

♥ PATCHWORK TABLE RUNNER TUTORIAL ♥

FINISHED SIZE: 33 cm x 99 cm

A colorful and cheerful table runner made with simple squares.
Perfect for holidays or everyday decor!

1. MATERIALS

- Cotton Fabric (USA) – 100%
- 17 squares of each fabric
- Total: 34 squares
- Fabric width: 110 cm
- Recommended: Quilting Cotton (USA)
- Thread to match fabrics
- Sewing Machine
- Iron and Ironing Board
- Cutting Mat, Ruler and Rotary Cutter or Fabric Scissors
- Pins or Fabric Clips

SUGGESTED FABRICS



You can use your favorite colors and prints!



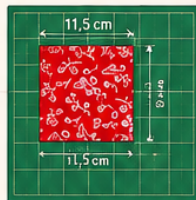
33 cm 99 cm

2. CUTTING

Cut 34 squares measuring:

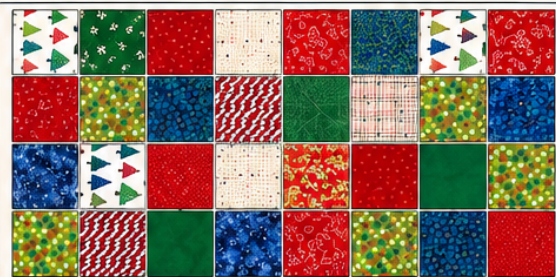
11,5 cm x 11,5 cm

Seam allowance included: 0,75 cm



3. LAYOUT

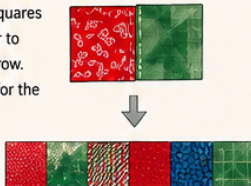
Arrange the 34 squares in 5 rows of 7 squares. Alternate the colors and prints.



4. ASSEMBLY

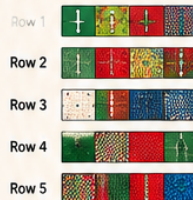
A) SEW THE ROWS

Sew 7 squares together to make a row. Repeat for the 5 rows.



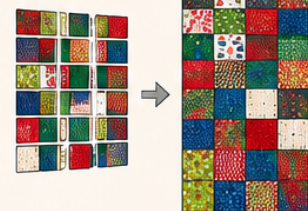
B) PRESS THE SEAMS

Press the seams alternating directions by row.



C) JOIN THE ROWS

Sew the 5 rows together to complete the table runner.



5. FINISHING

A) SQUARE THE EDGES

Trim the edges to square the table runner.



B) BATTING (OPTIONAL)

Layer:
Top (right side up)
Batting
Backing (right side down)
Pin or clip the layers.



C) QUILT (OPTIONAL)

Quilt straight lines in the seam lines or as desired.



6. BINDING

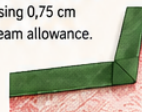
1. Cut 4 binding strips 5 cm wide x fabric width.



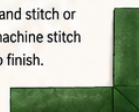
2. Sew the strips together end to end, then press in half lengthwise.



