



## Christmas TABLE RUNNER

Table runner designed by Stephanie Newman ©2010.

*Created on a BERNINA Aurora 440QE. Use a collection of small scraps or fabric yardage, to sew this zesty modern table runner.*

*If you wish to use scraps the equivalent quantity of fabric needed is provided below.*

### Method

1. From the Red fabric cut a Strip 4" wide, down the fabric length. Use the Marti Michell Kaleido-Ruler to cut triangular wedges, using the line marked "Cut strips 4" on the ruler. Turn the ruler around, top and tailing down the strip to cut a total of 29 red triangles or use up your scraps and cut 29 red triangles in coordinating red fabrics.
2. From the pink fabric cut a strip 4 inches wide, down the fabric length. Cut a total of 28 wedges using the Kaleido-ruler.
3. Stack the purple and turquoise fat quarters on top of each other right sides facing up. Cut a total of 14 triangles from 4" strips. This will yield 14 purple, and 14 turquoise triangles.
4. Cut 6, 2¼" strips from the red fat quarter and reserve for the binding
5. On a table lay out the triangles in three rows. Refer to photograph if you are unsure as to fabric placement.
6. Row 1: Beginning with a Red triangle, alternate 14 red and 14-pink wedges down the length with long bias edges next to each other. End the row with a pink wedge.
7. Row 2: Beginning with purple and end with a turquoise wedge align 14 of each colour triangles to form a long row.
8. Row 3: Begins and ends with red triangle, contains 15 red and 14 pink triangles. This is to allow for the rows to align when squaring up the ends of the table runner.
9. Insert a number 75 Quilting needle into your sewing machine. Set the straight stitch length to 2.3 Thread up with 50 weight cotton thread in a neutral grey. Attach #37 Patchwork Foot to the machine.
10. Piece each row of the table runner together. Sew the wedges together down the long edge. The shape of the triangles makes aligning the patches correctly easy, there will be a quarter inch offset at one end.
11. Chain sew for speed and efficiency each row into pairs of triangles, then cut apart, finger press carefully to the darkest triangle, then sew up into units of four, then eight, etc, until the row is sewn. This helps keep the row nice and straight.
12. Press each row carefully with a hot dry iron once complete.
13. Lay each row out so that the pink points face outwards away from the centre, in rows 1 and 3.
14. Match up the points with fine patchwork pins. Pin row one to row 2 and sew. Then sew row 3 to the remaining side, ensuring the pink points of the triangles face outwards.
15. Trim up both ends ¼" beyond the point at which the seams meet to square up the table runner ends.
16. Join the red binding strips at 45 degrees and trim leaving a quarter inch seam allowance at each join. Set aside for later use.
17. Layer the backing right side down on the table and place the batting on top. Centre the table runner top on top with batting and backing extending on all sides beyond top. Pin at intervals with size 0 safety pins- larger pins can leave permanent holes in patchwork quilts.
18. Insert a number 90 Quilting needle into the machine, attach the walking foot with the open toe soleplate, thread up with Machine Quilting cotton of choice. Fix off, then set the stitch length to 2.9 and stitch in the ditch down the centre on both sides of Row 2. Fix off at the end of each row of sewing. Clip the thread tails.
19. Then, stitch in the ditch in all remaining seams. It is possible to quilt in the ditch in a zig zag fashion from one end, to the other of the table runner, pivoting at the points, for each row.

### Materials List

- 100% cotton prewashed patchwork fabrics are recommended.
- 6" strip across fabric width of red fabric
- 6" strip across fabric width of pink
- Fat Quarter deep purple fabric
- Fat Quarter Turquoise fabric
- Fat Quarter Hand dyed red fabric to co-ordinate with other red, for the binding
- 40cm piece of low loft needlepunched batting in polyester, cotton or wool
- 40cm piece of fabric of choice for backing, colour to co-ordinate
- Bernina Sewing Machine-Any Bernina model can sew this table runner-although a BSR compatible machine is required for use with the BSR foot
- Darning foot #9 or BSR Foot
- Walking Foot #50
- Patchwork Foot #37
- Cotton threads to blend-neutral grey
- Machine Quilting Cottons of choice
- Quality sewing machine needles Quilting size 75/90 mixed pack
- A few safety pins size 0
- Marti Michell Kaleido-Ruler
- Rotary cutting equipment
- Fine patchwork or silk pins
- Hand sewing thimble, needle.

20. Remove the walking foot and attach the darning Foot number 9 or the BSR Foot on BSR foot enabled machines. Set up the machine for freemotion quilting by dropping the feed dogs, and reducing the foot pressure to almost zero. Free-motion quilt patterns of choice with different coloured threads down the different coloured sections of the table runner. Don't forget to fix off at the beginning and end of a line of stitching.
21. Tip: Stephanie recommends the use of non-bulky, rubber tipped quilting gloves for additional grip when freemotion quilting - reducing hand strain whilst allowing enough sensation to the fingertips for good control of the quilt.
22. If free-motion quilting is not desired, more quilting can be added to the table runner with the walking foot-suggestions include outlining each triangle, or parallel echo lines of each patchwork shape.
23. Before removing the backing and batting, lightly steam the table runner with an iron to allow the quilting stitches to relax. Then, using the rotary cutter, mat and ruler, trim up the table runner even with the edges of the quilt top, to remove the backing and batting excess, before binding.
24. Press the binding in half lengthwise right side facing out. Attach the walking foot. With a quarter inch seam (its easy to do this with it marked on the walking foot), sew the binding to the table runner, mitre each corner and join the ends together. Turn the folded edge to the back and secure with slip stitch by hand, not forgetting to stitch each of the mitred folds down.



