

Table Runner

WITH MATCHING BANDED NAPKINS

An exclusive S4H project for Janome Canada

Design by Anne Adams, Instructions by Liz Johnson,
Sample by Debbie Guild

Widen your horizons! You may have noticed an exciting new trend in designer fabric collections: wide width quilt backing. The motifs are bold and beautiful, and they are not merely one of the main collection's designs in a larger format. They are a unique pattern, specifically chosen to look great across a wide swath of fabric. Although they are amazing at what their name implies: as a quilt back, our friends at S4H couldn't help but wonder what else these wonderfully wide widths could be used for.

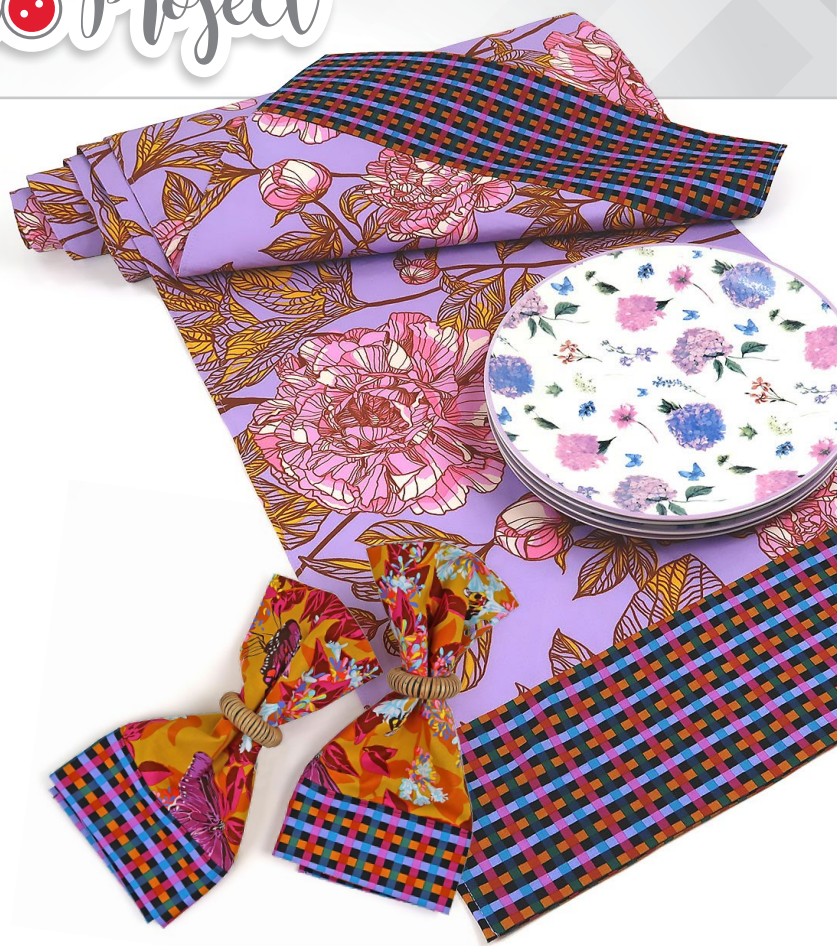
Their super smart idea: a gorgeous, long table runner cut as a single panel! Thanks to that incredible wide width quilt backing, you need just a little over a yard to make it happen.

A cutting plan and instructions are provided to match the 108" x 18" sample runner S4H created. This sizing was based on research into the most common lengths and widths found for runners available at retail.

S4H chose to add accent bands to each end of their runner for an extra pop of colour and an elegant finish. Of course, you could choose to make your runner shorter or even longer by adjusting the width of the bands as well as the width of the center panel. You could even choose to omit the accent bands altogether, using just the quilt

back fabric end to end. This flexibility extends to the final width of the runner as well. S4H went with the traditional 18" width, which meant they started with a 37" panel. If you'd prefer to use just a single yard, your runner would finish at 17½" instead ... pretty close.

Just in time to dress-up your tabletop for holiday gatherings, this project is fun and easy. And, there are bonus instructions for matching napkins featuring the same accent bands used on the runner.



