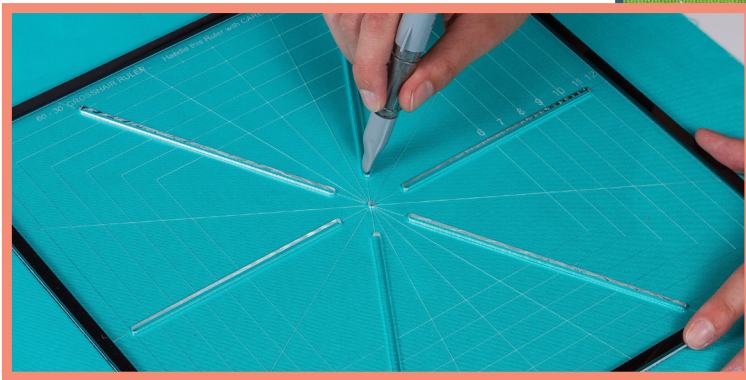




Guide to ruler work for both domestic and long arm quilters



- **Terminology**
- **Set-up**
- **Tools**
- **Accessories**
- **Tips & Tricks**
- **Free 6 Class Bundle**

Page 2

Page 3

Page 3

Page 4

Pages 5 - 9

Page 10

TERMINOLOGY

Ruler Work: Used to describe technique of quilting with templates / rulers.

Ruler Foot: A half inch diameter, round, close toed foot used in ruler work. Use of such a foot will aid in consistent stitched designs when quilting with templates / rulers.

Templates / Rulers: Acrylic shapes used on a sewing machine or long arm machine that are similar to a tracing template. The templates / rulers are traced with the machine's needle to create beautiful quilted designs.

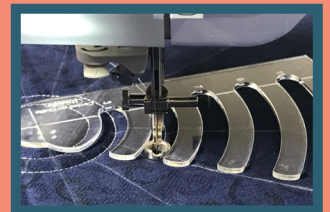
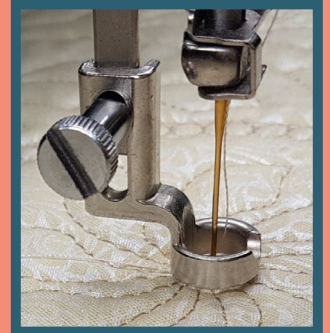
SET-UP

Machine preparation: Make sure to refer to the sewing machine user's manual to ensure proper settings are being used. Settings will vary per machine model, and may include but are not limited to:

- Use a free motion setting
- Leave the machine in a straight stitch position
- Lower the feed dogs
- Set the stitch length to "0"

Machine preparation: Make sure the machine is threaded properly. Clean the bobbin area to remove any extraneous threads. Using a needle with a larger eye will better enable thread to move freely as fabric is moved in all directions.

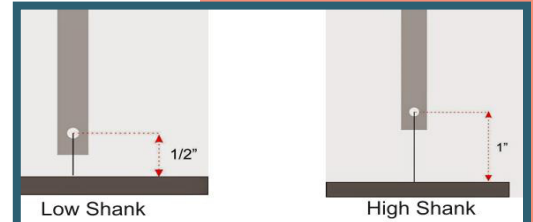
Note: Do not use any pivot or hover setting when doing ruler work on a domestic machine.



TOOLS FOR SUCCESS

Necessities: For the best ruler work experience, some tools will be required. These may include but are not limited to:

- Needles — new 90/14 topstitch recommended, or other needle with a larger eye
- Thread — 30-50 weight cotton recommended
- Extension Table — having an extended flat work surface ensures template / ruler stability
- Ruler Foot — a 1/2" diameter, round, close toed Foot will ensure the needle remains a consistent distance from the edge of the template / ruler. Westalee Design domestic ruler feet are offered in 4 different sizes: Low Shank, Medium Shank, High Shank and High Shank Special



To determine shank size:

Lower your foot, measure the distance between the center of the hole for the foot mounting screw, and the needle plate



HIGH SHANK SPECIAL
Works w/ High Shank Templates

HIGH SHANK
Works w/ High Shank Templates

MEDIUM SHANK
Works w/ Low Shank Templates

LOW SHANK
Works w/ Low Shank Templates

6mm (1/4") Long Arm
Templates

4.5mm High Shank
Templates - Recommended
for both HS & HSS Feet

3mm (1/8") Low Shank
Templates - Recommended for
both LS & MS Feet

- Templates — Westalee Design offers templates / rulers in multiple thicknesses of acrylic. Using the recommended thickness will ensure the template / ruler can work around all sides of the Foot, which aids in the best ruler work experience

