



## “Heart-Throb Table Runner”



This easy-to-make adorable embroidered heart table runner features heart designs created using built-in shapes in Designer’s Gallery CustomWorks, and automatic stippling from Designer’s Gallery QuiltWorks.

### **Skill Level: Beginner**

Created by: Kelly Laws, Marketing Project Manager

### **Supplies:**

Baby Lock Sewing & Embroidery Machine  
Baby Lock Cut-Away stabilizer  
Appliqué scissors  
Machine embroidery temporary spray adhesive  
15” x 44” piece of white wool felt  
Red 40-weight embroidery thread  
All-purpose thread to match fabrics  
2 packages of red jumbo rickrack  
Heart embroidery designs ([download](#))  
Or create your own design using:  
    Designer’s Gallery CustomWorks  
    Designer’s Gallery QuiltWorks  
    Designer’s Gallery SizeWorks

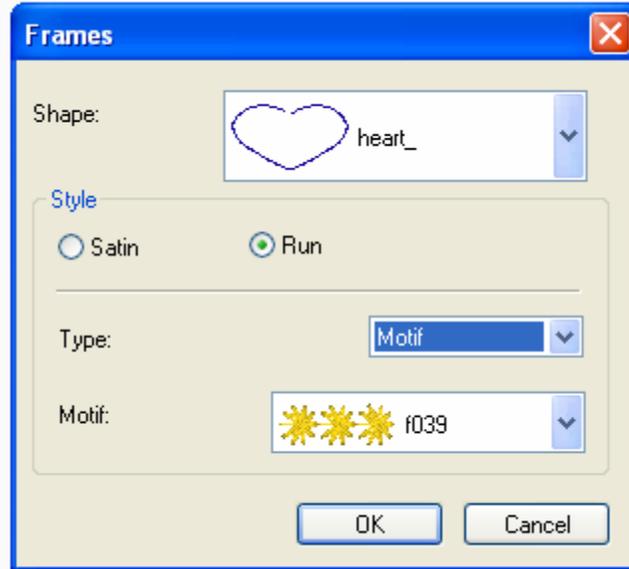
### **Instructions:**

Creating the heart designs:



Outline heart:

1. Open CustomWorks and select the frame patterns .
2. Select the heart shape from the list. Choose Run for style then Motif for the type. Choose motif # f039. Click and drag to form a heart.

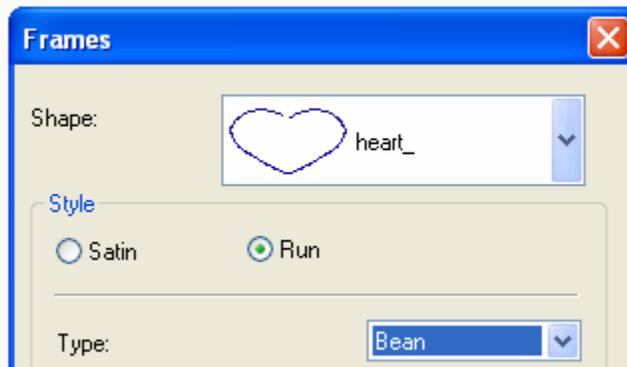


3. Save the design and name it "outline heart".



Single heart:

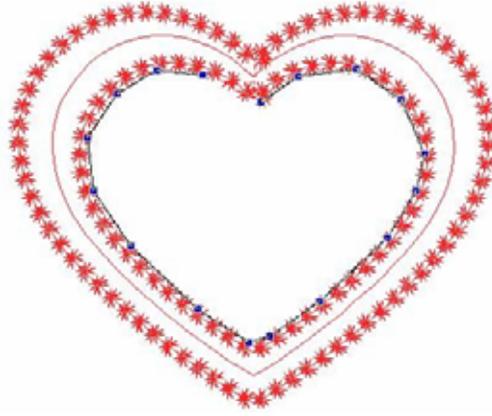
4. With the outline heart still on the screen, Copy and paste to form a duplicate heart. Resize the second larger than the first.
5. Select the heart frame pattern again this time selecting for a bean stitch.



