

# HOW TO MAKE Stitch+Flip Quilts

*Techniques for making any size quilt*

*Stitch+Flip (also known as Quilt-As-You-Go) is a construction technique that makes the assembly of Cuddle® quilts much more manageable. A variety of strips are sewn directly to the backing, all in one step! Sew with confidence—even if you are new to working with Cuddle®.*

## Fabric Requirements

- As indicated in your pattern
  - Check the Shannon web site ([shannonfabrics.com](http://shannonfabrics.com)) for these favorite Stitch+Flip patterns:
    - *Bambino*                      – *Patchwork Panel*                      – *Strip Throw*
    - *Crazy Eight*                      – *Picture Perfect*                      – *Wee Ones*
    - *Fabulous Five*                      – *Sensational Strips*

## Suggested Notions

- Batting, *optional, but recommended for small quilts*
- 90/14 stretch machine needle
- Polyester thread
- Felt tip marker or ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors and/or craft knife
- Long, flower head pins and/or fabric clips
- Stiletto
- Basting spray
- Walking foot
- Parchment paper or newsprint, *to prevent overspray*

*Cover quilt: Bambino in Pups on Trucks Cuddle® Scarlet, Luxe Cuddle® in Hide Jeans and Paws Cardinal. Pattern is available on the Shannon web site.*



Watch the Video!

For a Sew Together Tuesday episode on making a quilt using the Stitch+Flip method, scan the QR code at left or go to <https://bit.ly/3LNtGhz>



The information in this pattern is presented in good faith. Every effort has been taken to assure the accuracy herein.

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# HOW TO MAKE Stitch+Flip Quilts



TECHNIQUE  
Stitch+Flip

# Cuddle® Basics

**IF THIS IS YOUR FIRST TIME** with Cuddle®—or your tenth!—these simple guidelines will make your sewing experience a pleasure.

1. Seam allowances are ½" unless otherwise noted.
2. Mark measurements on the wrong side of Cuddle® with a felt tip marker or ballpoint pen.
3. Cut Cuddle® with a rotary cutter, craft knife, or micro-serrated scissors.
4. Shake cut pieces or put in a no-heat dryer with a damp washcloth for a few minutes to remove loose fibers.
5. Sew with polyester thread in the top and the bobbin.
6. Reduce presser foot pressure when sewing multiple layers.
7. Increase stitch length to 3–4 mm.
8. Double pin by using 2 rows of pins—the first row every 1½" along the seam line and a second row 1" to the left and parallel to the cut edge.
9. Backstitch at the beginning and end of each seam.
10. If possible, use a walking foot. It makes a difference!

## Suggested Tools for Working with Cuddle®

- Machine needle:
  - 90/14 stretch needle
- Polyester thread
- Felt tip marker
- Ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors
- Craft knife
- Long, flower head pins
- Fabric clips
- Stiletto
- Point turner
- Basting spray
- Walking foot

## How to Wash Cuddle®

- Machine wash on gentle with cool water.  
(Do not use fabric softener!)
- Machine dry on low heat for about ten minutes.
- Hang until dry.



## HOW TO MAKE Stitch+Flip Quilts

*This technique booklet will give you more detailed instructions in using the Stitch+Flip method of quilt construction. It is a companion piece to your regular pattern.*

**Use your pattern** for fabric requirements, arrangement of the strips, and the final binding instructions.

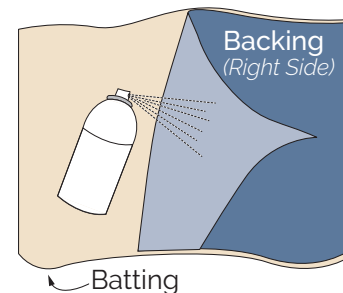
**Use this booklet** for more details on the Stitch+Flip method. This a great method for making quilts and blankets of all sizes. Check out Page Seven for the collection of Shannon patterns—and ideas for creating your own designs.

### GENERAL DIRECTIONS

- Read *Cuddle® Basics* before beginning.
  - For illustrations, these instructions are using the Bambino pattern in Cuddle® Pups on Trucks, Luxe Cuddle® in Paws Cardinal and Hide Jeans. Techniques and methods will be similar for any Stitch+Flip pattern.
3. Fold Backing in half, right sides together. Spray baste the wrong side of the backing. Smooth onto batting and press to adhere. Spray baste the other half.  
*Note: Going forward, the Backing/batting sandwich will be referred to simply as the Backing.*

### Cutting

- Following your preferred pattern, cut and label the following pieces:
  - Strips.
  - Backing.
  - Binding.
  - Batting, *optional*.*Note: While batting is optional, in smaller quilts or blankets batting gives a little more stability.*



