

Quilted Bed Runner

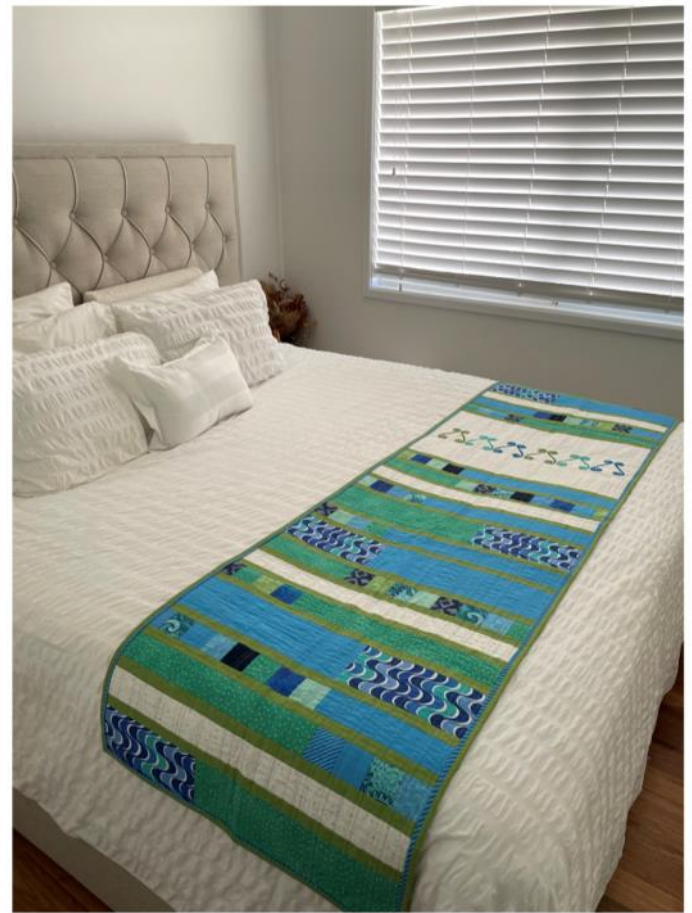
Long Quilting Guide Bar Set (right & left guides)

WHAT YOU WILL NEED

Janome Sewing Machine (*used CM7P*)
Long quilting guide bar set PN 202025003
¼" seam foot (O) or HP foot
Dual feed foot (AD) or even feed foot
Dual feed HP2 foot (OD) or Ditch quilting foot (SD)
Janome needle Sharp #14
Janome plastic bobbins
Dressmaking | Fabric scissors
Quilting pins or clips
Cutting mat | Quilting ruler | Rotary cutter
Ironing board and Iron

FABRIC & NOTIONS (for King/Queen size bed)

Feature Fabric or Embroidered/Applique panel:
Size required 38cm x 63.5cm [15"x25"]
Teal Fabric: 80cm [31½"] x width of fabric 112cm/44"
Blue Fabric: 80cm [31½"] x width of fabric 112cm/44"
Green Fabric: 1m [39½"] x width of fabric 112cm/44"
White Fabric: 50cm [20"] x 112cm/44"
Printed Fabric: 50cm [20"] x 112cm/44"
Flange Binding Fabric: 50cm [20"] x 112cm/44"
Binding Outer Fabric: 50cm [20"] x 112cm/44"
Backing Fabric: 2.5m [98"] x 112cm/44"
5 x Fat Quarters - variety of colours to suit
Quilt wadding / batting: 81cm x 2.4m [32" x 94"]
Threads to suit fabric for Construction + Quilting
(multiple colours can be used for a decorative quilted finish)
Can of Quilt Basting Spray



CUTTING INSTRUCTIONS

Teal Fabric & Blue Fabric - same cuts

3 Large Strips 4½"x 15½" | 11½ x 39½ cm
4 Medium Strip Long 2½"x 17" | 6½ x 43 cm
2 Medium Strip Short 2½"x 9½" | 6½ x 24 cm

