Table Runner

February 10, 2021 | By Brother Sews | Projects | No Comments

Opinion by Paid Consultant

Quilted Spring Table Runner

This modern table runner will have you ready for spring showers and blooming flowers.

Materials:

- Brother Sewing Machine capable of using a Brother couching foot (this project used the **Brother Luminaire XP1** with both upgrades)

- **Brother ScanNCut SDX225**
- 12”x12” Fabric Mat **CADXMATF12**
- Brother “J” foot for general sewing

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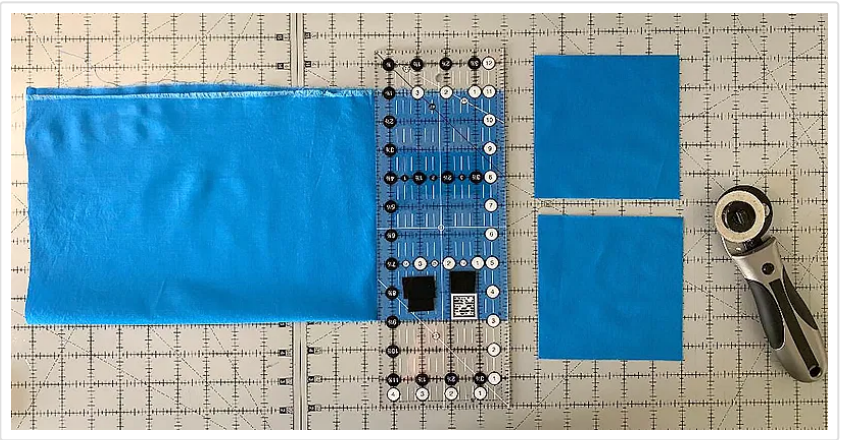
- Brother “O” foot for free-motion quilting foot
- Brother Couching foot
- Brother MuVit foot
- 1 fat quarter cotton fabric for each solid color (yellow, blue, coral, aqua)
- ½ yard of cotton focus fabric (this project used cotton fabric with fruit designs)
- ½ yard of cotton fabric – off-white – cut into 2 pieces measuring 5½”x 41”
- 1 skein of chenille baby yarn for couching (your choice of color, example used aqua)
- Brother Iron-On Fabric Applique Contact Sheet
- Pacesetter medium-weight tear away stabilizer cut to 3”x 41”
- Basting spray (make sure the spray is one that you can reposition fabric, not a permanent glue)
- Rotary cutter, ruler, and mat
- Thread for construction
- Thread for quilting
- Appropriate bobbins for each thread
- Basic sewing supplies such as pins, marking utensil, scissors, seam ripper, etc.

Pinwheel Section Cutting:

1. Take one solid blue fabric fat quarter and fold it in half lengthwise. Cut a sliver off the short end to leave a clean edge

2. Cut one strip 5” then sub cut that strip into two 5” squares



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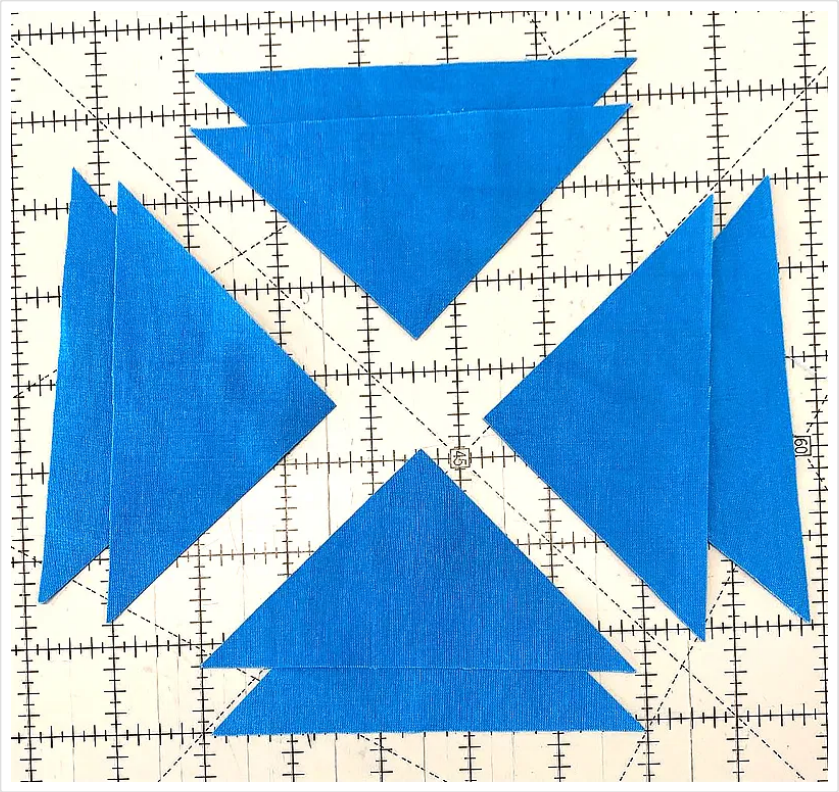
3. Layer squares on top of each other and sub cut those squares diagonally from corner to corner in each direction giving you a total of 8 triangles

4. Repeat with your other solid fat quarters. Save the leftovers from your fat quarters. The same fabric will be used to create the applique flowers and leaves later



5. Take your fabric and fold it right sides together lengthwise then fold again lengthwise. (Note: If you have a directional fabric, be mindful of how you cut to make sure your fabric goes in the direction you want.)

