

Project: I (Heart) Wool

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Try your hand at appliqué with this easy-to-make wool table runner.

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Materials

- $\frac{1}{8}$ yard tan plaid felted wool (appliqué foundations)
- 9×11" rectangle each of red plaid No. 1, purple plaid, gold plaid No. 1, and green plaid felted wool (appliqués)
- $\frac{1}{2}$ yard black-and-brown plaid felted wool (sashing, border)
- 4×6" rectangle solid red felted wool (appliqués)
- Scraps of red plaid No. 2 and gold plaid No. 2 felted wool (appliqués)
- $\frac{1}{2}$ yard backing fabric
- 27×42" batting
- Freezer paper
- Perle cotton No. 8: red, purple, gold, green
- Quilt basting spray
- Chopstick

Finished table runner: 39 $\frac{1}{2}$ ×13 $\frac{1}{2}$ "

Finished block: 9 $\frac{1}{2}$ " square

Unless otherwise specified, quantities are for 4 $\frac{1}{4}$ "-wide 100% cotton fabrics. Measurements include $\frac{1}{4}$ " seam allowances.

Prepare Fabrics

Felted wool doesn't fray, so there is no need to turn under the edges of the appliqué pieces.

To felt wool, machine-wash it in a hot-water-wash, cool-rinse cycle with a small amount of detergent; machine-dry on high heat and steam-press.

Cut Fabrics

Cut pieces in the following order. Patterns are on pages 5–6.

To use freezer paper for cutting appliqué shapes, complete the following steps.

1. Lay freezer paper, shiny side down, over patterns. Use a pencil to trace each pattern the number of times indicated

in cutting instructions, leaving $\frac{1}{4}$ " between tracings. Cut out freezer-paper shapes roughly $\frac{1}{8}$ " outside traced lines.

2. Using a hot dry iron, press freezer-paper shapes, shiny sides down, onto designated wools; let cool. Cut out wool shapes on drawn lines. Peel off freezer paper.

From tan plaid wool, cut:

- 3–11" squares

From each red plaid No. 1, purple plaid, and gold plaid No. 1 wool, cut:

- 1 each of patterns A, B, and C

From black-and-brown plaid wool, cut:

- 2–2 $\frac{1}{2}$ ×40" border strips
- 2–4×10" sashing strips
- 2–2 $\frac{1}{2}$ ×10" border strips

From green plaid wool, cut:

- 1– $\frac{1}{2}$ ×10 $\frac{1}{2}$ " vine strip
- 1– $\frac{1}{2}$ ×9 $\frac{1}{2}$ " vine strip
- 1– $\frac{1}{2}$ ×6" vine strip
- 1– $\frac{1}{2}$ ×5" vine strip
- 1– $\frac{1}{2}$ ×4" vine strip
- 1– $\frac{1}{2}$ ×3 $\frac{3}{4}$ " vine strip

From solid red wool, cut:

- 7 of Pattern D

From red plaid wool No. 2, cut:

- 2–1 $\frac{1}{2}$ ×3 $\frac{1}{2}$ " rectangles

From gold plaid wool No. 2, cut:

- 2–1 $\frac{1}{2}$ ×3 $\frac{1}{2}$ " rectangles

From backing fabric, cut:

- 1–14×40" rectangle

From batting, cut:

- 1–14×40" rectangle
- 3–11" squares

Appliqué Blocks

1. Following manufacturer's instructions, apply basting spray to one side of an 11" batting square. Place batting square, basting spray side up, on a flat surface. Aligning edges, layer a tan plaid wool 11" square on batting square to make an appliqué foundation.

2. Referring to **Table Runner Appliqué Placement Diagram**, position and pin red plaid No. 1 wool A piece, purple plaid wool B piece, and gold plaid No. 1 wool C piece on appliqué foundation. Tuck edges of B piece under A and C pieces. Tuck edge of C piece under A piece. Baste in place.
3. Centering the heart, trim foundation square to make a 10" square appliqué block.
4. Repeat steps 1–3 to make three appliqué blocks total.

Assemble Table Runner Top

1. Referring to **Table Runner Appliqué Placement Diagram**, sew together three appliqué blocks, two black-and-brown plaid wool 2 $\frac{1}{2}$ ×10" border strips, and two black-and-brown plaid wool 4×10" sashing strips in a row. Press seams open.
2. Join black-and-brown plaid wool 2 $\frac{1}{2}$ ×40" border strips to top and bottom edges to make table runner top.

