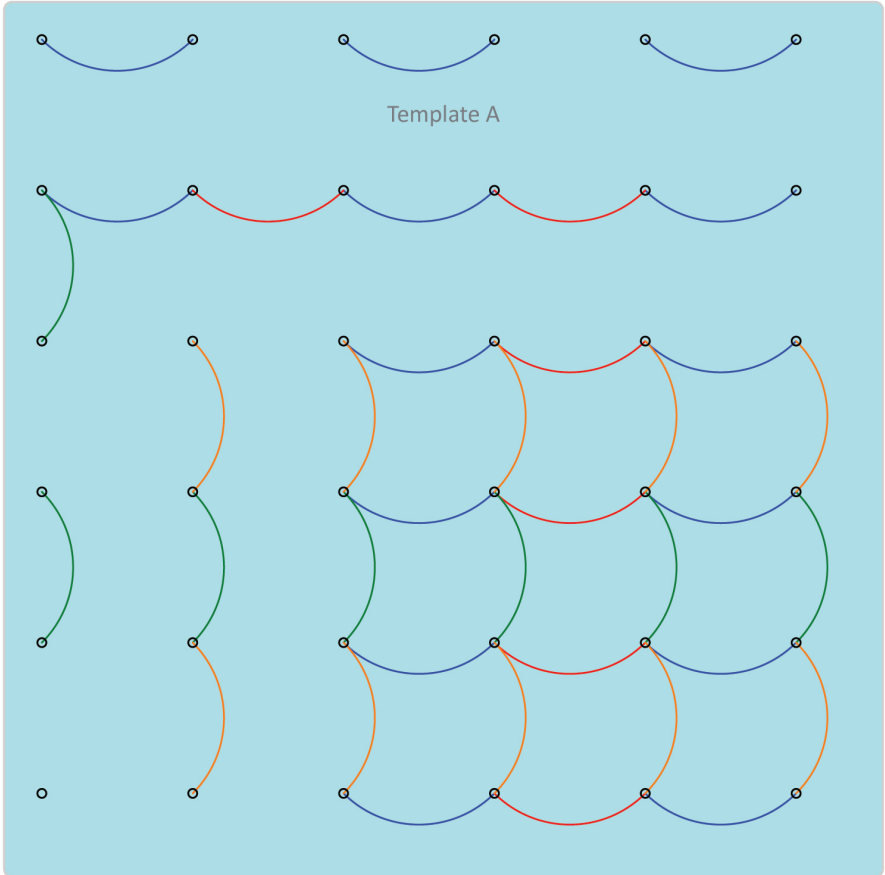
One inch grid



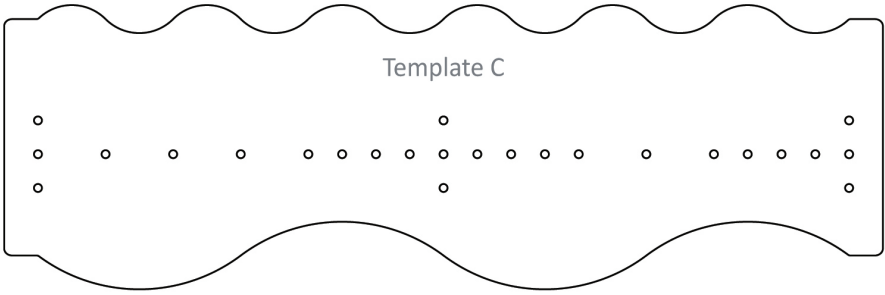
# Clam Shell



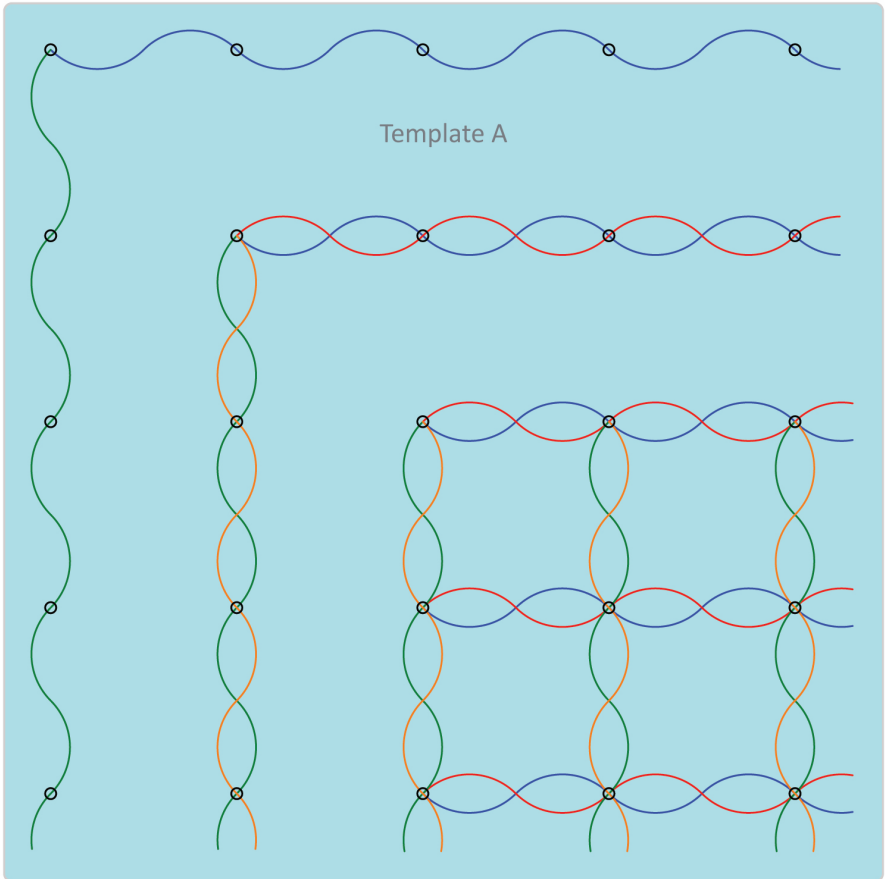
Two inch grid



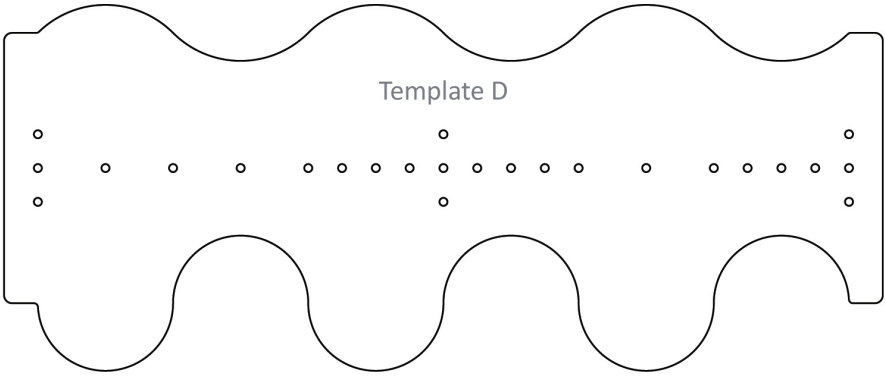
# Wavy Crosspatch



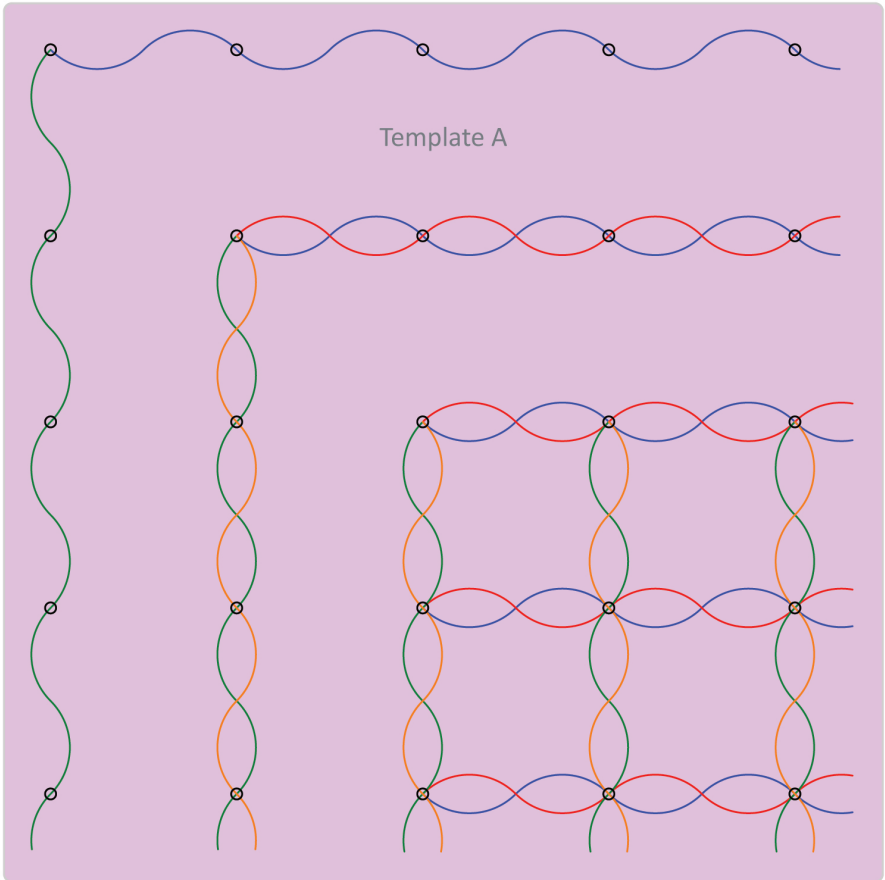
