



QUILTED FLOWER TABLE RUNNER

Step-by-Step Tutorial



FINISHED SIZE

87 cm x 40 cm

MATERIALS

- Assorted cotton fabrics
- Background: 40 cm
- Border: 40 cm
- Batting (80/20): 95 cm x 45 cm
- Backing fabric: 95 cm x 45 cm
- Fusible web
- Thread to match
- Appliqué thread (brown for flower centers)
- Sewing machine
- Basic sewing tools

CUTTING GUIDE (All measurements in cm)

	34 x 81 (Cut 5 strips 6.5 x 81)
	5 x 87 (2 strips) 5 x 33 (2 strips)
	95 x 45
	95 x 45



All seam allowances are 0.7 cm unless otherwise noted.

STEP-BY-STEP INSTRUCTIONS

1 PREPARE THE BACKGROUND

6.5 x 81 cm
6.5 x 81 cm
6.5 x 81 cm
6.5 x 81 cm
6.5 x 81 cm

Sew the 5 background strips (6.5 x 81 cm) together along the long side.

Press the seams.

You will have a panel measuring 32.5 x 81 cm.

2 PREPARE THE BORDER



Sew the side borders (5 x 87 cm) to the sides of the panel. Then sew the top and bottom borders (5 x 33 cm).

3 SHAPE THE ENDS



At each end, cut the corners as shown. Fold the corner edges inward 0.7 cm and press. Topstitch or hand stitch in place.

4 PREPARE THE APPLIQUÉ



Trace or draw the flower, leaf, and berry shapes. Cut the pieces from fusible web and fabric. Fuse to the wrong side of fabric and cut out.

5 ARRANGE AND APPLIQUÉ



Arrange the flowers, leaves, and berries on the panel. Fuse in place. Appliqué using a zigzag stitch or blanket stitch around each piece.

6 QUILT THE RUNNER



Layer the top (right side up), batting, and backing (right side down). Baste the layers together. Quilt as desired.

7 BIND THE EDGES



Cut binding strips 6 cm wide. Join the strips and press. Bind all around the runner and miter the corners.

8 FINISH



Press the runner. Your quilted flower table runner is complete!

APPLIQUÉ PIECES GUIDE



MAIN SEWING METHODS

Straight Stitch



Basic stitch used for piecing.

Zigzag Stitch



Used for appliqué or finishing edges.

Blanket Stitch



Hand stitch for appliqué.

Quilting



Stitch through all layers.

DIAGRAM - APPLIQUÉ PLACEMENT (REFERENCE)



CARE INSTRUCTIONS



Machine wash cold, gentle.



Do not bleach.



Tumble dry low.



Iron on low if needed.

