

pellon®

*The Magic
in the Middle*

Benartex Bows Table Runner A Foundation Pieced Design Skill Level: Beginner

Designed By
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Sewn By
Alexandra Henry

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Use Pellon® Stitch-N-Tear Lite™ to foundation piece the bow blocks. Run the Stitch-N-Tear Lite™ through your ink jet printer to create the foundations for the blocks. Table runner measures 20" x 36-1/2". Sample used fabrics by Benartex.

Fabrics Needed



Fabric A - Bow Fabric - Benartex Wintersong Illumination Natural Gold - 0286233B	1/4 yard
Fabric B - Background Fabric - Benartex Quilt Blocks Solid Natural - 0506901B	1/2 yard
Fabric C - Border/Binding - Benartex Winter Plaid Gold/Tan - 0286333B	3/8 yard
Fabric D - Outer Border - Benartex Pollen Dark Green - 0286744B	1/4 yard
Backing	5/8 yard

Materials Needed

Pellon® 835 Stitch-N-Tear Lite™	One package
Pellon® Perfect Loft™ Cluster Fiber	Small amount
Legacy™ by Pellon® 100% Natural Cotton Batting	5/8 yard (there will be leftovers)
Thread	

Tools Needed

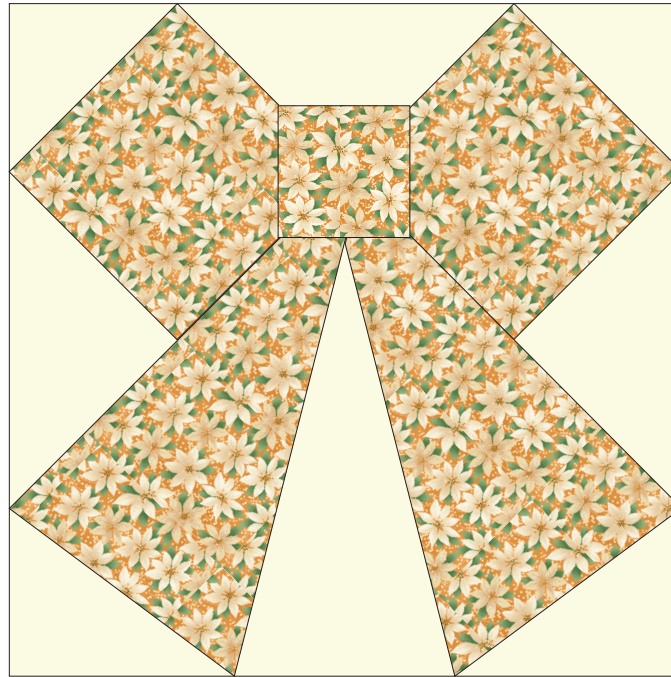
Sewing machine and related supplies
Rotary cutter and related supplies

<http://www.pellonprojects.com>

Graphic Artist Alexandra Henry

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Cutting Instructions



Cut the following (strips are cut across the full width of the fabric): Makes three 8-1/4" blocks

Fabric A	One 4-1/2" strip, One 3-1/2" strip
Fabric B	One 4" strip, one 4-1/2" strip, one 5" strip

Subcut each rectangle or strip as follows for the three blocks:

Fabric A	Pieces A1 and B1 Pieces C1 and D1 Bow Center	Cut six 7" x 4-1/2" rectangles Cut six 3-1/2" squares Cut three 2" squares (cut from the 3-1/2" strip)
Fabric B	Pieces A2 and B3 Piece B2 Pieces C2, D2 and D3 Pieces C3 and D4	Cut six 4-1/2" x 2-1/2" rectangles Cut three 7" x 4" rectangles Cut nine 3-1/2" x 5" rectangles Cut six 3" squares (cut from the 5" strip)

Separate all the pieces by piece Letter/number. Mark the piles to make piecing easier.

Assembly Instructions

Set stitching length to 1.5 for all foundation stitching.

Cut the Stitch-N-Tear Lite™ into 8-1/2" pieces across the width of the roll. Six pieces are needed for the three blocks. Press the Stitch-N-Tear Lite 8-1/2" x 12" rectangles until they lay completely flat.

