

PATCHWORK TABLE RUNNER TUTORIAL

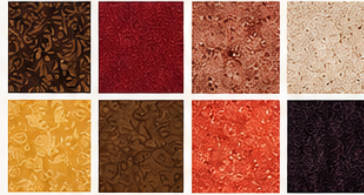
Step-by-Step Guide to Make a Beautiful Woven-Look Table Runner

1. FINISHED SIZE



2. FABRIC & CUTTING

Fabric: 100% Cotton Quilting Fabric
You will need 8 coordinating fabrics.



CUTTING INSTRUCTIONS (all measurements include 0.6 cm seam allowance)

Piece	Size (cm)	Quantity	Fabric
Rectangle A	10.5 x 4.5	32	Assorted (8 fabrics)
Rectangle B	10.5 x 4.5	32	Assorted (8 fabrics)
Backing fabric	40 x 100	1	—
Batting	40 x 100	1	—
Binding strips	6 x 100	2	—

Note: You will have a total of 64 rectangles (32 A + 32 B).

3. ARRANGE THE BLOCKS

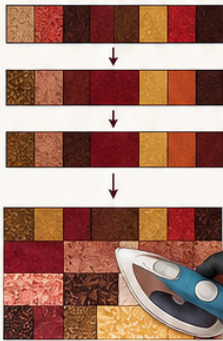
Lay out the rectangles in a "woven" pattern as shown.



Tip: Play with the arrangement before sewing to balance the colors.

4. SEW THE BLOCKS

Sew the rectangles into rows.



Then sew the rows together, aligning the seams.

Press seams open or to the side.

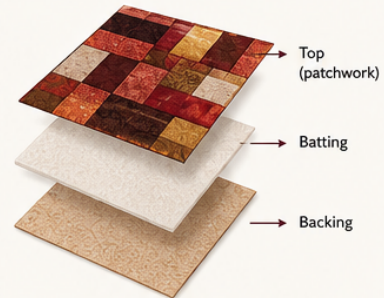
5. CHECK & SQUARE UP

Square up your table runner.



Trim the edges if needed to measure 36 cm x 96 cm.

6. MAKE THE QUILT SANDWICH



Layer the backing right side down, then batting, then the patchwork top right side up.

7. QUILT AS DESIRED

Quilt using straight lines following the woven design or your favorite pattern.



Straight line quilting works great for this project.

QUILTING TIPS

- Use walking foot for even feeding.
- Quilt along the seams or in the ditch.
- Use matching thread.



8. BIND THE EDGES

Sew the binding strips together end to end.



Fold in half lengthwise and press.



Attach binding to the front of the runner.



Fold to the back and hand stitch or machine stitch in place.



9. YOUR TABLE RUNNER IS DONE!

Enjoy your handmade table runner!



MAIN SEWING METHODS USED

- Cutting accurate fabric pieces
- Layering (quilt sandwich)
- 1/4" (0.6 cm) Seam Allowance
- Quilting (straight lines / in the ditch)
- Pressing seams
- Binding the edges
- Straight seam sewing

FABRIC TIPS

- Choose 8 coordinating fabrics with good contrast.
- Use quality quilting cotton for best results.
- Pre-wash fabrics to prevent shrinking.



CARE INSTRUCTIONS

- Machine wash cold, gentle cycle.
- Use mild detergent.
- Tumble dry low.
- Iron if needed.

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Happy Sewing! Enjoy the process and make it your own!