TIPS

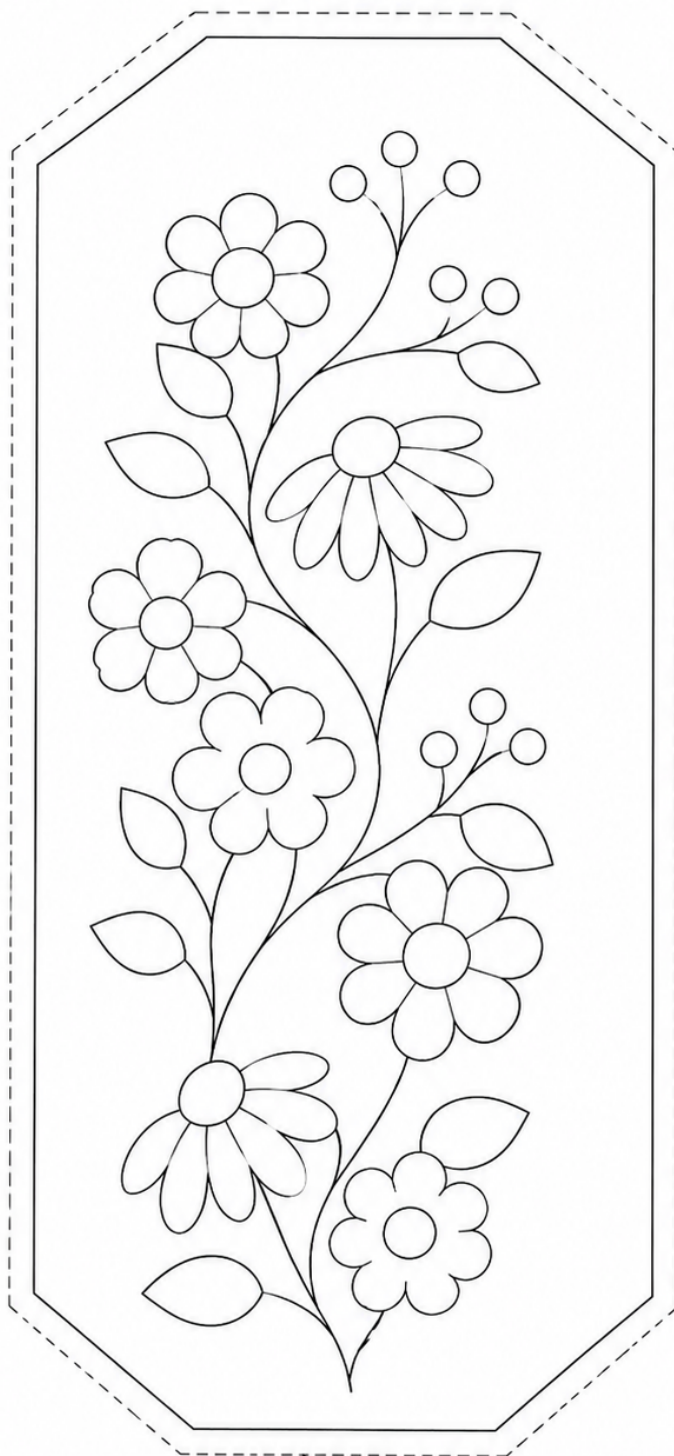
- Use high-quality cotton fabrics for best results.
- Press seams as you go.
- Take your time with the appliqué for a neat finish.
- Quilting can be done with straight lines, meandering, or echoing the design.



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FLORAL TABLE RUNNER

TEMPLATE FOR PRINTING



FINISHED SIZE

APPROX. 13" x 25"
(33 cm x 63.5 cm)

NOTES

- Cut 1 piece for the background.
- Cut the applique pieces from different fabrics.
- Add 1/4" (6 mm) seam allowance around the entire runner.

LEGEND

- CUTTING LINE
- - - SEAM ALLOWANCE

SCALE CHECK

1 inch (2.5 cm)

This line should measure 1 inch (2.5 cm)

1/4" (6 mm)
SEAM ALLOWANCE

FOR PERSONAL USE ONLY
HAPPY QUILTING!

MEASUREMENTS
ARE APPROXIMATE.
PLEASE CHECK
SCALE BEFORE
PRINTING.

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Quilted Flower Table Runner

Step-by-Step Tutorial

Create a charming Quilted Flower Table Runner featuring soft floral appliqué, gently angled ends, decorative quilting, and a contrasting green binding. This project combines basic patchwork, fusible-web appliqué, machine or hand stitching, and simple quilting techniques.

The finished table runner measures approximately 87 cm × 40 cm or about 34¼ × 15¾ inches. The instructions below follow the measurements and construction shown in the tutorial chart. All seam allowances are 0.7 cm, approximately ¼ inch, unless otherwise stated.

This project is suitable for confident beginners and experienced sewists. Take your time when preparing the appliqué pieces, arrange the flowers before fusing them permanently, and press carefully throughout the construction process.

