

# Christmas Time Table Runner

By Suzan Pons



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**Finished Size 46" x 22"**

## Materials needed:

### Fabric:

- Scraps of three or four red fabrics (about two fat quarters total)
- 1 fat quarter of brown (for bias stems)
- 1 fat quarter of green (for leaves)
- Several small pieces of colored fabric for berries and flower center (I used pink, red and gold)
- 1/2 yd of light background fabric (for the center)
- 1/4 yd of green, gold, or another color for the inner border
- 3/4 yd for the outer border (more may be needed if you have a design that is directional)

### Additional Supplies:

- 1 yd "Lite Steam A Seam" or your favorite fusible web product
- 1 yd "Stitch and Tear" or water-soluble stabilizer for support when doing your machine applique stitch (optional)
- A blue water-soluble fabric marker
- 1/4 or 1/2 inch bias tool to make bias stems
- Water-soluble glue stick

A fun little Christmas table runner using machine applique that will bring holiday joy into your home. You can make it in many colors such as the traditional red and green or modern with the holiday colors that you love!

## IMPORTANT:

The Applique Pattern will need to be printed to the correct scale for use. Two versions are included—one for printers capable of printing in "Poster" mode, and another for Standard Printing.

You can also save the version labeled for Poster printing to a USB stick, and then take the USB to your local copy shop for printing at 100% scale.

## POSTER MODE:

Use the version labeled "For Poster Printing." Under "Paper Size & Handling", tap Poster. Put a check mark in the boxes next to "Cut Marks", "Labels" and "Tile Only Large Pages."

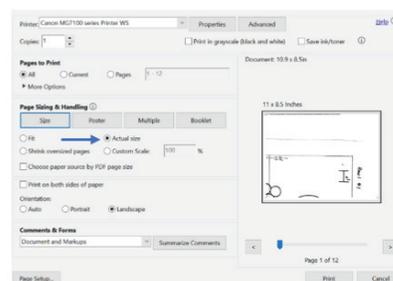
These settings will print the pattern on multiple pages. Verify that the scale is correct by measuring the 1-inch scale marking on the pattern; adjust the tile scale if needed to achieve the proper size. Each page will include marks for alignment, along with a label (e.g. 1-1, 1-2, 2-1, 2-2) to help place them in the correct order. Tape the pages together to create a master pattern. When complete, the pattern outline should measure 15-1/2" x 40".

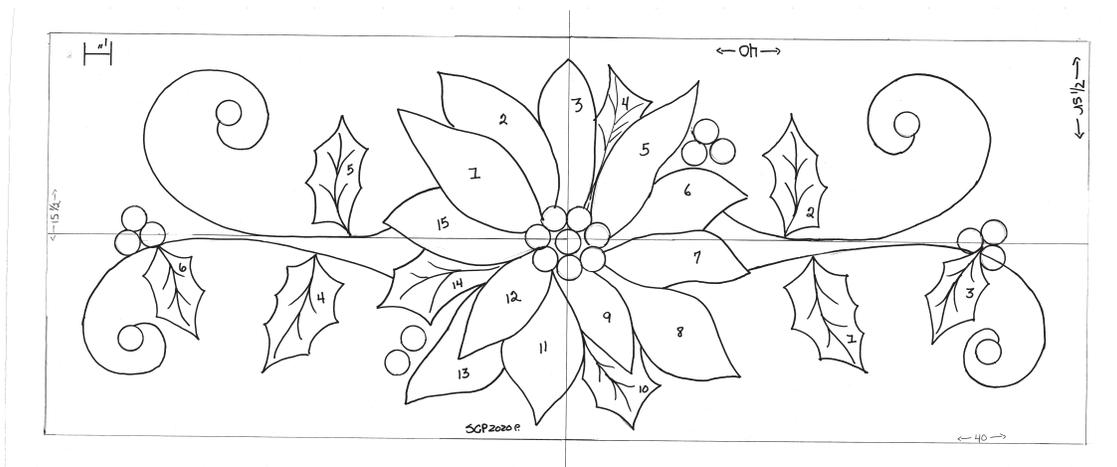
## STANDARD PRINTING:

Use the version labeled "For Standard Printing." *Note: Your printer's name will be different from the one shown.*

Under "Paper Size and Handling" make sure that Actual Size is selected. Disable duplex printing (print on only one side of the paper.)

The pattern will print on 12 separate sheets. It will include alignment marks and labels to help place the pages in the correct order. Verify that the scale is correct by measuring the 1-inch scale marking on the pattern. If necessary, click on "Custom Scale" and adjust as needed. Tape the pages together to create a master pattern. When complete, the pattern outline should measure 15-1/2" x 40".





## Step 1: Enlarge PDF Placement Pattern

Use the 1" scale marking on the PDF pattern to enlarge the design.

## Step 2: Transfer Pattern Placement to Background Fabric

Fold the background fabric piece in half lengthwise and widthwise and finger press the folds to find the center. Mark the center with the blue marker. Also mark the center horizontal and vertical fold lines to aid in cutting the center panel to the correct size later.

Using a light box or a window, place your fabric on your pattern while aligning the center marks correctly along the center of the pattern. Trace the flower, stems, berries, and leaves onto the right side of your fabric with a blue water-soluble pen.



## Step 3: Trace Pattern Pieces on to Fusible Web

Using the "fusible web" product, trace the leaves and flowers on to the paper side of the product. **IMPORTANT:** They should be traced as a mirror image. Turn your pattern upside down and trace the shapes from the back side of the pattern.

**HINT:** Hold the pattern up to a window or light box and darken the pattern lines with a marker to make tracing easier.



## (STEP 3 CONT.)

Add the number labels for each petal and leaf to the paper side for easier placement later.

Cut out the shapes, leaving at least 1/4" inch margin outside the drawn line. *NOTE: For the berries, you can either use the fusible method or hand-applique them in place. If fusing, you'll need to draw 15 circles for the berries along the stems, and 8 circles for the berries in the flower center. See the photo with Step 7 for fabric color suggestions. If using the hand-applique method, you will not need to trace any circles on to the fusible web paper. Instructions for hand applique are included in Step 7.*

Place the sticky/glue side of the fusible web (I used Lite Steam-a-Seam) on the wrong side of your fabrics (place flower petals on red fabrics, leaves on green fabrics, berries on your fabrics (if fusing)). Follow your product's instructions to fuse the pieces to the fabric. Cut out all your fused fabric pieces directly on the drawn line.

