



Running in Circles Table Runner

by TERESA COATES, sample by Kate Zaynard

Create the optical illusion of a gradient by changing the widths of strips in alternating colors.
Hand-quilt with circles traced from household items for a simple and pretty table runner.

SUPPLIES

Materials listed are enough to make on 14"x39" table runner.

$\frac{7}{8}$ yards of print quilting-weight cotton

$\frac{1}{2}$ yard of solid quilting-weight cotton

16"x46" rectangle of batting

Thread: all-purpose & 12-wt. cotton thread or embroidery floss

Rotary cutting system

Removable fabric marker

Hand-sewing needle & milliner or sashiko needle (optional)

CUT IT

From the print fabric, cut one $4\frac{1}{2}$ "x15" rectangle, two $3\frac{1}{4}$ "x15" rectangles, two $2\frac{3}{4}$ "x15" rectangles, two $2\frac{1}{4}$ "x15" rectangles, two $1\frac{3}{4}$ "x15" rectangles, two $1\frac{1}{4}$ "x15" rectangles and one $14\frac{1}{2}$ "x44 $\frac{1}{2}$ " rectangle for the backing.

From the solid fabric, cut two $3\frac{1}{4}$ "x15" rectangles, two $2\frac{3}{4}$ "x15" rectangles, two $2\frac{1}{4}$ "x15" rectangles, two $1\frac{3}{4}$ "x15" rectangles and two $1\frac{1}{4}$ "x15" rectangles.

PIECE IT

Use $\frac{1}{4}$ " seam allowances and press open unless otherwise noted.

Lay out the strips in the following order:

$1\frac{1}{4}$ "x15" print fabric

$3\frac{1}{4}$ "x15" solid fabric

$1\frac{3}{4}$ "x15" print fabric

$2\frac{3}{4}$ "x15" solid fabric

$2\frac{1}{4}$ "x15" print fabric

$2\frac{1}{4}$ "x15" solid fabric

$2\frac{3}{4}$ "x15" print fabric

$1\frac{3}{4}$ "x15" solid fabric

$3\frac{1}{4}$ "x15" print fabric

$1\frac{1}{4}$ "x15" solid fabric

$4\frac{1}{2}$ "x15" print fabric

$1\frac{1}{4}$ "x15" solid fabric

$3\frac{1}{4}$ "x15" print fabric

$1\frac{3}{4}$ "x15" solid fabric

$2\frac{3}{4}$ "x15" print fabric

$2\frac{1}{4}$ "x15" solid fabric

$2\frac{1}{4}$ "x15" print fabric

$2\frac{3}{4}$ "x15" solid fabric

$1\frac{3}{4}$ "x15" print fabric

$3\frac{1}{4}$ "x15" solid fabric

$1\frac{1}{4}$ "x15" print fabric

Stitch together a $1\frac{1}{4}$ "x15" print strip and a $3\frac{1}{4}$ "x15" solid strip along the long edges with right sides together.

Repeat to stitch together adjacent strips in pairs, then combine those pairs until all the strips have been pieced together.

Trim the pieced top and batting to $14\frac{1}{2}$ "x39 $\frac{1}{2}$ ".

CONSTRUCT IT

Place the batting on a flat work surface. Place the pieced top right side up over it, then place the backing fabric on top, right side down. Pin together, stretching slightly to align the edges.

Stitch all layers together around the perimeter, leaving a 4" opening for turning.

Trim the batting from the seam allowances. Trim the corners, carefully avoiding the stitching. Turn and press.

Use a ladder stitch to close the opening.

QUILT IT

Mark different-sized circles on the runner top using a removable fabric marker and a variety of round objects (glasses, mugs and bowls work great). Randomly place as many or as few circles as desired.

Use a sashiko or milliner needle and approximately 24" of 12-wt. thread or embroidery floss at a time to stitch along the lines with a running stitch. ♥

SOURCES

Cotton + Steel provided the Party Lights Pink and solid fabric: cottonandsteelfabrics.com.

Sulky provided the Cotton + Steel 50-wt. thread and 12-wt. Cotton Petites thread: sulky.com.