Two inch grid



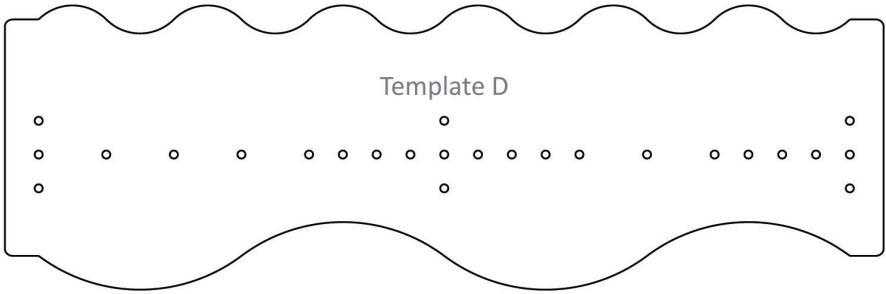
# Wavy Crosspatch



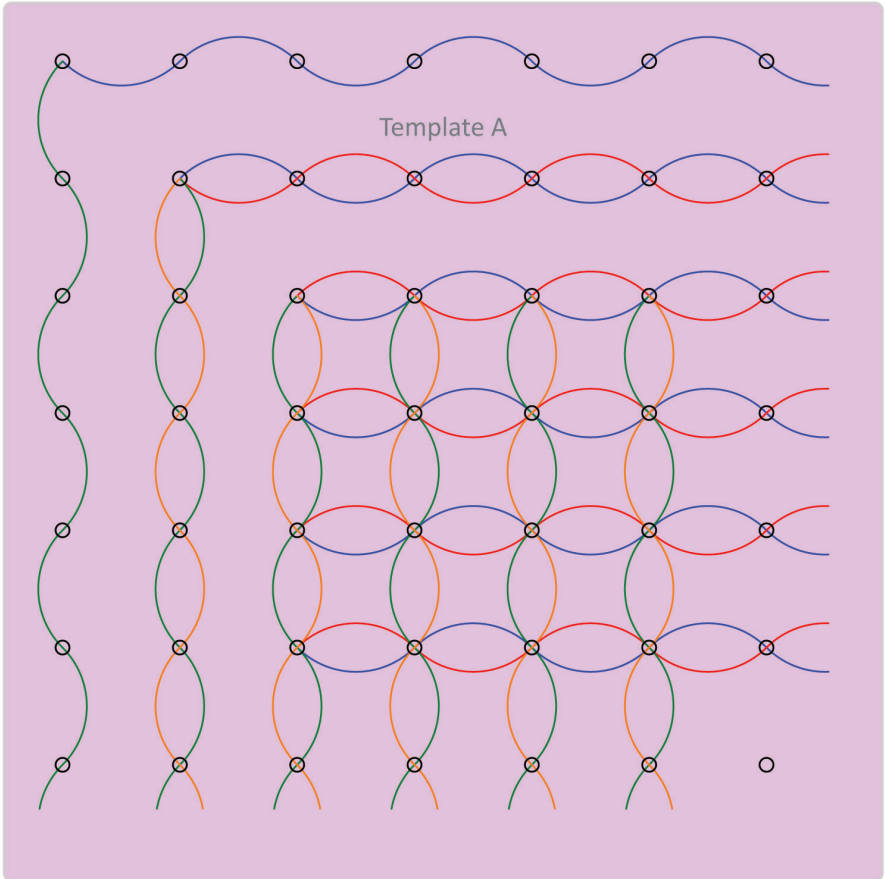
Four inch grid



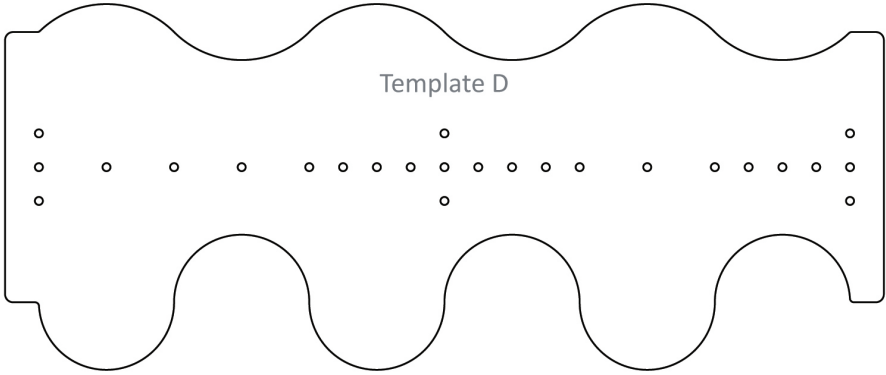
# Orange Peel



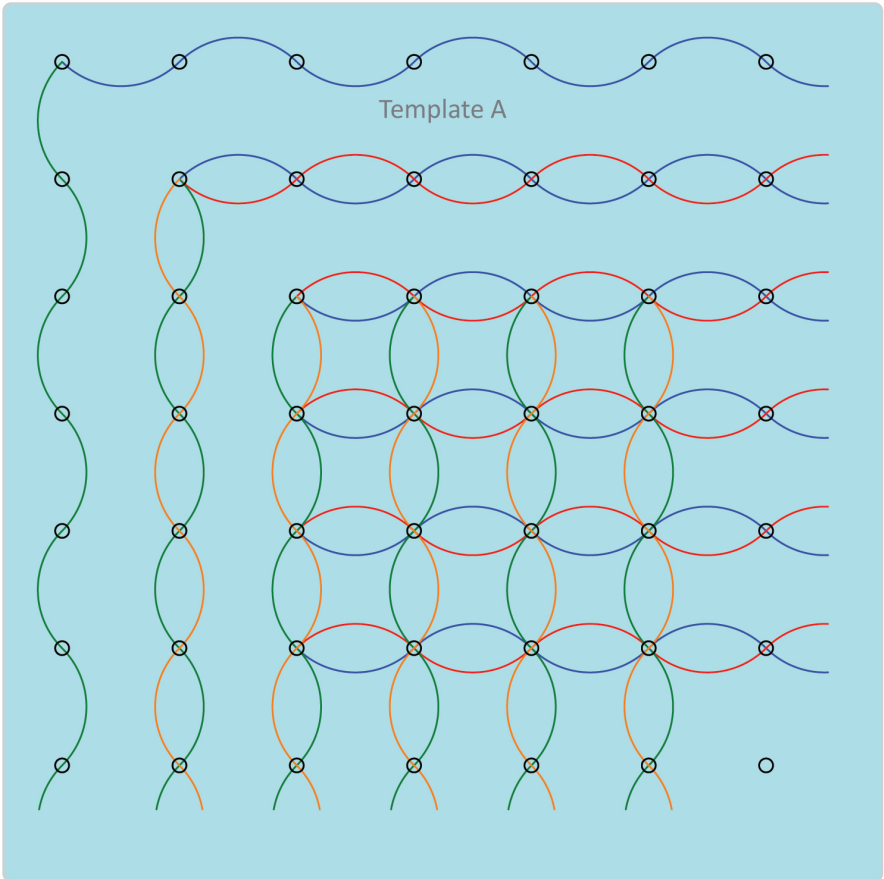
One inch grid



# Orange Peel

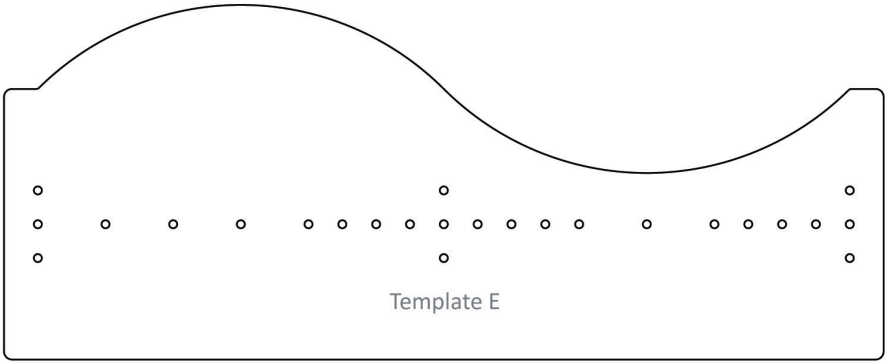


