



CS0139



sewing

Designed by
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What you will need:

Supplies:

Materials based on fabric with at least 42" of useable width.
 1/2 yard of shot cotton for background and piecing (green)
 1 fat quarter of fabric for backing
 Scraps, at least 2" x 18", of 5 shot cottons for piecing (orange, burgundy, red, dark green, and brown)*
 12" x 21" piece of fusible batting
 Dual Duty XP Paper Piecing thread
 Dual Duty XP All Purpose, matched to background fabric
 Coats Cotton-Covered Bold Hand Quilting Thread, 2 spools in contrasting colors

Fabrics used here are Shot Cottons by Kaffe Fassett for Rowan



Hill and Dale Table Runner

Practice foundation piecing as you construct an undulating line of autumn geese with no curved piecing! Change the color scheme and the hanging becomes a field of winter snowflakes, a string of springtime kite tails, or a line of patriotic summer flags.

Cutting

From the background fabric, cut:
 1 rectangle, 12" x 21"
 1 rectangle, 10" x 13"
 2 strips, 2" x 42", for binding
 5 strips, 1 3/4" x 10", for piecing*
 From the backing fabric, cut:
 1 rectangle, 12" x 21"

*These dimensions are approximate. They are convenient for paper piecing this project, but scraps of other sizes can be used.

Finished Size: 12" x 21"

Steps

Seam allowance is 1/4".

1. Print one copy of each section of the foundation piecing pattern. Be sure to print the PDF at full size, with the Page Scaling option set to None. Using the shot-cotton scraps for the central triangles and background fabric for the side triangles, foundation piece the three units.



2. Sew the three units together to make a single curvy strip. Remove the foundation paper from the section-joining seam allowances only.



Pattern continues on next page



Please Note: Print this pattern using Landscape Orientation.

3. Lay the pieced unit on the 10" x 13" rectangle of background fabric, right sides together. Sew 1/4" from each long edge of the pieced unit. Remove the foundation paper and trim the square to match the curvy strip, forming a tube. Turn the tube right side out and press flat.



4. Fuse the batting to the wrong side of the backing fabric, following the manufacturer's instructions. Position the background fabric on the batting and pin through the layers to prevent shifting. Position the pieced unit on the fabric sandwich with the left side 3 1/4" above the bottom and the right side 10 1/2" above the bottom. Pin the pieced unit in place.

Tip: Fusing the batting to the backing leaves the front of the quilt free, for a more traditional appearance.

5. Set the machine for your choice of appliqué stitch. Our sample uses an appliqué stitch that's designed to be almost invisible, mimicking hand appliqué; other choices include blanket stitch, zigzag, and straight stitch. Thread the machine with Coats & Clark Dual Duty XP All Purpose thread that matches the background fabric; use the same thread in the bobbin, or match the bobbin thread to the backing fabric. Sew the long edges of the pieced unit to the fabric sandwich. Trim the ends of the piecing to match the fabric sandwich, if necessary.



6. Set the machine for a 4.5 mm-long straight stitch. Topstitch through the fabric sandwich 1/2" above and below the pieced unit.

Tip: Move the needle to the far-right position and use the left edge of the presser foot as a guide for stitching along the appliquéd band of piecing.



7. Thread a hand-sewing needle with Bold Hand Quilting thread in a contrasting color. Using the machine stitches as a guide for stitch length and direction, sew a running stitch through the fabric sandwich about halfway between the pieced unit and the machine stitches. Repeat on the other side of the piecing, using a different thread color if desired.

