

# Instructions for Sewing by Sarah Free Motion Quilting Essentials Template Set



[www.sewingbysarah.com](http://www.sewingbysarah.com)





# Overview

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Thank you for buying the Sewing by Sarah Free Motion Quilting Essentials Template Set. This guide is intended to help you get started with your new templates. Please note these templates have endless possibilities, we've given you some basic information to get you started. FMQ takes patience and practice and we hope these tools will help you.



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# Machine Setup

Free Motion Ruler quilting is a style of free motion quilting so whatever machine settings you use for free motion quilting should be the same when you quilt with this foot.

1. Attach the foot to the machine and adjust the height so when the foot is in the down position it skims lightly over the surface of the quilt. The foot allows you to move it up and down, simply adjust the height and then tighten the screw.
2. Make sure the machine is straight stitching and change the stitch length to 0.0 mm or the lowest setting the machine allows. This stops the feed dogs from moving so they don't pull against the quilt. Drop the feed dog manually based on your machine as necessary.
3. Then with the foot in the down position, drop the needle down and back up to bring up the bobbin thread to the surface of the quilt. Never drop your needle when this ruler quilting foot is in the UP position. The needle bar will hit the top of the foot and possibly damage your machine.

Here is a video on setting up your ruler foot with the right height

<https://youtu.be/ez5ajl6zmM4>



*\*Pro Tip: The ruler foot is higher than standard feet and therefore you should NEVER lower the needle when the foot is raised.*

# Getting Started

Start with a practice session:

Slide the quilt under the foot. The foot has an adjustable shank to allow you to raise and lower it to the correct place. insure that it can "float" above the quilt so that you can move freely.

Position your ruler and begin quilting. When quilting with rulers you will move the quilt AND the ruler at the same time through the arm of the machine. When using the ruler, place it against the foot of the machine. Apply pressure downward and use the ruler, as well as your other hand, to move the quilt in a fluid motion.

As with all free motion, you may find it helpful to use quilting gloves. This takes practice, so take your time.

Here is a video on how getting started and setting up your machine:


<https://youtu.be/XG3q95xYVOI>

Here is a video on setting up your ruler foot:

<https://youtu.be/ez5ajl6zmM4>

Here are some great videos on our clamshell ruler:

<https://youtu.be/vVRuTEjjJwU>

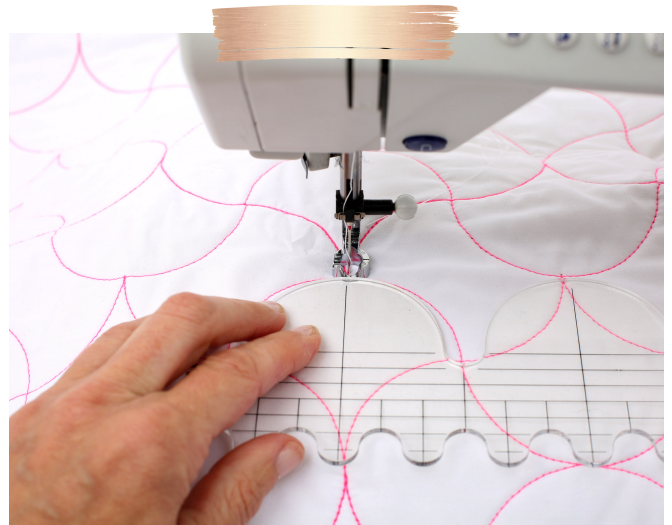


***\*Pro Tip: Balance the speed of your hands moving with the speed of the needle to insure the proper stitch length.***

# Overall Tips

## *Tips on Movement*

1. You want to position the ruler- where you want to go- like a handle.
2. Quilt by moving the fabric and the template at the same time with the ruler foot against the edge of the template.
3. Place one hand on your ruler (which will be either to the left, right or front of your foot) and one hand on the other side of the presser foot for stability. Insure you push down on the ruler which helps to activate the grips and press it up against the ruler foot.
4. You can either pull the quilt towards you or push the quilt away from you (as you would normally during straight stitching) or move it left to right.