Materials and Supplies

Gather all materials before you begin:

- Assorted cotton fabrics for the flowers, leaves, berries, stems, and flower centers
- 40 cm of light-colored cotton fabric for the background
- 40 cm of green printed cotton fabric for the border and binding
- One backing fabric rectangle measuring 95 × 45 cm
- One batting rectangle measuring 95 × 45 cm
- Fusible web

- Neutral sewing thread for piecing and quilting
- Brown thread for the flower centers
- Matching appliqué threads
- Sewing machine
- Universal or quilting needle
- Hand-sewing needle
- Sharp fabric scissors
- Small embroidery scissors
- Rotary cutter
- Cutting mat
- Acrylic quilting ruler
- Iron and ironing board
- Fabric-marking pencil or erasable pen
- Straight pins or quilting clips
- Safety pins, basting spray, or basting thread
- Optional walking foot for quilting
- Optional open-toe appliqué foot

Choose high-quality quilting cotton whenever possible. Prewash and press the fabrics before cutting if you are concerned about shrinkage or color bleeding.

Cutting the Background Fabric

Cut five background strips, each measuring:

6.5 × 81 cm

Place the strips in the order you would like them to appear. Because the background is made from several narrow strips, you can use fabrics with slightly different cream, ivory, or beige tones to create subtle visual texture.

Position the first two strips with their right sides together. Align the long edges and pin or clip them in place.

Sew along the long edge using a 0.7 cm seam allowance. Add the remaining strips one at a time until all five strips have been joined.

Press each seam carefully. You may press all seam allowances in the same direction or alternate the direction of each seam to distribute the bulk.

After the five strips are sewn together, the background panel should measure approximately:

32.5 × 81 cm

Check that the panel is straight and rectangular. Trim only if necessary, removing as little fabric as possible.

Cutting the Border Pieces

From the green border fabric, cut:

- **Two side-border strips measuring 5 × 87 cm**
- **Two end-border strips measuring 5 × 33 cm**

The chart identifies these pieces as the border sections added before the angled ends are shaped.

Cut the strips accurately so the table runner remains balanced. If your fabric is directional, make sure the design runs in the same direction on both side borders.

The border fabric will also be used later for the binding. After cutting the four border pieces, set the remaining green fabric aside.

Preparing the Fusible Appliqué Pieces

The floral design contains several different appliqué shapes. Prepare approximately:

- Two large blue flowers
- One medium blue flower
- Two yellow flowers
- One light-blue flower
- Five flower centers
- Eight berries
- Ten leaves
- Several curved stems

The exact arrangement may be adjusted slightly, but the final composition should resemble the floral layout shown in the reference diagram.

Trace each flower, leaf, berry, center, and stem shape onto the paper side of the fusible web. Leave a small amount of space between the traced pieces.

For asymmetrical pieces, remember that fusible appliqué reverses the design. This is especially important for leaves and curved stems. Trace them in reverse when necessary so they face the correct direction after fusing.

Cut roughly around each traced shape, leaving approximately 3 to 6 mm of fusible web around the outside of the drawn line.

Place the adhesive side of the fusible web against the wrong side of the selected fabric. Follow the fusible-web manufacturer's instructions for iron temperature and pressing time.

Allow the fabric to cool completely before cutting directly on the traced lines.

Carefully peel away the paper backing. Keep all prepared appliqué pieces grouped by type so they are easy to arrange later.

Sewing the Side Borders

Place one 5 × 87 cm green border strip along each long side of the pieced background panel.

The side strips are slightly longer than the background panel. Center each border strip so a similar amount extends beyond the top and bottom of the background.

Pin or clip the borders with right sides together.

Sew each side border using a 0.7 cm seam allowance.

Press the seam allowances toward the darker border fabric. Press from the wrong side first, then turn the panel over and press gently from the right side.

The panel should now have green fabric running along both long edges.

Sewing the Top and Bottom Borders

Place one 5 × 33 cm border strip across the top of the table runner and the second strip across the bottom.

Align the short edges with the outside edges of the side borders. Pin or clip each strip in place.