> Click to learn more about the versatile MC9480 QCP



Sew4Home provides inspiring tutorials that are expertly designed and have easy to understand instructions with gorgeous photography. Get to know Sew4Home better visit Sew4Home.com

Table Runner + Napkins

Fussy cutting is important for all the elements and there is a link within the instructions to S4H's full tutorial on the subject. You'll also find a step-by-step tutorial from S4H on the lovely narrow hem that completes the single layer napkins. It's a technique you'll use again and again to create a clean finish with pretty diagonal point corners.

As always with our friends at S4H, each and every step is thoroughly explained with excellent photos throughout. If you're brand new on your sewing journey, this is a very beginner-friendly project. If you're already expert, it's a great break between your more complex works-in-progress.



Sewing Tools Needed

- Janome Sewing Machine; the project is suitable for all machines
- Standard presser foot
- Even Feed/Walking foot or engage your machine's built-in fabric feeding system; optional, but a good option when working on a project with very large panels as well as one where it is extremely important that an accent border lines up front to back – S4H used the Janome AcuFeed™ Flex system

Fabric and Supplies Needed



TABLE RUNNER TO FINISH AT 108" x 18"

- 1 1/8 yards of 108"+ wide cotton quilt back fabric; we used Peony Wide Back in Heather from the Our Fair Home collection by Anna Maria Horner for FreeSpirit Fabrics. The extra 1/8 yard allows you to center a large motif for the best look and allows for a full 18" width finish - if you prefer a slightly narrower runner, as mentioned above, you could adjust your cuts and use just a single yard.
- 1/4 yard of 44"+ wide quilting weight cotton in a coordinating pattern for the accent bands at either end of the runner; we used Checkers in Sunday from the Our Fair Home collection by Anna Maria Horner for FreeSpirit Fabrics.

Note: This yardage is appropriate for a fabric that can be cut WOF (with of fabric) at the recommended 6 1/4" x 37". If your chosen fabric has a strong directional motif that requires a vertical cut, you would need 1 1/8 yards, which would yield leftover fabric for your stash

- 1 1/2 yards of 45"+ wide fusible batting; we used Pellon Thermolam Plus 1-sided fusible batting

Table Runner + Napkins

Note: This yardage allows you to cut two 18" panels to stabilize the finished length of the runner as shown here (108" x 18"). If you adjust the size of your runner, you should adjust the amount of batting

NAPKIN TO FINISH AT 20" x 20"

- Yardage shown is for TWO napkins, multiply as necessary for your guests
- $\frac{5}{8}$ yard of 44" + wide quilting weight cotton for the main fabric: we used Neighborly in Honey from the Our Fair Home collection by Anna Maria Horner for FreeSpirit Fabrics.
- $\frac{1}{4}$ yard of 44" + wide quilting weight cotton for the accent bands; we used Checkers in Sunday from the Our Fair Home collection by Anna Maria Horner for FreeSpirit Fabrics. - to match the runner

BOTH RUNNER + NAPKINS

- All-purpose thread to best match the fabric
- See-through ruler
- Tape measure
- Fabric pen or pencil
- Seam gauge
- Seam ripper
- Scissors and/or rotary cutter and mat
- Iron and ironing board
- Straight pins

Getting Started

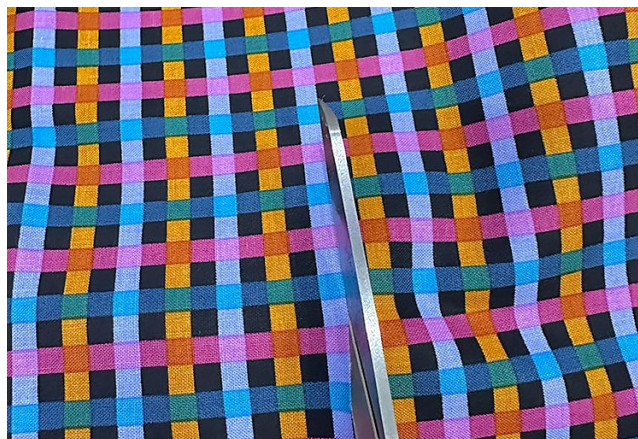
Note: For the cut list below, we are again showing requirements for our sample runner and two napkins. Your cuts may be slightly different if you adjust the size of your runner and/or create more napkins.