Print one sheet at a time. Print three copies of each of the two template pages without lettering. Make sure the printer is printing at 100%. Check gauge.

Cut the foundation sections apart. Cut outside the dashed lines. There will be extra foundation around the dashed lines for each section.

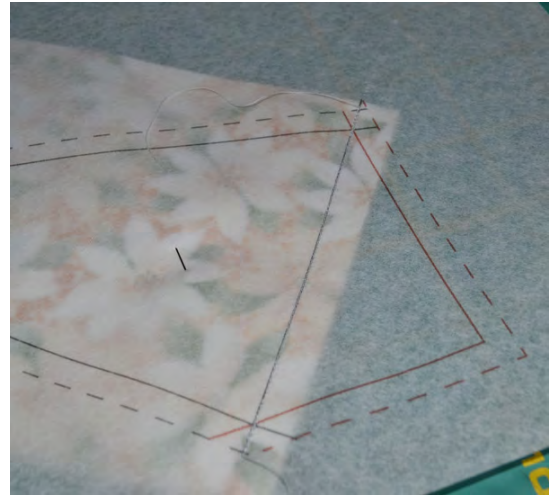
Place section A foundation face down. Center the piece A1 7" x 4-1/2" rectangle right side up over the A1 place on the foundation. Pin in place.



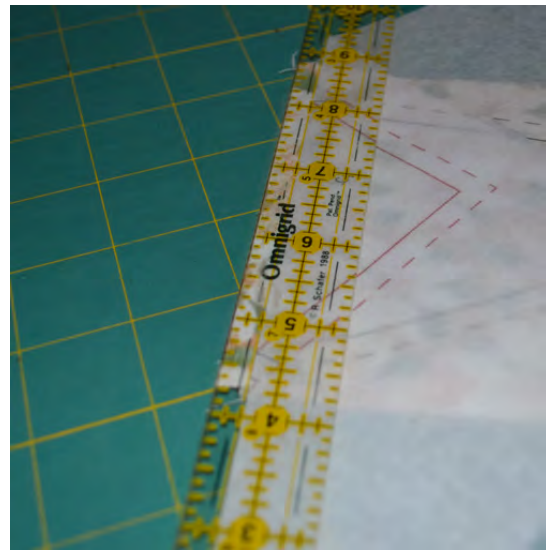
Place the piece A2 4-1/2" x 2-1/2" rectangle with right sides together as shown. The raw edge will extend 1/4" over the seam line. Hold it up to the light to check placement before stitching.



Turn the foundation over so the right side of the foundation is facing up. Stitch the seam between piece A1 and A2 on the line, backstitching at the start and the stop points.



Fold the foundation back to the stitched seam. Place a ruler on the unit, lining up the 1/4" line on the seamline. Trim the seam to 1/4".



Open up the fabric A2 piece and unfold the foundation. Press.



Place a ruler along the dashed line of the foundation and trim along the dashed line.

Repeat these steps for all sections for all three blocks.



Sew the sections for each block together, aligning raw edges and matching points. Press seams in one direction.



In preparation for the appliquéd center, remove the foundation from the center of the back of the block, behind where the bow center will be appliquéd down. Leave the foundation in place around the edges of the block to avoid stretching the outside of the block.



Turn all four edges of the fabric A 2" squares in 1/4" and press. Place one square in the center of the bow. Applique three edges. Push a small amount of Cluster Fiber underneath the square. Spread it evenly. Finish appliquéing the last side of the square to the block.



Arrange the blocks horizontally or vertically. Sample placed them horizontally. Pin the blocks right sides together, aligning the points of the triangles on the foundation carefully. Sew following the stitching line on the foundation or using a 1/4" seam allowance. Press seams open.



Measure the table runner at the center vertically. Cut two borders from fabric C at 1-3/8" x the measurement. Sew one border strip to each side of the table runner using a 1/4" seam allowance. Press seams toward the borders.

Measure the table runner at the center horizontally. Cut two borders from fabric C at 1-3/8" x the measurement. Sew one border strip to the top and one to the bottom of the table runner using a 1/4" seam allowance. Press seams toward the borders.



