

Have a Heart

[Create a quilted Valentine's
Day table runner to add
cheer to the kitchen table.]

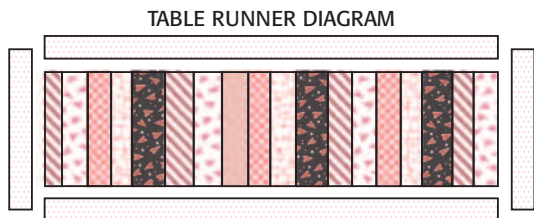
{ by Terry Wilhelm }





Tip: Use the same piecing and quilting technique to create festive matching place mats





Supplies

- 7 coordinating fat quarters
- Four 5" squares of red fabric
- 14½" x 46" rectangle of print cotton fabric (backing)
- 14½" x 46" rectangle of low-loft batting
- Four 5" squares of double-sided fusible web
- Thread: all-purpose & quilting
- Rotary cutting system
- Hand sewing needle
- Removable fabric marker
- Safety pins
- Binding clips (optional)

Cut

Download the heart templates at sewnews.com/web_extras. From the red squares, cut two large hearts and two small hearts.

From six fat quarters, cut one 2" x 18" rectangle, six 2½" x 18" rectangles, eight 3" x 18" rectangles and three 3½" x 18" rectangles each for the patchwork center pieces.

From the remaining fat quarter, cut two 2½" x 15" rectangles and enough strips to piece together two 2½" x 46½" rectangles for the border.

From the remaining fat quarter fabric, cut enough 2½" strips to create a 130"-long binding strip.

Construct

Use ¼" seam allowances.

Refer to the Table Runner Diagram above to arrange the fat quarter rectangles right side up on a flat work surface.

With right sides together, stitch two adjacent rectangle long edges; press the seams in one direction. Repeat to stitch the remaining rectangle long edges to

create one 10¼" x 41¾" panel; press the seams in alternating directions.

Position the panel right side up on a flat work surface. With right sides together, align one long border strip with each panel long edge; pin, and then stitch. Press each seam toward the border. Repeat to stitch the short border strips to the panel short edges.

Fuse double-sided fusible web to each heart wrong side, following the manufacturer's instructions. Trim the fusible web along each heart perimeter.

Audition one large and one small heart on one table runner short edge where desired. Once satisfied with the placement, fuse each heart to the table runner, following the manufacturer's instructions. Repeat to fuse the remaining hearts along the opposite short edge.

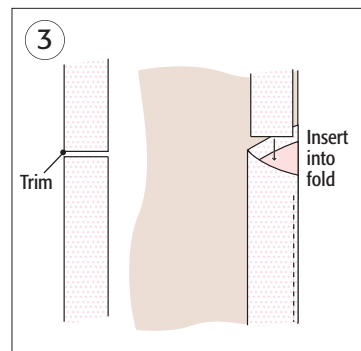
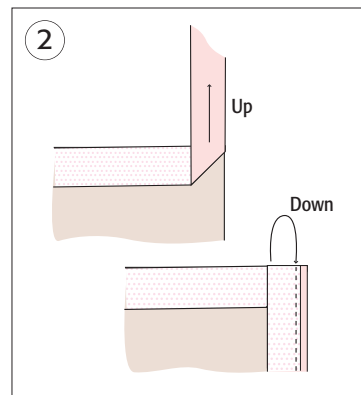
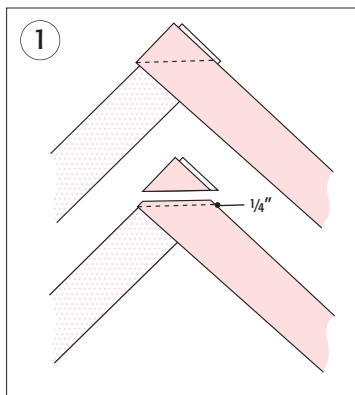
Select a 2mm-wide, 2mm-long zig-zag stitch on the machine. Stitch one heart perimeter. Repeat to stitch the remaining heart to the table runner.

Position the backing fabric right side down on a flat work surface. Position the batting over the backing. Position the table runner top right side up over the batting, smoothing out any wrinkles. Pin-baste through all layers.

With quilting thread in the needle and bobbin, stitch ¼" from each center panel seam and beyond each heart perimeter, removing safety pins as you sew.

Finish

Cut the binding strip short ends at a 45° angle. With right sides together,



align two binding strip short ends on the diagonal. Stitch the ends together; trim the seam allowance to ¼" (1). Press open the seam.

Repeat to piece together enough binding strips to create one 130"-long strip. Fold the strip in half lengthwise; press.

With right sides together, position the binding strip along one table runner long edge, aligning the raw edges; pin. Stitch ¼" from the raw edge.

End the stitching ¼" from the corner. Fold the binding strip at a 90° angle, and then fold the strip back down over itself, aligning the binding long edge with the adjacent raw edge. Continue stitching the binding to the remaining edges, mitering each corner (2).

End the stitching 4" from the binding beginning. Insert the binding end into the binding beginning; stitch (3).

Thread a hand sewing needle with quilting thread. Fold the binding toward the table runner wrong side; pin or clip using binding clips, if desired. Blind stitch the binding fold to the table runner wrong side. ≈