TABLE RUNNER

From the main quilt back fabric, fussy cut ONE 98½" wide x 37" high panel.

Note: When combined with the two accent trim panels this will equal a 108" finished length. You can, of course, adjust your length to best fit your table. You could also opt to not use accent bands. From our fabric, we first cut the depth at 37" and then trimmed off 9½" from our 108" width.

From the accent border fabric, [fussy cut](#) TWO 6¼" x 37" panels. Your fabric's motif will determine whether your fabric should be cut horizontally or vertically. We were very careful to fussy cut our stripe fabric for the best reveal at either end. Scissors are our recommendation over a rotary cutter when cutting stripes.



From the fusible batting, cut TWO 18" x 54" panels. These will be butt together at the center to fit the finished 108" x 18" runner.

Note: If you prefer to use a continuous panel of batting, you will need to purchase 3 yards of 18"+ wide fusible batting to yield one 108" x 18" panel.

NAPKINS

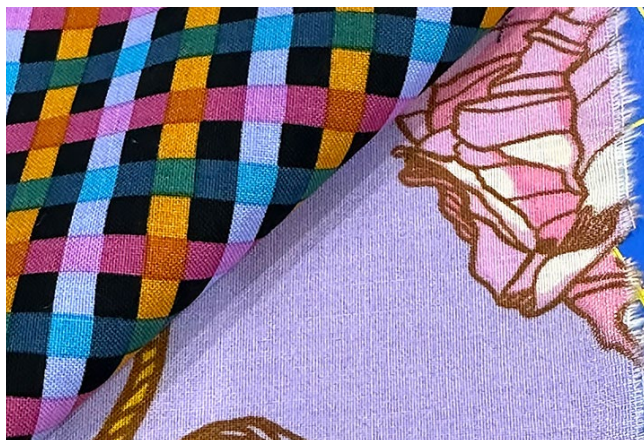
From the main fabric, [fussy cut](#) TWO 21" wide x 19" high panels.

From the accent band fabric, [fussy cut](#) TWO 21" x 5" strips.

Sewing Instructions

TABLE RUNNER

Collect the main panel and the two accent band panels. Place an accent band right sides together with the main panel at either end. If using a directional fabric, make sure your accent band is straight, true, and facing the proper direction on both ends.



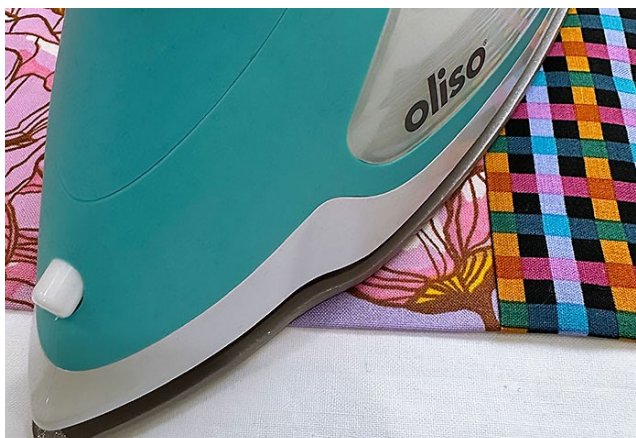
Using a 1/2" seam allowance, stitch each accent band in place.



Press each seam allowance down towards the accent band.



Fold the sewn panel in half widthwise, wrong sides together, and press the fold to set a visible crease line at the exact horizontal center of the main panel.



Fold in half again lengthwise and press the fold to set a visible crease line at the exact vertical center of the main panel.

Un-fold the panel and place it wrong side up on your work surface so the two intersecting crease lines are visible. Find the fusible fleece panels. (Remember, we are working with two panels; you may choose to cut one continuous panel).