Green Fabric

22 Small Strips 1¼"x 25" | 3 x 63½ cm

White Fabric

4 Medium Strips 2½"x 25" | 6½ x 63½ cm

Printed Fabric

6 Strips 4½"x 10" | 11½ x 25½ cm

Flange Binding Fabric

7 Strips 1¾"x 44" | 4½ x 112cm

Outer Binding Fabric

7 Strips 1¼"x Width of Fabric 44" | 3 x 112 cm

Fat Quarters

64 Squares 2½"x 2½" | 6½ x 6½ cm

Quilt Wadding / Batting

1 piece 32" x 94" | 81 cm x 2.4m

Feature Fabric

1 piece 15"x 25" | 38 x 63½ cm

Backing Fabric

1 piece 32" x 94" | 81 cm x 2.4m

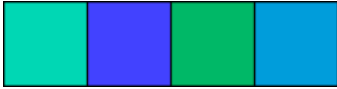
INSTRUCTIONS

Step 1

Layout the 2½" x 2½" [6½ x 6½cm] squares to make the following:

Note: Block colours below are a guide only.

BLOCK A - 8 sets



BLOCK B - 4 sets



Attach the ¼" piecing foot (O)

Thread the machine with construction thread & bobbin

Select the ¼" stitch, stitch length is 1.8

Sew the blocks together.

Press the seams in one direction.

Step 2 - Block A & B Strips

Match the Block A sets, using medium long strips

2½" x 17" [6½ x 43 cm].

Sew to create 8 x 25" [63½cm] rows. Set these aside.



Repeat the process using Block B sets with the medium short strips 2½" x 9½" [6½ x 24 cm].

Sew to create 4 x 25" [63½cm] rows. Set these aside.



Step 3 - 4½" Strips

Working with the large 4½" strips [11½ cm]

Stitch a plain colour strip 4½" x 10" [11½ x 39½ cm]

and a 4½" x 15½" [11½ x 39cm] printed strip, together; creating a 25" [63½cm] row.

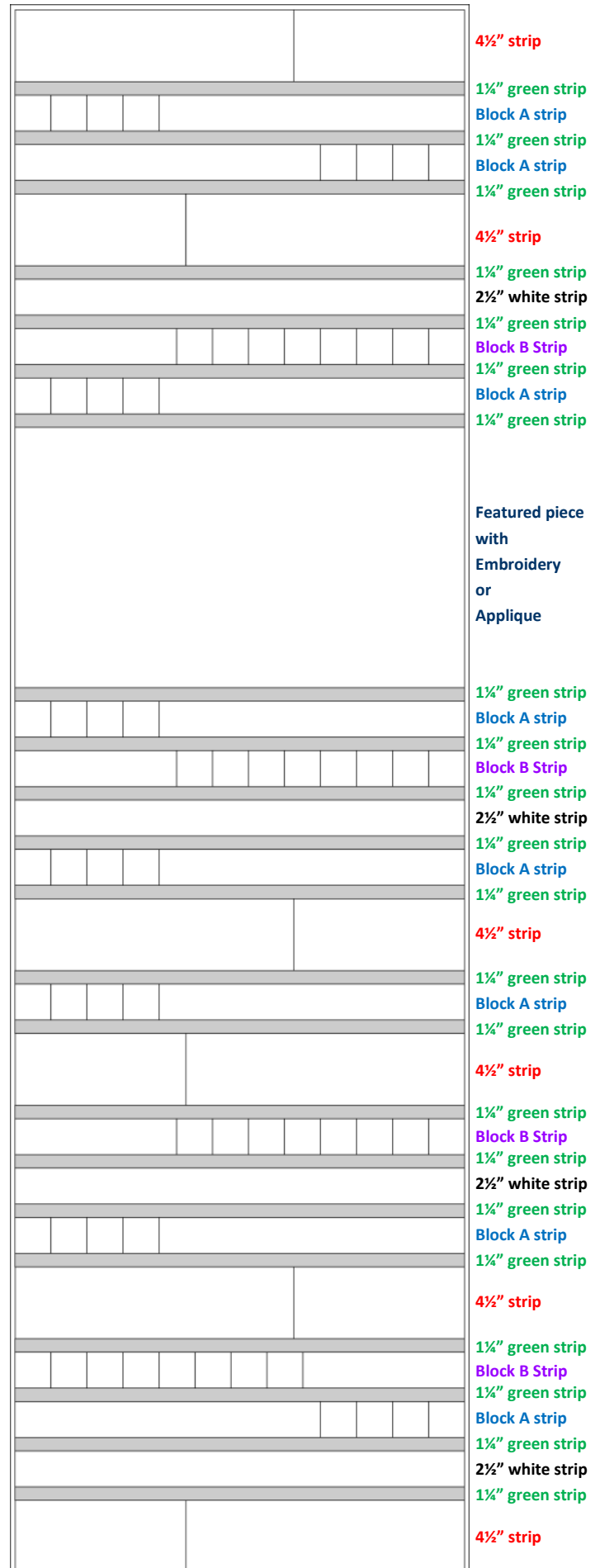
Make all 6 and set these aside.