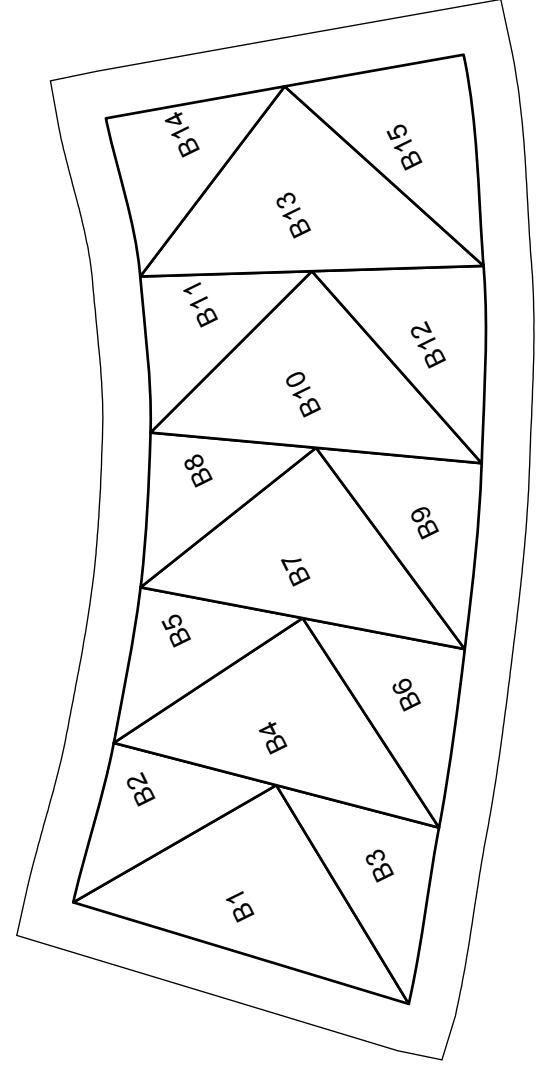
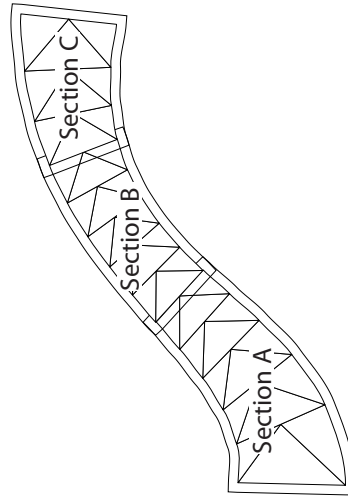
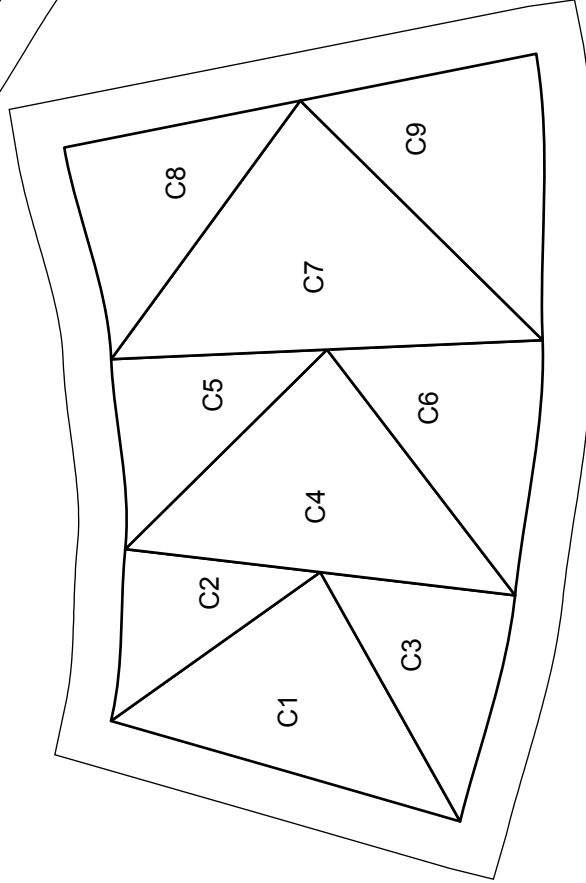
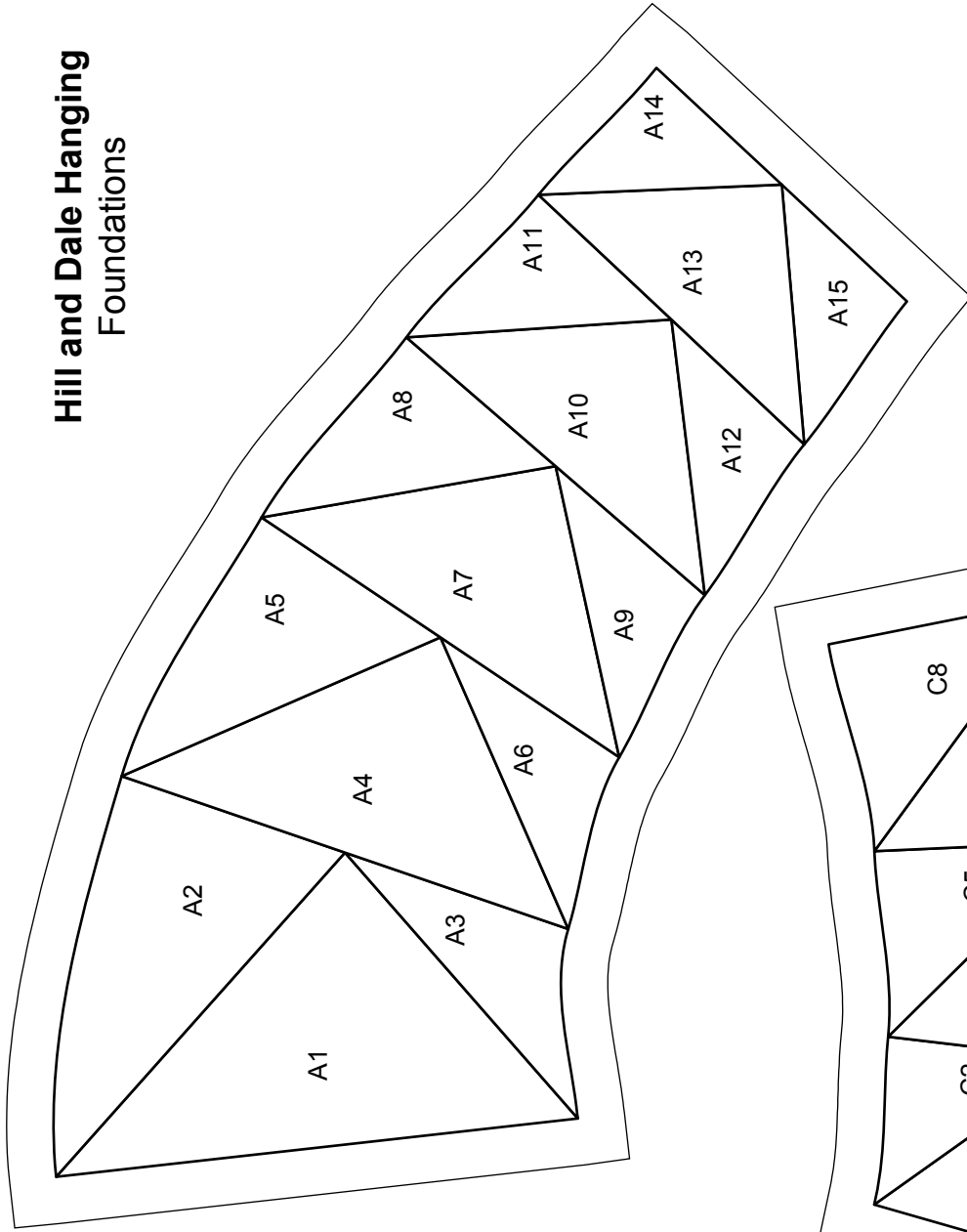
8. Still using the Bold Hand Quilting thread, start a new thread at one edge of the fabric directly on one line of machine stitches. Sew a whip stitch through the machine stitches across the fabric; don't pierce the fabric with the needle, working only under the previous stitches.



9. Join the 2"-wide strips of background fabric into one continuous length and bind the edges of the hanging.



Hill and Dale Hanging Foundations



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