## Step 4: Make the Bias Strips for Stems

The bias stems are placed first. You will need 4 total bias strips cut from your brown fabric, finishing either 1/4" or 1/2" wide (your choice). Follow the instructions included with your bias tool to determine the width of bias fabric strips to cut to achieve the finished strip width, along with how to complete the strips. Typically, you will insert the fabric into the bias maker, pull your fabric through and press the strip as it exits the tool as shown in the photos below.



## Step 5: Applique the Bias Stems in Place

Now you're ready to place the bias strips on the background fabric. Put a few dots of glue from the glue stick on the back of the strips. Place them correctly on the background fabric, following the marked stem contours.

Cut a piece of Stitch and Tear stabilizer (or water-soluble stabilizer) to the same size as the marked background fabric. Pin it to the wrong side of the fabric to help prevent the background from puckering as you machine applique the pieces in place.



Sew the four bias stem strips to the background fabric, starting with the inside curve. Then stop and continue with the outside curve. I used a machine blanket stitch, but you can use your favorite decorative stitch.

*NOTE: Leave the stabilizer in place until you have added all the applique pieces and sewn them in place. Then you can tear away the remainder. (If you used water-soluble stabilizer, you can tear away most of the excess stabilizer, and then the remainder will dissolve as soon as you wash your table runner.)*

## Step 6: Applique the Leaves, Petals and Flower Centers in Place

The leaves along the stems are numbered 1 to 6. Remove any paper backing; follow the pattern and place them near the stems. Once you are happy with their placement you can iron them down following the instructions for your fusible web, and sew them in place with your applique stitch.



Peel the paper off the back and place your flower petals and the remaining leaves on your design, noting that some petals and leaves are layered on top of each other. **Use the pattern numbers to aid in correct placement.**

## (STEP 6 CONT.)

The background spaces in my picture are a little smaller so they will be covered by the center circles. However, if you have background fabric peeking out between the flower petals that are larger, slip a small piece of green fabric under the petals before fusing the flower in place as shown.

When you are satisfied with the petal and leaf placement, fuse them in place on the background fabric.

Since the leaves are “behind” the flower petals, applique those in place first. Then stitch down the flower petals.

To eliminate starts and stops where petals overlap, I go around each petal until I reach the spot where they overlap. Then I sew a straight stitch down the side of the next petal to its base. Next, I start back up the side of the petal with the blanket stitch. Continue in this manner until all the petals and leaves are stitched in place.



## Step 7: Applique the Berries in Place

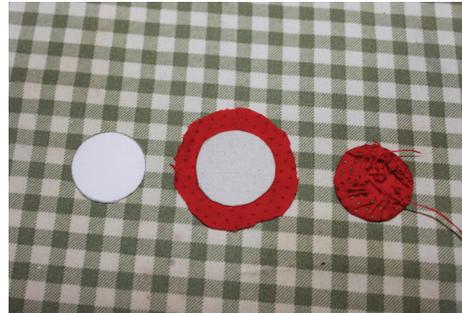
Add the 8 berries to the flower center as indicated in the pattern, fusing them to the background fabric and stitching in place. Add 15 berries along the stems as shown in the pattern in the same manner. (I used light pink/green berries in my flower center, gold berries at the ends of the bias stems, and red berries scattered along the stems—see photo at right.)



## (STEP 7 CONT.)

**Hand Applique Instructions for Berries:** If you prefer, you can stitch the circles in place by hand. To do this, first cut a circle template from thin cardboard the same size as the circles in the pattern.

Then cut circles from your fabric selections that are about 1/4" larger than the cardboard circle template (8 circles for the flower center and 15 circles for along the bias stems.) Baste around the circle, just inside the outer cut edge.



*HINT: If you use the same thread color as the fabric color to baste the circle shapes, you can leave the needle threaded and use that same thread tail to applique the circle in place.*

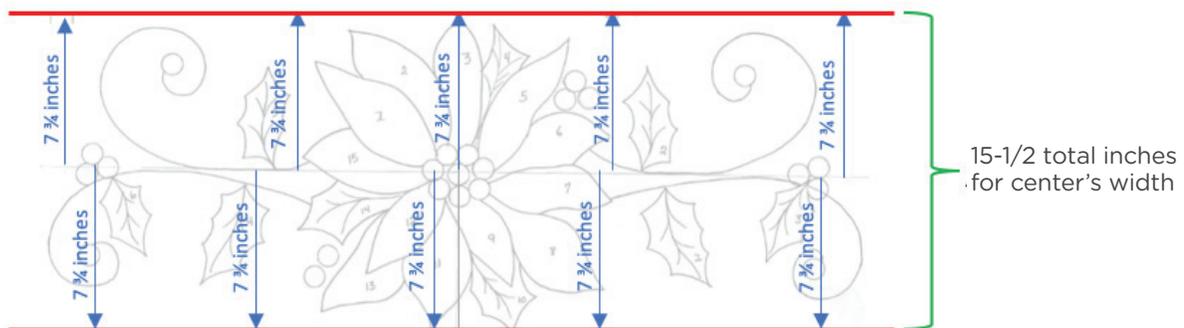
Center the cardboard template on the wrong side of the basted circle and pull on the basting thread, drawing the fabric up around the template. Smooth out any large pleats, then iron the circle to make it nice and flat. Loosen up the thread a bit, take the cardboard out and pull a little on the thread to reshape the circle.

Stitch all the circles in place in the flower center and along the stems using an invisible hand applique stitch.

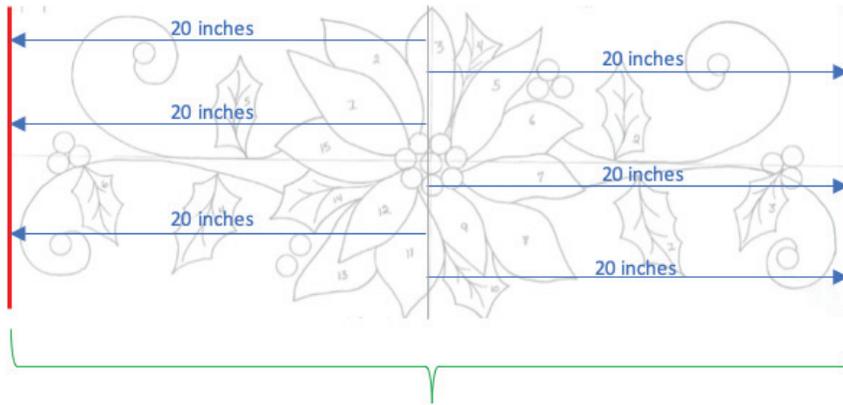
## Step 8: Trim the Center Panel

Now that the center is finished, press it well.