6. Cut a sliver off one edge to create a clean cut then cut a 5" strip off one end. Sub cut that strip into two stacks of 5" squares (each stack should have 4 pieces of fabric in it)

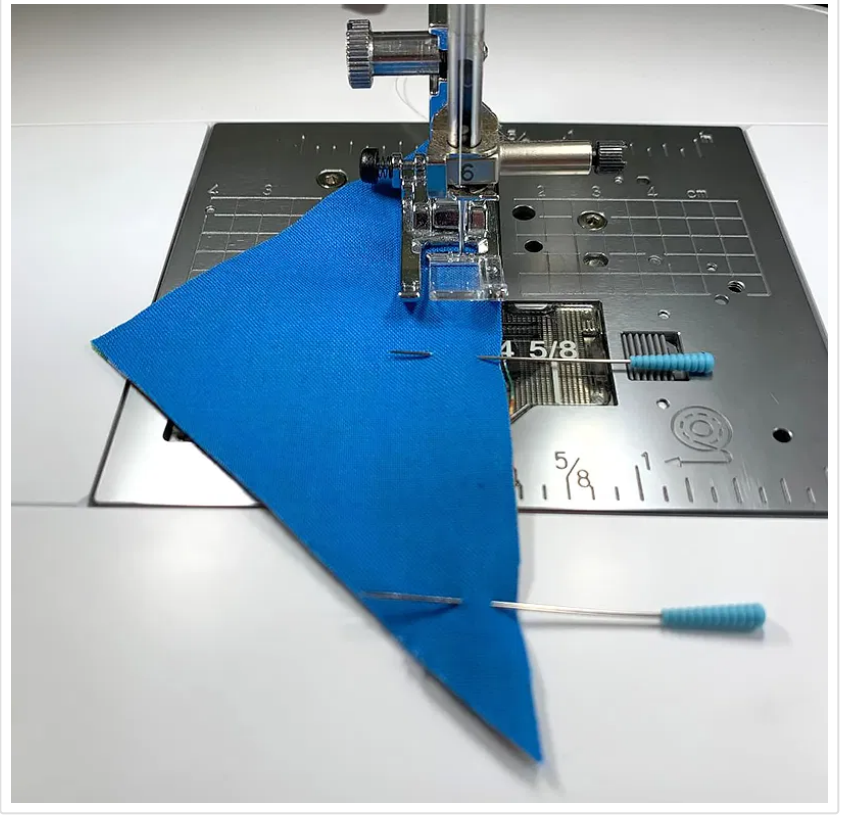
7. Take each stack of 5” squares and cut diagonally across each corner. You should now have a total of 32 focus fabric triangles

8. Gather all your triangles from the solids and focus fabrics and take to your sewing machine

Pinwheel Section Construction:

1. Place a solid color triangle and a focus fabric triangle right sides together and sew along the long diagonal edge with a straight stitch using a ¼" seam allowance, creating a square (Note: Be VERY careful when handling this long edge. It is cut on the bias and tends to be very stretchy. Handle with care. Pin if needed)

2. Press the seam to the solid fabric, again be careful as you press so as not to stretch out the bias edge. Trim off the "ears" at the corners.



3. Repeat with the rest of the solid color triangles and focus fabrics triangles until you have sewn all the triangles together into squares

4. Using one color at a time, lay out the block so it forms a pinwheel. Sew the upper and lower squares together, then sew the middle seam forming a block. Press the middle seam open to reduce bulk. Press the entire block well then trim so it measures 5½” square

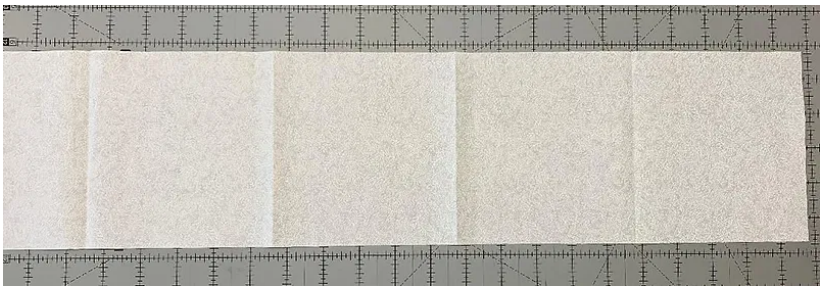
5. Sew all the small squares into pinwheels. You will have 8 blocks, 2 of each solid color

6. Arrange the blocks as desired and sew them together into a row then set aside

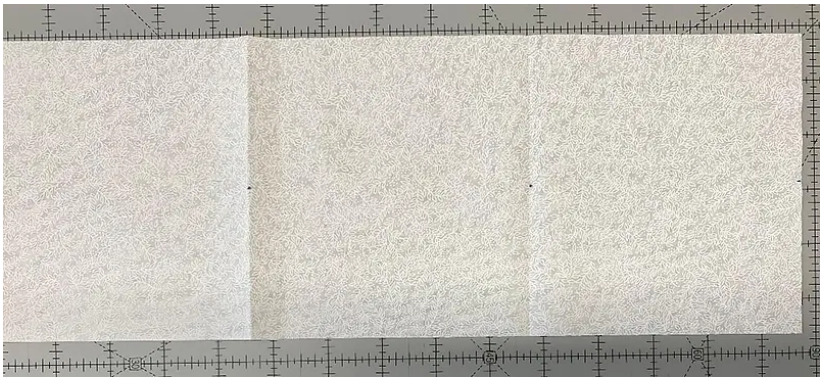
Applique and Couching:

1. Take one of the 5½"x 41" strips of off-white fabric and fold it in half lengthwise. Finger press the crease. Fold it up twice more until you have a fabric stack that has 8 pieces of fabric. Using an iron, press the creases on both ends. These will be used as a guide.

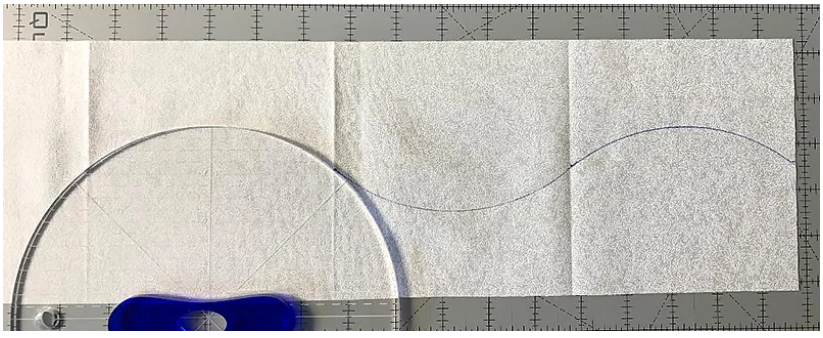
2. Unfold this fabric. You should now have 8 sections, separated by creases.



