Fall Table Runner
by Lilo Bowman
(13 ¾" x 47 ¾")

This autumn-themed, folk-art table runner was inspired by a hike through the meadows with my dogs. The late-August flowers and grasses were a riot of color. By using the AccuQuilt Go! *Rose of Sharon* die set, I made fast work of cutting all the small pieces, so I was able to get going on the fun part—the needlework. I also loved the wave blade for the 45mm Olfa rotary cutter. It made for easy work in cutting each element of the multi colored edging.

This project is perfect for the confident beginner with some knowledge of basic embroidery stitches, and would make a perfect addition to your home's fall décor.

Fabric Requirements

Note: All wool was pre-washed.

Background:
1/2 yd. (50" wide) of eggplant-colored wool (I used wool from Weeks Dye Works.)

Vine & Leaves:
Fat quarter of spinach-colored wool (I used wool by Wild Thymes Pattern Co.)

Flowers, Flower Centers, Daisy Petals, Buds, Edging:
Assorted 7" x 9" pieces of hand-dyed wool (I used wool bundles from Wild Thymes Pattern Co.)
        Dark Violet, Teal, Red, Orange, Gold, Gold Plaid, Pink, Turquoise, Red Plaid, Lavender, Pink Plaid

Backing:
1/2 yd. (50" wide) felt in color of your choosing.

Notions:

At least 8 sheets of legal-size paper 8 ½"x 14"(216mm x 356mm)
DMC Embroidery floss in colors to match wool pieces
Variegated pearl cotton "Royal Jewels" #077 by Caron to complement wool colors (for grasses and edging)
Thread to match backing
#9 embroidery needle
Hand-sewing needle
Scissors
Iron
Small appliqué pins (I used ¾" extra sharp.)
¼"-wide Steam-A-Seam Lite or washable school glue
Clear sheet protectors that, when taped together, measure at least 13" x 46 ½" or 13" x 46 ½" piece of medium-weight upholstery vinyl (for appliqué placement guide)
AccuQuilt Go! Portable Cutting System and *Rose of Sharon* die set or sheet of freezer paper (for templates)
Rotary cutter with standard blade (for cutting stems)
Olfa 45mm Wave Blade (for cutting the edging)
Pencil
Clear tape
Fine-point permanent marker
Thick-point permanent marker

Printing Out the Pattern Pieces

This pattern requires legal-size paper (8 ½" x 14"). When you print the pattern, make sure that your printer settings are set to print the pattern **full size**; that is, be sure that the print menu shows that your printed pages are set for "No Scaling." Check the printer Properties and make sure that they are set to print **one page per side**—and not to "Reduce/Enlarge" or "Fit to Page."

Making the Templates

If you are using the AccuQuilt Go! Cutting System, skip these steps and proceed to "Cutting."

1. Use a pencil to trace one of each pattern piece (A–H) onto the non-shiny side of the freezer paper.
2. Cut out the freezer-paper templates *directly on the traced lines.*

Cutting

Since the project shown uses wool and is appliquéd using the blanket stitch, the cutting and sewing lines are the same; no seam allowance is necessary.

I find it helpful to store all cut pieces in zip-style bags until it's time to sew.

When cutting the assorted wavy border strips, cut *one side only* with the Wave Blade. Cut the other side with the standard blade.

If you are using the AccuQuilt Go! Cutting System:

Use a single layer of wool at a time to cut the required number of each piece using the *Rose of Sharon* die set.

If you are using freezer-paper templates:

Working one shape at a time, press the template lightly, shiny side down, onto the desired wool piece. Adhere template to the wool by pressing with a warm iron for a few seconds. Cut out the shape right along the edge of the template. Gently peel off the freezer-paper template. Repeat to cut the required number of each shape from the appropriate wool pieces.

Eggplant

> 1 piece, 13" x 46 ½"

Green

> 3 bias strips, ½" wide x approximately 23" long
> 10 leaves (A)
> 14 leaves (B)

Dark Violet

> 51 circles (C)
> 3 flowers (G)
> 2 strips, ¾" x approximately 4"–6" with the Wave Blade

Teal

> 6 petals (A)
> 2 strips, ¾" x approximately 4"–6" with the Wave Blade

Red

> 2 flowers (G)
> 2 strips, ¾" x approximately 4"–6" with the Wave Blade

Orange

1 circle (D)

1 flower (E)

3 flowers (F)

2 strips, ¾" x approximately 4"–6" with the Wave Blade

Gold

12 petals (A)

2 strips, ¾" x approximately 4"–6" with the Wave Blade

Gold Plaid

1 flower (E)

1 strip, ¾" x approximately 4"–6" with the Wave Blade

Pink

5 circles (D)

3 flowers (H)

1 strip, ¾" x approximately 4"–6" with the Wave Blade

Turquoise

6 petals (A)

1 flower (G)

