

**LET'S QUILT DAY FOR MAY 2021**  
**THE BEST THREADS FOR SEWING AND QUILTING**

Welcome to Spring! Winter was not terribly long this year which is good because I enjoyed being able to get out and walk outdoors – especially when we were not able to do much else!

As you can tell from the title of my article, this month we are going to look at threads. Some people believe that it is necessary only to use cotton threads to piece and to quilt their creations; others prefer a cotton and polyester blend and others would prefer to use only a polyester thread. From my reading and research, it depends on how you want your quilt to look.

From the Quilting Daily website at [What's the Best Thread for Quilting? | Quilting Daily](#) in an article written by Brenna Riley Gates about quilter Catherine Redford, Catherine explains that she prefers to use a two ply 50 or 60 weight thread to piece her quilts because it allows her to piece a true quarter inch seam. However, for quilting, if you do not want the threads to stand out more than your design, it is important to use an 80 or a 100 weight thread. If on the other hand, you really want the threads to stand out and create more texture, use a 30 weight or a really heavy 12 weight thread.

I found another good article on the Wonderfil website at [WonderFil Specialty Threads - A Guide to Choosing the Best Quilting Thread](#) about quilting threads only. Again, the article emphasizes the effect that you wish to achieve will determine the thread and weight that you will choose. It was suggested in the article that if you do not want your thread to be visible, a lot of people like to use a monofilament thread that looks a lot like fishing line. However, they have a new product called InvisaFil that is 100 weight that is very fine for machine quilting and will not be as stiff as the monofilament thread, especially for dense quilting. For quilting by hand, they suggest Konfetti or Tutti 50 weight thread but if you would like your thread to stand out when hand quilting, perhaps a 12 weight Egyptian cotton thread called Fruitti or Spagetti may work better for you. They

even have an 8 weight Perle cotton called Eleganza or Dazzle that would be lovely. I was thinking of the workshop that we did for the rustic log cabin and thought perhaps either of those threads would really stand out for the quilting that the instructor preferred. For English paper piecing and turned applique, it was suggested that the 100 wight InvisaFil would be an excellent choice to be certain that your stitches do not show. However, if you have arthritis, it might be better to use their 80 weight thread called DecoBob if you struggle with fine, slippery threads. For regular machine or long arm quilting, they suggest using the Konfetti or Tutti 50 weight as it is double gassed so there is less lint. If however, you prefer a thread with some polyester in it, they suggest their 40 weight Ultima. It has been wrapped with cotton on the outside so it has the look of cotton but has the strength of polyester. On the website is also a You Tube video to watch and learn about the different threads.

Our Tip of the Month for May comes from watching an episode of Fons & Porter's "Love of Quilting" show. Sometimes it is hard to know how many pins to put in a quilt to keep it from moving so one reader suggested using your own fist as a marker and place pins one fist apart. That way you do not need to keep a measuring tape or ruler on hand but just place your fist on the quilt and you know where to place the next pin.

The weather is getting nicer and I know we are all itching to get out and work in the garden, go for a walk or perhaps take in a round of golf but make sure you always have a quilting project on the go for those rainy, overcast and cooler days when you want to stay at home!

Happy Quilting!

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