The center must now be trimmed to 15-1/2" x 40". To easily accomplish this, place your ruler on the horizontal center mark you created on the fabric and draw a line 7-3/4" inches away from the mark on both sides (as illustrated by the red lines below.) This will give you a total of 15-1/2 inches for the center panel's "width."



For the center's "length", place your ruler on the vertical center mark and mark at 20 inches on both sides. This will give you a total of 40 inches for the panel's "length."



40 total inches for center's length

Cut the center panel to this final size of 15-1/2" x 40".

## Step 9: Add the Borders

### For the inner border:

- Cut two strips measuring 1-1/4" x 40"
- Cut two strips measuring 1-1/4" x 17"

Sew the long borders on to the center panel first. Press seams toward border.

Sew on the short borders, press seams toward border.

### For the outer border:

- Cut four strips 4-1/2" wide x WOF (width of fabric)

Sew two of the strips on the long sides of your table runner. Press the seam toward the small border. The border should measure 41-1/2" long.

With the third and fourth strip, sew these to the short sides of the table runner. Press seams toward the small border. Trim off the extra length.

### You're almost finished!

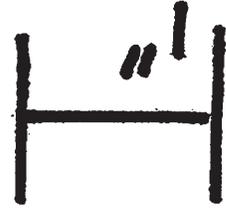
Give your table runner top a good pressing and clip all the long threads.

Quilt it and enjoy the holidays!