3. Measure and mark the centers of each crease line and mark the very ends of this piece. Since this piece is 5½" wide, your center mark should be 2¾" up from the bottom.

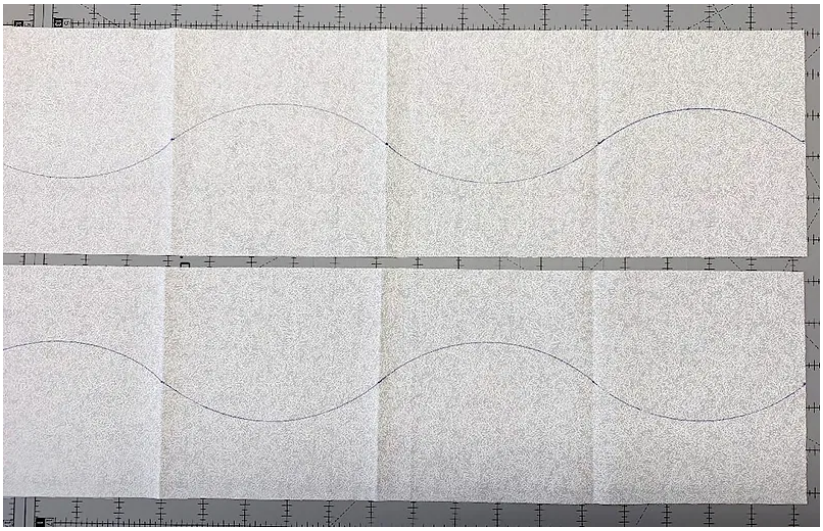


4. Using a plate or circle template start making scallops from the center markings. Make sure you alternate the scallops to create a wavy line across the entire piece of fabric. A heat-erase pen works well for this as it is bold enough to see and you'll be covering the markings with yarn anyway



5. Repeat folding, pressing and marking the centers of the creases with the second piece of 5½"x 41" strip of off-white

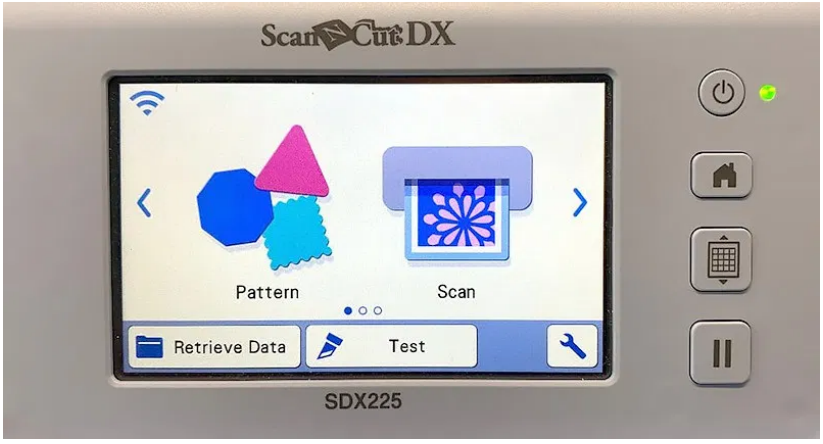
fabric. Alternate the direction of the scallop so the wave goes in the opposite direction of the first piece. See picture below for example:



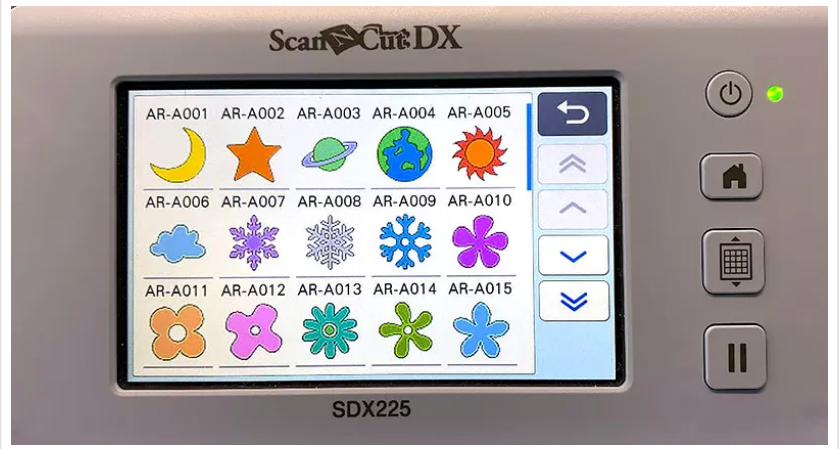
ScanNCut:

1. We need to cut out the pieces for the flowers and leaves. ScanNCut is perfect for this as it cuts fabric beautifully. Before cutting, make sure you have the Thin Fabric Auto-Blade in the holder

