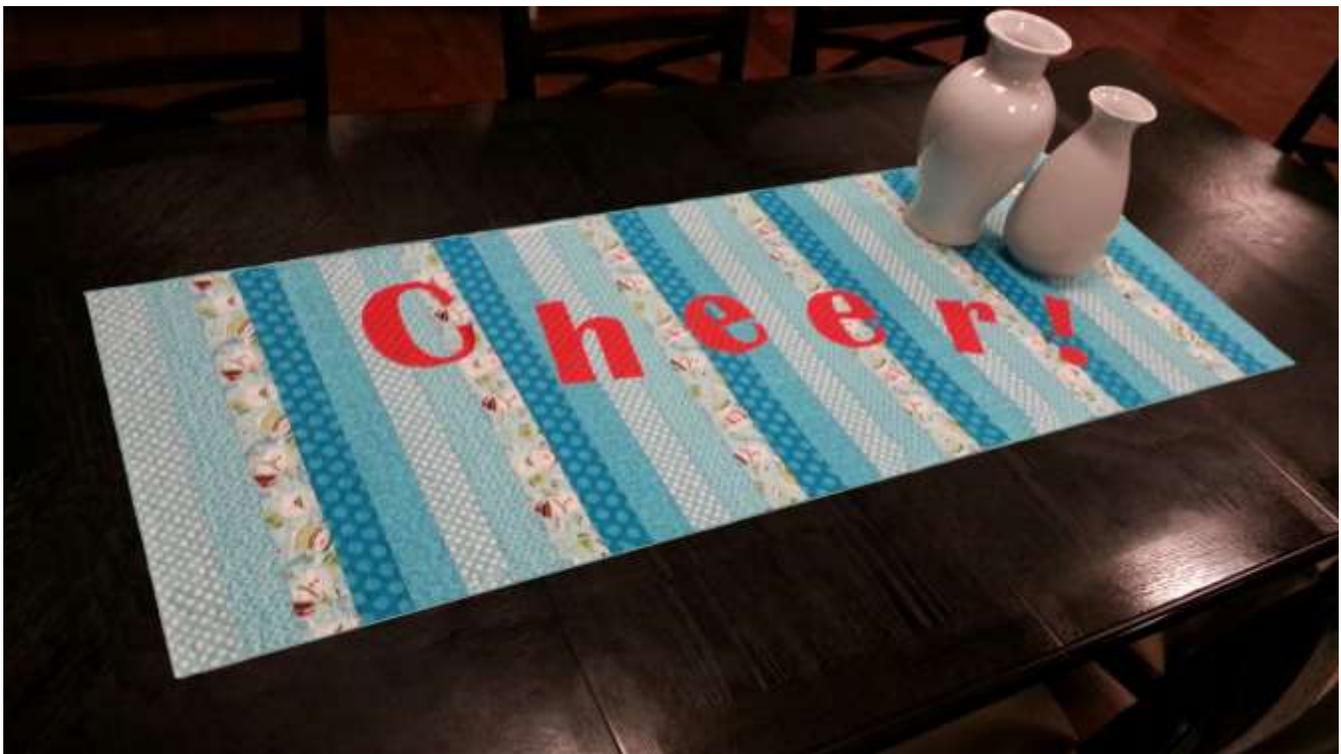




"Cheer Table Runner"



Decorate your home for the holidays with this whimsical appliqued table runner.

Skill Level: Beginner

Created by: Kelly Laws, Baby Lock Marketing Project Manager

Supplies:

- Baby Lock Sewing Machine
- Baby Lock Tiara II or Crown Jewel II with quilting frame
- Madeira Aerofil all-purpose thread to match fabrics
- 5 fat quarters of blue cotton print fabric
- 1 fat quarter of blue cotton print fabric for binding

1 fat quarter of red cotton print fabric
1 yard of cotton fabric for the backing
Batting 24" x 65"
Creative Couching Foot set (optional)
Decorative cording or yarn (optional)
Steam-a-Seam²
Iron and Ironing board
Rotary cutter, mat and ruler



Instructions:

1. Unfold and press the fat quarters.
2. Cut 6 strips 2 ½" x 22". You will need six strips of each of the five blue colors.
3. On the sewing machine, use a straight stitch and a ¼" seam and sew one of each color together. Sew the strips side by side to form a rectangle, not end to end.
4. Repeat this process to repeat the pattern until all six of each color has been used.
5. Once the pieced strips are sewn together then iron it to press the seams down.
6. Following the manufacturer's directions press Steam-a-Seam on the back of half of the red cotton fat quarter.
7. Use the templates to cut out the word "Cheer".
8. Position the letters so they are spaced out along the center of the runner.
9. Press the letters onto the runner to fuse them.
10. To attach the letters fully you can applique them with a zigzag stitch on a traditional machine, you can quilt over them with the long-arm machine, or you can use the long-arm machine and the couching foot to secure the edges with a decorative cord.
11. To applique the letters with a standard sewing machine, select a zigzag stitch or E-stitch from the machine stitches. Thread the machine with matching thread and sew following along the outside edge of the letters.
12. To secure the letters by quilting them, simply quilt your runner right over the top of each letter, as if they were part of the pieced fabrics.
13. To secure the edges with a decorative cord. Attach the cording foot to the machine by loosening the screw and changing the hopping foot. Thread the cord/yarn through the hole of the foot and stitch. As you quilt the cord/yarn will be caught under the stitching.
14. Layer the pieced top, backing and batting and quilt as desired. Used here was a large free-handed stippling or meandering stitch. You may opt to use quilting templates, rulers or computerized quilting patterns you already own.
15. Once the runner is quilted, trim away the excess batting and backing fabric.
16. With the remaining fat quarter, cut 2" bias strips and sew them together to create one complete long strip.
17. Sew one edge of the binding along the edge of the quilt, folding and mitering the corners as you go. Overlap the ends.
18. Wrap the binding around the edge of the quilt and fold under the raw edge. Hand or machine stitch the binding in place.

For other exciting projects like this one, visit our Web sites at www.babylock.com or www.totallystitchin.net

Q

R

