

APPLIQUE TABLE RUNNER

Jenny Haskins © 2001

MATERIALS

- 24in (61cm) x 60in (1.5m) wide plain fabric for squares, backing and binding
- 12in (30cm) x 45in (115cm) floral fabric for corner triangles and scalloped appliqué
- 5in (12.5cm) strip contrasting plain fabric for embroidery appliqué
- 5in (12.5cm) Vliesofix/Wonder Under to back plain contrasting fabric
- 24in (61cm) fusible batting Pellon H630 or Helmar's Quilt Basting Spray to apply fabric to batting
- Threads: Mettler rayon 40 embroidery threads in three colors to match floral fabric
- Gold metallic thread
- Construction thread – cream
- Madeira pre-wound bobbins for embroidery
- Machine feet: open-toe foot, ¼-in foot and narrow edge foot
- Machine needle: size 80 metallic needle
- Victorian Embroidery from the Heart design CD by Jenny Haskins design heart12a, heart13a and heart 1a
- Design Software/ blank memory card
- Quilting ruler, rotary cutter and self-healing cutting mat
- Fabric-marking pen of choice
- Self-adhesive tear-away stabilizer – for hoop embroidery/or Helmar's Quilt Basting spray to apply to normal tear-away to stick fabric to stabilizer in the hoop
- Photo copy paper – stabilizer for built in stitch embroidery
- 6½in (17cm) x 2½in (6cm) rectangle medium weight cardboard to wind tassel thread
- Template plastic to make a 9½in square
- Pencil and ruler
- General sewing requirements

PREPARATION

CUTTING:

- 1.) Use the rotary cutter, self-healing cutting mat and quilting ruler to cut:
From the plain fabric:
 - Three, 10½in squares for the two squares and two end triangles
 - Three, 3in strips across the width of the fabric for binding and center sashing
 - One, 40in x 13in strip for backing fabricFrom the floral fabric cut:
 - Four, 8in squares cut on the diagonal into eight triangles
 - One, 2in strip across the width of the fabric for scallopsFrom the contrasting plain fabric cut:
 - Two, 5in squaresFrom Vliesofix/Wonderunder cut:
 - Two, 5in squares to be fused to the back of the contrasting plain fabric for appliqué
 - One, 2in strip across the width of the webbing to be fused to the back of the 2in strip of floral fabric to be used for scalloped appliquéFrom the fusible batting cut:
 - Three, 10½in squares
 - Four, 8in Squares
 - One, 3in x 13in strip
- 2.) Fuse or spray the batting and fuse the Vliesofix/Wonderunder to the back of the matching fabric pieces, and the 3in strip of batting to a matching strip of plain fabric – this is for the sashing to join the blocks.
- 3.) From the pattern sheet cut out the scalloped template for the appliqué to go on the triangles on each end of the table runner
- 4.) From the cardboard cut out a rectangle 6½in x 2½in, marking then cutting the space in the center of the rectangle, this will be used to make the tassel. See pattern sheet.
- 5.) Cut the 2in strip of floral fabric back with fusible web, in half-length wise, then fold each length in half again and pin together aligning the cut fabric edges. Trace around the scallops using the template provided and a fabric-marking pen then cut out the scallops (both layers together) for both folded strips. Cut along the folded edge of each scalloped strip making four (4) pieces. Pin each set together and put to one side.

- 6.) Use the fabric-marking pen and quilting ruler to divide the three plain fabric squares with lines that intersect through the center of each square on the vertical, horizontal and diagonal. Cut one square in half on the diagonal to make two triangles.
- 7.) Use the 9 1/2in block template – centered on each square matching the center and marked lines to those marked on the fabric then draw around it – this is the cutting line when the blocks are complete– when embroidered is complete this will need to be done again before cutting the block – this is just a guide so as not to exceed this line when embroidery is being done.
- 8.) Use the software and Victorian Embroidery from the heart to transfer heart12a, heart13a and heart 1a to the machine or a blank memory card.