Embellish Table Runner Top

1. Referring to **Table Runner Appliqué Placement Diagram**, position green plaid wool $\frac{1}{2}$ "-wide vine strips on table runner top, tucking ends of some green plaid wool vine pieces under heart pieces and cutting some other ends at a 45-degree angle. Baste in place. Position solid red wool D circles on table runner top; baste in place.
2. Using perle cottons that match appliqués, whipstitch wool appliqué shapes in place.

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To whipstitch, bring needle up at A and down at B (**Whipstitch Diagram**). Continue in same manner around entire shape.

- Using perle cottons that contrast with appliqués, featherstitch along adjoining appliqué pieces A and BC, and pieces B and C (**Table Runner Appliqué Placement Diagram**).

To featherstitch, pull needle up at A, form a V shape with thread (pointing in either direction), and hold angle in place with your thumb (**Featherstitch Diagram**). Push needle down at B, about $\frac{1}{2}$ " from A, and come up at C. For next stitch, form a V shape with thread, insert needle at D, and bring it out at E. Continue in same manner.

- Referring to **Table Runner Appliqué Placement Diagram**, position red plaid No. 2 wool and gold plaid No. 2 wool $1\frac{1}{2}\times 3\frac{1}{2}$ " rectangles on table runner top. Using matching perle cottons, whipstitch rectangles in place.

Finish Table Runner

- Apply basting spray to one side of 14×40 " batting rectangle. Place batting rectangle, basting spray side up, on a flat surface. Center and layer table runner top, right side up, and backing rectangle, wrong side up, on batting rectangle.
- Sew together through all layers, leaving a 6" opening along one edge for turning; trim corners.
- Turn right side out. Using a chopstick or the eraser end of a pencil, push out corners; press. Whipstitch opening closed to complete table runner.

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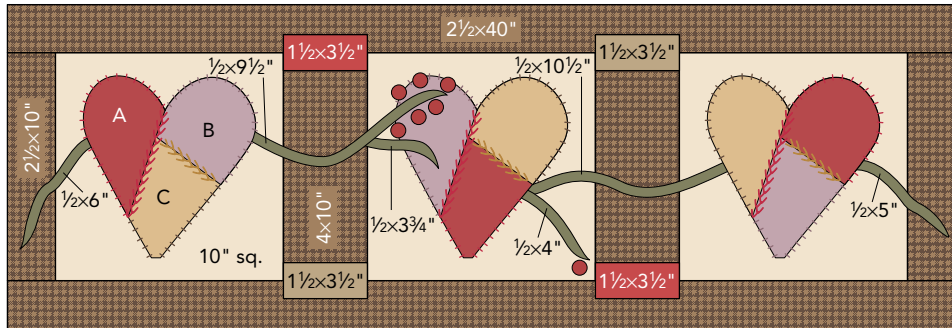
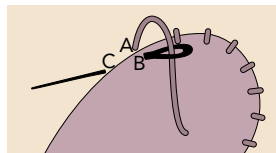
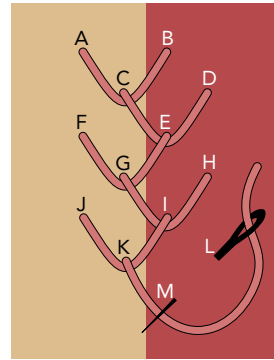