### Assembly

*Note: If you have decided not to use batting, start with Add the Strips.*

### Combine Backing and Batting

1. Spread batting on a smooth surface.
2. Right side up, spread Backing on the batting.

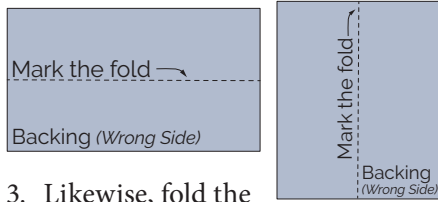
### Add the Strips

*Note: Strips for Stitch+Flip quilts and blankets are sewn directly onto the Backing—all in one step. This process is also called Quilt-As-You-Go.*

1. Off to the side, arrange all strips (and/or center panels) with the naps going in the same direction.

2. Fold Backing in half horizontally. Mark fold on wrong side.

*Note: For patterns with strips running vertically, fold and mark a vertical fold on the Backing.*



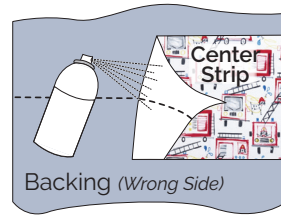
3. Likewise, fold the center strip in half. Mark the fold on the wrong side.

*Note: Fold strips horizontally or vertically, depending on the pattern. Remaining illustrations show only horizontal strips.*

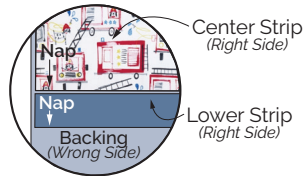
4. With wrong sides together, align the center strip with the marked horizontal (or vertical) line. Have the nap of both the strip and backing running down.

*Note: The center strip is often the widest strip or a printed panel.*

5. Fold center strip in half. Spray baste the back of the strip. Smooth the strip onto the backing. Press to adhere. Repeat for the other half.

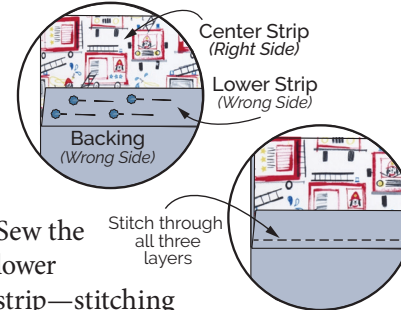


6. Place the next strip, right side up, along the bottom edge of the center strip. Have naps run in the same direction.

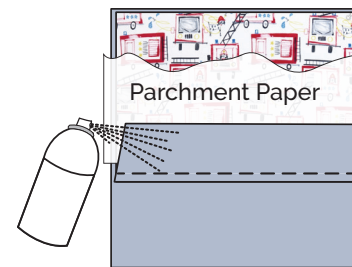


*Note: By first placing this strip right side up below the center strip, it is easier to position it accurately.*

7. Flip lower strip up, matching the raw edges of the center strip and the lower strip. Double pin at the beginning, end, and center of the strip—then double pin remainder.



8. Sew the lower strip—stitching through all three layers.
9. Cover right side of center strip with parchment paper. Spray baste wrong side of lower strip.
10. Flip strip down. Smooth onto Backing. (To avoid “molehills,” see sidebar.)



11. In the same manner, pin, sew, and baste the next strip to the top of the Center Strip.
12. Add the remaining strips as described in your pattern. *Note: To prevent skewing, add strips alternately to bottom, then to top.*

### Binding

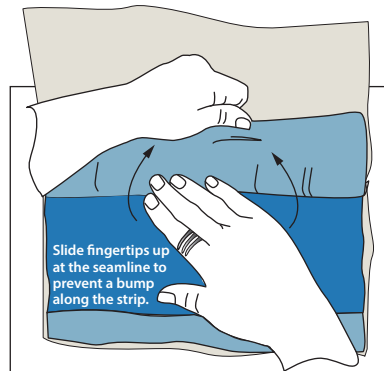
Prepare and sew binding strips as described in your pattern.



### Pin! Pin! Pin!

There is no such thing as too much pinning when working with Cuddle®.

Double pinning—placing one row of pins close to the stitching line and another row an inch or so away—allows you to remove the pins closest to the seam edge and leave the second row of pins in for continued stability.



### Avoid Making Molehills!

“Molehills” is the cute name given for the bump that forms when the strip is not smoothed to the backing correctly.

#### TO AVOID MOLEHILLS

At the seamline, use fingertips to smooth the spraybasted strip from the stitching line up and onto the backing.

Look! No molehills!