EMBROIDERY DESIGNS

All embroidery uses size 80 metallic needle, fine pre wound bobbins, rayon 40 embroidery thread and self-adhesive tear-away in the hoop. All embroidery uses only three colors that match the floral fabric.

- 9.) Select heart1a to embroider centered on the diagonal line that divides the triangle block through the point. Mark the center of the diagonal line and draw a line parallel to the diagonal (cut edge) that passes through the center mark in the opposite diagonal line.
- 10.) Select heart1a, place hoop in machine, then place the triangle fabric centered under the needle. (It is very important that the point of the heart exactly aligns with the corner of the fabric triangle.
- 11.) Color sequence:
 - Color 1 – Satin stitch heart and diamond in center
 - Color 2 – embroidery stitch around outside edge of heart
- 12.) Select heart12a place the hoop in the machine, then center a plain fabric square under the needle, place a 5in square of contrasting fabric, backed with fusible web on top of the square centered under the needle.
- 13.) Color sequence for heart12a:
 - Color 1 - appliqué outline same color as color 3 (1-4 all same color appliqué outline)– remove hoop from machine and carefully cut around the stitched edge of the appliqué fabric close to the row of stitching. Place the hoop back in machine.
 - Color 2 – zigzag stitch over the raw fabric edges same color as color 1
 - Color 3 – appliqué edge of cut fabric
 - Color 4 – hearts – same color as color 3
 - Color 5 – small horseshoe shapes
 - Color 6 – embroidery stitch around outside edge of appliqué
- 14.) Color sequence for heart13a:
 - Color 1 same color as color 3- (1-3 all same color appliqué outline) - remove hoop from machine and carefully cut around the stitched edge of the appliqué fabric close to the row of stitching. Place the hoop back in machine.
 - Color 2 – zigzag stitch over raw fabric edges, same color as color 1
 - Color 3 – appliqué edge of cut fabric
 - Color 4 – curlicues same color as color 3
 - Color 5 – center
 - Color 6 – embroidery stitch around outside edge of appliqué

Press fabric squares.

BUILT IN STITCH EMBROIDERY

All built-in embroidery stitches us photo copy paper at the back of the embroidery as a stabilizer, which is torn away between each row of stitching, size-80 metallic needle, open toe foot, fine thread pre wound bobbin and rayon 40 embroidery thread. Stitch numbers are referred to a 2140 (7570) reference numbers.

Use the photo as a guide to best match the stitches used to the ones on your sewing machine of experiment and create your own designs.

Block 13a:

- 15.) Use the fabric marking pen and ruler to mark on the diagonal lines, measured from the center, 3 1/2in and 4 1/2in then join the 3 1/2in points to form a 5in square and the 4 1/2in points to form a 6in square. These are guidelines for embroidery.
- 16.) On 5in square stitch the following:

- Row one, satin stitch length 0.25 width 4.0 centered over 4½in line.
 - Row two, contrasting color foot centered over the top of row one, using a suitable stitch.
 - Row three and four – same color as above on either side of the satin stitching close to and aligned with the satin stitch. a triple stitch (top stitch length 2.0).
- 17.) On the 6in square stitch the following:
- Row one, satin stitch length 0.25, width 8.0
right side of satin stitch aligns with the 4½in line.
 - Row two decorative stitched over the top of the 8mm wide satin stitch in contrasting thread.
 - Row three leaf stitch default length, width 6.0 density 0.25 centered over the outside edge of the 8mm wide satin stitch in same color as satin stitch.
- Block 12a:
- 18.) Use the fabric marking pen and ruler to mark on the diagonal lines measured from the center 4in then join these points to make a 5 ¾in square. On all lines (vertical, horizontal and diagonal) measure from the center 4in, then connect these points to form an octagon (eight equal sides).
- 19.) Over the 5 ¾in square sew:
- Satin stitch length 0.25 width 4.0
 - Decorative stitch using contrasting thread centered over satin stitch
 - Triple (top stitch) length 2.0 on either side of satin stitch using contrasting thread color
- 20.) Over the octagon sew:
- Satin stitch length 0.25 width 6.0
 - Decorative stitch width 6.0 contrasting thread over the top of satin stitch.
 - Triple stitch length 2.0 on either side of the satin stitch using contrasting thread
 - Decorative stitch using the same colored thread as the satin stitch.

