

## Project: MONDERN RETRO RUNNER

By Janome Maker - Cat Noonan

### WHAT YOU WILL NEED

- Janome Sewing Machine
- Janome Needles #12 sharp for piecing
- Janome Needles #14 sharp for stitching through layers
- Even Feed Foot + Quilt Guide  
or  
Dual AcuFeed Flex Foot + Quilt Guide
- 5 x Janome plastic bobbins
- Scissors or thread snips
- Thin cardboard to use as a template
- Disappearing fabric marker
- Cutting Mat
- Rotary Cutter
- Quilt ruler

### FABRIC & NOTIONS

- 40 cm dark blue fabric (Dark Blue Fabric)
- 30 cm turquoise fabric (Turquoise Fabric)
- 30 cm teal fabric (Teal Fabric)
- Fat quarter of orange fabric (Orange Fabric)
- 120cm x 18" wide double sided fusible interfacing
- 30cm cotton batting
- 30cm backing fabric
- Thread to match the fabric

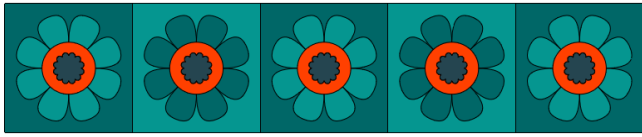
### NOTES

- Read all instructions before commencing.
- All seams are ¼ inch unless otherwise stated.
- Remove pins holding fabric in place before sewing.



### CUTTING INSTRUCTIONS

- Cut three 8" squares from the Teal Fabric
- Cut two 8" squares from the Turquoise Fabric
- Cut a rectangle 9" x 25" from the Turquoise Fabric and a rectangle 8" x 24" of interfacing
- Cut a rectangle 9" x 17" from the Teal Fabric and a rectangle 8" x 16" of interfacing
- Cut a rectangle 5" x 19" from the Orange Fabric and a rectangle 4" x 18" of interfacing
- Cut a rectangle 4" x 16" from the Dark Blue Fabric and a rectangle 3" x 15" of interfacing
- Print the templates. Glue them to a piece of thin cardboard. Cut around the Petal Outer, Circle and Petal Inner shapes.
- Cut one piece of cotton batting 10" x 42"
- Cut backing fabric 10" x 42"
- Cut three rectangles measuring 2½" x fabric width from the Dark Blue Fabric



## INSTRUCTIONS

### Step 1 Prepare the applique shapes

Affix the fusible interfacing to the Turquoise Fabric rectangle by following the manufacturer's instructions.

Trim to the size of the interfacing.

### Step 2

Repeat Step 1 with the Teal Fabric rectangle, the Orange Fabric rectangle and the Dark Blue Fabric rectangle measuring 4" x 16"

### Step 3

Use a disappearing fabric marker to trace three Petal Outer shapes onto the rectangle Turquoise Fabric.

### Step 4

Use a disappearing fabric marker to trace two Petal Outer shapes onto the rectangle Teal Fabric

### Step 5

Use a disappearing fabric marker to trace five Circle shapes onto the Orange Fabric.

### Step 6

Use a disappearing fabric marker to trace five Petal Inner shapes onto the Dark Blue fabric.

### Step 7

Cut around the shapes carefully.

### Step 8 Prepare your blocks – Teal Block

Fold a Teal Fabric square in half, then in half again and finger press along the folds to find the centre point.

Fold a Turquoise Petal Outer shape in half, then in half again and finger press along the folds to find the centre point.

Fold an Orange Circle shape in half, then in half again and finger press along the folds to find the centre point.

Fold a Dark Blue Inner Petal shape in half, then in half again and finger press along the folds to find the centre point.

Unfold each of the shapes.

Match the centre points using the folds as a guide

### Repeat for all Teal Blocks x 2

### Step 9 Prepare your blocks – Turquoise Block

Fold a Turquoise Fabric square in half, then in half again and finger press along the folds to find the centre point.

Fold a Teal Petal Outer shape in half, then in half again and finger press along the folds to find the centre point.

Fold an Orange Circle shape in half, then in half again and finger press along the folds to find the centre point.

Fold a Dark Blue Inner Petal shape in half, then in half again and finger press along the folds to find the centre point.

Unfold each of the shapes.

Match the centre points using the folds as a guide

### Repeat for all Turquoise Blocks x 1

### Step 10 Stitch your applique – Teal Blocks

Affix the shapes to the Teal Fabric square one at a time by following the manufacturer's instructions. Start with the Petal Outer, then the Orange Centre then the Petal Inner.

### Step 11

Attach the applique foot to your Janome Sewing Machine. Choose an applique stitch. *We used the applique stitch shown in the image on the right.*

*(If your machine does not have specific applique stitches use a zigzag stitch.)*



## Step 12

Using a matching thread stitch carefully around the raw edges of the Petal Outer. Lock off and cut thread

Using a matching thread stitch carefully around the raw edges of the Orange Circle. Lock off and cut thread.

Using a matching thread stitch carefully around the Petal Inner shapes.

Repeat Step 10 – Step 12 for all remaining teal blocks

## Step 13 Stitch your applique – Turquoise Blocks

Affix the shapes to the Turquoise Fabric square one at a time by following the manufacturer's instructions. Start with the Petal Outer, then the Orange Centre then the Petal Inner.