TABLE RUNNER APPLIQUÉ PLACEMENT DIAGRAM

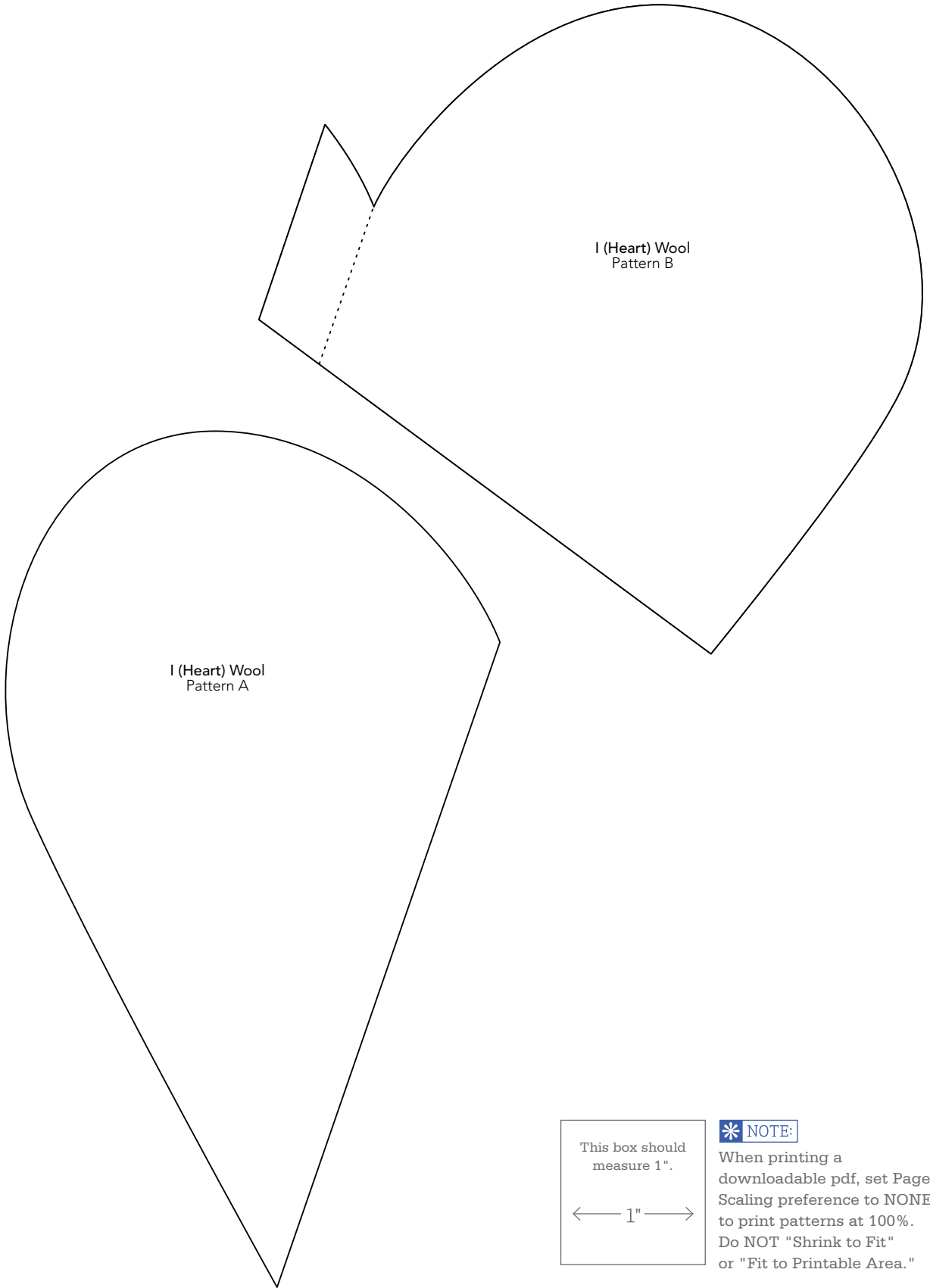


WHIPSTITCH DIAGRAM

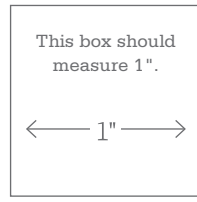
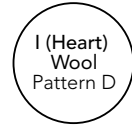
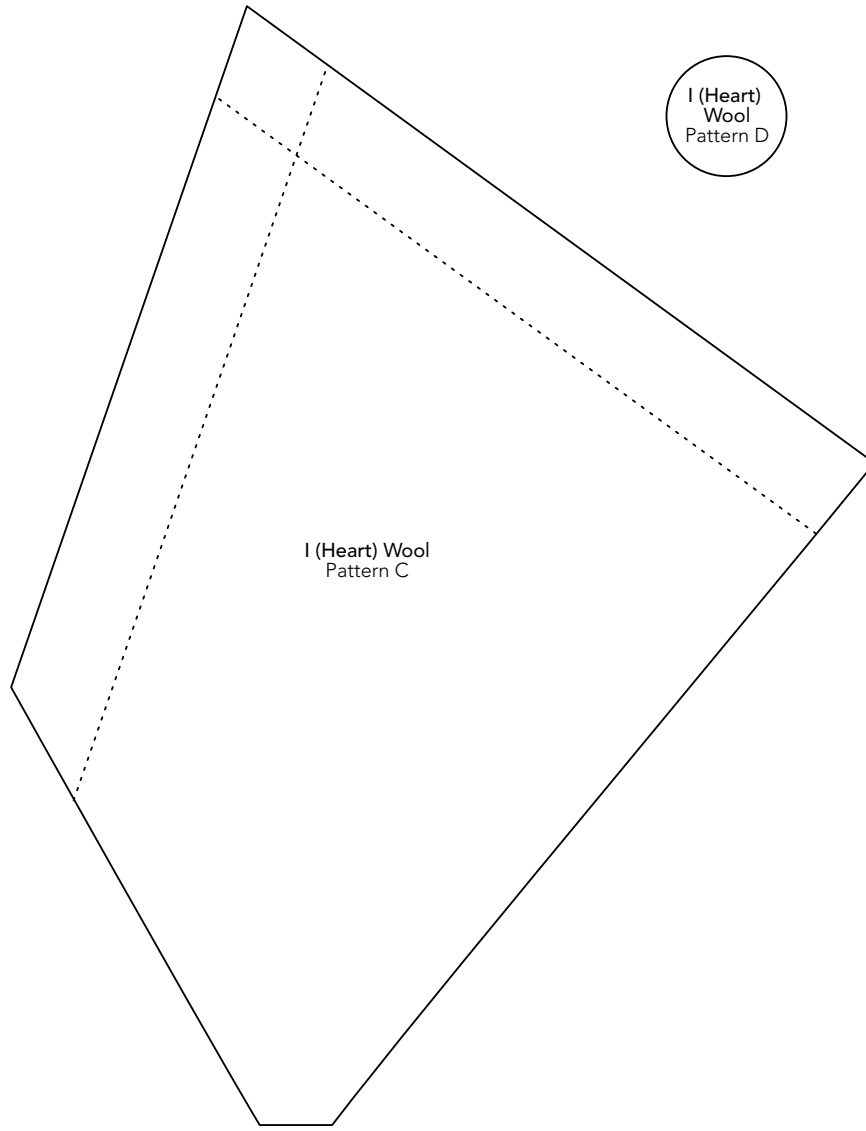


FEATHERSTITCH DIAGRAM

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*** NOTE:**

When printing a downloadable pdf, set Page Scaling preference to NONE to print patterns at 100%. Do NOT "Shrink to Fit" or "Fit to Printable Area."

Make and Use Templates

Make Templates

A template is a pattern made from extra-sturdy material so you can trace around it many times without wearing away the edges. Acrylic templates for many common shapes are available at quilt shops. Or you can make your own by duplicating printed patterns on template plastic.

To make permanent templates, purchase easy-to-cut template plastic, available at quilt shops and crafts supply stores. Lay the plastic over a printed pattern. Trace the pattern onto the plastic using a ruler and a permanent marker to ensure straight lines, accurate corners, and permanency.

For hand piecing and appliqué, make templates the exact size finished pieces will be (without seam allowances). For piecing, this means tracing the patterns' dashed lines.

For machine piecing, make templates that include seam allowances by tracing the patterns' solid and dashed lines onto the template plastic.