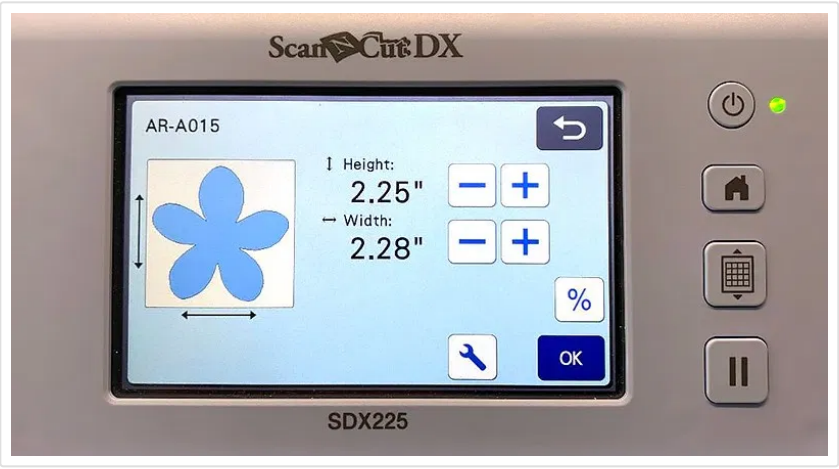
2. At the ScanNCut opening screen choose “Pattern” then choose the tower/tree icon **Insert thumbnails 16 & 17**



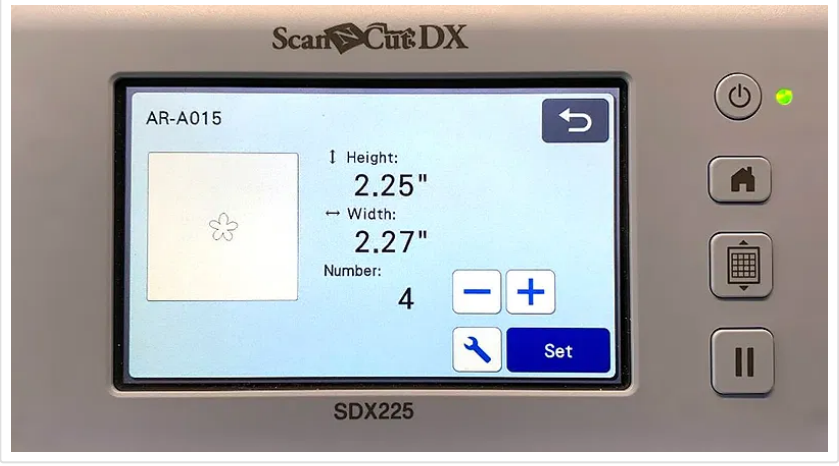
3. Press the Snowflake/Flower then choose pattern AR-A015



4. Use the +/- keys to adjust the size until the height = 2.25”. Touch “OK” twice.



5. Change the number of flowers to 4 then press “Set”



Note: It is advisable to Save these designs to the machine, so you call recall them for use later

You will now need to prepare your fabric before cutting

Preparing the Fabric

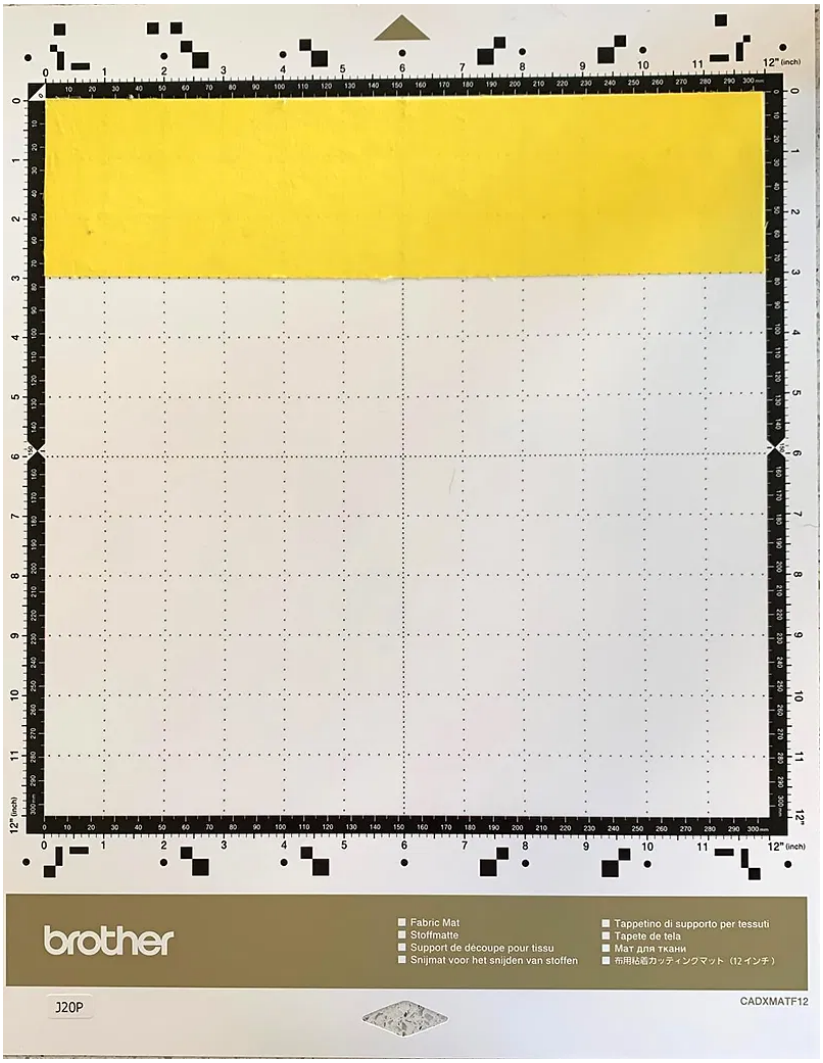
1. Cut a 3” x 12” strip from one of the leftover solids