## Step 14

Using a matching thread stitch carefully around the raw edges of the Petal Outer. Lock off and cut thread

Using a matching thread stitch carefully around the raw edges of the Orange Circle. Lock off and cut thread.

Using a matching thread stitch carefully around the Petal Inner shapes.

Repeat Step 13 – Step 14 for all remaining turquoise blocks

## Step 15

Sew the blocks together using the project diagram as a guide to the block placement

## Step 16 Quilt your project

Place the backing fabric right side down.

## Step 17

Place your cotton batting on top of the backing fabric.



## Step 18

Place your table runner top on top of the cotton batting right side up.

## Step 19

Baste using your preferred method.

## Step 20 Change Foot

Attach your even feed foot (walking foot) to your sewing machine.

Quilt as desired. We quilted the background section with straight lines spaced  $\frac{1}{4}$ " apart.

## Step 21

Once the quilting is finished, trim your table runner to measure 8"x 37 $\frac{1}{2}$ "

## Step 22 Attach the binding

Join two binding strips by placing two of the strips right sides together at right angles.



## Step 23

Sew a diagonal line. Trim to a  $\frac{1}{4}$  inch seam.

## Step 24

Join the third strip using the same method.

## Step 25

Wrong sides facing, fold the binding in half lengthways, matching the long raw edges together.

Press

## Step 26

Starting about 20 inches from the short edge of the table runner, leave a length of 10 inches of the binding free, sew down the binding, aligning the raw edges of the binding and the raw edges of the table runner.

Sew until you reach  $\frac{1}{4}$ " from the edge of a corner.



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## Step 27

Fold your binding up so it forms a 90° angle.



## Step 28

Fold your binding down running along the next edge. Start sewing from the edge of your project backstitching your first stitches to secure.



## Step 29

Repeat for the next three corners.

## Step 30

Sew until there is a gap of about 14 inches from your starting point.

## Step 31

Overlap the ends by 3 inches and trim.

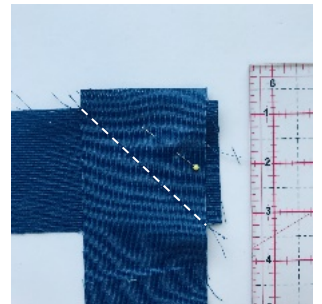


## Step 32

Unfold your binding at both ends. Place right sides together with a 1/4 seam overlap.



Sew a diagonal line. Trim to a 1/4 inch seam



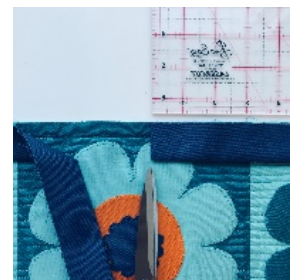
## Step 33

Press in half your remaining unattached binding in order to continue attaching the binding to the table runner. Sew down the last section of binding, aligning the raw edges of the binding and the raw edges of the table runner. Autolock or backstitching each end to secure.

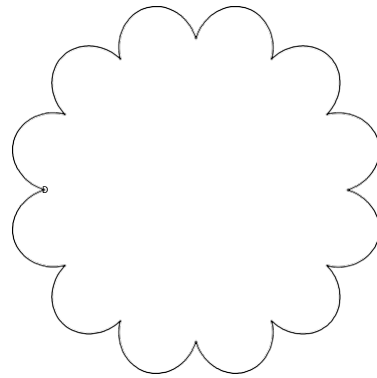
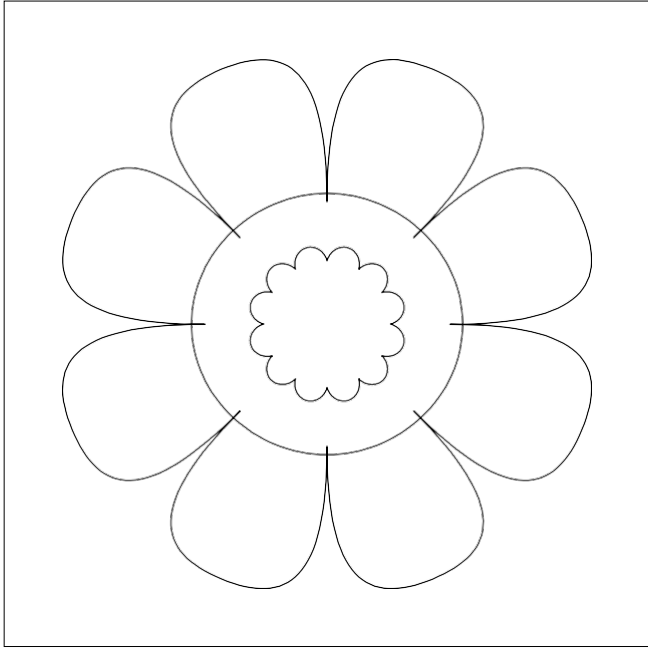
## Step 25

Press the binding over to the back of the table runner.

Sew the binding to the back by hand or stitch by machine.



FINISH



## TEMPLATES