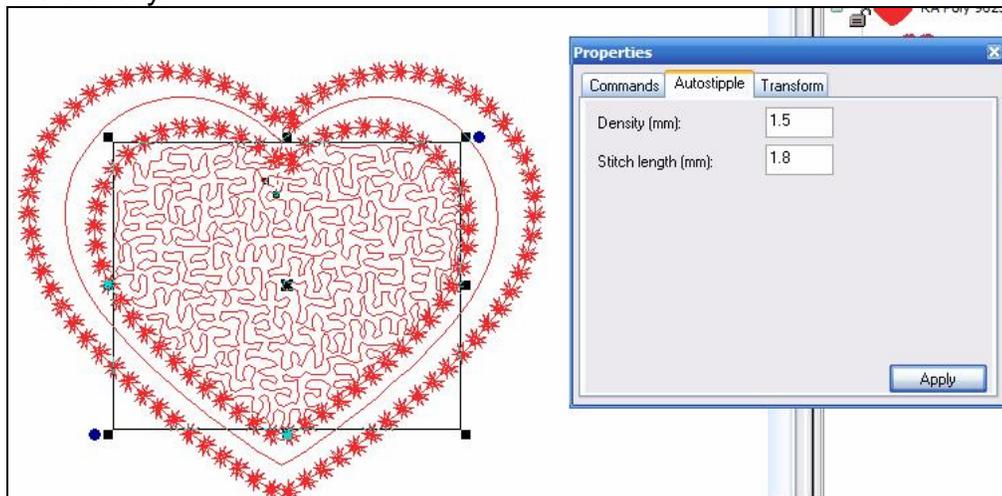
6. Click and drag to create a heart slightly bigger than the first. But smaller than the heart you created by copy and pasting.

7. Select all items. Use the alignment icons   and the center icon  to center and stack all the hearts.

8. To fill the center heart with stippling select the  icon. Click around the heart and click the icon again to create the stippling.



9. Change the properties of the stippling; shorten the stitch length and tighten the density.



10. Save the design and name it "single heart".



Double heart:

11. With the single heart still on the screen, duplicate this heart for the double heart design.
12. Resize the second heart design.
13. Save the design and name it "double heart".

Random heart border:

14. On a new design page, select the single heart design and then select the outline heart design. Arrange the hearts as desired to create a random border pattern. Save the design and name it "random heart border".

#### Embroidering the runner:

15. Set the machine up for embroidery with the embroidery arm attached.
16. Transfer the heart designs to the machine using your preferred method (embroidery card, flash drive, floppy disk or direct from pc)
17. Select the double heart design.
18. Hoop the cut-away stabilizer; lightly spray the stabilizer with spray adhesive.
19. Position one end of the runner centered on the stabilizer.
20. Place hoop with runner on the machine.
21. Using the arrow keys and the trial function, position the design as desired.
22. Embroider the design using the red embroidery thread.
23. When the embroidery is complete remove the hoop from the machine.
24. Then use the appliqué scissors to remove any excess stabilizer from the reverse side of the runner.
25. Repeat this process for the other end of the runner.
26. Hoop the cut-away stabilizer; lightly spray the stabilizer with spray adhesive.
27. Position one side of the runner centered on the stabilizer.
28. Place the hooped runner on the machine.
29. Using the arrow keys and the trial function, position the design close to the edge leaving at least 1/2 from the edge for the trim.
30. Embroider the hearts using the red embroidery thread.
31. When the embroidery is complete remove the hoop from the machine.  
Re-hoop with another piece of stabilizer and continue down the length of the runner with the random heart border pattern.
32. Then use the appliqué scissors to remove any excess stabilizer from the reverse side of the runner.
33. Repeat the embroidery border for the other side of the runner.

#### Finishing the runner

34. Set the machine for sewing, thread with white all purpose thread and select a straight stitch.
35. Stitch the jumbo rickrack to the right side of the runner along the edge.
36. Fold the rickrack to the wrong side of the runner and topstitch along the edge of the runner to secure it in place.

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