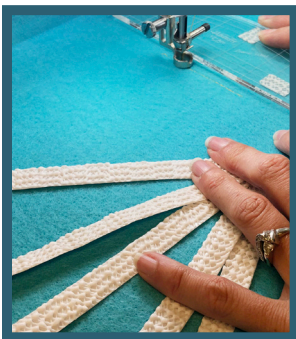
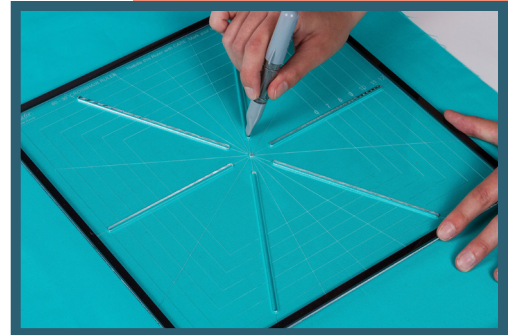
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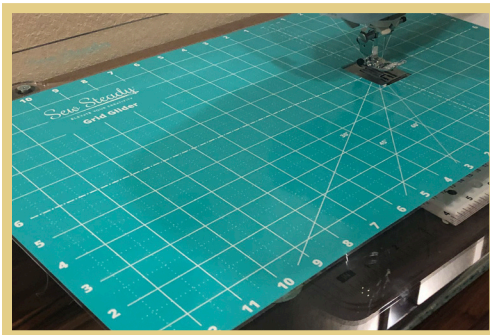
ACCESSORIES

Crosshair Ruler: Used to mark fabric before quilting to plan the position of stitched designs, particularly useful with rotating template / ruler designs.



Stable Tape: This is a self adhesive tape to help keep templates / rulers in place.

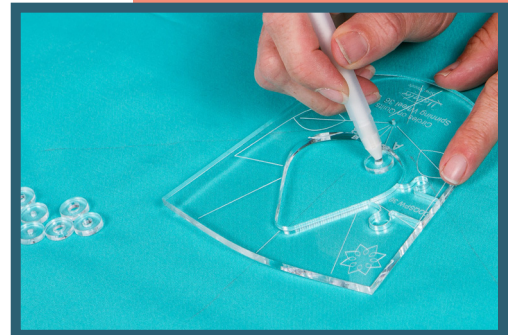
Spacing Gauge: This is a handy little tool to help measure 1/8", 1/4", 1/2" and 1" spaces when using templates / rulers.



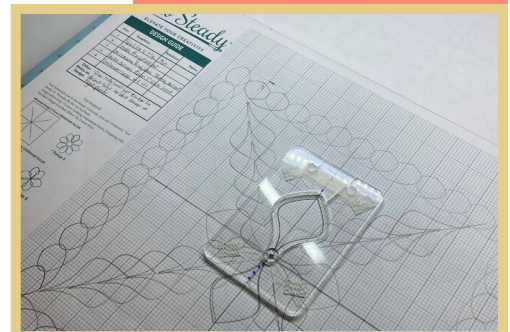
Glider: The use of a Glider will allow for slick fabric glide across the surface, allowing fabric to freely move in all directions.

a 1/4" from the edge of Template – the stitching line) and your favorite marking tool to draw out designs before stitching them.

Stitching Line Discs: Use the Westalee Stitching Line Discs (little circles to draw



Sketch Pad Design Guide: This 17" x 17" Grid includes an 1/8" grid (8 x 8 per inch) with graph space on the right to create your design.



GETTING STARTED

The Westalee Design Ruler Foot is designed to float above the surface of the quilt sandwich, with the goal of having the template / ruler positioned up against the Foot as a guide. There should be enough room for the quilt sandwich to flow freely underneath the Foot, but not so much room as to allow the template / ruler to slide underneath the Foot.

You may need to make slight adjustments to the height of the Ruler Foot to achieve the perfect position. Sometimes presser foot pressure settings need also be adjusted.

When doing ruler work, the stitch length is determined by you. Start slow to achieve a comfortable, consistent pace.

Secure Stable Tape onto the pressure points of the template / ruler to aid in gripping fabric, with the goal of moving both the template / ruler and quilt sandwich together.

TIPS

Every machine is different in the way it behaves. Some minor adjustment may be required to achieve the optimal Ruler Foot alignment, height and tension. The needle should be centered within the round portion of the Ruler Foot.

Using a zig zag stitch plate can allow bobbin thread to move more freely.

Mark reference lines to achieve the best results.