## *You are in control*

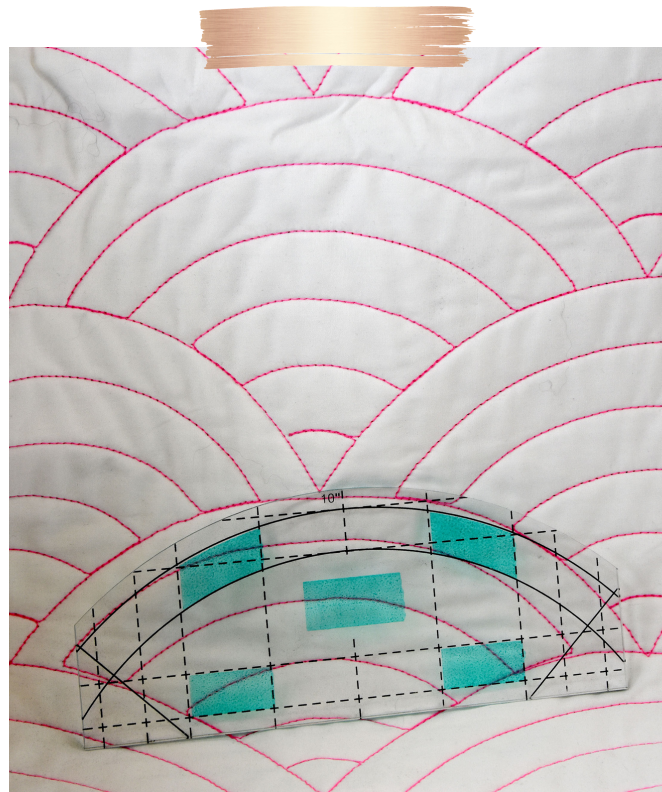
Since the feed dogs are down, YOU are activating the motion, NOT The machine. This means your stitch length and quality is up to you.

Quilt slowly, keep the ruler template in position and move as steady as you can. Once you reach the end of the ruler, you stop and reposition the ruler to continue your pattern.

# Ruler 1: Straight Line

## Straight Line Ruler

a.  
This ruler is a great place to start practicing as it allows you to echo quilt, stitch in the ditch, create arcs and grids. One option is to use this for a wave pattern by quilting a shallow arc and then connecting them to create a line of shallow arcs.



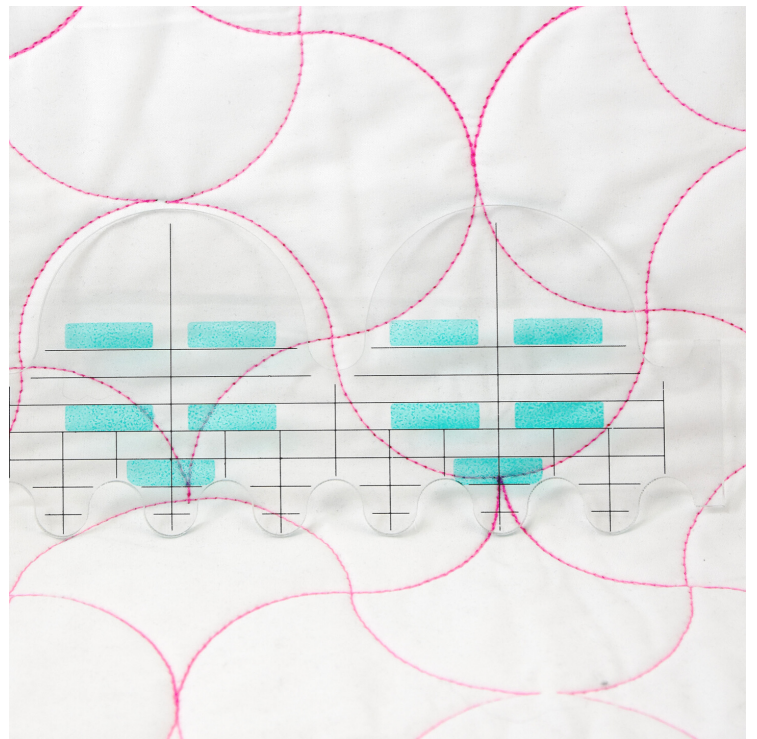
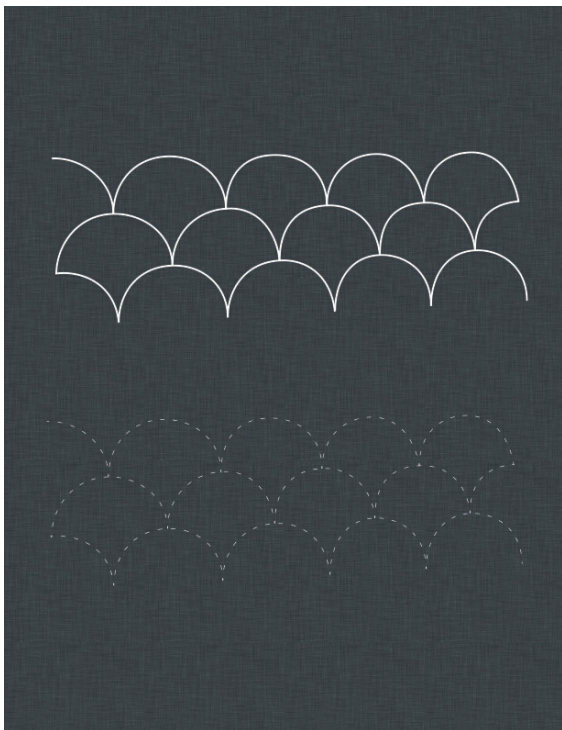
# Ruler 2: Clamshell