3. Attach the binding to the table runner using 0,75 cm seam allowance.



4. Fold the binding to the back and hand stitch or machine stitch to finish.



LEGEND – BASIC SEWING METHODS

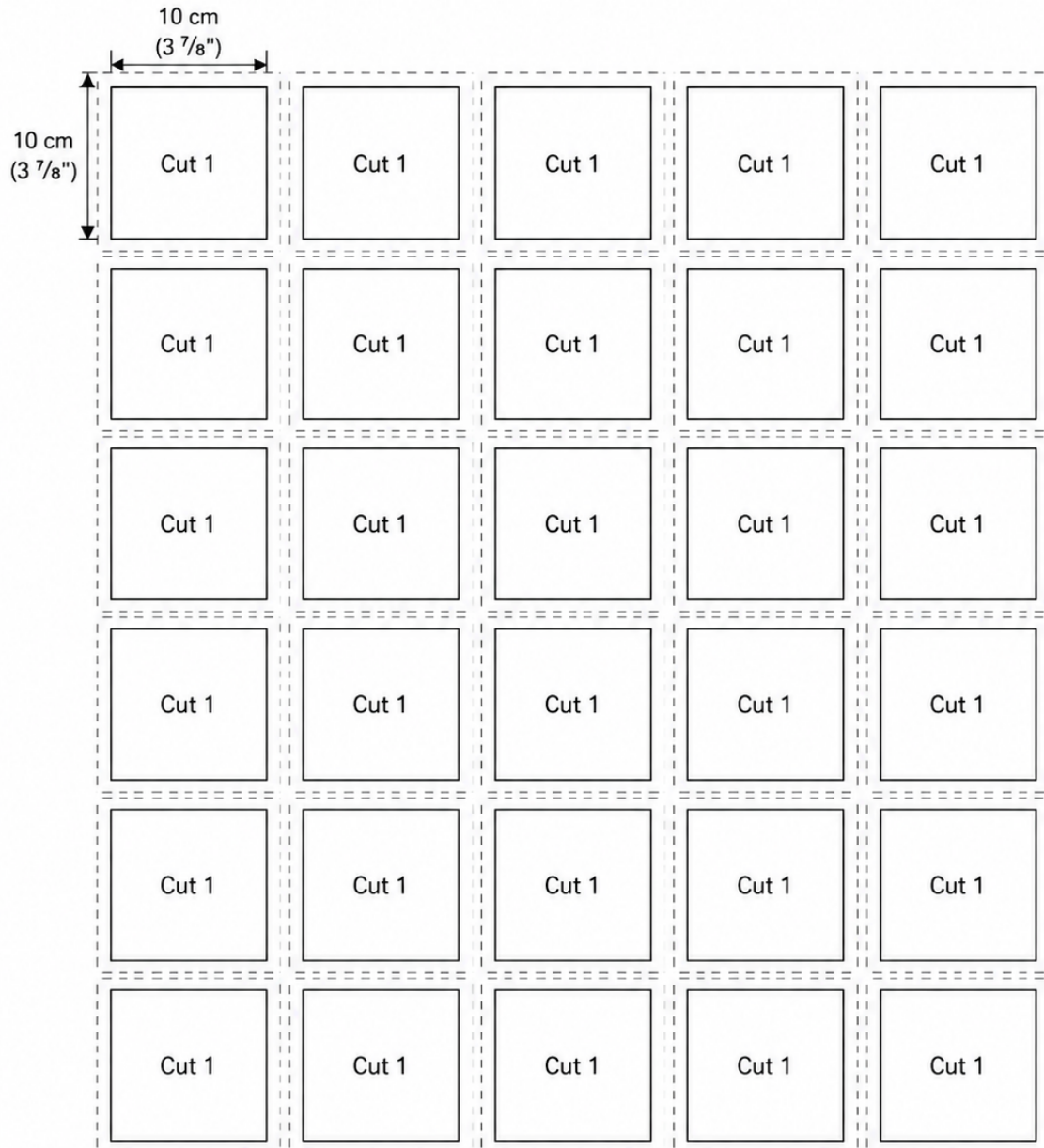
	STRAIGHT STITCH Used for piecing and seams.
	PRESS SEAMS Open or to the side for a flat finish.
	QUILTING Stitch through all layers to hold them together.
	BINDING Finishes the raw edges for a clean look.
	SEAM ALLOWANCE All measurements include 0,75 cm.
	WOF = WIDTH OF FABRIC Usual width: 110 cm (USA).

♥ **TIP:** Mix and match fabrics to match the season or your home decor. Have fun creating! ♥

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PATCHWORK TABLE RUNNER – PRINTABLE TEMPLATE

Includes 1/4" (0.6 cm) seam allowance



- Finished size (10 cm / 3 7/8")
- Cutting line (10.5 cm / 4 1/8")
(Includes 1/4" / 0.6 cm seam allowance)

FINISHED SIZE:

Approx. 30 cm x 120 cm

(11 3/4" x 47 1/4")

(May vary depending on seam allowance and pressing)

INSTRUCTIONS: Cut all pieces along the dashed line. Sew with 1/4" (0.6 cm) seam allowance. Arrange the squares as shown in the reference image and sew together. Press seams.

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Patchwork Table Runner Tutorial

Finished size: approximately 33 cm × 99 cm (13 in × 39 in)

This cheerful patchwork table runner is made from colorful cotton squares arranged in a simple grid. It is an excellent project for confident beginners because the construction uses straight seams, basic pressing, optional quilting, and traditional binding.

The design is especially suitable for Christmas fabrics, but you can easily change the colors and prints for another season. Floral fabrics work beautifully for spring, bright colors are ideal for summer, and orange, brown, and gold prints can create a cozy fall table runner.

The graphic contains a few conflicting measurements and square counts. For example, it mentions 34 squares but also instructs the maker to sew five rows of seven squares, which would require 35 squares. The proportions in the finished photograph are closer to a runner that is 3 squares wide and 9 squares long. The instructions below keep the appearance and construction method shown in the graphic while using a corrected 27-square layout that produces a practical rectangular runner close to the stated finished size.

1. Gather the Materials

Choose 100% quilting cotton for the patchwork top. Quilting cotton is stable, easy to cut, and strong enough for a table runner that will be washed and used regularly.

For the corrected layout, prepare 27 fabric squares. You can use 13 squares from one fabric group and 14 from another, or mix many different prints for a scrappy appearance. The photographed runner uses red, green, blue, white, and yellow fabrics with small holiday-inspired motifs.