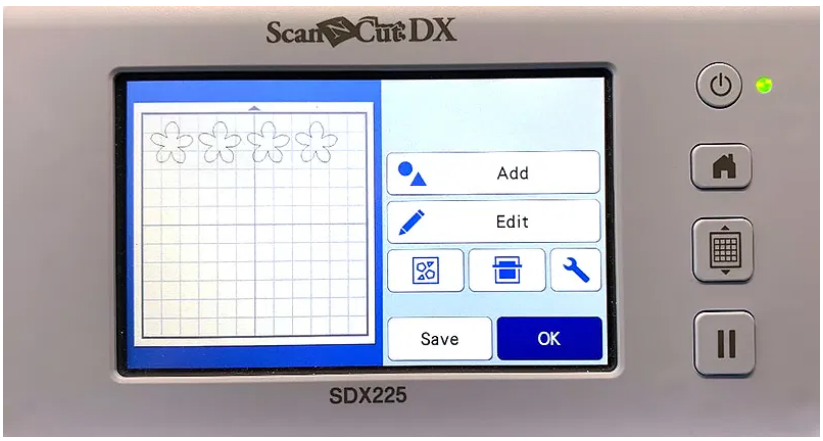
2. Cut a 3”x 12” piece of Brother Iron-On Fabric Applique Contact Sheet

3. Fuse the Contact Sheet to the wrong side of the fabric piece

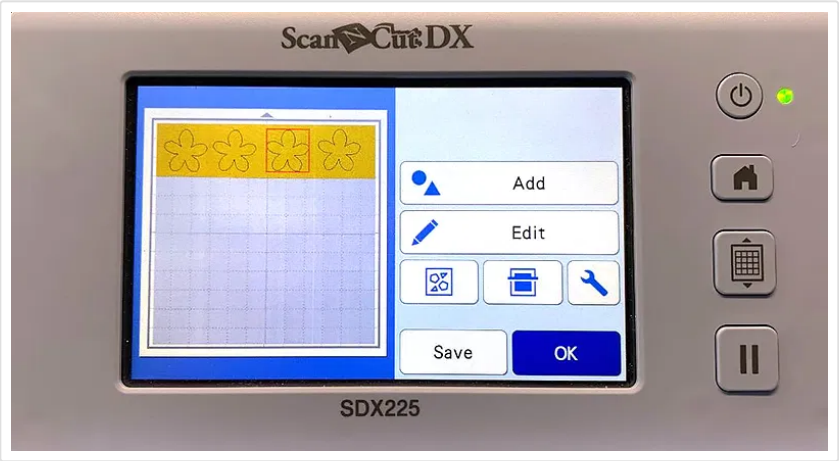
4. Remove the paper backing from the fabric exposing the adhesive. Press the fabric, adhesive side down, to the top 3”x12”

section of the ScanNCut Fabric Mat. Load the mat and scan it

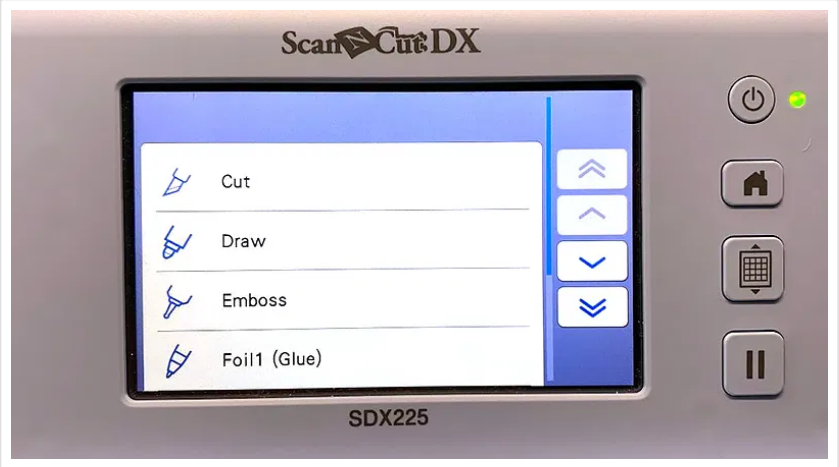


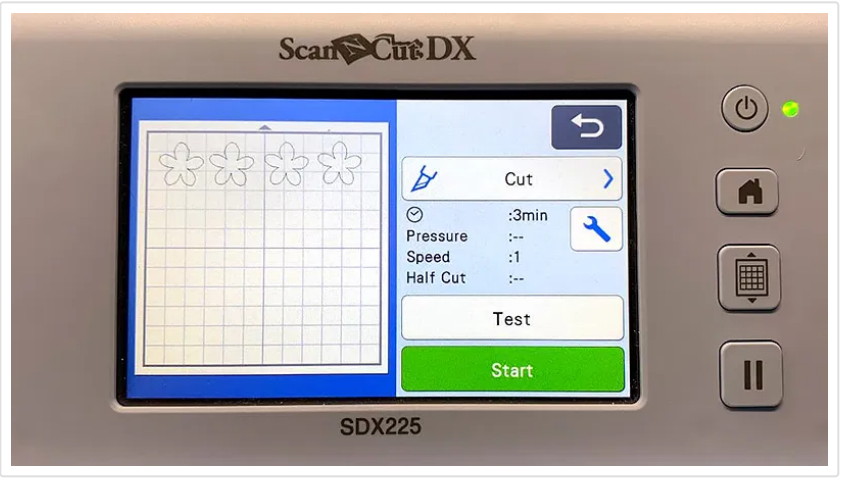


5. After scanning, double check the placement of the flower designs and make sure they are within the boundaries of the fabric. When you are satisfied, press “OK” then press “please select”



6. Touch “Cut” then press “Start” **Insert thumbnails 26 & 27**

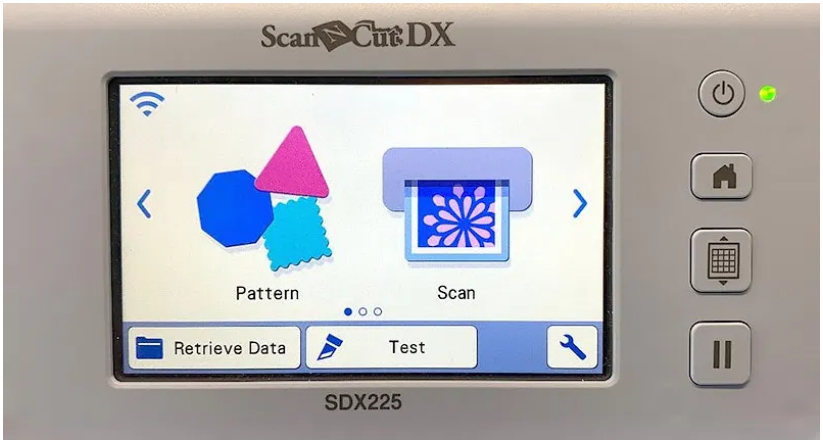




7. When finished cutting touch “OK” at the “Finished cutting” prompt then unload the mat

8. Remove the flowers from the mat and repeat steps 1-6 from the “Preparing the Fabric” section above with the remaining three solid color fabrics. Set all the flowers aside