Two inch grid

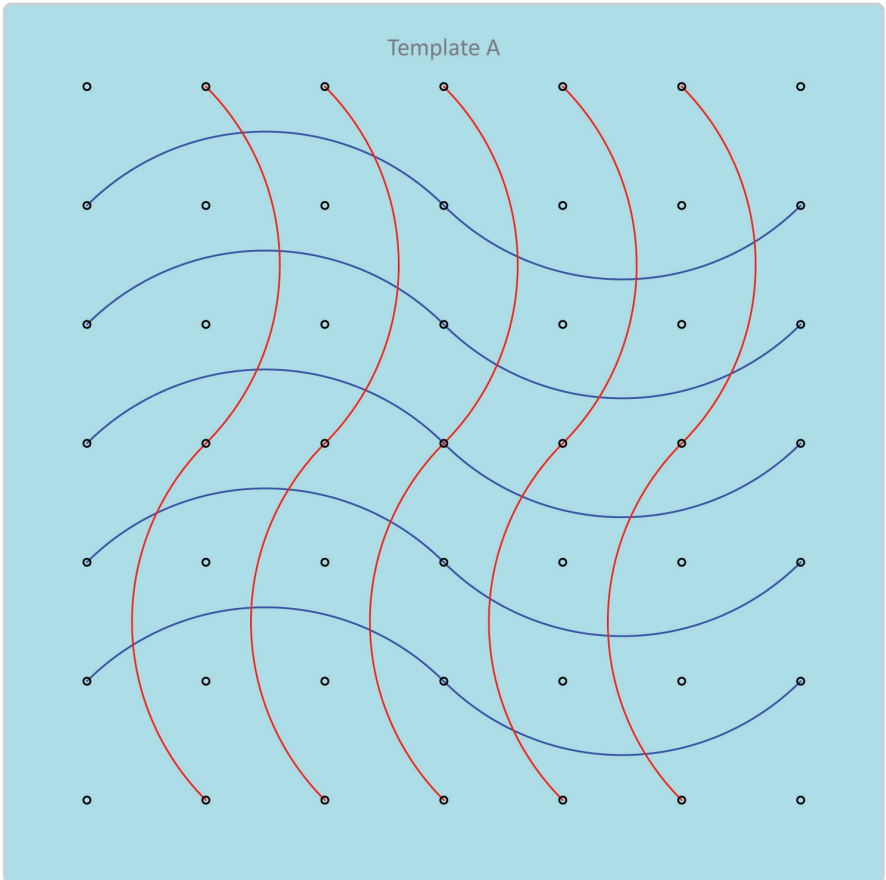




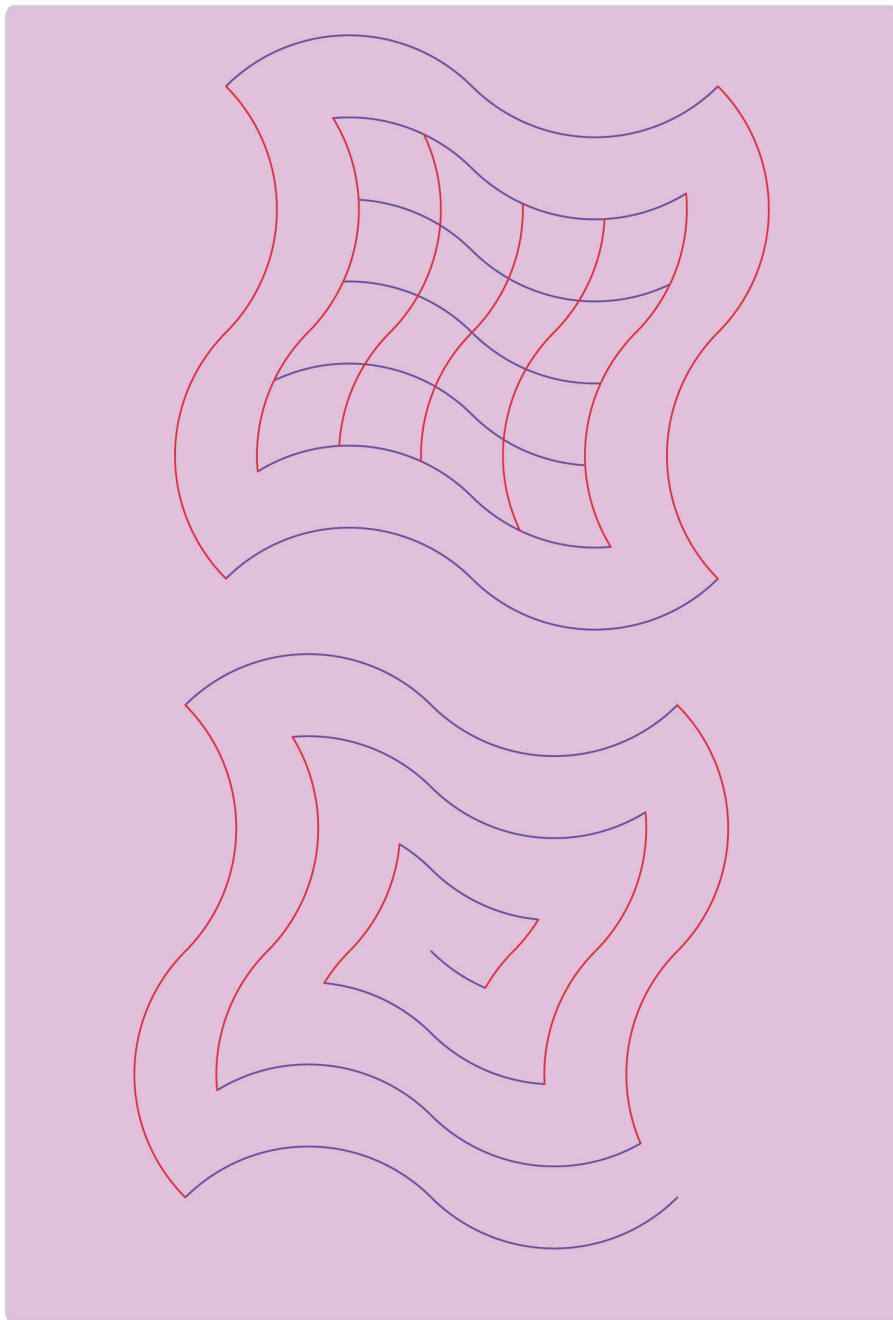
# Gentle Echoed Wave



Two inch grid



# Template E Ideas





# Getting Started with Dot to Dot Quilting Pauline's Way

This booklet is designed to get those who want to learn to quilt on a domestic sewing machine started. It can be easy with feed dogs up. Ideal for the beginner or novice. Pauline shares her knowledge and expertise she has compiled in her 35+ years of developing new techniques.

Quilting can be daunting for a beginner. Many have tried and given up. Pauline encourages those who have given up, and those who have not tried, to give her method of using the Dot To Dot Templates a go.

There are no hard and fast rules. Quilting can become the most fun part of quilt making. Enjoy the process of getting started; we all have talent; it is just a matter of discovering it.

## Pauline's Favorite Tools

Hobbs Heirloom Double Sided Fusible batting

Titanium Topstitch Needles #80/12

Bohin Fabric Marking Pencil

Sew Slip Mat

Hera Marker



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