For easy reference, mark each template with its letter designation, grain line (if noted on the pattern), and block name. Cut out the traced shapes on their outside lines. Verify each template's shape and size by placing it over its printed pattern. Templates must be accurate; errors, however small, will compound many times as you assemble a quilt. To check templates' accuracy, make a test block before cutting the fabric pieces for an entire quilt.

Use Templates

To mark on fabric, use a pencil, white dressmaker's pencil, chalk, or a special fabric marker that makes a thin, accurate line. Do not use a ballpoint or ink pen; it may bleed if washed. Test all marking tools on a fabric scrap before using them.

To make pieces for hand piecing or appliqué, place a template facedown on the wrong side of the fabric and trace. Then reposition the template at least $\frac{1}{2}$ " away from the previous tracing (**Diagram 1**), trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines $\frac{1}{4}$ " away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a $\frac{1}{4}$ " seam allowance; for hand appliqué, add a $\frac{3}{16}$ " seam allowance.

Because templates used to make pieces for machine piecing have seam allowances included, you can use common tracing lines for efficient cutting. Place a template facedown on the wrong side of the fabric and trace. Then reposition the template without a space between it and the previous tracing (**Diagram 2**); trace again and repeat. Using a rotary cutter and ruler, cut pieces out, cutting precisely on the drawn lines.

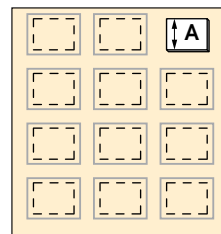


DIAGRAM 1

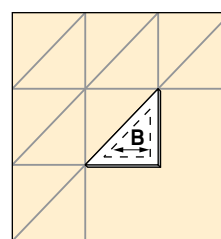


DIAGRAM 2