## What Stephanie loves most about her BERNINA Aurora 440

*The total control over stitching I can set the stitch length or width to my whim by 0.1 unit increments, and temporary altered memory remembers what I have done! Love it!*

*I customize my own fix stitch for beginning and ending of quilting to produce an almost invisible fix.*

*Perfect Quarter Inch foot I have seen so many other quarter inch feet that are not the correct width for accurate patchwork. BERNINA make THE BEST quarter inch foot for perfect scant seams, the key to accurate patchwork. I love the quarter inch markings on both sides of the foot, perfect for setting in seams.*

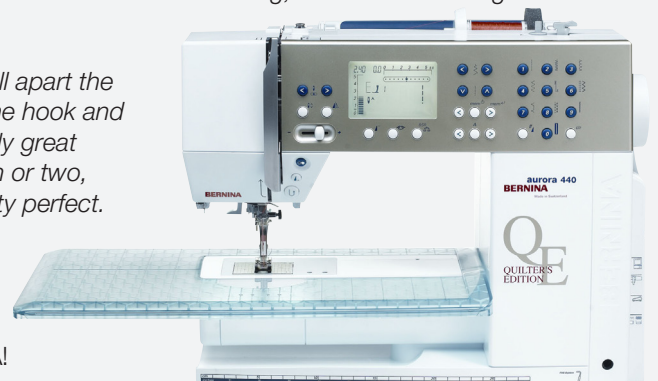
*The Walking Foot gives the best even feeding of fabric layers and is marked with a quarter inch which is wonderful when applying binding to quilts, or for seaming patchwork. Use the open toe sole plate for maximum visibility. I love it when setting in sleeves in a shirt too, or when sewing slippery fabrics.*

*Where would I be without the knee lift? Pivoting hands free is heaven for quilters.*

*I love the number 9 Darning foot, and for when I want perfection or am feeling lazy, the BSR foot is great! Both have really well designed soles giving great vision when freemotion quilting the finest of designs, or for freemotion embroidery.*

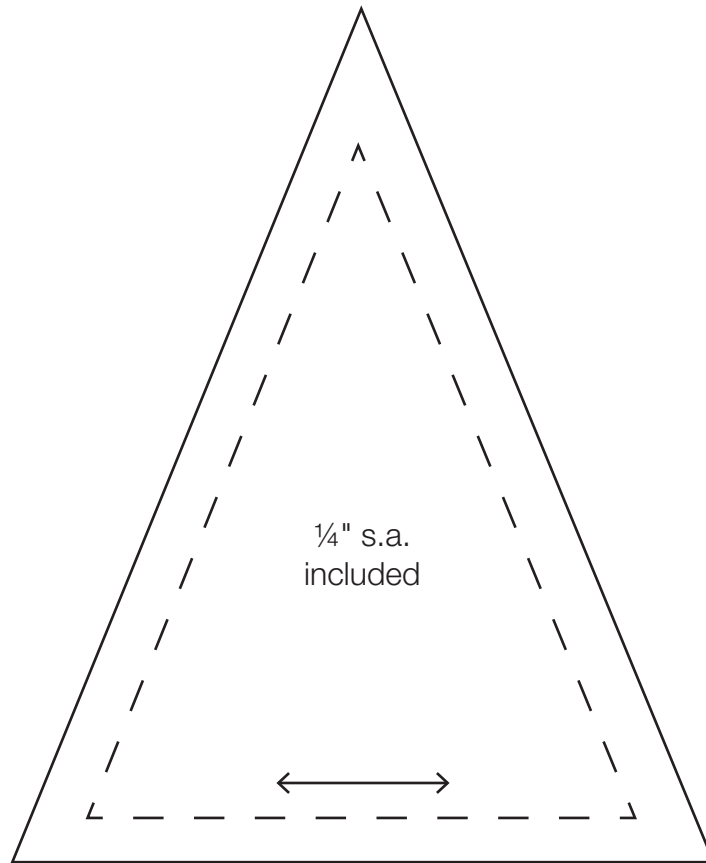
*The lighting of my Aurora is awesome - as my eyes are not good, it really helps reduce eye strain and offers true colour rendering, essential in reading colour correctly.*

*I also love that I can pull apart the bobbin area, remove the hook and give my machine a really great clean after each bobbin or two, keeping my stitch quality perfect. It just makes regular maintenance so easy.*



THANK YOU BERNINA!

Pattern printing instructions: 100% on A4 paper



Template for Bernina Table Runner