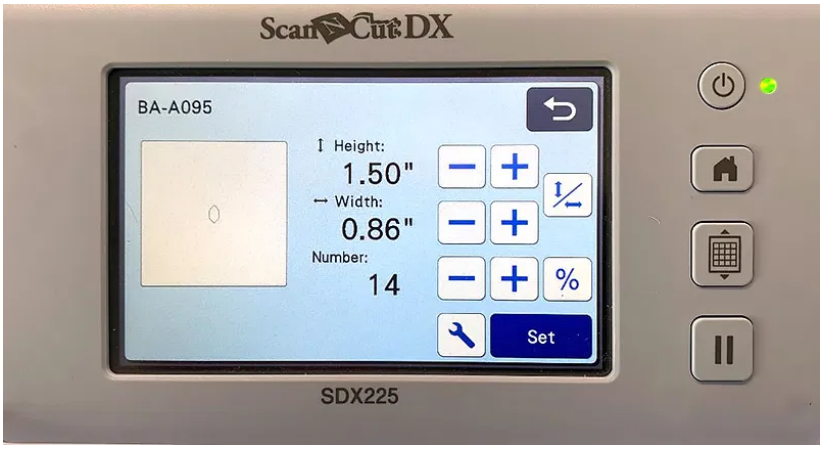
9. For the leaves, prepare the aqua fabric using the Contact sheet just at you did for the flowers but this time cut a 4”x12” piece of fabric then go to the ScanNCut home screen and choose “Pattern” then the shapes icon



10. Scroll down and click on pattern BA-A095, this will be used as the leaf shape.

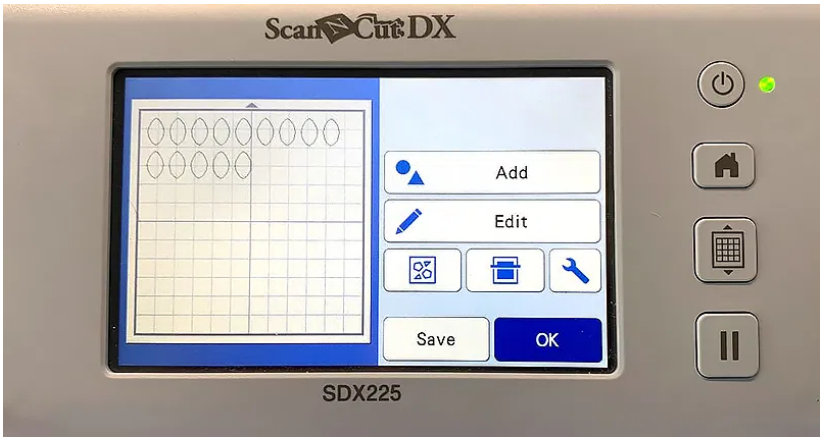
11. Use +/- keys to change the size until Height = 1.50”.

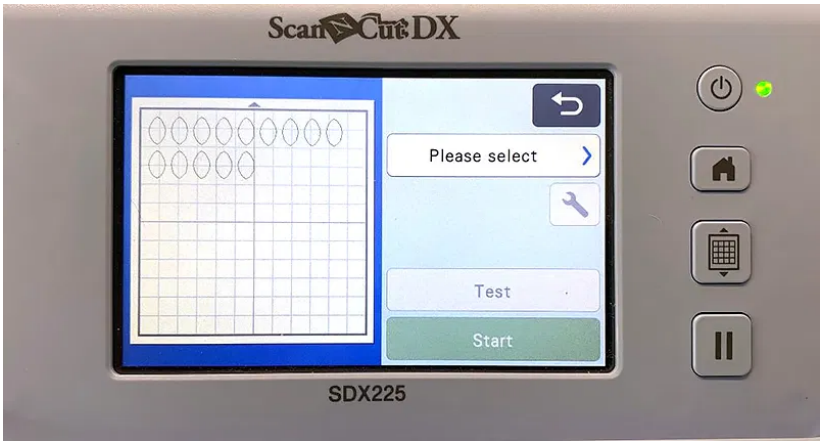
12. Adjust the number to 14 (you need 14 leaves) then press “Set”



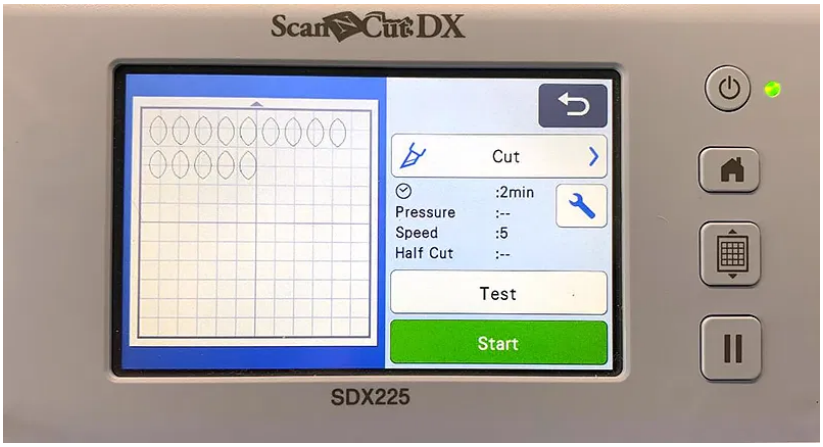
13. As you did with the flower, place the prepared 4”x12” piece of aqua fabric on the upper section of the mat then load the mat and scan it. Move the leaf shapes so they are directly over the fabric.