Sew both end borders using a 0.7 cm seam allowance.

Press the seam allowances toward the green border fabric.

After adding all four borders, the runner should measure approximately 87 cm long. The bordered panel will be shaped in the next step to create its decorative angled ends.

Shaping the Angled Ends

Lay the bordered panel flat with the right side facing upward.

At each of the four corners, mark a diagonal cutting line to create clipped or angled corners. Use the reference design to keep all four angles consistent.

A practical method is to measure the same distance inward from the corner along both adjoining edges. Connect the two marks with a diagonal line.

Cut along each marked diagonal line using a rotary cutter and ruler or sharp fabric scissors.

The top and bottom of the runner should now resemble a long rectangle with four evenly clipped corners.

Check the symmetry by folding the runner in half lengthwise and comparing the ends. Make small adjustments only when necessary.

Fold the raw diagonal edges inward by approximately 0.7 cm and press. These pressed edges help stabilize the angled sections during the remaining construction.

You may topstitch or hand stitch the folded corners temporarily if needed. Keep the stitching close to the edge so it will be covered or incorporated into the final binding.

Planning the Floral Arrangement

Place the prepared background panel on a large flat surface.

Arrange the largest flowers first. Position them at different heights along the runner so the design flows naturally from one end to the other.

The reference composition uses large dark-blue flowers as visual anchors. Place one near the upper section and another near the lower section.

Add the medium blue, light-blue, and yellow flowers between the larger motifs. Avoid placing every flower at the same angle or directly in a straight line.

Next, arrange the curved stems. The stems should connect the floral elements and create an elegant vertical movement through the center of the runner.

Add the leaves along both sides of the stems. Turn some leaves upward and others downward to create a natural appearance.

Place the berries in small groups near the upper flowers and in open spaces where additional detail is needed.

Position the brown or dark flower centers over the flowers. Some flowers may have smaller contrasting centers depending on your fabric choices.

Step back and view the entire runner before fusing anything. Make sure the composition feels balanced from both ends.

Take a photograph of the arrangement with your phone. This gives you a reference in case the pieces move while you are fusing them.

Fusing the Appliqué to the Background

Once you are satisfied with the arrangement, begin fusing the pieces in sections.

Remove the upper appliqué pieces while keeping the lower portion in position. Fuse the lower pieces first according to the fusible-web manufacturer's directions.

Use an up-and-down pressing motion instead of sliding the iron. Sliding can cause the appliqué pieces to shift.

Protect the iron and ironing board with a pressing sheet or parchment paper, especially around small fusible pieces.

Allow each fused area to cool before checking the edges.

Continue working upward until all stems, leaves, flowers, berries, and centers are secured.

Check every appliqué piece by gently lifting around its edges. Press again if an area has not bonded completely.

Do not overheat the fusible web. Excessive heat may make the fabric stiff or cause the adhesive to seep through the fabric.

Stitching Around the Appliqué Pieces

Although fusible web holds the shapes in position, stitching around the edges creates a stronger and more durable finish.

You can use a zigzag stitch, blanket stitch, or small straight stitch.

A narrow zigzag stitch is an excellent machine-finished option. Adjust the stitch so one side falls on the appliqué and the other side falls just outside the raw edge.

A machine blanket stitch creates a traditional appliqué appearance. Test the stitch length and width on scrap fabric before sewing on the runner.

For hand appliqué, use a blanket stitch with coordinating embroidery thread. Keep the stitch depth and spacing as even as possible.

Begin with the stems and leaves, then stitch around the flowers, centers, and berries. Sewing the lower layers first prevents overlapping areas from becoming difficult to reach.

Use matching thread when you want the stitching to blend into the fabric. Use contrasting thread when you want the appliqué outlines to become part of the decorative design.

Pivot carefully around curves. When using a machine, stop with the needle down, lift the presser foot, turn the fabric slightly, lower the foot, and continue sewing.