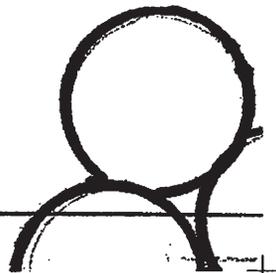




Row 1 #1

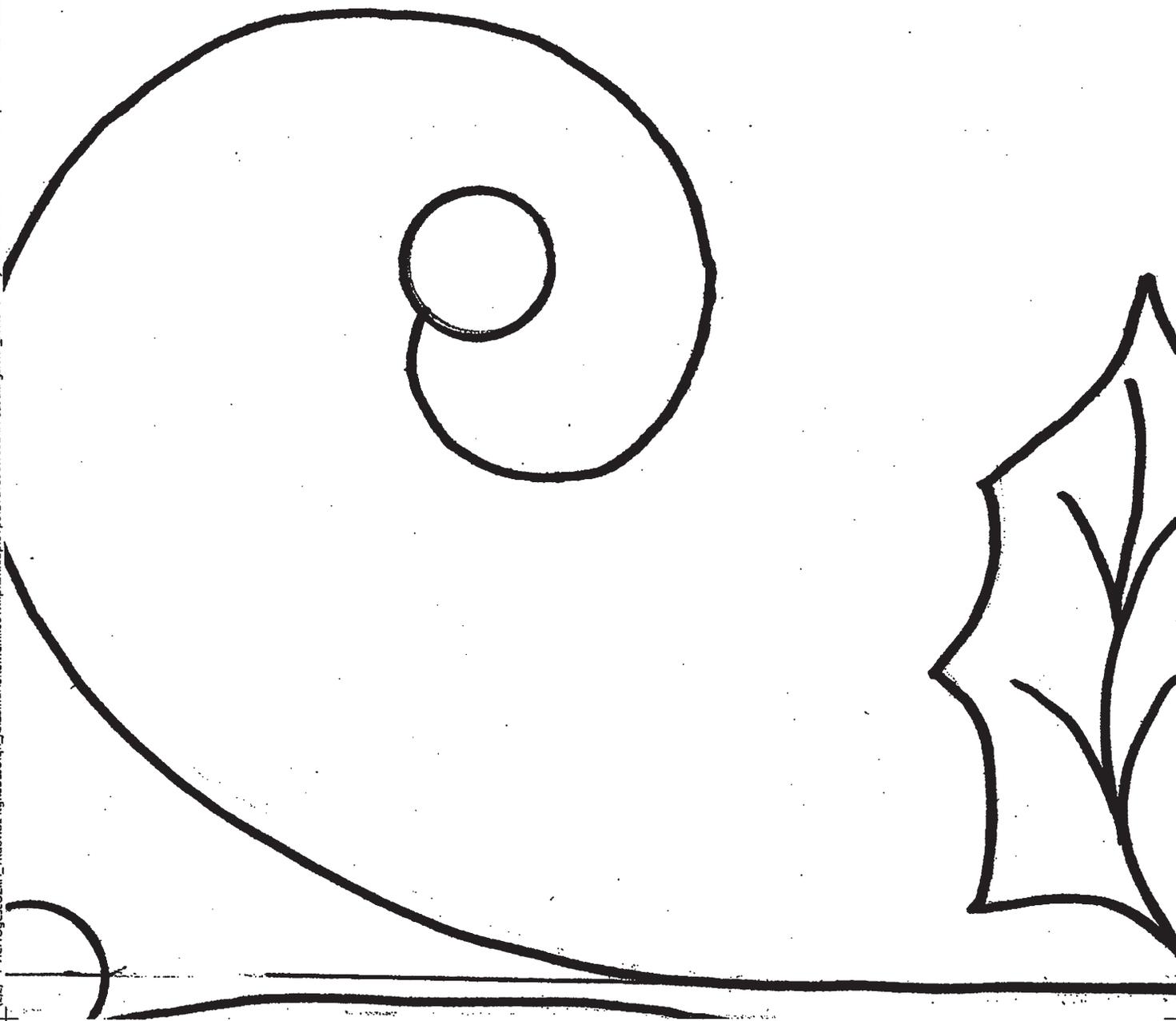


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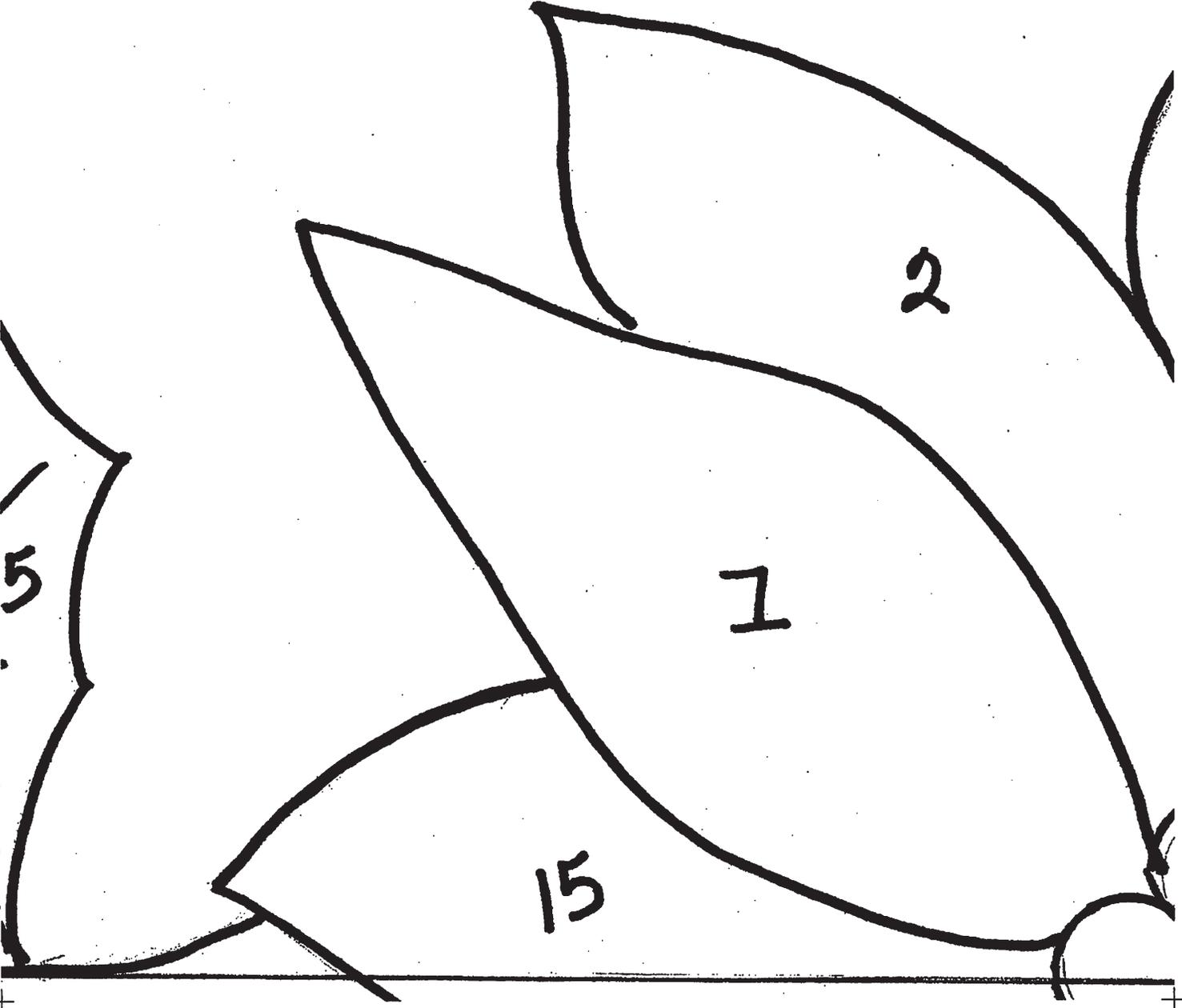
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Row 1 #3

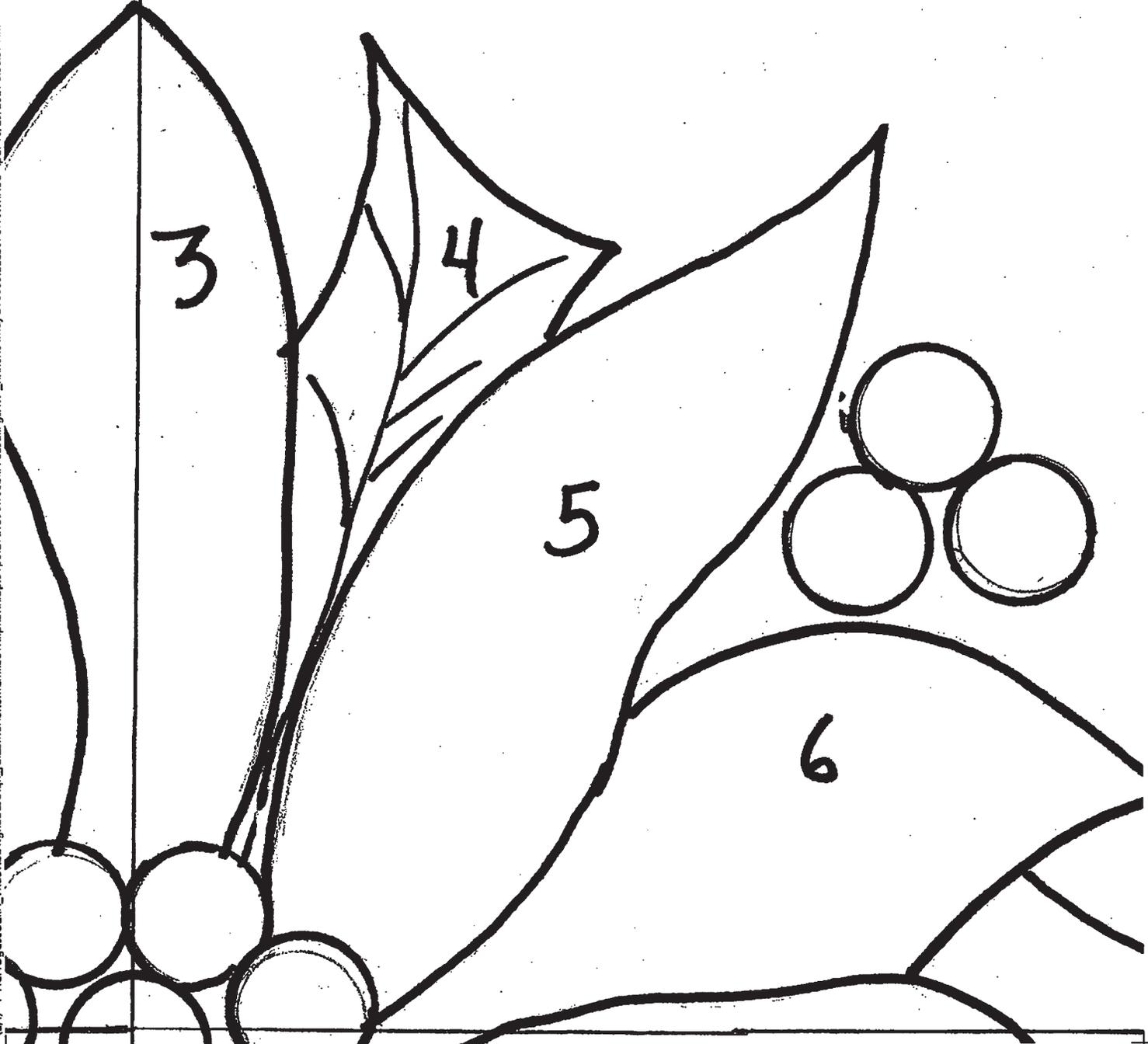
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Row 1 #4