Step 4 - Layout the Rows

Press all the rows, then layout the rows, following the template with small green 1¼" strip [3cm] between each row.

Or layout to your preferred style.

Quilted Bed Runner Template



Step 5 Stitch all rows together to form runner top

Stitch rows together using $\frac{1}{4}$ " seam stitch.

Use $\frac{1}{4}$ " seam foot or we used HP foot.

Press the seams as you go.

When runner top is completely sewn together, press it.



Next, spray baste together the runner top, wadding and backing fabric, into a quilt sandwich.

Mark one of the short ends to be the top, the end you start stitching from to quilt the runner.

Step 6 - Quilt Runner using Quilting Guide Bars

Attach the Dual Feed foot | Even feed foot

Select straight stitch in centre needle position.

Set stitch length to 3.0

Thread machine with quilting thread and have same thread on the bobbin.

Mark a centre line down the length of the runner.

Starting at the top, stitch down the marked line to the bottom of the runner.



Attach the right quilting bar to the foot and set to $3\frac{3}{4}$ " | $9\frac{1}{2}$ cm from centre needle. Align the quilt bar with the previous centre stitching line and sew another line of stitching.

Continue stitching rows, working out to the left edge of the runner.



Step 7

Attach the Left quilting bar and set to $3\frac{3}{4}$ " / $9\frac{1}{2}$ cm from centre needle. Align the quilt bar with the initial centre stitched line, stitch rows as before, working out to the right edge of the runner.

Step 8 Quilting with various colours

Thread Colour	Guide Measurement
Green (Step 6 & 7)	$3\frac{3}{4}$ " $9\frac{1}{2}$ cm
Blue	2" 5 cm
Teal	$2\frac{1}{2}$ " $6\frac{1}{2}$ cm
Cream	4" 10 cm
Tan	3" $7\frac{1}{2}$ cm
White	1" $2\frac{1}{2}$ cm

Rethread machine with a different colour quilting thread.

Note: Different thread colours is optional, it gives a creative look, however you can quilt using the one colour.

Attach the quilt bar and set to the next measurement.

Align the bar with the initial centre row of stitching.

Work down the runner aligning guide bar if previous stitch, working across the runner on left

side, then continue on right side until quilting completed. Trim excess backing and wadding to match runner top.



Step 9 Flange binding strip

Join the flange binding strips together to create one length. Repeat with the outer strips.

Now, with right sides together sew the two strips together using $\frac{1}{4}$ " seam. Press seam allowances towards smaller "outer" binding piece; with wrong sides together, press the strip in half lengthwise, matching the raw edges.



Step 5 Attaching the Flange Binding

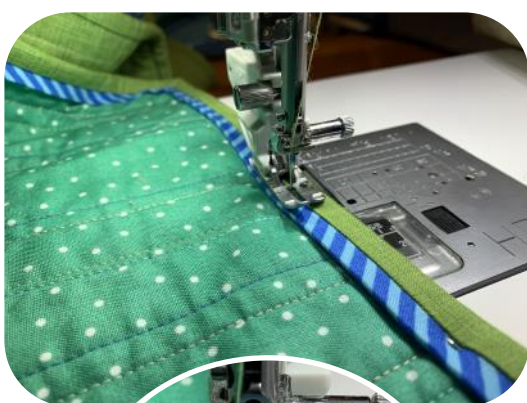
Attach the ¼" piecing foot (O) or HP Foot
Thread the machine with construction thread.
Select the ¼" stitch.

Starting on one of the long sides, and with raw edges together, sew binding to underside of the runner, stop a ¼" | 6mm before the corner. Pivot and sew out to the corner point. Then, fold binding down on the next side and continue to sew. Repeat same at other corners, stopping 4"/10cm from the start point. Join the binding ends and finish stitching.



Fold to the front of the runner, then press and pin in place.

Attach the Ditch quilting foot or HP2 foot
Select a straight stitch, set stitch length to 3.0
Top-stitch in the ditch to secure the binding.



FINISH.