Secure the beginning and end of each stitching line. Trim loose threads neatly.

Adding Decorative Details

Use brown thread around the flower centers to define them and create visual contrast.

You may add a few stitched lines inside the leaves to suggest veins. Use a straight stitch with a slightly longer stitch length.

Small French knots, satin-stitched circles, or appliquéd fabric circles can be used for the berries.

Curved stems may be made from narrow fabric shapes, bias strips, satin stitching, or a closely spaced zigzag stitch.

Keep the decoration consistent with the soft handmade character of the runner. Avoid adding too many details, as the quilting will introduce another layer of texture.

Press the finished appliqué from the wrong side using a pressing cloth.

Preparing the Quilt Sandwich

Lay the backing fabric on a clean surface with its wrong side facing upward.

The backing should measure 95 × 45 cm, giving you extra fabric around all sides of the table-runner top.

Smooth the backing carefully and secure it to the work surface with painter's tape when working on a large table.

Place the batting, measuring 95 × 45 cm, over the backing.

Smooth the batting from the center outward to remove wrinkles.

Place the table-runner top over the batting with its right side facing upward.

Center the top so there is extra backing and batting around the entire runner.

Check that the backing remains smooth beneath the other layers.

Baste the three layers together using curved safety pins, long hand-basting stitches, or temporary basting spray.

Begin basting in the center and work toward the outside edges. The layers should remain flat without being stretched.

Quilting the Table Runner

Install a walking foot if you have one. A walking foot helps feed the top, batting, and backing through the sewing machine evenly.

Begin quilting near the center of the runner and work outward.

You can quilt around the flower and leaf shapes to emphasize the appliqué design. This technique is often called outline quilting or echo quilting.

The chart shows a soft, organic quilted texture. You may create a gentle meandering design across the background areas.

Another option is to stitch in the ditch along the seams between the five background strips.

Avoid quilting directly through bulky layers more often than necessary. Move slowly around the flower centers and overlapping appliqué sections.

Use a stitch length of approximately 2.5 to 3 mm for straight-line quilting. For free-motion quilting, adjust the machine according to your experience and equipment.

Start and finish quilting lines securely. Bring the bobbin thread to the top before sewing to prevent thread nests on the back.

Pause regularly and check the back of the runner. Smooth any folds before continuing.

Add enough quilting to hold all three layers together evenly, but do not quilt so densely that the runner becomes stiff.

When the quilting is complete, remove all safety pins or basting stitches.

Trimming the Quilted Runner

Place the quilted runner on a cutting mat.

Using the table-runner top as your guide, trim away the excess batting and backing.

Work carefully around the angled corners. Use a ruler to preserve the original shape.

Do not trim into the green border.

Check that both ends remain symmetrical and that the side edges are straight.

Remove loose threads and lint before attaching the binding.

Preparing the Binding

From the remaining green border fabric, cut binding strips approximately 6 cm wide.

The strips may be cut across the width of the fabric. If your fabric is limited, calculate the total distance around the runner before cutting.

Join the binding strips with diagonal seams to reduce bulk.

To join two strips, place them right sides together at a right angle. Mark a diagonal line across the overlap.

Sew along the diagonal line. Trim the excess fabric, leaving a 0.7 cm seam allowance.

Press the joining seam open.

Continue joining strips until you have one continuous binding strip long enough to go around the entire runner, plus at least 20 cm of extra length.

Fold the binding strip in half lengthwise with the wrong sides together.

Press the entire strip carefully.

Binding the Straight Edges

Begin attaching the binding along one long side of the table runner, not directly at a corner.

Leave an unsewn tail of approximately 10 cm.

Align the raw edges of the folded binding with the raw edge of the quilted runner.

Sew using a seam allowance that creates a full and even binding. A 0.7 cm seam allowance should work well with the 6 cm-wide binding.

Stop before reaching the first angled corner.