2 strips, ¾" x approximately 4"–6" with the Wave Blade
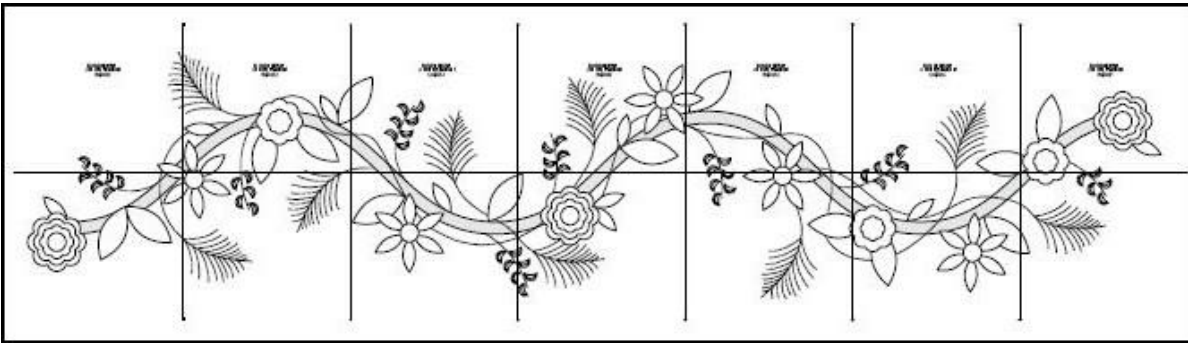
Red Plaid

6 petals (A)

Lavender

1 circle (D)

1 strip, ¾" x approximately 4"–6" with the Wave Blade

Pink Plaid

1 circle (D)

1 flower (E)

Making the Overlay

1. Print out the (7) sections of the Appliqué Placement Diagram provided. (See instructions for "Printing Out the Pattern Pieces" for setting your photocopier.) Tape the sections together to form the complete placement diagram.

2. If you are using clear protector sheets, tape them together to form one long sheet that measures 13" x 46 ½".

3. Position the Appliqué Placement Diagram you created in Step 1 face up on a flat surface; tape to secure. Position the taped protector sheet or upholstery vinyl piece over the diagram; tape.

4. Use a thick-point permanent marker to transfer the flower and leaf shapes from the diagram to the plastic/vinyl. Use a fine-point permanent marker to trace the thin dashed lines; these will be placement lines for the embroidered grasses. Feel free to add more elements if you so desire. Remember, this is your creation!

Appliqué

Vine & Leaves:

1. Use the plastic/vinyl overlay as a guide to pin the vine to the 13" x 46 ½" background piece, butting the ends of the vine strips. Don't worry: the joins will be covered by other wool pieces later.

2. Use one strand of green floss and a blind hem stitch to tack the vine in place along its edges.
3. Use the plastic/vinyl overlay to pin the remaining leaves, petals, flowers, and circles to the background.
4. Use one strand of green floss and a blind hem stitch to appliqué the leaves. You can add more details to the leaves if you desire.

Flowers:

1. To the make the daisy-style flowers, use two strands of embroidery floss in the color of your choice and the blanket stitch to appliqué the six small petals (A) and the large circle (D) in place for each daisy flower.

2. To make the button flowers, use two strands of embroidery floss in the color of your choice and the blanket stitch to appliqué the outer edge of the medium flower piece (G) in place. Using two strands of floss, stitch eight straight stitches, each topped by a single French knot (made with two strands of floss), to secure the very small flower piece (E). Repeat for each button flower.


3. To form the buds of the liatris, pinch a small circle (C) in half between your forefinger and thumb. Use two strands of matching floss to make a few stitches along one pointed end, and tack to hold the fold. Use the plastic/vinyl overlay as a guide to place, pin, and stitch in place. Repeat for each liatris bud.

4. To create a stacked flower:

a. Anchor the large flower piece (H) to the background by making three straight stitches at each indentation with two strands of floss.
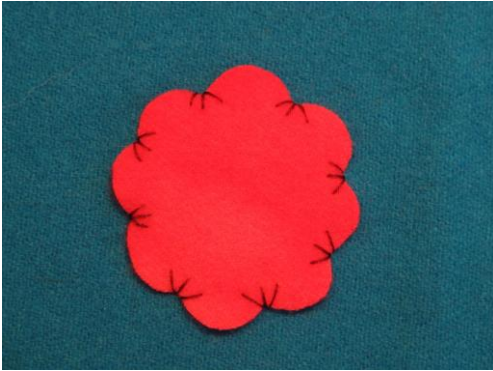
b. Stack the medium flower (G), small flower (F), and large circle (D). Use three strands of floss to stitch six French knots around the circle, taking care to go through all three layers. Set this unit aside for now.

c. Place and pin the unit from step b on top of the anchored flower large flower shape. Secure by making three straight stitches at each indentation, taking care to catch a bit of the large flower in the process.

<u>Grass:</u>

Use a single strand of variegated pearl cotton thread and a stem stitch to embroider the grasses.

Attaching the Border

1. Place the 4"–6" precut edging strips, wavy side out, around the outer edge of the appliquéd and embroidered runner to audition for color placement.
2. When you are satisfied, slip the strips under the edges of the runner so that approximately 3/8" of the wavy edges show around the outer edges of the runner. Use ¼"-wide Steam-A-Seam Lite (or dots of school glue) to temporarily attach the strips.

Four straight stitches that resemble a chicken's foot.

3. Use a single strand of variegated pearl cotton to stitch the edging strips to the runner. I used four straight stitches that resemble a chicken's foot. I carefully tacked the ends of the strips together on the underside of the runner as I was stitching the chicken feet. My work was hidden by the thickness of the wool. Mechanics will be covered up when the backing is attached.

4. Continue around the entire outer edge of the runner, trimming the corners of the edging to mimic the waves.

5. Cut the felt backing so that it measures 3/8" from the outside edge of the wave edging. Use sewing thread to tack the backing in place just short of the edge.

Pattern designed and sample constructed by Lilo Bowman for TheQuiltShow.com