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TABLE RUNNER TEMPLATE

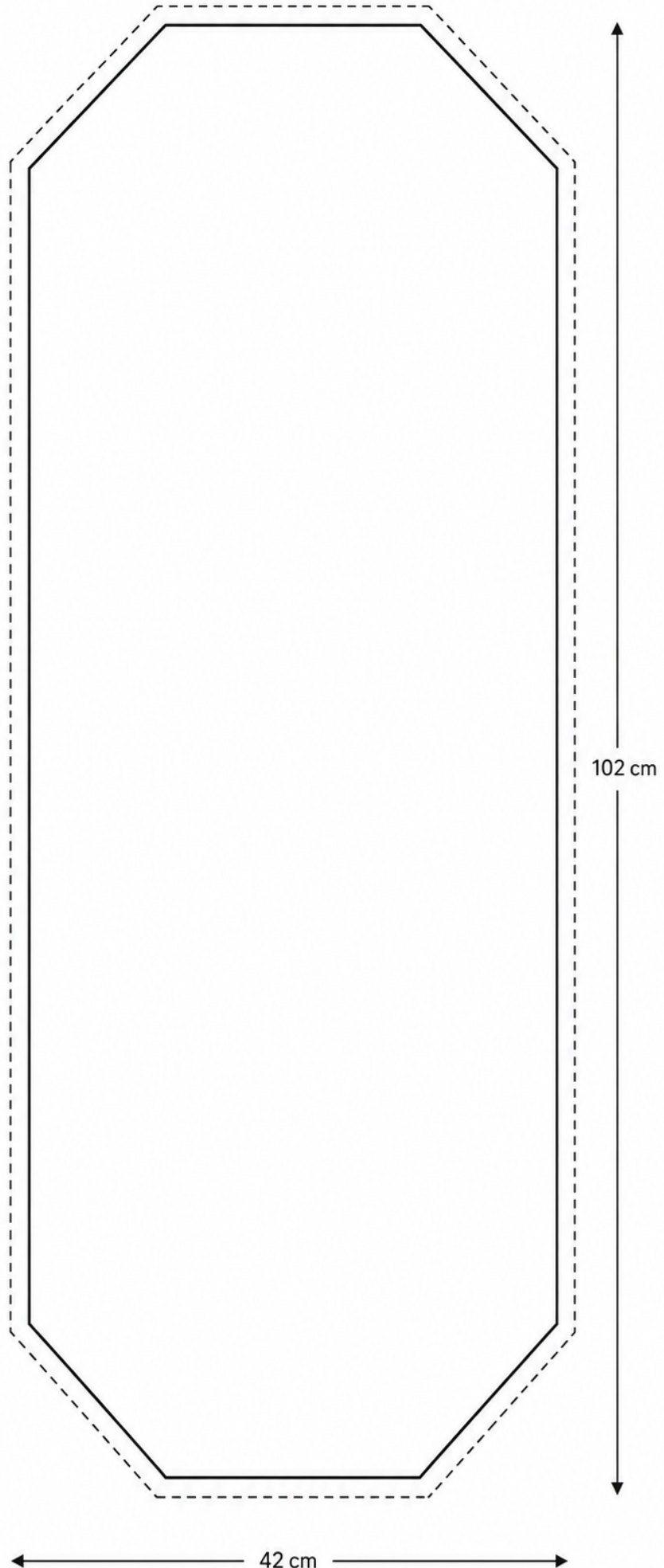
Finished Size:
40 cm x 100 cm

SEAM ALLOWANCE
INCLUDED
1 cm

INSTRUCTIONS:

1. Cut your patchwork top using the template shape as a guide.
2. Add batting and backing fabric.
3. Quilt as desired.
4. Trim excess batting and backing.
5. Finish the edges with binding.

— CUTTING LINE
- - - SEAM ALLOWANCE
(1 cm)



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Patchwork Table Runner Tutorial: Step-by-Step Woven-Look Quilting Guide

This Patchwork Table Runner is a beautiful sewing project made with coordinating cotton quilting fabrics arranged to create a woven or interlaced appearance. The finished runner measures approximately 36 cm × 96 cm (14 1/8" × 37 3/4") and is a practical project for learning accurate cutting, straight-seam piecing, pressing, quilting, and binding.

The design uses 64 fabric rectangles in eight coordinating fabrics. Warm browns, reds, rust, cream, gold, and orange work especially well for the look shown in the tutorial, but you can easily adapt the project to your own décor. For the most consistent result, use 100% cotton quilting fabric for the patchwork top.

All cutting measurements below already include the 0.6 cm (1/4") seam allowance, so you do not need to add extra fabric around the pieces.

Step 1: Understand the Finished Size

The completed table runner should measure approximately:

36 cm wide × 96 cm long

14 1/8 inches wide × 37 3/4 inches long

The runner has a long rectangular shape with angled ends, giving it a more decorative appearance than a standard rectangular table runner.

Before beginning, remember that small differences can occur during piecing and quilting. Accurate cutting and a consistent

1/4-inch seam allowance will help keep the finished dimensions as close as possible to the original project.

It is also helpful to measure your dining table before sewing. A 96 cm runner works well as a decorative centerpiece, but you can adjust the length later if you want to create a longer version.

If changing the dimensions, keep the same general block arrangement and simply add or remove groups of rectangles.