Because the table runner has clipped corners rather than standard square corners, guide the binding around each angle gradually.

Fold and adjust the binding so it follows the new edge without stretching or puckering.

Continue sewing around the runner until you approach the starting point.

Join the binding ends neatly. Trim away excess fabric, press the joining seam, and finish sewing the remaining section.

Finishing the Binding by Machine

For a fully machine-sewn binding, press the binding away from the first stitching line.

Wrap the folded edge over the raw edges toward the back of the runner.

The folded edge should cover the original binding seam.

Pin or clip the binding securely.

From the front, stitch close to the binding seam, making sure the stitching catches the folded binding edge on the back.

Sew slowly around the angled corners. Stop with the needle down whenever you need to reposition the fabric.

Inspect the back after stitching. Repair any areas where the binding edge was not caught.

Finishing the Binding by Hand

For a traditional hand-finished binding, sew the binding to the front of the runner first.

Press it away from the runner and wrap it around the raw edges to the back.

Use clips to hold the folded edge in position.

Thread a hand-sewing needle with matching thread.

Use a small ladder stitch or slip stitch to secure the folded binding edge to the backing.

Do not stitch through to the front of the runner.

At the angled corners, fold the binding carefully to create smooth transitions. Make several small stitches at each corner for extra strength.

Continue until the entire binding has been secured.

Pressing and Final Inspection

Place the finished table runner on the ironing board.

Press it gently using the temperature recommended for cotton fabric.

Avoid pressing too hard over thick appliqué areas.

Check the front for loose threads, open appliqué edges, skipped stitches, and uneven binding.

Inspect the backing for pleats or unsecured stitching.

Repair any small areas before using or washing the runner.

Lay the runner flat and allow it to cool completely. Cooling helps the fabric and batting settle into their final shape.

Your Quilted Flower Table Runner is now complete. 🌻

Main Sewing Methods Used

Straight Stitch

A straight stitch is used for joining the five background strips, attaching the borders, piecing the binding strips, and completing some quilting designs.

Use a medium stitch length and maintain an accurate seam allowance.

Zigzag Stitch

A narrow zigzag stitch can secure the raw edges of the appliqué pieces.

Adjust the width so the needle lands on the appliqué on one side and just outside the appliqué on the other side.

Blanket Stitch

A blanket stitch gives the flowers and leaves a decorative traditional outline.

It may be completed by machine or by hand.

Quilting

Quilting means stitching through the table-runner top, batting, and backing.

You can use straight lines, outline quilting, echo quilting, gentle curves, or a free-motion meandering design.

Helpful Tips for Better Results

Use high-quality cotton fabrics for a smooth sewing experience and a long-lasting finished project.

Press every seam as you work. Pressing improves accuracy and helps the runner lie flat.

Test fusible web, appliqué stitches, and quilting tension on scrap fabric before working on the main project.

Take your time when cutting the appliqué pieces. Smooth curves and clean edges create a more professional result.

Use small, sharp scissors for the flower petals, leaves, and berries.

Work with short sections when stitching around tight curves.

Change the sewing-machine needle when it becomes dull. A fresh needle produces cleaner stitches and reduces skipped stitches.

Do not pull or stretch the runner while adding the borders or binding.

Quilt from the center toward the outside edges to reduce puckering.

Consider making a paper placement guide before fusing the floral arrangement.

Use a pressing cloth whenever you press over fusible appliqué.

Care Instructions

Machine wash the finished table runner in cold water on a gentle cycle.

Use a mild detergent and avoid bleach.

Tumble dry on low heat or lay the runner flat to dry.

Remove it from the dryer promptly to reduce wrinkles.

Press with a low or medium iron setting if needed.

Store the runner flat or loosely rolled. Avoid folding it in the same place for long periods, as permanent creases may develop.

With careful construction and proper washing, this floral runner can be used as a seasonal decoration, dining-table accent, sideboard cover, or handmade gift.

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