14. Touch “OK” then press “Please select”





15. Touch “Cut” then “Start”. When the cutting is finished, unload the mat and remove the leaves and extra fabric. Set the leaves aside.



Applique:

1. It is highly suggested you audition the applique pieces on the background, so you get the layout you want. Once you are satisfied with the layout, remove the paper backing and press the applique pieces down with a dry iron, following the manufacturer's recommendations.

Note: If you used a heat-away pen to mark your fabric, be careful not to press too close to the pen marks or they will disappear. You need the marks for couching.

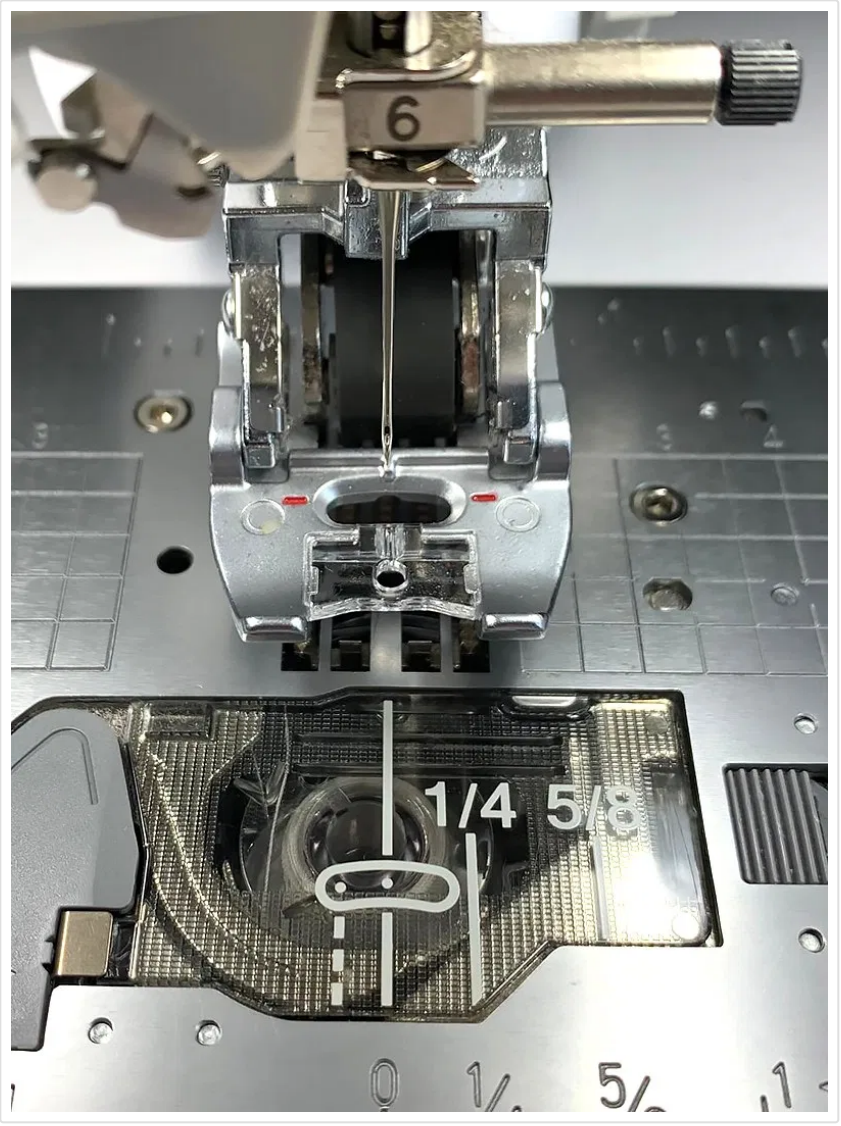
Also, be careful how close you get your applique pieces to the edge of the fabric, so they don't get caught in a seam allowance

2. Repeat to audition and place applique pieces on the second off-white section

Couching:

Couching is an exciting technique that adds texture to any project!

1. Attach the Brother MuVit Dual Feed to your machine (don't forget to plug it in) and attach the couching foot. (Notice the hole towards the front of the couching foot. You will feed your yarn through that hole)