Step 2: Choose Your Fabrics

For the patchwork top, choose 8 coordinating 100% cotton quilting fabrics.

The original design combines colors such as:

- **Burgundy**
- **Rust**
- **Burnt orange**
- **Dark brown**
- **Medium brown**
- **Cream**
- **Gold**
- **Terracotta**

Try to include a mixture of light, medium, and dark values. The contrast between the fabrics is important because it makes the woven arrangement easier to see.

Small-scale prints, batiks, tone-on-tone designs, marbled prints, and subtle floral quilting cottons are excellent options.

Avoid selecting eight fabrics that are almost identical in color value. If all the fabrics are equally dark or equally light, the woven effect will become less noticeable.

You may also use scraps from your fabric collection as long as the pieces are large enough to cut the required rectangles.

Pre-washing is optional, but it is a good choice if you are concerned about future fabric shrinkage or color bleeding.

After washing, press all fabrics carefully before cutting.

Step 3: Gather the Materials and Supplies

For the patchwork top you will need eight coordinating quilting fabrics.

Cut the following pieces:

Rectangle A:

10.5 cm × 4.5 cm

Quantity: 32

Rectangle B:

10.5 cm × 4.5 cm

Quantity: 32

Although the tutorial labels them A and B, both rectangle groups have the same dimensions. The distinction simply helps organize the alternating layout.

You will therefore have a total of:

64 rectangles

You will also need:

Backing fabric:

40 cm × 100 cm — 1 piece

Batting:

40 cm × 100 cm — 1 piece

Binding strips:

6 cm × 100 cm — 2 strips

Useful sewing tools include a rotary cutter, acrylic quilting ruler, self-healing cutting mat, sewing machine, quilting thread, iron, ironing board or pressing mat, pins or quilting clips, walking foot, scissors, hand-sewing needle if desired, and fabric marking tool.

A rotary cutter and quilting ruler are especially helpful because the rectangles need to be very consistent in size.

Step 4: Cut the Patchwork Rectangles

Press each fabric before cutting.

Place the fabric on your cutting mat and straighten one edge using your quilting ruler.

Cut strips measuring 4.5 cm wide.

From those strips, cut rectangles measuring 10.5 cm long.

Continue until you have 64 rectangles total.

Try to distribute the pieces relatively evenly among your eight fabrics. You do not need exactly eight rectangles from every fabric unless you want a perfectly balanced color distribution.

The goal is to have enough variety to scatter the colors throughout the runner.

After cutting, check several rectangles against your ruler. Consistent dimensions will make the seams line up much more accurately later.

Keep the pieces organized in small stacks by color while preparing the layout.

Step 5: Arrange the Woven-Look Pattern

Lay the rectangles on a large table, cutting mat, design wall, or clean floor.

Arrange them in the woven-style pattern shown in the reference tutorial.

Some rectangles should appear horizontal while others visually form vertical sections. This alternating orientation creates the impression that strips of fabric are weaving over and under each other.

Do not immediately begin sewing.

Spend some time moving the rectangles around until the colors look balanced.

Avoid placing too many identical colors beside one another.

Also avoid concentrating all your light fabrics in one area and all your dark fabrics in another.

A good strategy is to distribute dark rectangles throughout the runner and use cream or gold fabrics as occasional highlights.

Stand several feet away from the arrangement and look at the entire composition. This makes unbalanced areas much easier to notice.

You can also take a photograph of the layout with your phone. The photograph becomes a useful reference once you begin moving pieces to the sewing machine.

Step 6: Organize the Rows Before Sewing

Once you are satisfied with the arrangement, divide the design into manageable rows or sewing sections.

Keep each row in its correct order.

You can place a small numbered paper label on each row, such as:

Row 1

Row 2

Row 3

Row 4

Continue numbering until the entire runner is organized.

Another method is to stack each row from left to right so the first rectangle is always on top.

Consistency matters more than the specific organization method.

The main goal is to prevent the carefully planned fabric arrangement from becoming mixed up while sewing.

Step 7: Sew the Rectangles Into Rows

Thread your sewing machine with a good-quality neutral cotton or polyester sewing thread.

Set the machine for a normal straight stitch.

A stitch length around 2.0–2.5 mm usually works well for patchwork piecing.

Place the first two rectangles right sides together.

Align the raw edges carefully.