## Clamshell

- Use the large arc of the clamshell ruler to create clamshell designs. Use the reference lines on the template to line up your rows and arcs
- Stitch from the left side of the first arc across both arcs following the ruler to the dip in the ruler on the right hand side
- Line up the ruler again at the dip you just left and start again, creating two arcs at a time
- TO start your next row, simply move the ruler up and line up the first line under the arcs with the top of the arcs you just stitched. The offset the arcs to create the clamshell pattern.

A video on using the Clamshell is here:

<https://youtu.be/vVRuTEjjJwU>





# Ruler 3: Circle

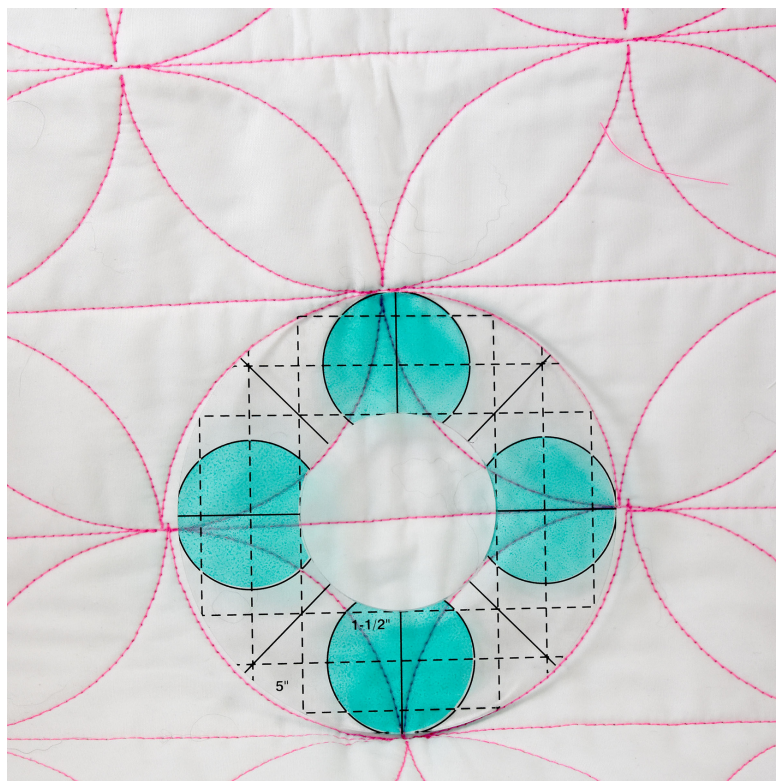
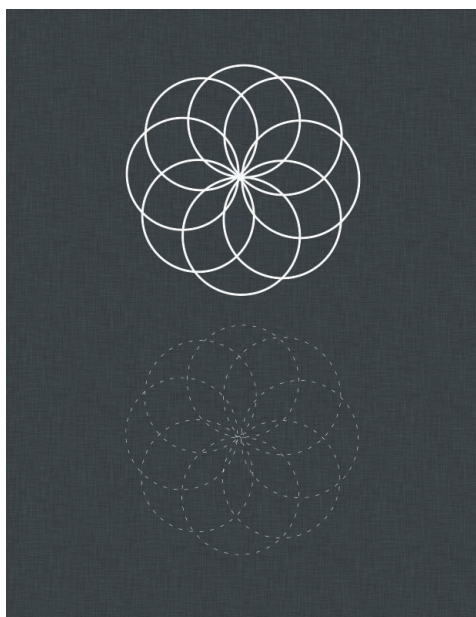
## Circle

This circle ruler has a breadth of design possibilities including pebbles, circles, scallops, flowers.

