

# Easy Table Runner

*Christine Jensen*, Emery County Extension Agent, FCS/4-H  
*Debra Proctor*, Wasatch County Extension Agent, FCS/4-H  
*Ronda Olsen*, Uintah County Extension Agent, FCS/4-H

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Sewing Project Skill: Sewing a straight seam and creating borders  
Life Skills: Learning to learn, making decisions, applying technology  
Level: 1A

## Supplies Needed:

1/3 yard (12") fabric for feature fabric  
1/2 yard (18") fabric for border/background  
Sewing machine  
Matching thread  
Basic sewing supplies (see Fact Sheet: FL/ST/  
Construction 2007/101)



## Fabric preparation:

Wash fabric before cutting to eliminate shrinkage and remove excess dye. Straighten edges and press fabric.

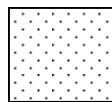


**Sewing clue**—Woven fabric grainline is established by pulling a thread across the fabric from selvage edge to selvage edge. Clip ½ inch into the fabric along one selvage edge. Grasp one or two crosswise threads between your thumb and index finger and pull gently while pushing the fabric toward the other selvage edge with your other hand. Cut along the line left by the pulled threads. Another way to straighten the edge is to tear the fabric. Tearing the fabric causes the edge to become stretched and ruffled. Shrink the stretched edge by steam pressing the fabric back into shape. The fabric will now lie flat. Fold the fabric in half matching the selvages and the newly straightened edges. The fabric should lie flat with the edges matching. If it does not lie flat, realign the fabric by holding the long edge of the fabric along the selvage edge and gently “pulling” the fabric on the bias. This will realign the threads so that the crosswise threads run at right angles to the lengthwise threads.

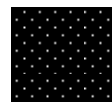
## Pattern markings:

**Sewing clue**—Becoming familiar with the markings in the Diagram Key will aid you in reading instructions. Most patterns have similar keys.

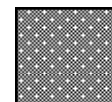
## Diagram Key:



Right side of  
feature fabric

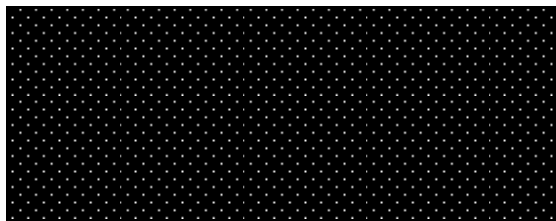
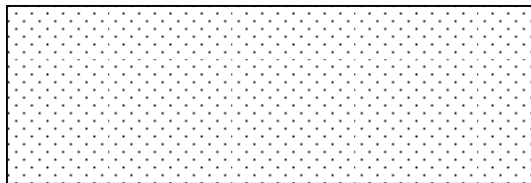


Right side of  
border/background



Wrong side of fabric

## Cutting instructions:



### Step 1:

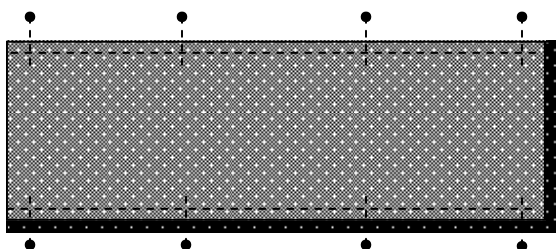
✂ From the feature fabric:

Cut one rectangle 12" by the width of the fabric (WOF).

✂ From the border/backing fabric:

Cut one rectangle 18" X WOF

## Table runner construction:



Extra fabric folds behind

### Step 1:

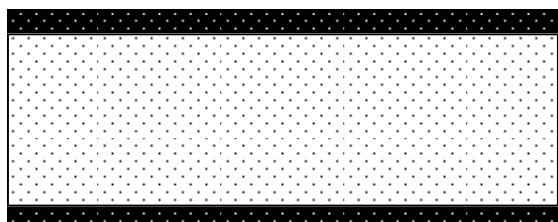
✂ With right sides together, match long side and pin.

Repeat for other side.

✂ Sew seam on each side using a 1/4" seam. This will make a tube.

📎 Press seams toward the darker fabric or it may need to be pressed open to reduce bulk.

**Sewing clue**—Pressing is an important part of sewing. Press each seam flat on the stitching line on both sides to set the stitches before pressing the seam to the side.



### Step 2:

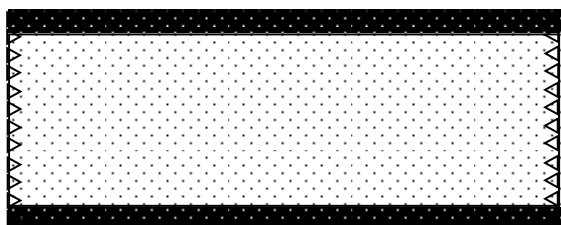
✂ Turn right side out.

### Step 3:

✂ Smooth backing to form border.

📎 Press table runner so that borders are even on each side of the feature fabric.

#### Step 4:



✂ To prevent the edges from fraying use a seam finish as described in the **Sewing clue** across both ends.

**Sewing clue**—A seam finish is a way to prevent a seam from fraying. An easy finish is to zig-zag over the seam's raw edge. Set the stitch length at 2.5 and the width at 3.5. On a light weight fabric a three step zig-zag stitch can help prevent a puckered edge. Serging over the raw edge would also prevent the edge from fraying.

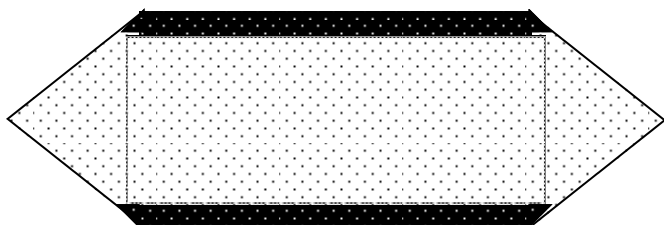
#### Step 5:



✂ To make end points, match border seams on each end and pin.

✂ Sew with a 1/4" seam on each end.

✂ Trim selvages using scissors or rotary cutter. Grade corners



#### Step 6:

✂ Fold right side out leaving a point. Do other end. Press well.

#### Step 7:

✂ Tack or sew down pointed ends using buttons, trim, rick rack, etc.