THIS STEP DEPENDS ON THE ORIENTATION (SETTING) OF THE BLOCKS:

IF ORIENTED VERTICALLY: Measure the table runner at the center vertically. Cut two borders from fabric D at $5\frac{1}{2}$ " x the measurement. Sew one border strip to each side of the table runner using a $\frac{1}{4}$ " seam allowance. Press seams toward the borders.

IF ORIENTED HORIZONTALLY: Measure the table runner at the center horizontally. Cut two borders from fabric D at $5\frac{1}{2}$ " x the measurement. Sew one border strip to the top and one to the bottom of the table runner using a $\frac{1}{4}$ " seam allowance. Press seams toward the borders.

Print the 'Curve Template' found on the template pages. Cut out the template. The dashed line is $10\frac{1}{4}$ " long.

Measure one short end of the table runner. Cut two rectangles from fabric D at $8\frac{1}{2}$ " x this measurement.

Fold one fabric rectangle in half on the long side. Place the dashed line of the template on the bottom raw edge of the folded rectangle. Align the bottom corner of the curved edge of the template with the raw edges of the $8\frac{1}{2}$ " sides of the folded rectangle. If the measurement of the short end of the table runner was different than $20\frac{1}{2}$ ", the center fold of the template may be in further or overlap the folded edge of the fabric. This is okay. Pin in place. Cut out the border along the curved edge. Do not cut the folded fabric center.

Repeat with the other fabric D rectangle. Place borders right sides together with the table runner. Stitch using a $\frac{1}{4}$ " seam allowance. Press seams toward the borders.



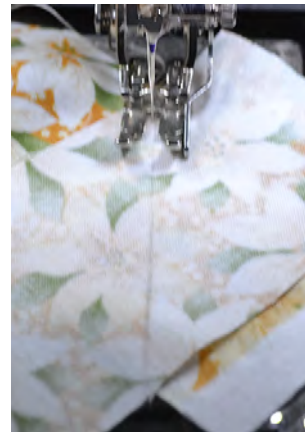
Measure
this
end



Cut one 22" x 38-1/2" piece each of the batting and the backing. Place the backing right side down. Place the batting on the backing. Center and place the table runner right side up on the batting. Baste the layers together. Do not cut the excess batting and backing off. Quilt as desired.



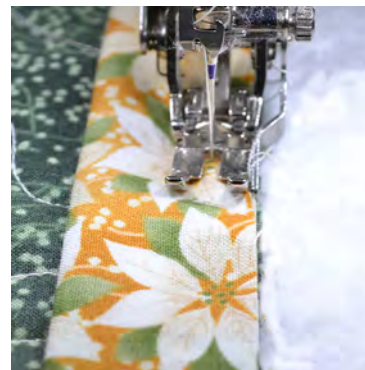
Cut three binding strips from fabric A 2-1/4" x width of fabric. Place the ends of two strips right sides together with one strip perpendicular to the other. Sew a seam on the diagonal to connect the two strips. Trim seam allowance to 1/4" and press in one direction.



Connect the third strip to the bottom of the second strip in the same way.

Fold the binding strips in half lengthwise with wrong sides together. Press.

Place the binding strip about halfway down one long side of the table runner with the raw edges of the table runner and binding aligned. Leaving an 8" tail, sew the binding to the runner using a 1/4" seam allowance. Sew slowly around the curves keeping the raw edges of the binding even with the raw edge of the top of the runner. Stop when the stitching is 8" from the starting point.



The following steps are very important to make the binding fit perfectly and lay flat against the table runner. Fold the binding strips along the edge of the runner until the starting and stopping bindings are 1/4" apart as shown. Finger press a sharp crease into the binding.



Open the binding up and make a plus sign on both creases on the wrong side. Repeat for the other end of the binding.



Place a ruler with the 45° line along the outside edge of the binding. Draw a line that goes through the center of the plus sign and angles to the right as shown.



Repeat with the other end of the binding, making sure that the second line drawn is parallel to the first line drawn.

Cut both ends 1/4" **outside** the drawn line.



Place the two binding ends right sides together, matching the drawn lines. Pin in place. Stitch on the drawn line.