- a. We recommend stitching around the circle in a clockwise motion.
- b. Remember that the foot will cause an extra 1/4" of space from the edge of the ruler, so as you are creating your designs, keep this in mind.
- c. Some design notes:

For pebbles, the center of the template can be used to create small pebbles to fill small areas of your quilt.

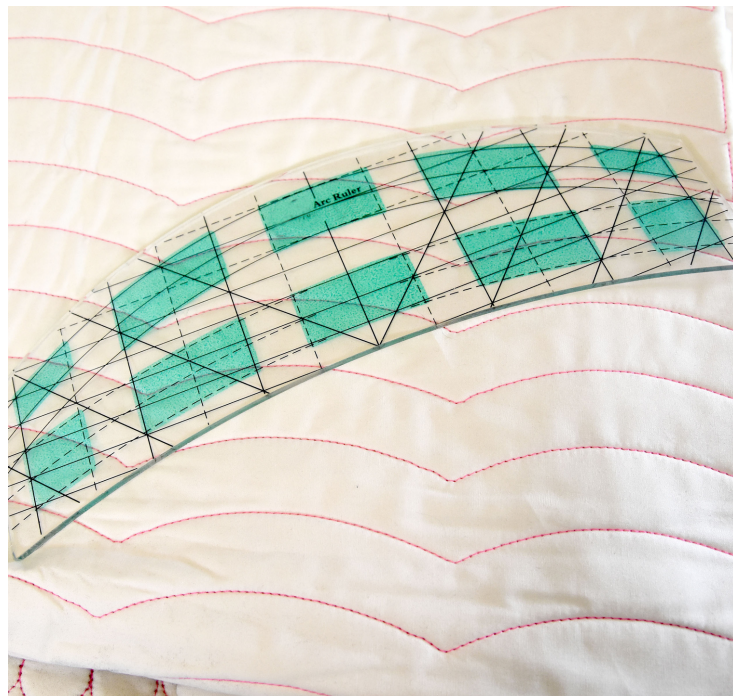
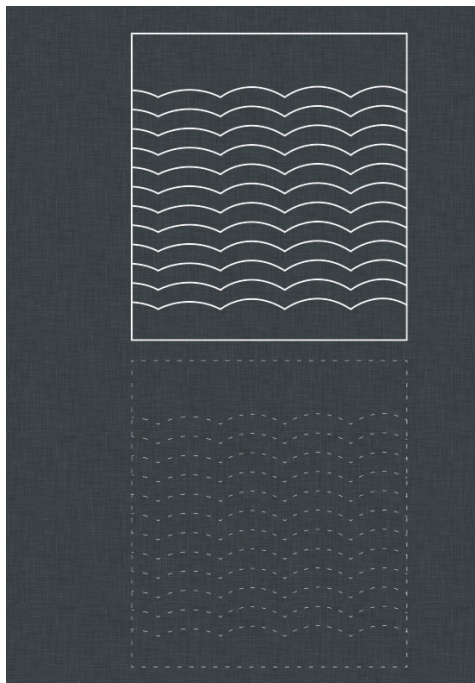
For the cathedral window shown on the right below, you overlap a full circle using the outer portion of the template. You create a row of circles sewing right next to each other. Then the next row is offset by half.



# Ruler 4: Double Arc

## Double Arc

- This ruler is useful to create curves which can allow you to connect corners of quilt blocks. By using the arc ruler you can create a petal pattern, a shallow curve out the outer edge of a square.
- It has similar design possibilities to the straight line/arc ruler but gives deeper curve options.
- This design can be created by marking a center point and then drawing a line for the length of the arc you would like.



# Ruler 5: Feather

## Feather

- a. To create a feather border, start by using your straight line ruler to create a line in the center of the border or whatever area you would like to create your feathers
- b. Start on one side, you will be quilting on both sides of the line
- c. Start at the bottom of where you want your first plume, stitch the size you would like, you don't need to finish the full plume
- d. Then move up your ruler to the top of the plume you just stitched to stitch your second plume just overlapping with the top of the last plume
- e. Remember that due to the ruler foot, you will be quilting  $\frac{1}{4}$ " away from the ruler's edge
- f. Once you have completed your plumes on one side, simply flip the ruler over and complete the process on the other side.