Sew using a consistent:

0.6 cm or 1/4-inch seam allowance

Do not stretch the fabric while sewing.

Add the next rectangle and continue until the entire row is assembled.

Repeat for every row.

Accuracy at this stage is very important. Even a slightly oversized seam allowance repeated many times can noticeably reduce the final dimensions of the runner.

If your sewing machine has a quarter-inch presser foot, this is an excellent project for using it.

Step 8: Press the Seams

After completing each row, take it to your ironing station.

Press the seams either open or to one side, depending on your preferred quilting method.

If pressing to one side, alternating the seam direction between neighboring rows can make it easier to nest the seams when joining rows together.

For example:

Row 1 seams → press right.

Row 2 seams → press left.

Row 3 seams → press right.

This creates opposing seam allowances that fit neatly together.

Press rather than aggressively sliding the iron back and forth.

Excessive movement can stretch the patchwork pieces and distort the rectangles.

Use steam only if your fabric handles it well.

Step 9: Join the Rows Together

Place two completed rows right sides together.

Match the important seam intersections.

Pin or clip the rows together, especially around the intersections.

Sew using the same 1/4-inch seam allowance.

Continue joining additional rows until the entire patchwork top has been assembled.

After each seam, check that the rectangles are still aligned properly.

If one intersection is noticeably misaligned, it is usually worth removing a few stitches and correcting it before continuing.

Once all rows are joined, press the new seams neatly.

Your woven-look patchwork top should now be clearly visible.

Step 10: Square Up the Table Runner

Place the completed patchwork top on your cutting mat.

Use a long acrylic quilting ruler to check both side edges.

Trim away small uneven sections if necessary.

The target patchwork dimensions are approximately:

36 cm × 96 cm

Do not remove large amounts of fabric just to force the exact measurement.

If your runner differs by a few millimeters because of normal piecing variation, maintaining straight and symmetrical edges is more important.

The angled ends should also be checked carefully.

Make sure the two ends have matching angles so the runner looks balanced.

A rotary cutter provides the cleanest result.

Step 11: Prepare the Quilt Sandwich

Now create the three-layer quilt sandwich.

You will need:

Backing fabric: 40 cm × 100 cm

Batting: 40 cm × 100 cm

Patchwork top: approximately 36 cm × 96 cm

Place the backing fabric on a clean surface with the:

Right side facing down

Smooth the fabric so there are no wrinkles.

Place the batting over the backing.

Smooth it carefully.

Finally, position the patchwork top over the batting with the:

Right side facing up

Center the top so a small amount of batting and backing extends beyond all edges.

The layer order should therefore be:

Top — right side up

Batting — center layer

Backing — right side down

This is your quilt sandwich.

Step 12: Baste the Layers

Before quilting, secure the three layers together.

You can use quilting safety pins, temporary basting spray, or long hand-basting stitches.

Begin near the center and work outward.

Smooth the fabric repeatedly while basting to prevent wrinkles.

If using pins, place them every several inches across the quilt.

Pay particular attention to the edges because those areas can shift during quilting.

Check the back when finished.

The backing should be smooth without folds or puckers.

Step 13: Quilt the Table Runner

The tutorial recommends straight-line quilting because it complements the geometric woven design.

Install a walking foot on your sewing machine if you have one.

A walking foot helps feed the patchwork top, batting, and backing evenly through the machine.

Start quilting near the center of the runner and gradually work toward the outside edges.

You can stitch directly beside the patchwork seams using a technique called stitching in the ditch.

Another option is to quilt parallel straight lines that follow the rectangular woven design.

For example, quilt approximately 0.6–1 cm away from selected seams.

Avoid extremely dense quilting unless that is the effect you want. Moderate quilting keeps the table runner flexible while securing all three layers.

Use matching thread for a subtle appearance.

Use contrasting thread only if you want the quilting stitches to become an additional decorative feature.

Check the backing regularly while quilting to ensure no folds are developing.

Step 14: Trim the Quilted Runner

Once quilting is complete, place the runner back on your cutting mat.

Use the patchwork top as your guide.

Trim away the excess batting and backing around all edges.

Keep the ruler aligned carefully so the finished edges remain straight.

Pay special attention to the angled ends.

Both sides should remain symmetrical.

After trimming, all three layers should be flush with one another.

The runner is now ready for binding.