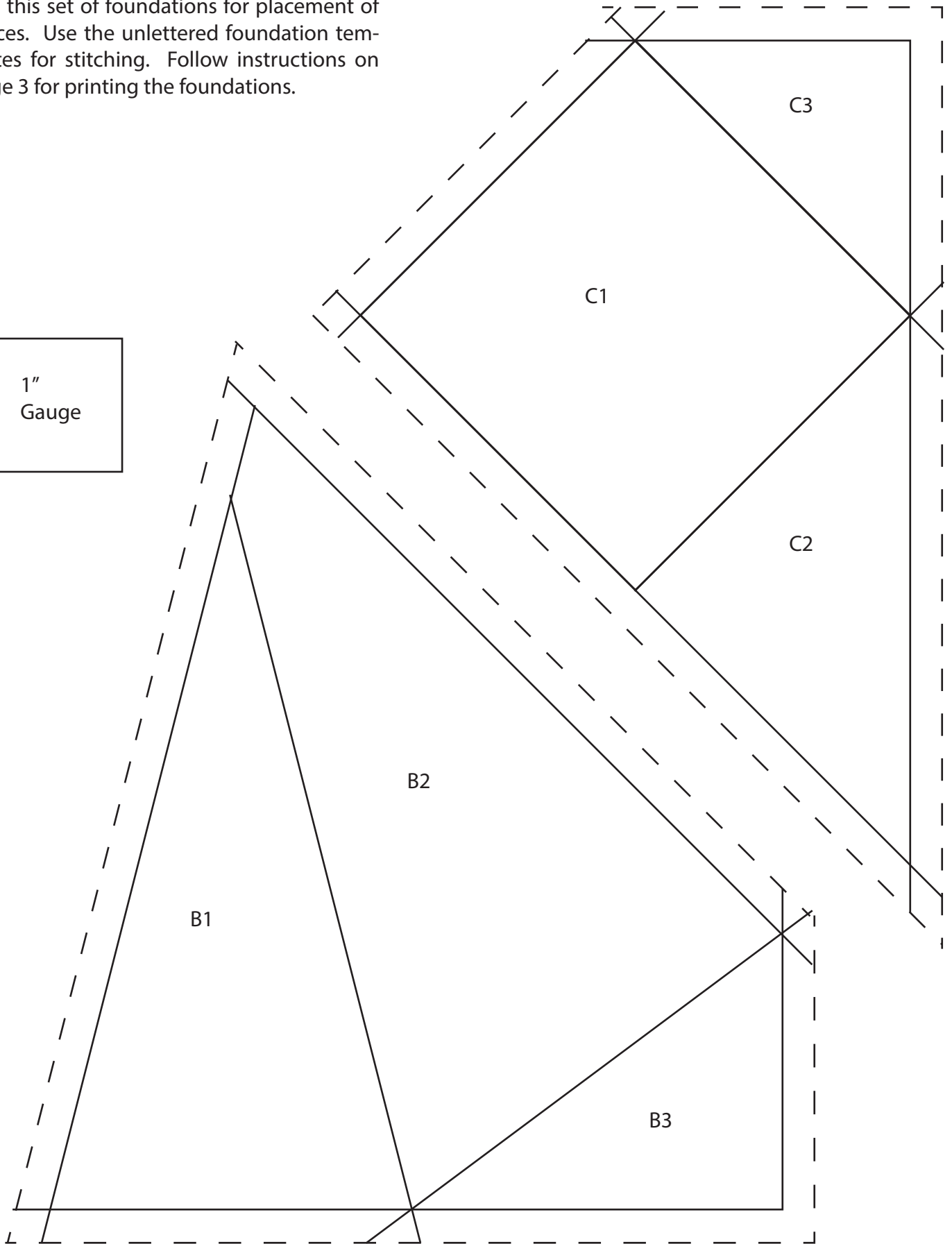
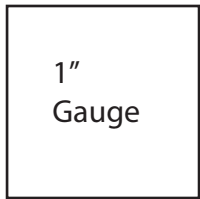