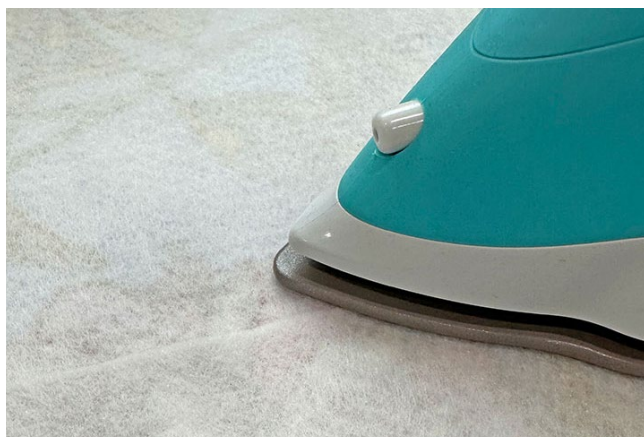
Center one fusible batting panel at one end of the sewn runner. This runner is not designed to have a specific front or back, but if you have one half of your fabric you feel is "prettier" than the other, that can be your front. The best practice is to adhere your fusible fleece panel to the wrong side of what will be the front of the runner.

Table Runner + Napkins

For this first panel, there should be ½” of fabric showing beyond the batting along one end and one side with the opposite end and opposite side aligned with the crease lines on the main panel. Following manufacturer’s instructions, fuse the batting in position.

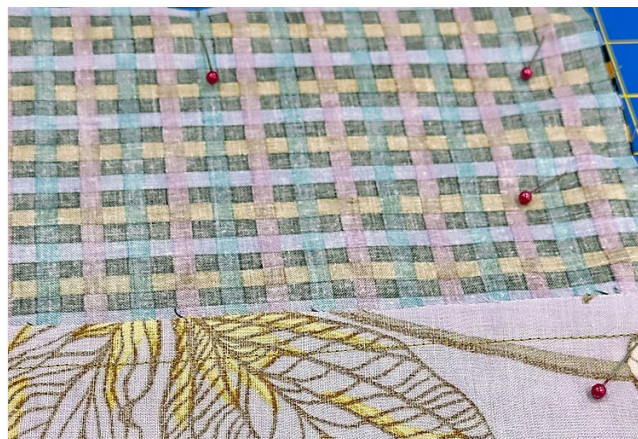


Repeat to center and fuse the second panel of batting in place, being very careful to keep your center “butt joint” exactly flush so it will be virtually invisible when the runner is complete.

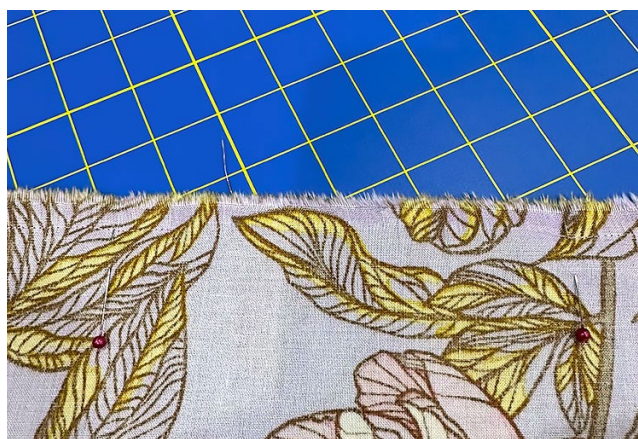


Fold the panel in half, wrong sides together so it is now 109” x 18½”.

Pin along both ends and along the long, raw-edged side.



Leave a turn gap on the long side of about 7”.