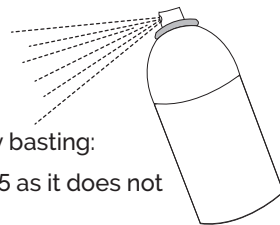
### Spray baste like a pro

Spray basting is important for any Stitch+Flip quilt. Here are tried-and-true methods for successful spray basting:

1. Use a quality spray baste. We recommend Odif 505 as it does not gum up the machine needle and has no scent.
2. Don't use too much. No need to saturate! A light spray is all you need.
3. Prevent overspray. The last thing you want is to get spray baste on the front of your quilt—or the surrounding table or flooring.

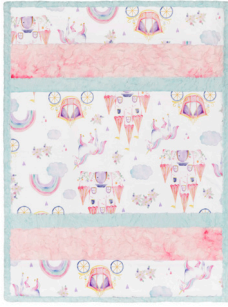
#### Two options:

- For spraying small areas, a sizeable piece of newsprint or parchment paper does the job.
- To spray large areas, use an old twin-size bedsheet. It covers large areas quickly and easily. When done spraying, toss the sheet in the washer—the overspray will wash right out.

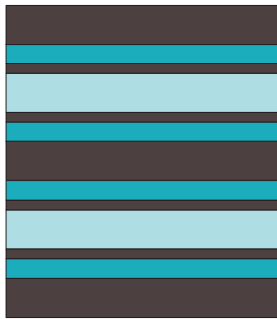


# Stitch+Flip Quilts

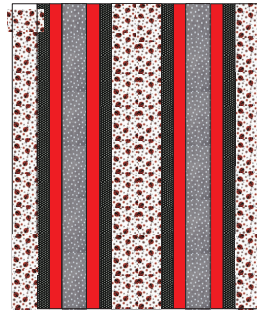
Patterns for these Stitch+Flip quilts are available for free on the Shannon\* web site. After you try a few patterns, it's fun to design your own quilt and cut your own strips!



Bambino



Crazy Eight



Fabulous Five



Patchwork Panel



Picture Perfect



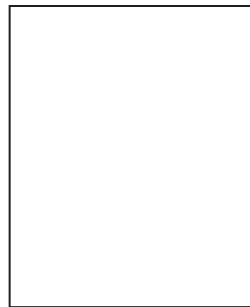
Sensational Strips



Strip Throw



Wee Ones



Design Your Own!

# Tips + Tools

for working with Cuddle®

## Mark before cutting.

Smooth Cuddle® on a flat surface—a large table, the floor, or a cutting mat. Use a permanent, felt tip marker or ball point pen to mark your cutting line on the back of the fabric.



## Cut with the right tools.

Use a rotary cutter for Cuddle® 3 and Cuddle® Dimple. For Luxe Cuddle®, a craft knife is a better option. Cut from the wrong side to avoid cutting the fibers, and reducing Cuddle® dust.

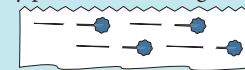


## Get rid of the Cuddle® dust.

Vacuum edges as you cut, then put the cut pieces in a dryer with a damp washcloth. Tumble at low or no heat for about five minutes. All the loose fibers will end up in your lint trap!

## Double pin for stability.

Pin the first row every 1½" along the cut edge and a second row 1" to the left of this row of pins. Alternate positions, but stay parallel to the edge.



## Lengthen the stitch length. Lower the foot pressure.

Start with a 3mm straight stitch, increasing it if necessary. If the foot is pushing the fabric forward, lower the pressure on the foot.

## Use a 90/14 stretch needle.

Since Cuddle® is a knit fabric, the best needle is 90/14 Stretch needle. Jersey and Ballpoint needles are also good choices. Universals will often result in skipped stitches.



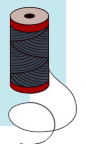
## Use a walking foot

If your machine did not come with a walking foot, we recommend getting one. A walking foot helps both layers of Cuddle® move along more smoothly. A dual-feed system will substitute for a walking foot.



## Always use polyester thread.

Polyester thread has increased strength and a slight stretch. Since Cuddle® is a polyester fabric with a bit of stretch, the two work together nicely. Fill your bobbin with polyester thread, too!



## Use basting spray to keep fabric in place.

Basting spray is a convenient way to keep fabric smooth and in position for sewing strips or binding. Use parchment paper or newsprint to prevent overspray.



## Wash it the right way.

All Cuddle® and Luxe Cuddle® fabrics are machine washable in cool water and a low-heat. Never, ever use fabric softeners or high heat.

\* SHANNONFABRICS.COM From the Home Page, go to: Community: Free Patterns