On The Chopping Block Table Runner
by Susan Emory

14” x 44”

Fabric Requirements:
Background: 1/3 yard
Border: 1/4 yard
Binding: 1/4 yard
Backing: 5/8 yard
Appliqués:
Fat Quarters or Scraps at least 8” x 10”
Fusible Web: 1 yard
Batting: Approximately 16” x 46”

Background: SC5333 Bright White Cotton Couture 1/3 yard
Border: CX8250 Multi On The Chopping Block 1/4 yard
Binding: SC5333 Marine Cotton Couture 1/4 yard
Backing: CX8252 Indigo Peas in a Pod 5/8 yard

Appliqués: Note, I also used scraps of background and binding fabrics.
On The Chopping Block
Table Runner
14” x 44”

CUTTING:
WOF = Width of Fabric

From background fabric, cut:
[1] 10-1/2” x WOF strip; subcut [1] 10-1/2” x 40-1/2” rectangle

From border fabric, cut:
[3] 2-1/2” x WOF strips; subcut [2] 2-1/2” x 40-1/2” rectangles and 2-1/2” x 14-1/2” rectangles

From binding fabric, cut: [3] 2-1/2” x WOF strips

PIECING:
Sew a 2-1/2” x 40-1/2” border rectangle to top of background rectangle. Press toward border. Sew second 2-1/2” x 40-1/2” border rectangle to bottom of background rectangle. Press toward border.

Sew a 2-1/2” x 14-1/2” border rectangle to each side of background rectangle and press toward borders.

QUILTING*:
Backings: The width of my backing was adequate without piecing. If your backing isn’t wide enough, cut a 16” x WOF strip and sew a piece of the remaining fabric to one end.

Layer background with batting and backing and quilt.

*Note: I quilted the background with straight stitching in a variety of coordinating colors of thread, then appliquéd on top of the quilting. If you don’t want your appliqué stitches to show on the back you may want to appliqué first and then quilt.
APPLIQUÉ:
Trace appliqué shapes (Page 3-7) onto the paper side of fusible web. DO NOT cut the shapes on the drawn line. Cut them apart at least 1/8” outside the line. Lay a fusible web shape, paper side up, on the wrong side of an appliqué scrap and press according to fusible web manufacturer’s directions. Let fabric cool, then cut out shape on the drawn line. Repeat for remaining appliqué shapes.

Peel off paper from appliqué shapes and arrange appliqués on background. Fuse to background, following manufacturer’s directions.

Stitch the appliqués using the stitch of your choice. I used a blanket stitch. You can also use a zig zag, satin or straight stitch.

When quilting and appliqué are complete, join binding strips together, end to end. Press in half, lengthwise, wrong sides together. Sew binding to front of table runner. Turn binding to back and stitch down.

APPLIQUÉS
Trace or copy at 100%, do not resize.
Do not mirror image.
Carrot 1

Carrot 2