Step 15: Prepare the Binding Strips

The tutorial uses:

2 binding strips measuring 6 cm × 100 cm

Place the strips right sides together at one end and sew them together to create one long continuous binding strip.

For a less bulky join, you may connect the strips diagonally at a 45-degree angle.

Trim excess fabric from the seam.

Press the seam open.

Next, fold the entire long binding strip in half lengthwise, wrong sides together.

Press carefully with the iron.

You should now have a long double-folded strip with the raw edges aligned.

Step 16: Attach the Binding to the Front

Choose a starting point along one long side of the table runner.

Leave a short binding tail unsewn at the beginning.

Align the raw edges of the folded binding with the raw edge of the quilt.

The folded edge should point toward the center of the runner.

Sew the binding to the front using approximately a 1/4-inch seam allowance.

Continue toward the corners.

At the angled ends, work carefully so the binding forms clean folds around the point.

Stop periodically to reposition the fabric rather than pulling the binding around the corners.

Continue around the entire runner.

When you reach your starting point, join the binding ends neatly and finish sewing the remaining section.

Step 17: Finish the Binding

Fold the binding away from the front of the runner and press lightly.

Wrap the binding over the raw edge toward the back.

The folded edge should cover the previous line of stitching.

You now have two finishing options.

For a traditional handmade finish, hand stitch the binding to the backing using small invisible slip stitches.

For a faster finish, secure the binding with your sewing machine.

If machine stitching, sew slowly and check the back regularly to make sure the stitching catches the folded binding consistently.

Pay extra attention to the corners and pointed ends.

The binding should lie flat without puckering.

Step 18: Give the Runner a Final Press

Place the completed table runner on your ironing board or pressing surface.

Press gently from the front.

Avoid flattening the batting excessively.

Check the binding, corners, and quilting lines.

Clip any loose threads.

Inspect the backing and remove visible basting threads if you used them.

Your handmade Patchwork Table Runner is now complete. 🎉

Main Sewing Methods Used

This project combines several basic quilting techniques that are useful for many future projects.

Accurate fabric cutting ensures the rectangular pieces fit together correctly.

A consistent 1/4-inch seam allowance is used for patchwork piecing.

Straight-seam sewing joins the rectangles and rows.

Pressing seams keeps the patchwork flat and improves alignment.

Layering combines the patchwork top, batting, and backing to create the quilt sandwich.

Straight-line quilting secures the layers and emphasizes the woven design.

Stitching in the ditch can be used to hide quilting stitches close to the patchwork seams.

Finally, binding the edges encloses the raw quilt layers and creates a professional finish.

Fabric Tips for the Best Results

Choose eight fabrics with enough contrast to make the woven design visible.

High-quality quilting cotton is easier to cut, sew, press, and quilt than many lightweight fashion fabrics.

Using a combination of light, medium, and dark fabrics gives the runner more visual depth.

Batiks and tone-on-tone prints are especially suitable because they add texture without overwhelming the geometric pattern.

Pre-washing your fabrics can help prevent unexpected shrinkage later.

If using strong reds or dark fabrics, pre-washing may also reduce the risk of excess dye bleeding into cream-colored pieces.

Always press fabrics before cutting so the measurements remain accurate.

Quilting Tips for a Professional Finish

Use a walking foot whenever possible when quilting the three layers.

Begin quilting near the center and move outward.

This reduces the chance of fabric shifting or forming wrinkles.

Quilt along the existing woven pattern rather than introducing an unrelated design.

Straight lines are easy to control and visually reinforce the geometric structure of the runner.

Use matching thread if you are still developing confidence with machine quilting because small variations will be less visible.

Keep checking the backing throughout the quilting process.

Taking a few extra seconds to inspect it can prevent large folds that would otherwise require removing many stitches.

Care Instructions

Once completed, the table runner can be washed when necessary.

For cotton fabrics, machine wash on a cold, gentle cycle.

Use a mild detergent.

Avoid harsh bleach unless all fabrics were specifically selected to tolerate it.

Tumble dry on a low setting or allow the runner to air dry.

A slight quilted texture may appear after the first washing as the cotton and batting settle. Many quilters enjoy this soft, lightly crinkled appearance.

Iron the runner if needed using a temperature appropriate for cotton.

Store it flat or loosely rolled whenever possible to avoid permanent creases.

With careful construction and regular care, this woven-look Patchwork Table Runner can be used for everyday decorating, seasonal table settings, family gatherings, or as a handmade gift.

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