

# Flat-out Fabulous! Tray

Designed for FMM30  
by Margie Moats

This project is designed to accompany the **Free-Motion Mastery in a Month (FMM30)** lessons for learning free-motion quilting (FMQ). Please visit [www.FreeMotionMasteryinaMonth.com](http://www.FreeMotionMasteryinaMonth.com) to learn more and shop.

The project is a tray 9" square with 1-1/2" high sides. You will learn free-motion quilting and binding as you make the tray.

**Fabrics:** A fabric kit is included with this class.

- ▶ Fabric for front and back of tray
- ▶ Fabric for binding
- ▶ Ribbon for corner ties
- ▶ Double-sided fusible batting
- ▶ Grippy pads for quilting
- ▶ Complete pattern including ribbon and button versions

**Thread:** Whether you are bringing your own fabric or getting a fabric kit in class, please bring high-quality cotton, 50 weight (standard sewing weight) in light, medium and dark neutral colors. *[Bring the thread that works best in your machine. I have found that often students' machines are particular about thread and don't "like" the thread I supply, so I no longer include thread in kits. If needed, there will be thread available to purchase in class.]*

## Tools:

### If bringing your own sewing machine:

- ▶ Free-motion quilting foot
- ▶ Basic sewing foot for sewing
- ▶ Extra bobbins
- ▶ Basic sewing tools (pins, scissors, seam ripper, etc.)
- ▶ Rotary cutter and mat
- ▶ 12" (or longer) rotary cutting ruler
- ▶ Removable fabric marker (avail. to purchase in class)
- ▶ Water-soluble basting glue (Elmer's School Glue is great)

We will make the ribbon version of the tray in class. You will receive the complete pattern. If you want to make the button version at home, you will find instructions in the pattern.

**Please arrive at least 30 minutes early so you have time to set up your sewing machine and fuse the fabric and batting together before we begin**

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A workshop with RaNae Merrill



Learn the basics of free-motion quilting as you make this handy tray. Tie or button the corners of a block to make this tray, then undo them to store it flat! So practical for picnics, travel, RV's, drawers, and small spaces. Make it in a custom size to fit. Great for gifts!

## Sewing Machine Set Up

If you are bringing your own sewing machine to class, PLEASE READ CAREFULLY AND FOLLOW THESE INSTRUCTIONS. If the event is providing a sewing machine, you will not need this information for class, but it will help you set up your sewing machine at home. If you are not sure if sewing machines are provided, check with the event.

- \_\_\_ Make sure your machine is cleaned, lubricated and working properly. Sew on it before you come to class to test it! DO NOT SKIP THIS STEP -- IT IS ABSOLUTELY ESSENTIAL
- \_\_\_ Make sure you have a free-motion quilting foot and know how to attach it.
- \_\_\_ Know how to drop the feed dogs.  
If your machine does not allow the feed dogs to be dropped, know how to set the stitch length to 0. There are plates available to cover the feed dogs, but I find that most of these are too high for free-motion quilting -- they end up pressing against the free-motion foot and don't allow the fabric to move around. I prefer not to use a plate, and instead simply set the stitch length to 0 so the feed dogs do not advance the fabric.
- \_\_\_ Know how to adjust the tension. If you have a computerized machine, know where to find the tension adjustment control before you come to class.
- \_\_\_ Bring the instruction manual (you can probably find it online if you can't find it at home).

### You will need these accessories:

- \_\_\_ Free-motion quilting foot or darning foot ABSOLUTELY ESSENTIAL!!  
**See photos below and follow these instructions carefully:**  
If you buy a new foot for this class, attach it on your machine *before you come to class*. Do this at the store where you buy the foot so that you know how to attach it, and so you can test that it fits your machine properly. Check the height of the foot: when you lower the presser foot, the free-motion foot must allow the fabric to move freely between the foot and the feed dogs. If the fabric won't move, either you need to adjust the foot up, or you have the wrong foot for your machine. Solve this before you come to class, because *if you can't move the fabric in your machine, you can't quilt.*
- \_\_\_ 2 empty bobbins (in addition to the pre-wound bobbins mentioned earlier)
- \_\_\_ Extra needles in a variety of sizes & types (75/11, 80/12, 90/14 "Universal" and "Quilting" styles)
- \_\_\_ 1/4" foot (*You may not need this in class, but you will need it to assemble the quilt afterward.*)

**Thread:** Because some machines are picky about thread, please bring your own: high-quality cotton, regular sewing weight. Bring several colors in medium values that are clearly visible on both light and dark fabrics.

## Quilting Feet

Here are several common free-motion quilting feet. All of them allow the fabric to move freely in any direction without touching the feed dogs. You may already have one or more of these. If you are buying a new foot, choose one that allows you the best visibility of the area around the foot, like the first one shown below. **Be sure to test the foot on your machine before you come to class.** You should be able to move the fabric freely when the presser foot is down and the feed dogs are dropped. If the fabric won't move, either you need to adjust the foot up, or you have the wrong foot for your machine. Check with your sewing machine shop and solve this before you come to class, because *if you can't move the fabric in your machine, you can't quilt.*



Open-toe darning foot  
(Bernina #24)



Clear plastic darning foot  
(Singer)



Closed-toe quilting foot on  
Bernina stitch regulator



Echo-quilting foot on Bernina stitch  
regulator