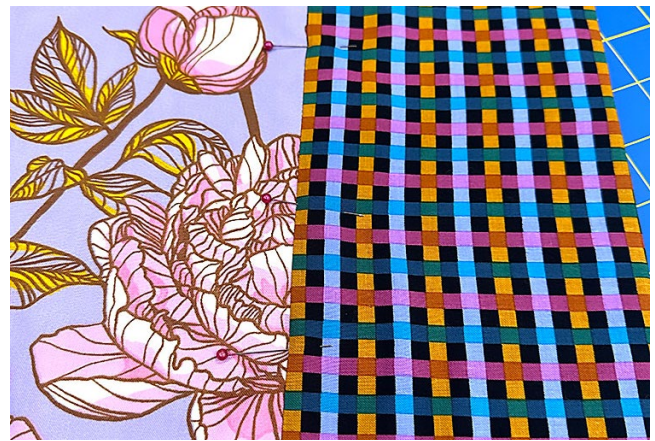
Using a ½” seam allowance, stitch across both ends and along the side. Remember to sharply pivot at each corner and to lock your seam at either side of the turn gap. As shown in the photo below, we switched to the Janome AcuFeed™ Flex built-in feeding system. This is because super long panels tend to want to shift against one another – especially when one has a fleece backing. The AcuFeed™ system keeps all the layers moving in unison.

Table Runner + Napkins

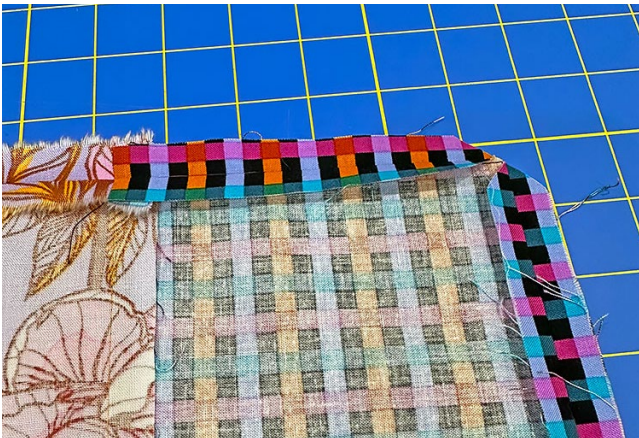


Reach in through the turn gap to gently push out all four corners so they are nice and sharp. A long knitting needle, chopstick or point turner are all good tools for this step.

Lightly pin across the runner to hold the layers in place. Press the runner smooth and flat, pressing in the seam allowance along the turn gap so it is flush with the sewn seam.

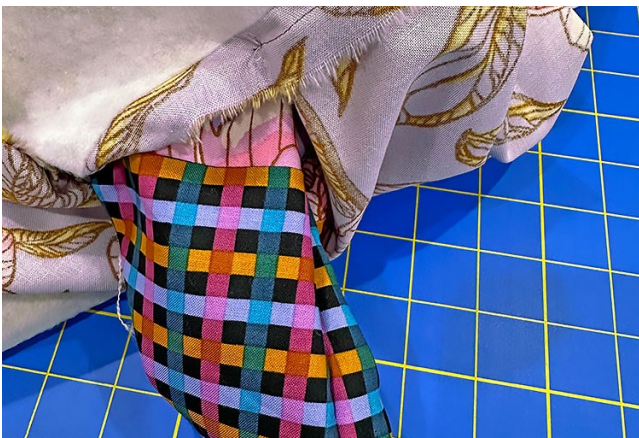


Trim the corners and press open the seam allowance.



Set up your machine for a slightly lengthened straight stitch and edgestitch along both sides of the runner. This not only closes the turn gap opening, it also helps keep the layers from shifting. Do not stitch across the ends – only along the two sides. This is a prettier finish for the runner's ends.

Carefully turn the runner right side out through the turn gap.



Remove any pins and press well once more.

Table Runner + Napkins

NAPKINS

Collect the main panel and accent band pairs for each napkin. Place an accent band right sides together along the bottom end of the main panel. If your fabric is non-directional, you can pick which 21" end is the "bottom." Our fabric was directional and we wanted to make sure our pretty butterflies were flying right side up, so we double checked to insure our accent band placement was correct.

Pin in place across the 21" width.