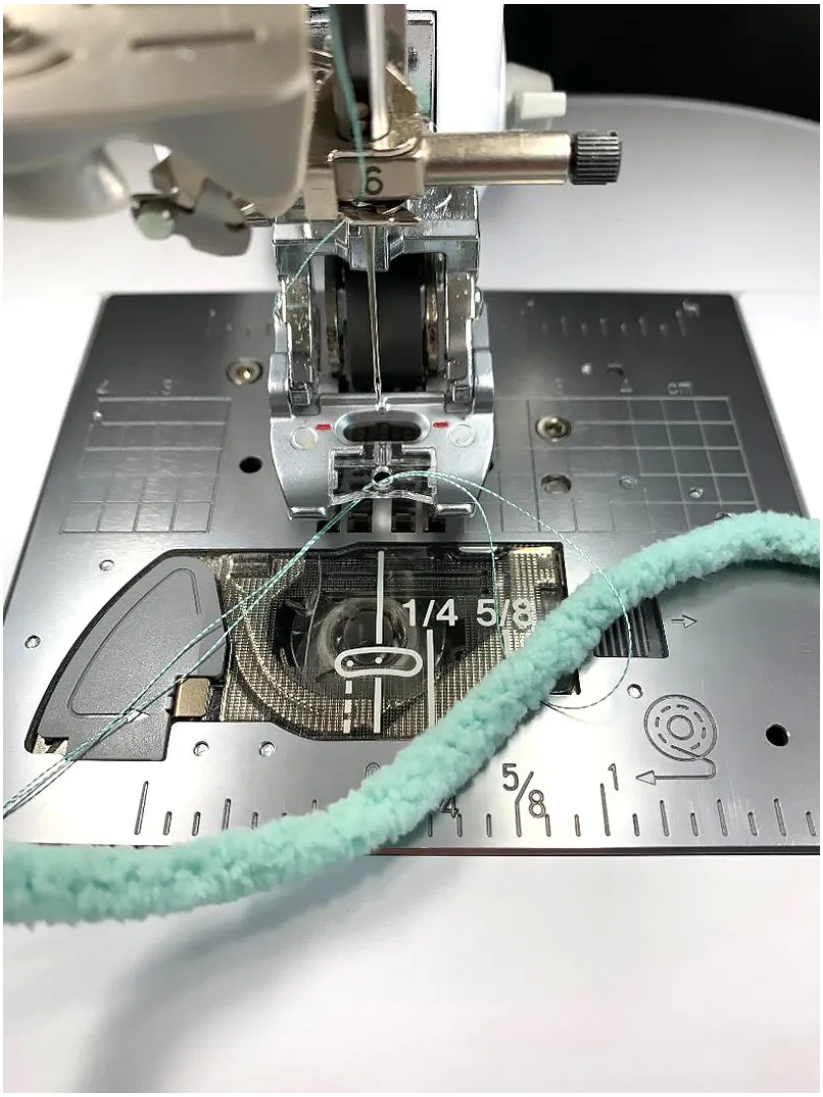


2. Apply the basting spray lightly to the tear away stabilizer then carefully position the applique section wrong side down on top of the sprayed stabilizer. You should see your marked line on top. Make sure the stabilizer covers the wavy marked line you made on the front of the fabric. You may check using a light box or hold this piece up to a window, so you can see the line through the fabric and stabilizer. Adjust the fabric as needed.

Note: Spray the basting spray in a well-ventilated area

3. Feed the yarn through the yarn guides then through the hole in the couching foot. An easy way to get the yarn through the hole is to make a thread loop and pull the yarn through the hole.

Cut a piece of thread approximately 10” and double it over. Thread the raw ends through the couching hole, place the yarn through the thread loop and gently tug, pulling the yarn through the hole. Bring the tail of the yarn under the foot and toward the back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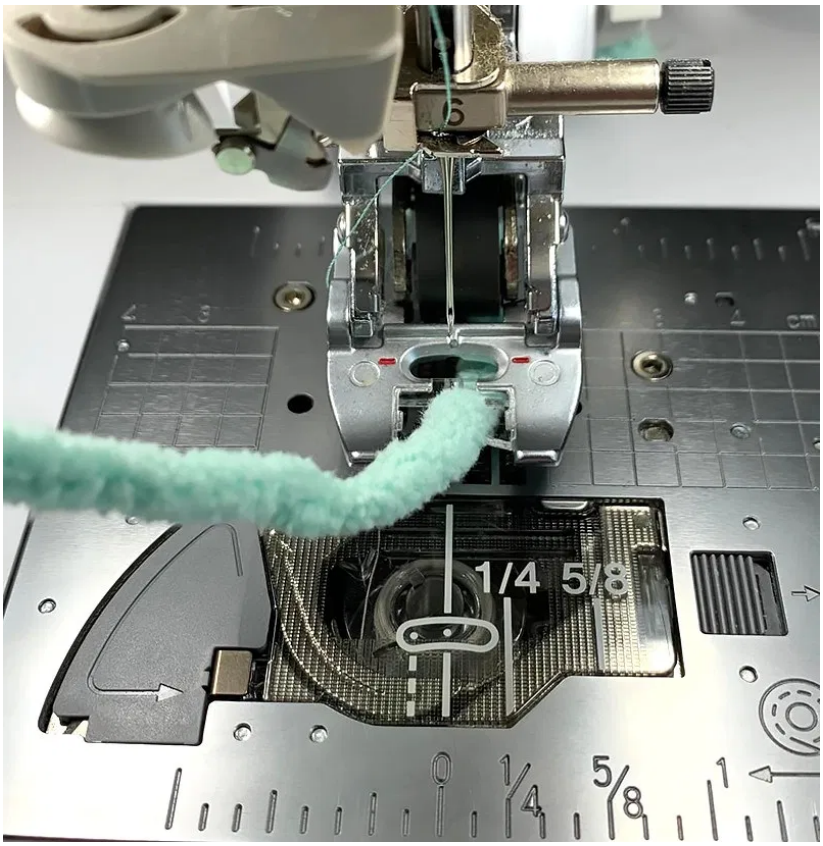

4. Make sure your machine is set for straight stitch. Set the stitch length to 3.0mm. Loosen your thread tension slightly.

5. Thread your machine with a color thread that matches the yarn. The bobbin thread color will not matter as you will never see it. Do a test first on a scrap piece of fabric to make sure your tensions are correct. Adjust as needed so you only see the top thread buried in the yarn. The thread should sink into the yarn and disappear

6. Following the marked line on your applique section, couch the yarn onto this section, backstitching at the beginning and end to secure the yarn to the fabric. When couching is completed, cut the thread and yarn and press with an iron from the back side

7. Repeat couching for the other applique section

8. When finished with both sections, you may gently remove the stabilizer from behind the stitching or leave it in. It is light enough that it won't affect the hand of the fabric much and you can also easily quilt through it

9. Remove the Muvit foot and attach the “J” foot and ankle

10. Thread the machine and bobbin with the same thread you used for constructing the pinwheel section

11. With right sides together, stitch the applique sections to each side of the pinwheel section using a straight stitch. Make sure the pinwheel section is on top, so you can see where the triangles are, and you can sew right at the tip of the triangles

12. Press seams toward the center pinwheel section

13. Baste the backing, batting, and top together and quilt as desired.

14. Bind as desired

Enjoy your new table runner!

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