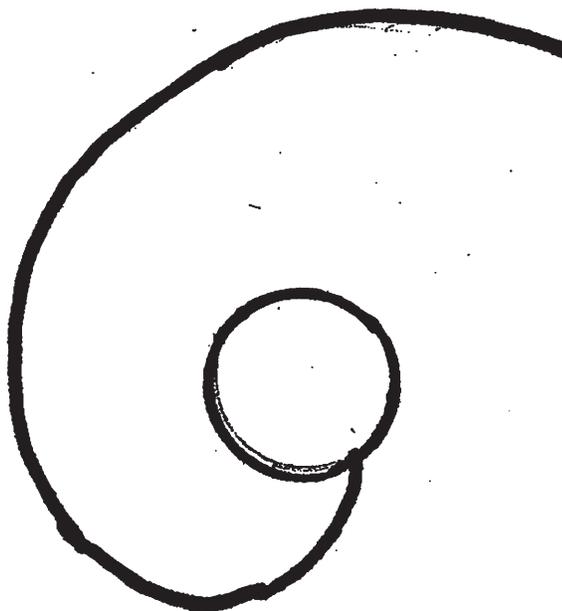
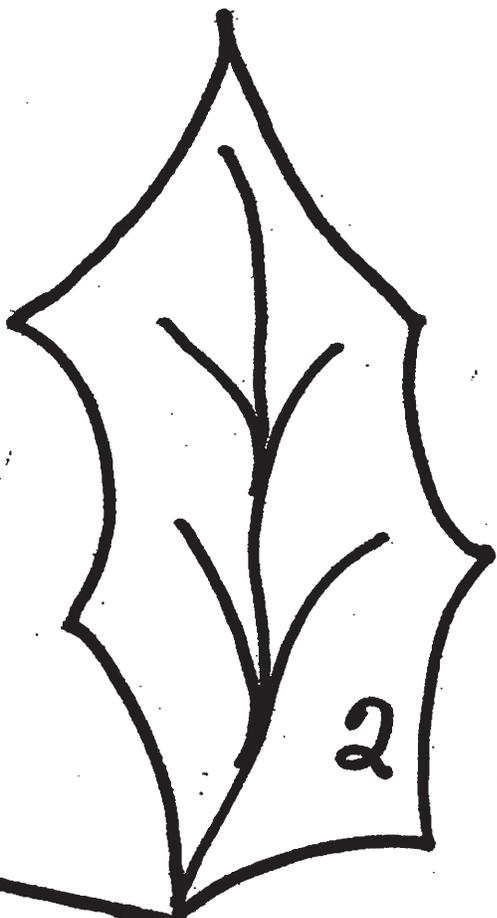


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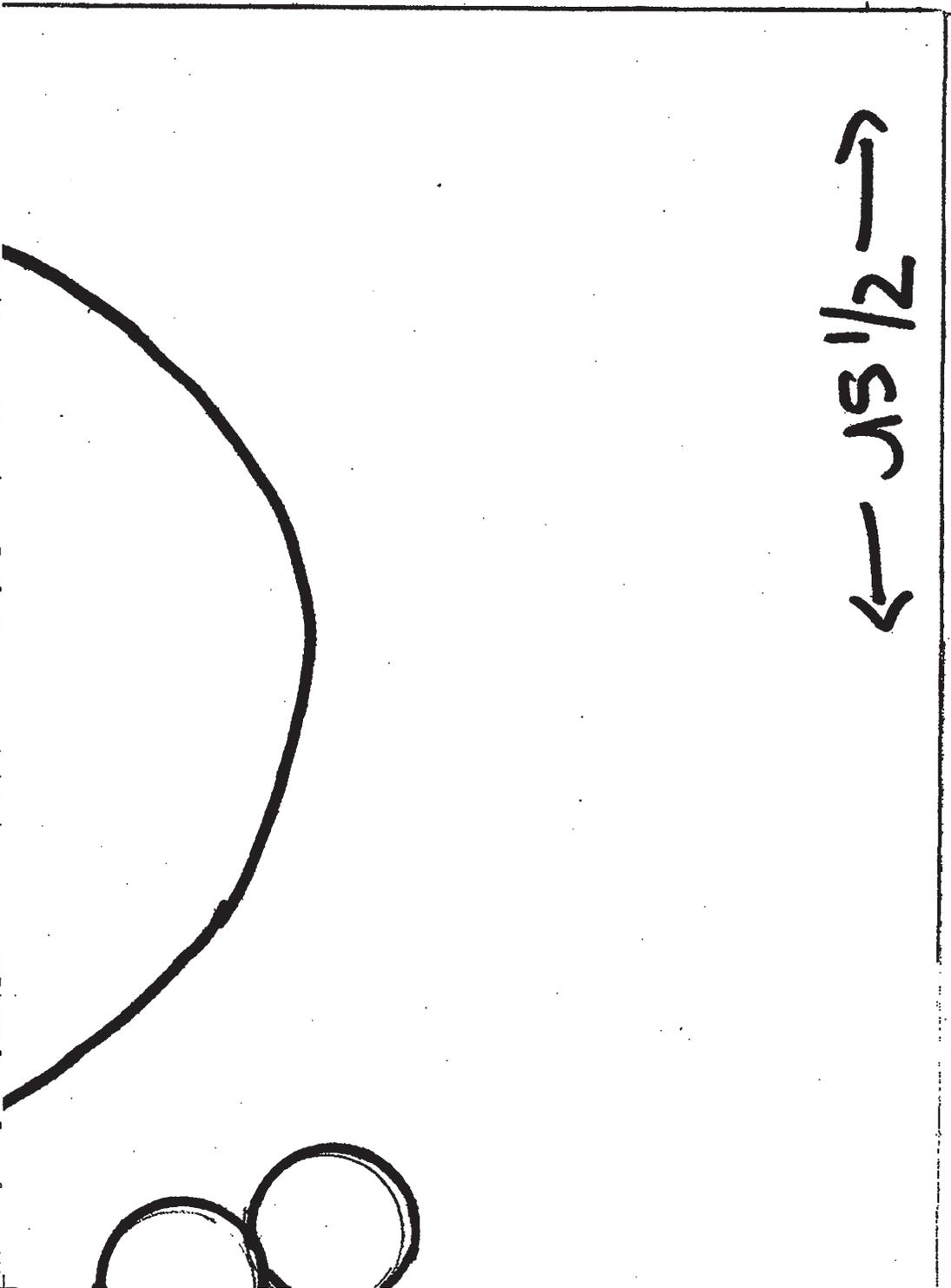
Row 1 # 5