Press both blocks and triangles then use the marked template to redraw the cutting line of each block and triangle marking the 9½in block – finished size is 9in.

PUTTING IT TOGETHER

Use the 9 ½ in block template to trim the embroidered blocks to 9½in making sure to maintain the center of each block by matching the center and the divide lines on the block template to those on the fabric. Use construction thread in the needle and bobbin, a straight stitch and a ¼ in foot to sew the blocks together.

- 21.) Join the four floral triangles to each side of the embroidered fabric square, and press. Square the sides of the floral fabric blocks to 13in maintaining the center of each block.
- 22.) Join a triangle to one side of each embroidered block so the center of the triangle point) and the center of the block side align. Press then trim the sides to match the rest of the runner.
- 23.) Use metallic gold thread and an embroidery stitch to sew over all seam lines. (I used stitch 184 (165) width and length 6.0 in a memory with five straight stitches over the seams of the blocks with the floral fabric triangles and matched the edge of the block with the triangle with stitches that matched those used around the scalloped appliqué.)
- 24.) Join the blocks together with the 3in sashing fabric strip – triangles at each end.
- 25.) Pin then iron the scallops to be appliquéd to the two straight sides of the end triangles aligning the straight edge of the fabric strip with the raw fabric edge of the triangle. Iron one side first then the other overlapping the fabric in the corner, making sure the scallops correspond and turning the fabric under on the overlapping side (45 degree angle) and press.
- 26.) Use gold metallic thread to sew stitch No 77 (60) width and length 6.0 density 0.25, pattern mirrored around the raw fabric edges of the scallops so the embroidered scallops face to the outside edge of the triangle. On the outside edge sew stitch No 108 (83) width and length default settings following the scallops, close to edge of stitch No 77 (60). Repeat these two rows of stitching along the seam line joining the triangle to the block with stitch No 77 (60) facing the center of the triangle and stitch No 108 (83) facing the block.
- 27.) Press the pieced table runner, then use the spray adhesive to secure the backing fabric to the underside of the runner by spraying the batting with quilt basting spray, then center the backing fabric over the batting making sure it is straight and the fabric is smooth. Trim backing fabric to align with raw fabric edges of the table runner.
- 28.) Use construction thread and a narrow zigzag to sew over the raw fabric edges and hold them together around the outside of the table runner.
- 29.) Attach binding in your preferred method – or join the binding into one long strip, fold it in half width wise and press, then pin with right sides of binding and table runner together, the raw fabric edges of

the table runner and the binding aligned, pleating corners and points. Stitch in place using a ½ in seam.

- 30.) Turn the folded edge of the binding to the back of the runner and press then pin down. You may either hand sew or stitch in the ditch using the narrow edge foot to sew the binding down.
- 31.) Use thread that best matches the plain fabric in the needle and the backing fabric in the bobbin and the narrow edge foot to stitch-in-the-ditch in all seam lines. You may also choose to outline quilt some of the embroidery.

