Appalachian Quilting

The Appalachian custom of quilt making did not originate in our region. When many emigrants came to America from they brought it from their homelands. The early settlers were so poor that they would not throw away their old clothing which had become torn and worn. The reused their clothing by cutting them into as many useable shapes as they could and created "Quilts".

These patchwork quilts gave a reason for social gatherings as well. Many women would gather and sew together in what was known as a "Quilting Bee". In preparation for marriage many of a young woman's clothes from her childhood would be sewn into a quilt to be placed in her Hope chest. Many quilts have been handed down from generation to generation as a cherished heirloom.

Quilts hold a cherished memory of our heritage and now can be seen in many museums.

Over the years many interesting patterns have been designed by the women of Appalachia.

A Pattern is a repeating shape, color or design.

Create: Our assignment will be to weave strips of paper.

1. Choose 3 colored strips of the same color. Pick a new color and get 3 of those strips.

2. Glue 3 of your strips over and under on a strip of the second color.

3. Weaving is placing the pieces of paper Over and Under to create a design quilt. Take your remaining strips and weave them.

4. Glue the loose ends once your weaving is complete.

5. Cut matching colored shapes from scrap paper to fit the squares of your quilt.

6. Glue shapes on matching colors of your quilt.

7. Cut another set of matching colored shapes for the rest of the squares.

8. Glue shapes on the remaining matching colors of the quilt.