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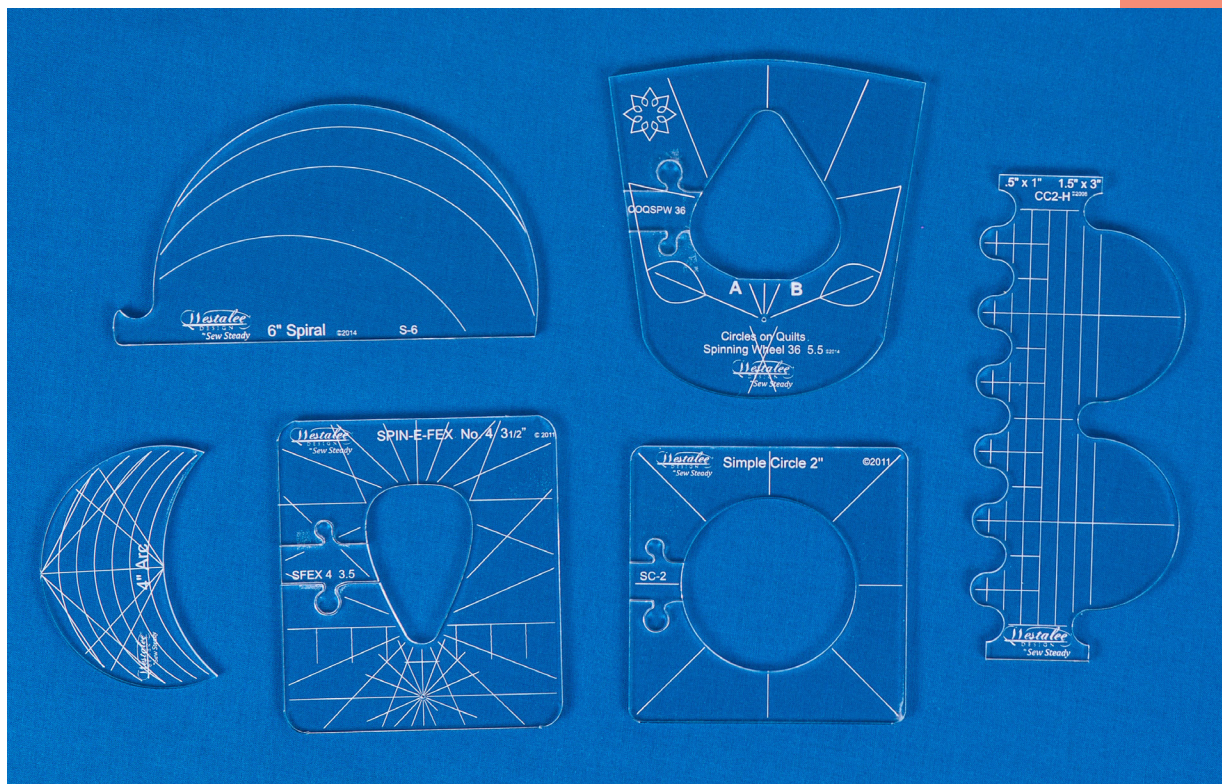
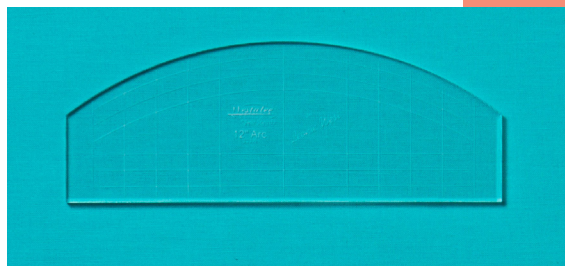


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TIPS CONTINUED

Stable Tape Placement: Place the tape in 1/2" pieces where you will rest your fingers while ruler quilting. You will probably want to purchase an extra package of Stable Tape.

Applying the tape in these locations will help you when working with the templates.



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TIPS CONTINUED

Needles:

- Recommend starting with a 90/14 Topstitch Needle.
- When free motion quilting with rulers make sure that your needle is new - change the needle regularly as an old or damaged needle will cause skipped stitches and thread breakage
- When free motion quilting, we expect our thread to work moving in all directions and because of this directional movement you need to use a needle with a larger eye. The larger eye prevents the thread from shredding and will give you a better stitch
- I use "Topstitch" needles (the Superior Titanium needles are great) or quilting needles

Thread:

- For best success, we recommend starting with a 50 weight cotton thread
- There are so many beautiful threads to choose from, finer threads give a light feel to your quilting, and heavy threads give a more solid appearance
- Do you want your quilting to be subtle or do you want your quilting to be the feature? The choice is yours
- You can use most threads for quilting and there are no rules, if you find a thread that you like, try it !

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MACHINE SET-UP

Getting your machine ready for ruler work and how to resolve the following issues:

Top Thread is too tight / Bobbin Thread is too tight or top thread is too loose

Tension is one of the most misunderstood and feared parts of using our machines. For years we have been taught to fear our tension dials for both the top thread and the bobbin. Once you understand tension, you will never fear making adjustments again.

Why would you want to adjust the tension?

When free motion quilting you may need to adjust the tension to suit the quilt sandwich or you may want to use different threads.