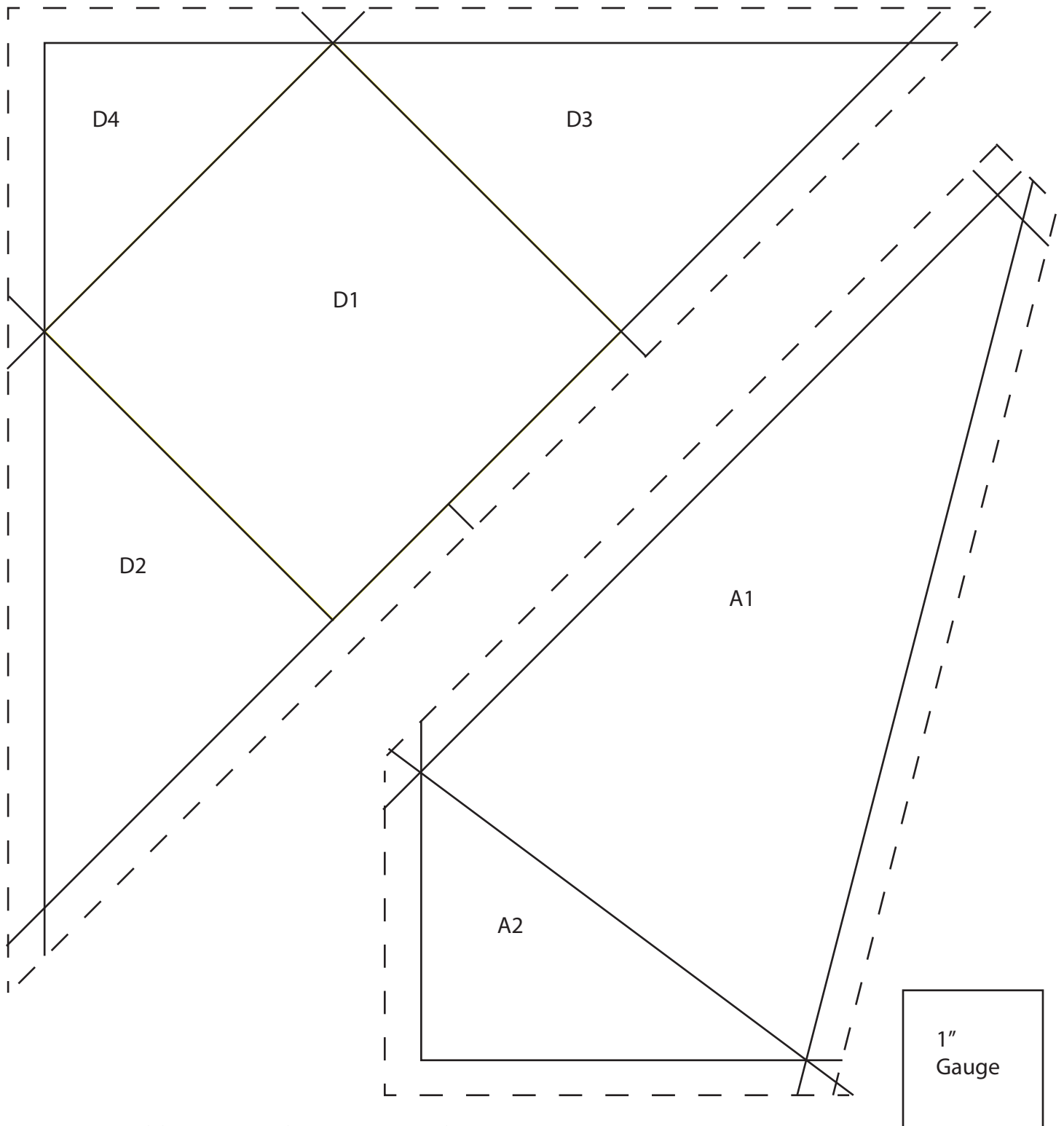
Refold the binding wrong sides together. Place raw edges against the raw edge of the runner and finish sewing the binding down.

Trim the excess batting and backing along the raw edge of the binding and runner. Turn binding to the back of the table runner. Hand sew the edge down.



Use this set of foundations for placement of pieces. Use the unlettered foundation templates for stitching. Follow instructions on page 3 for printing the foundations.

