



Now that another Australia Day and all its associated barbeques is behind us, that can mean only one thing... the school year is about to begin again. While we all love our kids dearly, there's often that (slightly guilty) feeling of relief each year when school goes back and we're no longer under such enormous pressure to come up with activities to keep the kids entertained.

Of course, there's another reason we look forward to the beginning of the school year... for many of us it means more time to spent on our quilting!

Did you enjoy the History of the Sewing Machine articles last year? If, so you can read them again. Click [here](#) to read all our previous Mid Week Moments or visit our website and go to the Newsletters section. Also don't forget to visit our home page www.blueberries.net.au for the latest updates and news.

[Stitches Through Time - Part 2](#)

Quilting appears to have been part of the needlework tradition in Europe from as early as the 5th century A.D. Early surviving objects from this period including what appear to be clothing and wall hangings containing Egyptian cotton. This seems to indicate that the early Europeans' trade with the Egyptians and throughout the Mediterranean helped to facilitate the exchange of materials as well as the practice of quilting itself.

The word quilt is actually derived from the Latin word 'culcita', which means a padded and tied mattress. Although the earliest known examples of quilting have been traced back to the ancient Egyptians (see last week's instalment), it's highly probable that the practice gained popularity and traction throughout Europe where the colder climates made quilts far more practical and beneficial than as mere decorative items.

It is also popularly believed that quilting was brought to Europe through the Crusades in the eleventh and twelfth centuries. Medieval European soldiers noticed Muslims wearing tightly quilted clothing as part of their armour (pictured) and subsequently copied the practice.



It is impossible to ascertain which of these theories is closest to the truth, although it is most likely that they all played an important role in bringing quilting north to Europe from the Middle East.

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Nifty Notions

You are sure to find these nifty notions useful when patchworking. Click on the **videos** below to see how they work. Available online or instore.

Stick It

This is a useful tool for gripping rulers and patchwork templates for easy handling. Click on the video to see a demonstration. [Click here to purchase for \\$12.](#)



Lighted Pin Picker Upper

The Lighted Pin Picker Upper is a nifty little tool for quickly picking up all your pins, especially those fallen in dark places as it comes with a light. [Click here to purchase for \\$19.](#)



Stick 'em Up

This is a mini light with a suction cap. Watch the video demonstration to the right to see how useful it can be. [Click here to purchase for \\$13.](#)



Show and Tell

Show us the item and tell us the story

Building up confidence – Nita Taylor

What was your inspiration for this quilt?

It was suggested to me by Susan Carr, one of the Blueberries tutors. As I'm not a very confident quilter yet, I rely on her information and suggestions and also on Jackie's, who is so wonderful if you're having doubts with something. The pattern is one of Monica Poole's and I've always admired her style – the soft, florally looks that seem to be her trademark.

How did you find the experience of making this quilt?

I loved doing it as there was something different to learn every day. Sometimes I worked till 11 or 12 o'clock at night.

Have you been quilting for long?

No, only about 18 months, which is why my confidence levels were low. I'd made one other quilt but I hadn't been very happy with it.

Has your confidence increased since doing this quilt?

Yes, definitely. I was very pleased with the way the quilt turned out, which is a big thing for me as I have a tendency to be quite critical with my own work. I have my eye on another one of Monica's patterns now.



Til next week!

The Blueberries Team.