What should a my stitch look like?

When the tension is correct, your stitch forms so that the top thread and the bobbin thread join and rest in the middle of the quilt sandwich.

If the top thread is too tight - the top thread pulls the bobbin thread to the top of the quilt sandwich.

Loosen the top thread tension or tighten the bobbin thread. If the bobbin thread is too tight, the top thread is pulled to the bottom of the quilt sandwich. Loosen the bobbin thread or tighten the top thread. To tighten turn right, to loosen turn left (Remember Lefty Loosy-Righty Tightly)

Top Tension: the lower the number the loose the tension; the higher the number the tighter the tension.

To check your tension, thread machine with a light colored thread in the top and a dark colored thread in the bobbin.
h. Tension adjustment screw

NOTE: If your machine has a good balanced straight stitch in regular stitching, you should not need to make any major adjustments.

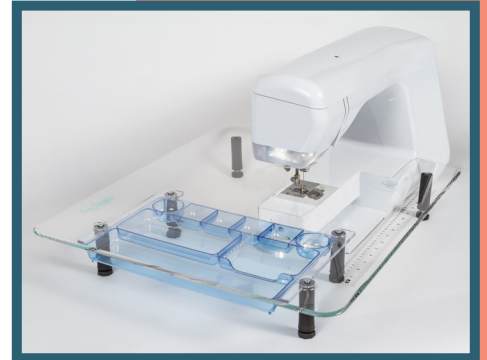
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EXTENSION TABLE

- An Extension Table designed to fit your machine will make quilting with rulers and templates and free motion quilting so much easier.
- We need the extension table for rulers and templates as it prevents you from rocking the templates which will make ruler work extremely difficult.
- A fitted extension table (Sew Steady) does not have gaps that could catch templates as you move them across the throat of the machine causing you to miss a stitch or run off line.
- Free motion quilting requires you glide the quilt smoothly to get an even stitch, a Free Motion Glider is well worth having. In my opinion, it is absolutely necessary.



BASTING

There are a number of ways to baste your quilt:

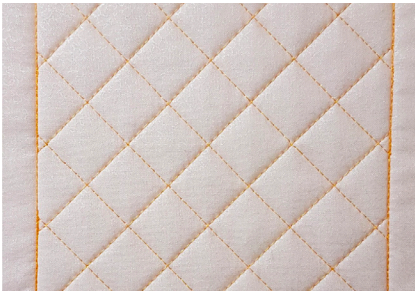
- Long basting stitch
- Pin basting
- Spray basting
- You can have a long arm quilter baste your quilt
- Spray baste and pin baste
- Whichever method you choose, remember that the basting should be no more than 4" apart

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QUILTING ESSENTIALS BUNDLE



Straight Lines Library by Leonie West

A 20 page booklet highlighting quilting designs using the Westalee Design 12" Arc.



Westalee Design Cushion Cover Option 2 by Sharon Wyatt

Sharon walks you through creating this cushion cover using Westalee Design's Sampler Set, 12" Arc and Crosshair Ruler.



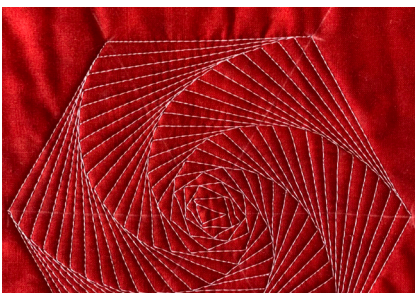
12.5" Ruler/Block Carrier by Angela Attwood

This practical carrier will hold any 12.5" square ruler or patchwork blocks. Get creative quilting with your favorite templates.



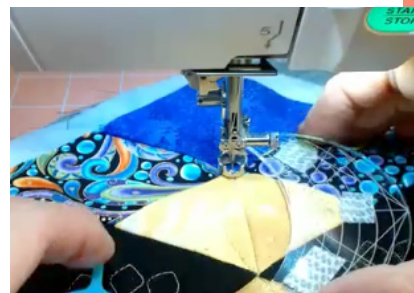
Let's Get Started Quilting with Templates by Donelle McAdams

Follow Donelle as she covers the basics of using Westalee Design's 12" Arc and Sampler Set.



Parabolic Curves by Helen Sullivan

Step by step instructional pattern and video by Helen Sullivan Designs that shows you how to stitch using Westalee Design's 12" Arc.



Learn to use the Westalee Design 4" Arc by Nanne Panne

Nanne shows you unique ways to use the Westalee Design 4" Arc and DMQuilting Straight Away Template to create fun leaves.



Ruler Work 101

Learn the basics of RulerWork on a Domestic Machine. Get Ruler Work Tips and Tricks. Learn how to set up machine for ruler work and how to create basic quilted designs using the Westalee Design 12" Arc.