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Row 1 # 6

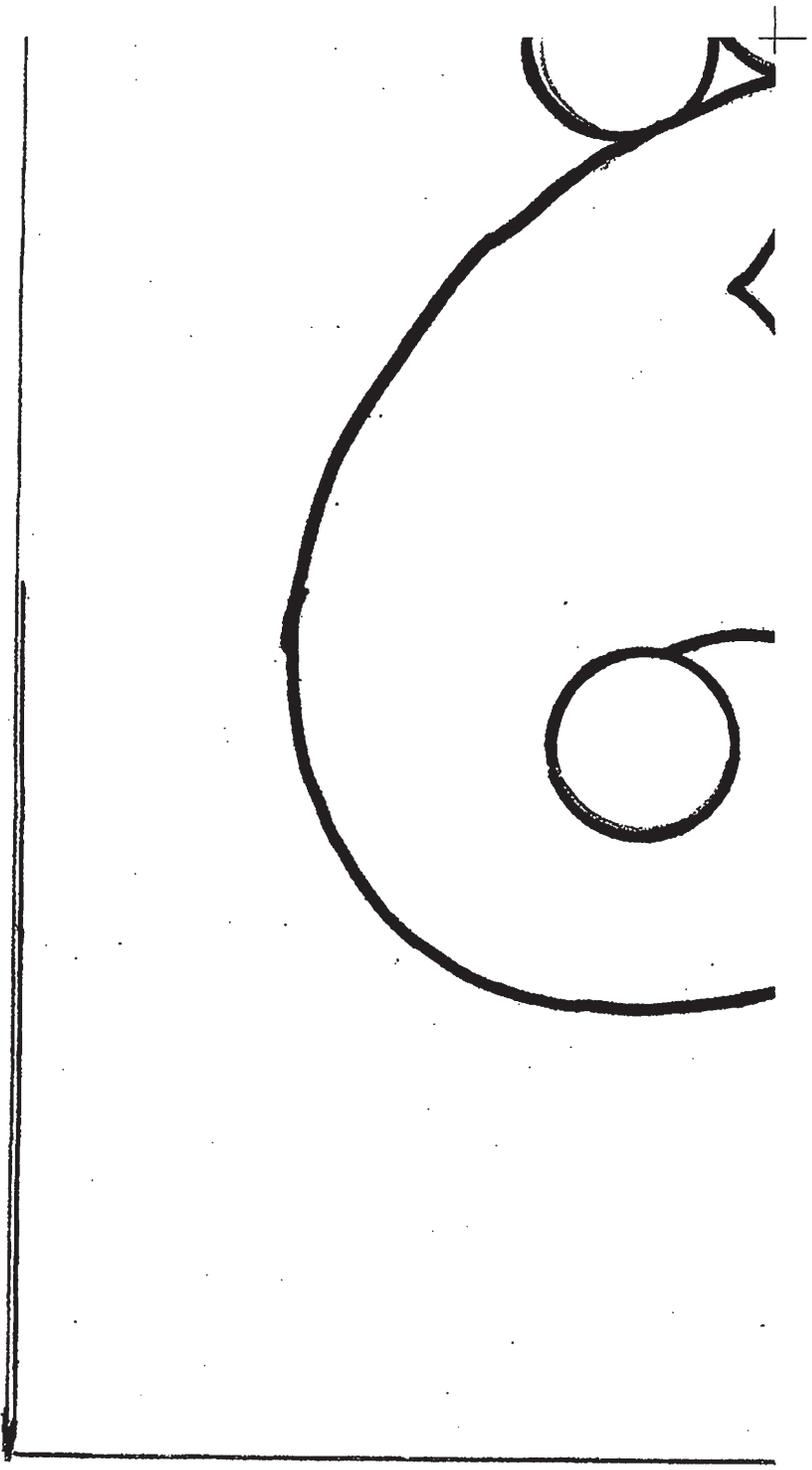
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STANDARD PRINTING