MAKING THE TASSEL

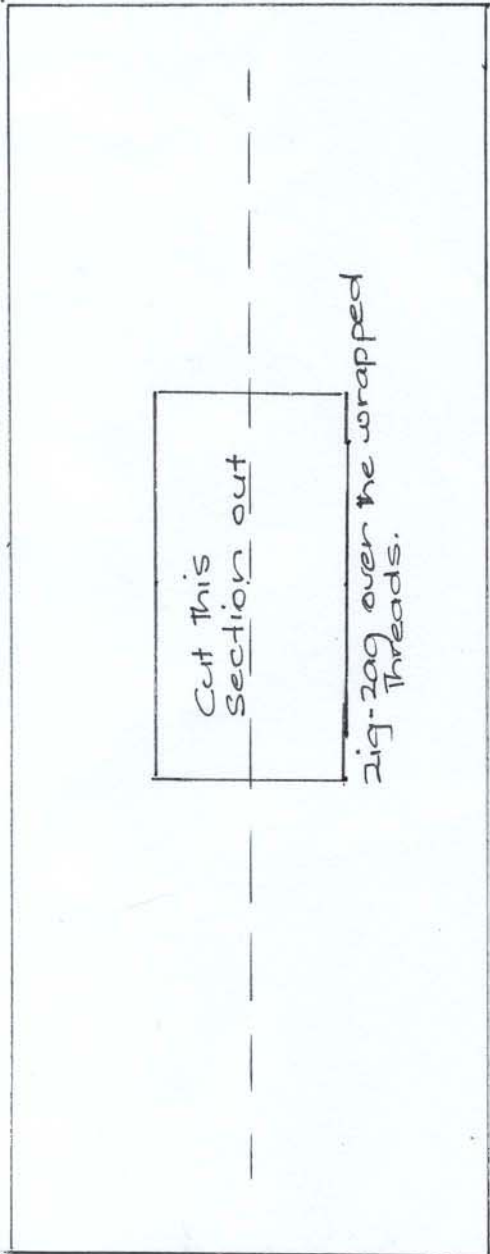
- 32.) Use the template provided and a lead pencil to trace then cut out the cardboard shape to be used to make the tassel.
- 33.) Use the thread used for embroidery – three colors together to wrap around the center of the cardboard lengthwise (over the cut out section) at least 20 times more if required.
- 34.) Select a 9mm zigzag with matching thread in the needle and bobbin, the open-toe foot and feed dogs lowered. Stitch forwards and reverse several times over the cords in the open section of the cardboard. Repeat until the cords are completely covered.
- 35.) Cut the threads at each end of the cardboard template to release the threads.
- 36.) Fold the threads in half lengthwise through the center of the wrapped section then sew a bar tack over at the end of the wrapped section to secure. Make two.
- 37.) Use a bar tack to hold each tassel in place at either end of the table runner – sew from the front of the fabric with the tassel at the back.



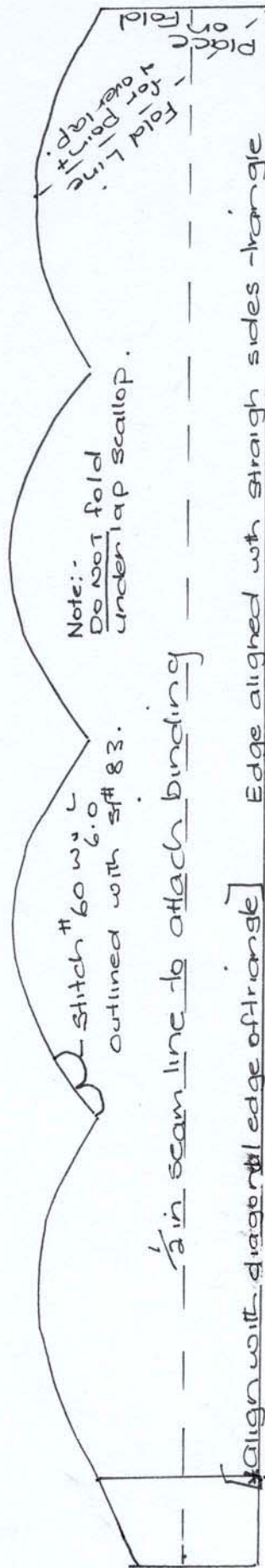
Embroidery From The Heart Table Runner
- 2 Day Class



Tassel Template



Cut one out of
 light weight
 cardboard.



Cut 2
 From floral
 Fabric back
 with fusible
 web.