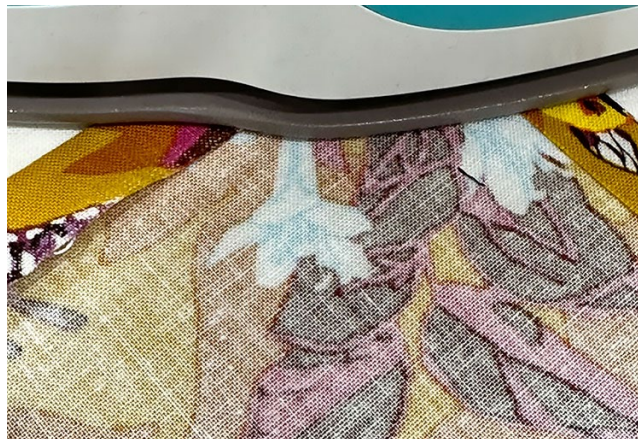


Using a 1/2" seam allowance, stitch across.



Fold in a narrow hem with neat corners along THREE raw edges: both sides and across the top. If you are new to this hemming technique, S4H has a [full tutorial you can check out](#) prior to starting the project.

The key is the double fold along each raw edge.



Then the folding in at each corner...



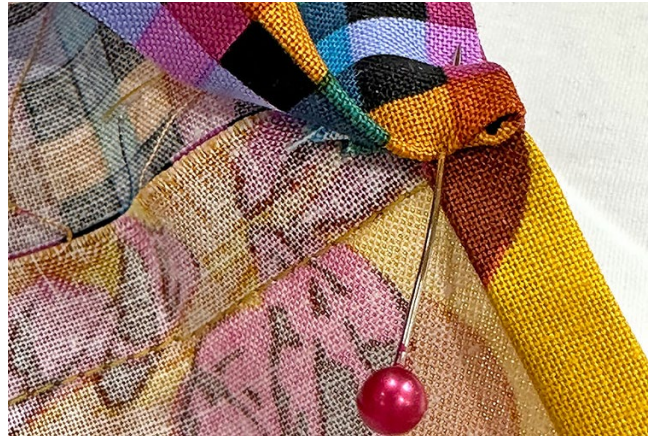
... to yield the diagonal point.



Table Runner + Napkins

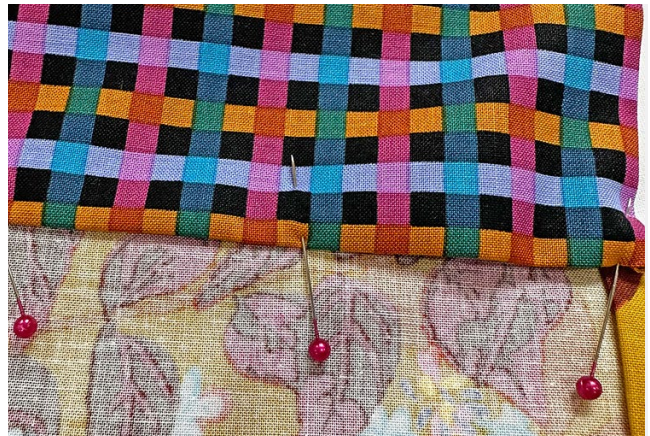
Note: Again - check out the full [S4H Narrow Hem with a Neat Corner tutorial](#) for all the details.

Pin the narrow hem in place along the three sides.



Pin across, making sure you are covering the seam allowance and keeping the band's folded edge straight across the back of the napkin.

Using the same lengthened stitch as you did above to finish the runner, but re-threading the machine as necessary to best match your fabric, edgestitch across the top and along both sides. **Start at the main panel/accent band seam on one side, stitch up to the upper corner, pivot, stitch across to the opposite upper corner, pivot again, then stitch down the opposite side, stopping at the main panel/accent band seam.**



Press to set the fold.

Along the bottom raw edge, fold up and press $\frac{1}{2}$ ". Then, fold up the accent band so the bottom folded-up raw edge just covers the main panel/accent band allowance.



Table Runner + Napkins

Positioning your needle in line with the edgestitching of the narrow hem, edgestitch up along the accent band, stopping at the main panel/accent band seam line.



Pivot and stitch across the accent band, stopping in-line with the opposite side's edgestitching,



Finally, pivot once again, and stitch down to the bottom corner. This seals the accent band's hem and holds the folded-up band in position.