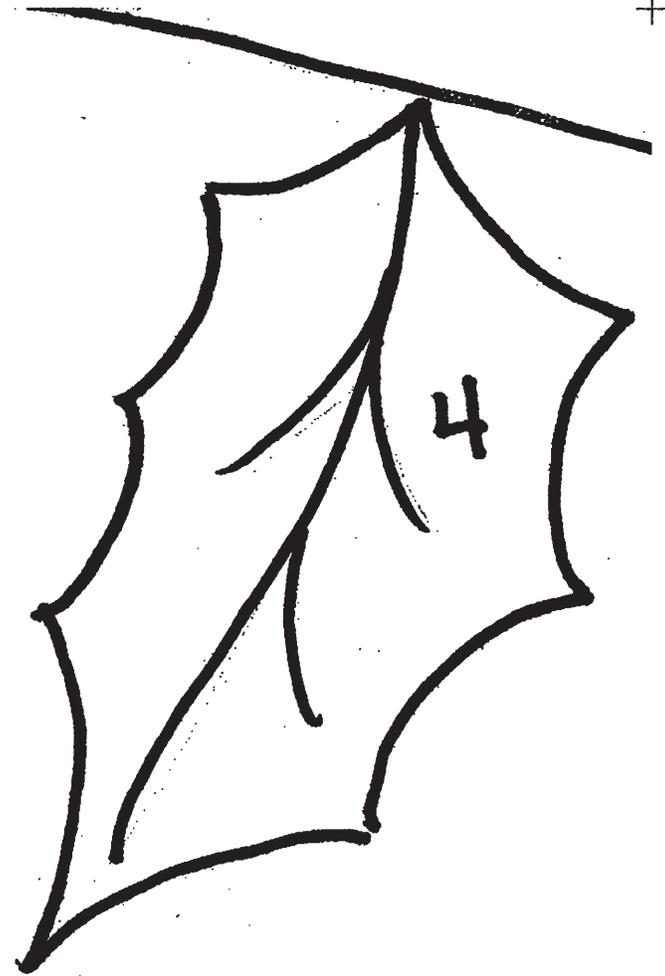
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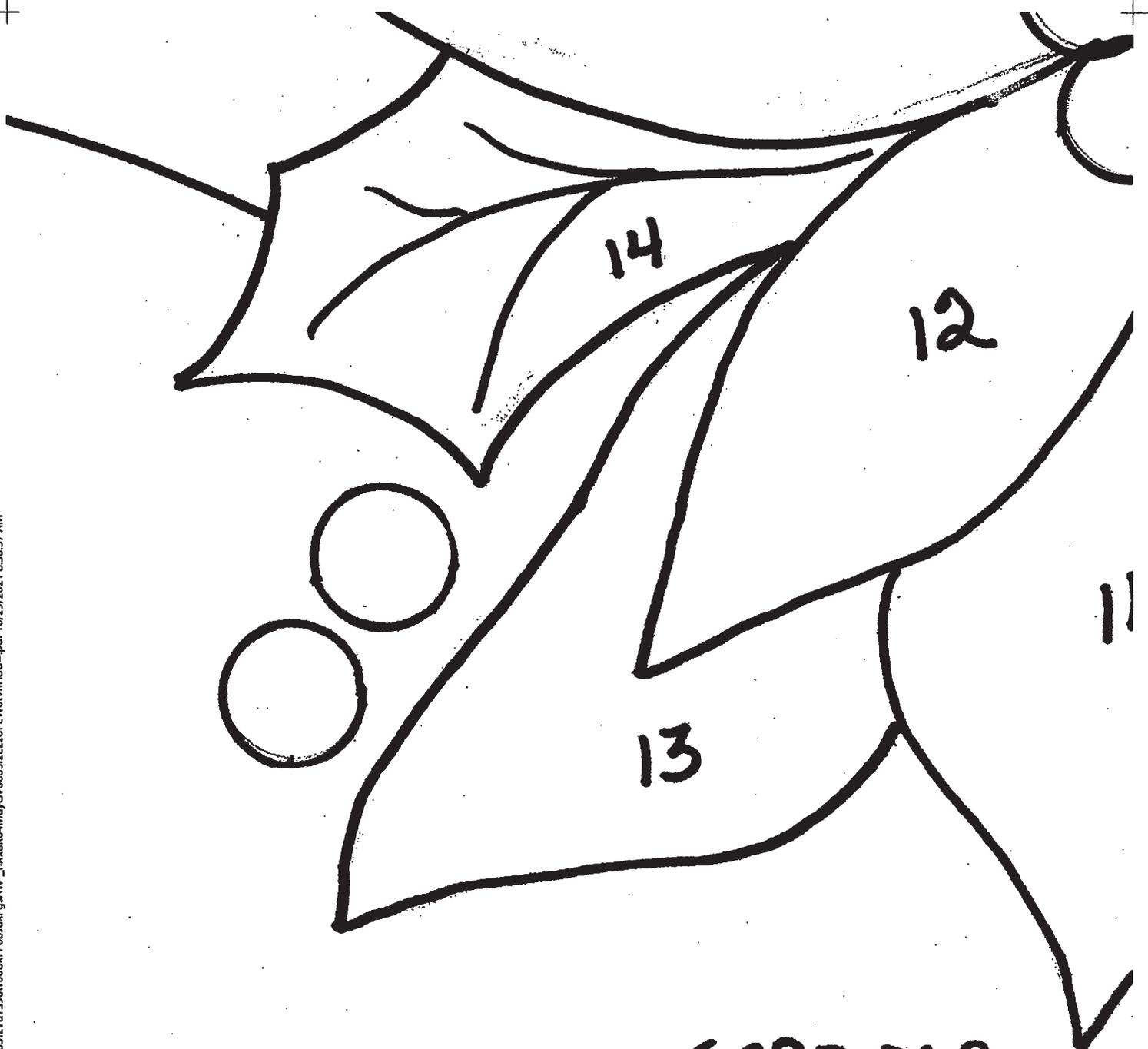
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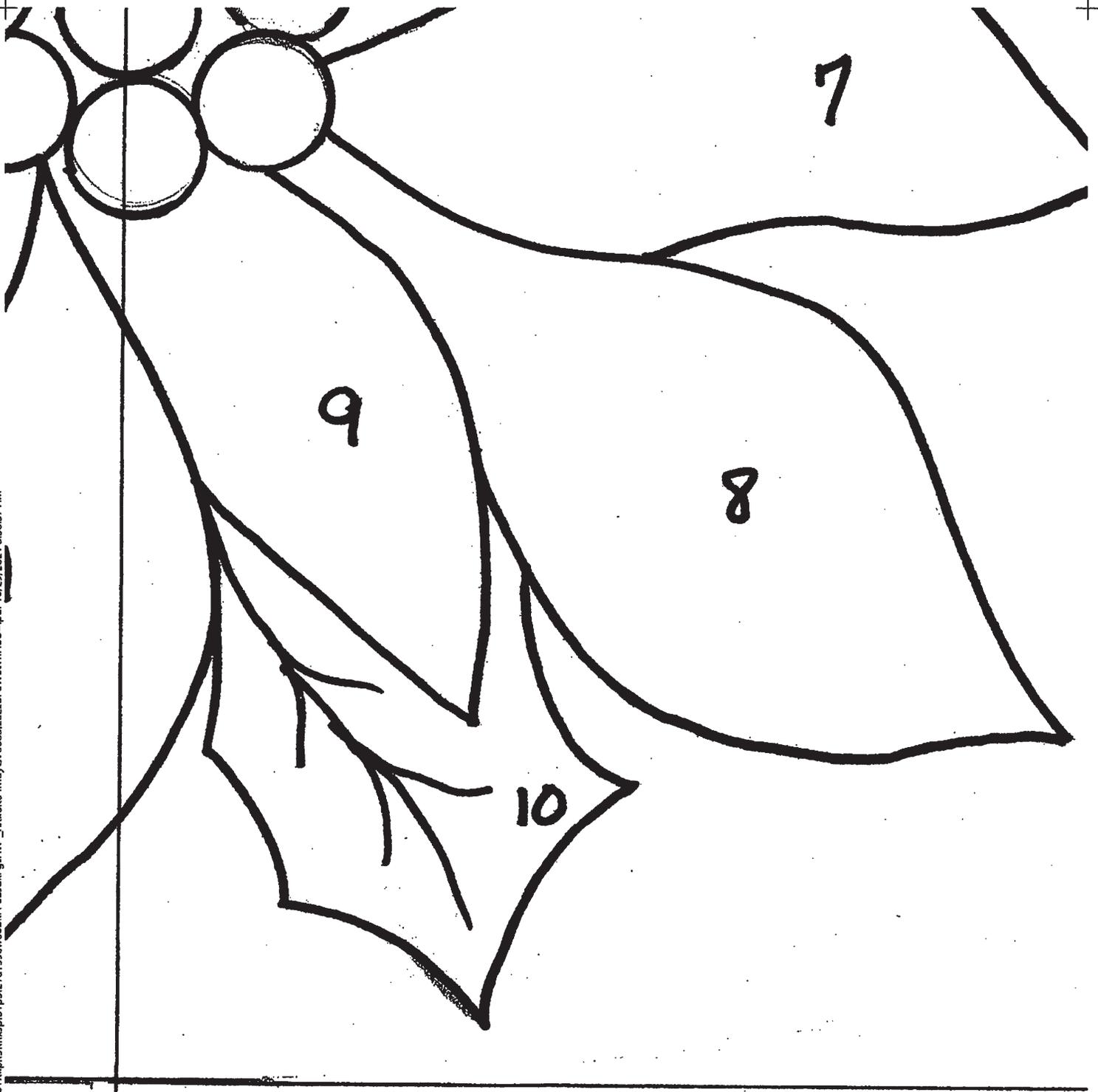