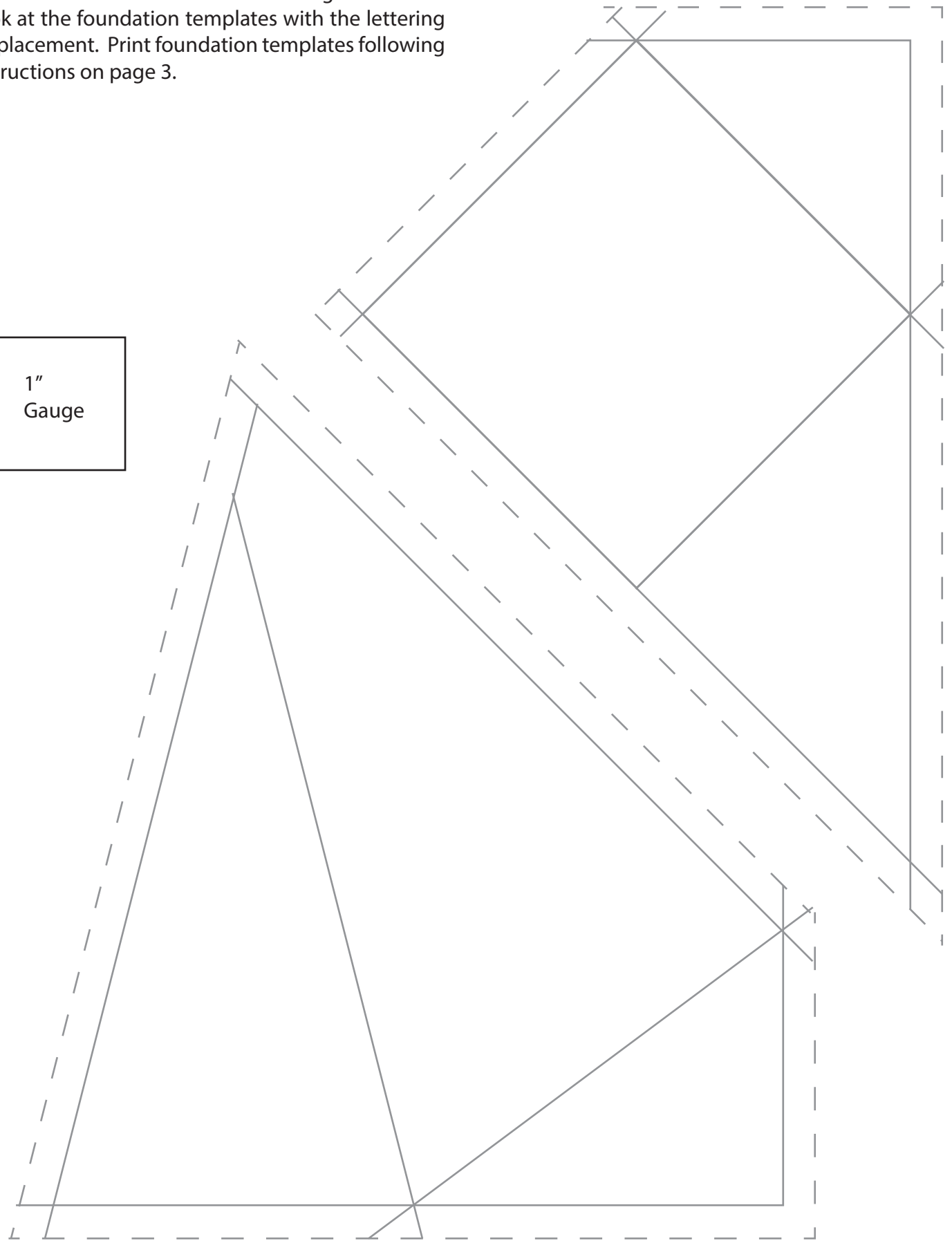


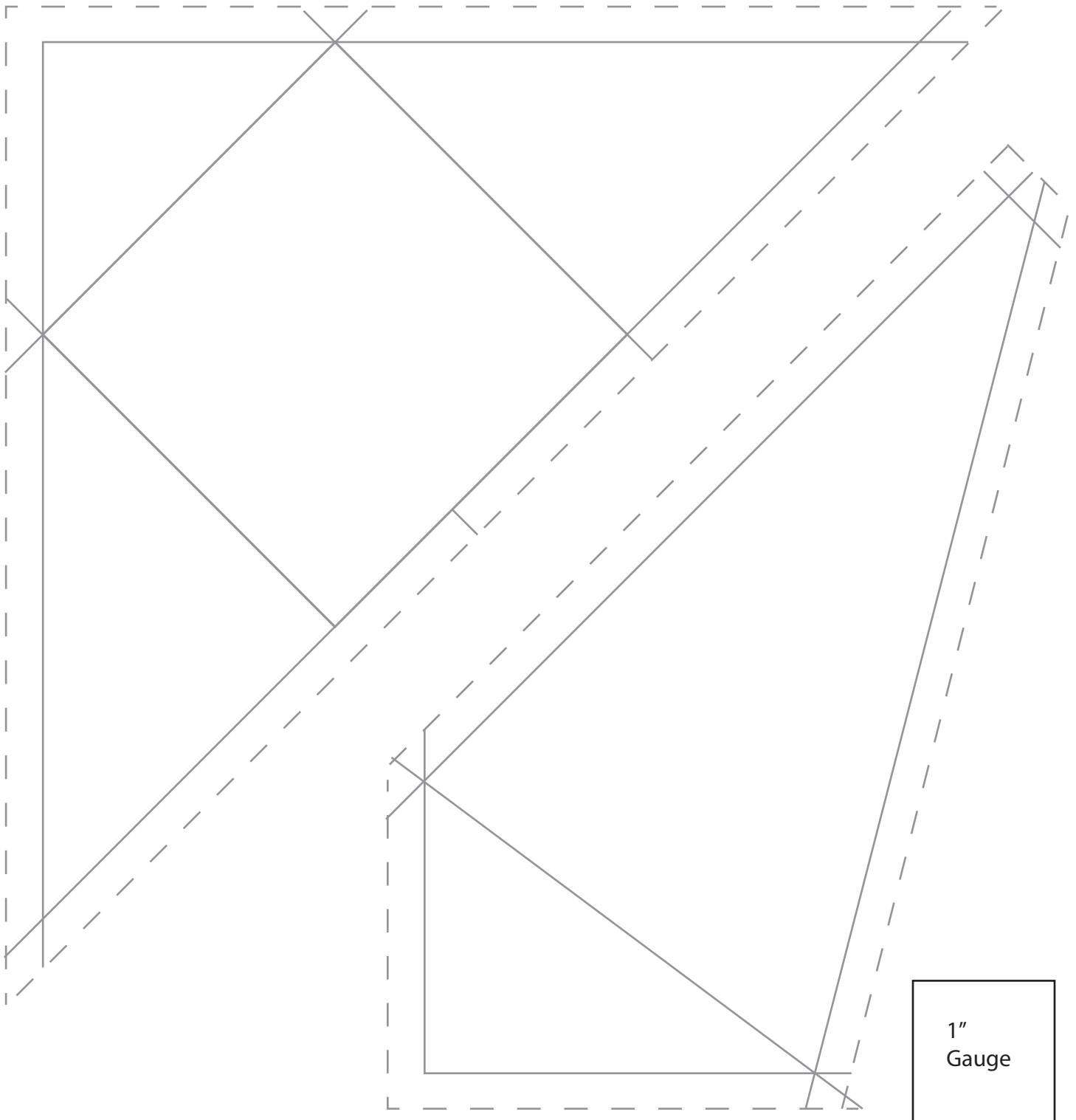


Use this set of foundations for placement of pieces. Use the unlettered foundation templates for stitching. Follow instructions on page 3 for printing the foundations.

Use this set of foundations for sewing the blocks.
Look at the foundation templates with the lettering
for placement. Print foundation templates following
instructions on page 3.

1"
Gauge





Use this set of foundations for sewing the blocks. Look at the foundation templates with the lettering for placement. Print foundation templates following instructions on page 3.

Top Edge

Center Fold - This line may be adjusted in or out

Curve Template

Print at 100%. Check gauge.

10-1/4"

Bottom Edge

1" Gauge

<http://www.pellonprojects.com>

For cutting, align this point
with the raw edges of the
8-1/2" sides.

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