

Happy Feet! Quilted Sneakers

Kit Information

Your kit includes sneaker soles, padded insoles and the sneaker pattern and guide.

Sizing Information Please make sure that you indicate what size shoe you need, and if you prefer black or white soles when you register! These must be ordered in advance—**please register by July 8th**. The soles are sized in European sizing; here's a conversion chart:

WOMENS							
US	4.5- 5	5.5- 6	6.5- 7	7.5- 8	8.5- 9	9.5- 10	10.5- 11
EU	35	36	37	38	39	40	41
							
MENS							
US	7.5- 8	8.5- 9	9.5- 10	10.5- 11	11.5- 12	12.5- 13	13.5- 14
EU	41	42	43	44	45	46	47

Please note that soles are not available for sizes under 36, and above 47. For women's sizes over 41, please check the extended size conversion chart at the Happy Feet! Kit listing at bucklebeebags.com. Although wide sizes are not available, these soles are a bit wider than traditional sneakers. Their fit is virtually identical to Dansko or Birkenstock shoes. The toe box is wide and round. They are extremely comfortable to wear. Although the foot bed has medium support, if you need a higher arch or wear custom orthotics, they will fit into the outersole without a problem.

Supply List

You can opt for ankle-high hi-tops, classic sneakers (like Keds) or ultra-low sneakers for a casual look. *The supply list is the same for all styles.* Joan will have leather punches and eyelet setting tools to lend.

¼ yard of quilting-weight cotton for upper; Fat Quarter preferred (18" x 22")*

½ yard of quilting-weight cotton for lining; Fat Quarter preferred (18" x 22")*

*For sizes over 42, you will need a half-yard of upper and lining fabric

Optional: 10" square quilting-weight cotton for tongue;—you'll need more for fussy cut tongues

4 pieces of 1.75" wide bias strips, each about 24" long

If you want a contrasting tongue/toe component, we can flip the tongues over so the lining side shows. Or, you can use a third fabric for your tongues. Your bias can match or contrast with your exterior. Have some fun with your fabric choices!

½ yard double-sided fusible foam interlining (Bosal In-R-Form and Pellon Flex-Foam Ff79F2 are great choices and readily available.)

½ yard mid-weight woven fusible interfacing (such as Pellon SF101)

The interfacing/interlinings give the shoes their structure. If you substitute other interfacings, or omit them all together, your shoes will be very soft and shapeless, like slippers.

Threads to match or coordinate with your fabrics

One pair of shoelaces to contrast or coordinate with your exterior fabric. Classic and ultra-low sneakers use 45" laces, hi-tops require 60" laces. Joan will have 60" shoelaces available for purchase during class (\$6/pair).

Ultra-fine black Sharpie marker for light fabrics, or white or silver marking pencil and sharpener for dark fabrics

Sharp fabric scissors

Thread snips

About 20 fabric clips or very small binder clips

Fray Check or other seam sealant

Sewing machine in good working order

Basic sewing supplies

If you have pattern weights, they're handy

Pre-class Prep

Cutting Instructions:

18" x 22" (sizes over 42, cut 18" x 25") Cut one from each of the following materials: Exterior fabric for uppers, lining, SF101, Fusible Foam

10" x 10" (sizes over 42, cut 10" x 12") Cut one from each of the following materials: Tongue fabric, lining, SF101, Fusible foam

1.75" x 24" (all sizes) Cut four on true bias. You may join bias strips if necessary; use a diagonal seam.

Quilting Instructions:

Students are required to pre-quilt their fabrics before class.

1. Fuse the woven interfacing to the wrong side of your uppers fabric.
2. Fuse or spray baste your foam interlining to the woven interfacing.
3. Fuse or spray baste the fabric/interfacing/foam stack to the wrong side of your lining fabric.
4. Quilt in a $\frac{3}{4}$ " grid OR in $\frac{1}{2}$ " parallel lines (lines should be parallel to the longest side of your fabric) OR in an all-over meandering design OR on a longarm quilting machine. Your quilting lines should be no more than 1" apart.

If you have any supply or quilting questions, please email Joan at bucklebeebags@gmail.com.

Frequently Asked Questions

Do I have to use quilting cotton for my sneakers?

No. Lightweight canvas (cotton or linen) works beautifully. You DO need to use quilting cotton for your binding. Avoid fabrics that don't breathe, non-woven fabrics, or fabrics that can't be used with fusible interfacing.

I'm a beginning quilter. Is this class beginner friendly?

This is an intermediate class. If you are comfortable with accurate pattern cutting with shears, applying a narrow bias binding by machine, and if you can machine quilt (walking foot or free motion) smoothly, you should be fine.