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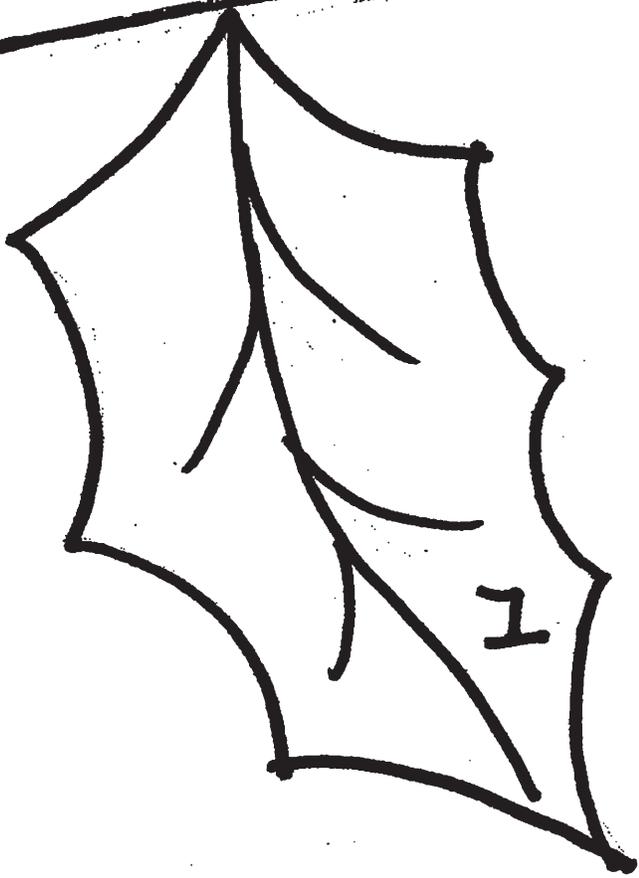


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Row 2 #3



Row 2 #4



Row 2 # 5



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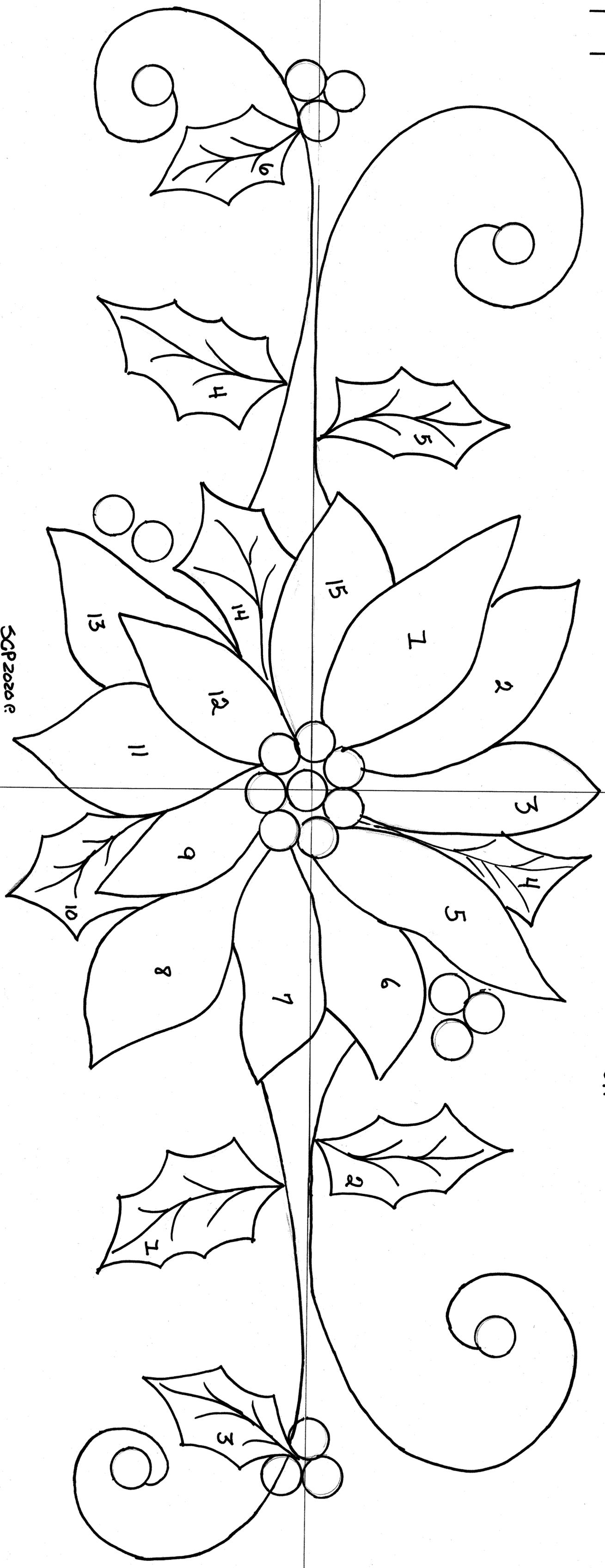
Row 2 #6

11"

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