You will need approximately:

- Assorted 100% cotton fabrics for 27 squares
- Backing fabric measuring at least 40 cm × 106 cm or 16 in × 42 in
- Low-loft cotton batting measuring at least 40 cm × 106 cm or 16 in × 42 in
- Binding fabric, approximately 25 cm or ¼ yard
- Coordinating all-purpose cotton or polyester thread
- Sewing machine
- Iron and ironing board
- Rotary cutter
- Acrylic quilting ruler
- Self-healing cutting mat
- Fabric scissors
- Straight pins or fabric clips
- Hand-sewing needle for an optional hand-finished binding

The graphic lists batting and quilting as optional. You may omit the batting when making a very lightweight decorative runner, but adding batting gives the project better structure and creates a more professional quilted finish.

Choose fabrics with a balanced mixture of small, medium, and simple prints. Avoid placing two very busy fabrics beside each other whenever possible. Solid or tone-on-tone squares give the eye a place to rest between stronger patterns.

Prewash the fabric when you expect the runner to be washed frequently. Prewashing removes possible shrinkage and excess dye. Press every fabric before cutting so the squares remain accurate.

2. Prepare and Cut the Fabric Squares

To reproduce a finished size close to 33 cm × 99 cm, cut 27 squares measuring 12.5 cm × 12.5 cm.

The original graphic shows 11.5 cm squares, but those squares would create a noticeably smaller runner after the seam allowances are removed. The corrected 12.5 cm measurement works more consistently with the stated finished dimensions.

For a familiar American quilting measurement, you may cut 5 in × 5 in squares and sew them with a standard ¼-inch seam allowance. The completed runner will be approximately 13½ in × 40½ in before the final effects of quilting and trimming. This is slightly larger than 13 in × 39 in, but the proportions will remain very similar.

To cut accurately, fold the fabric only as much as necessary and place it smoothly on the cutting mat. Align the fabric grain with one of the horizontal lines on the mat.

Trim one edge to create a clean, straight starting point. Measure 12.5 cm or 5 inches from the trimmed edge and cut a strip. Turn the strip and cut it into equal squares.

Check the ruler placement before every cut. The ruler line representing the required measurement should sit directly on the trimmed fabric edge, not beside it.

Continue until you have 27 squares. Place the squares in small color groups as you cut them. This makes it easier to distribute the fabrics evenly during the layout stage.

Do not assume that every precut charm square is exactly the same size. If you are using commercial 5-inch charm squares, stack and compare several pieces. Trim any noticeably oversized squares before sewing.

3. Arrange the Patchwork Layout

Arrange the 27 squares in a grid consisting of:

- 3 squares across
- 9 squares down

The long direction of the grid will become the length of the table runner.

Place all the squares on a design wall, clean floor, cutting table, or other flat surface. Begin by distributing the strongest colors. For the holiday appearance shown in the graphic, spread the red, green, and blue squares throughout the entire runner.

Avoid placing identical fabrics directly beside one another unless you intentionally want a repeated block. Also check the diagonal relationships because repeated prints can appear clustered even when they are not touching along the sides.

Alternate dark, medium, and light values. A white novelty print can brighten a group of dark blue and green squares, while a deep red square can add contrast beside pale plaid fabric.

Step away from the arrangement and look at it from a distance. You can also take a photograph with your phone. A photograph often makes unbalanced areas easier to notice.

Rotate directional prints before sewing. Christmas trees, animals, words, stripes, and other directional motifs should face the way you want them to appear on the finished runner.

When you are satisfied, label the rows from 1 through 9. Each row will contain three squares. Small numbered paper notes or removable fabric labels can prevent the arrangement from becoming mixed up.

Stack each row separately. Begin with the square on the right, place it over the center square, and place both over the left square. Keep the row number attached to the stack.

4. Sew the Squares into Rows

Install a standard presser foot or a ¼-inch patchwork foot on the sewing machine. Thread the machine with a neutral or coordinating thread.

Set the stitch length to approximately 2.0–2.5 mm, or about 10–12 stitches per inch. A slightly shorter stitch helps the patchwork seams remain secure during pressing and quilting.

Take the three squares from Row 1. Place the first two squares right sides together, aligning all four edges.

Sew along one side using a consistent seam allowance. For the metric version, use the 0.75 cm seam allowance shown in the graphic. For the American 5-inch version, use a standard ¼-inch seam allowance.

Do not stretch or pull the fabric while sewing. Guide it gently and allow the feed dogs to move it under the presser foot.

Open the two joined squares and place the third square right sides together with the second square. Align the edges and sew the next seam.

You now have one row containing three squares. Repeat the same process for Rows 2 through 9.

Chain piecing can make this stage faster. Sew the first pair from every row without cutting the thread between units. Then clip the units apart, return them to their correct rows, and add the third square.

After sewing, check that the rows remain in the planned order. Place them back on the design surface before pressing.

5. Press the Row Seams

Correct pressing is important because it helps the seams meet neatly when the rows are joined.

First, place each sewn row on the ironing board without opening the pieces. Press briefly to set the stitches. Setting the seam helps the thread settle into the fabric.

Press the seam allowances in alternating directions:

- **Row 1: press both seams to the right**
- **Row 2: press both seams to the left**
- **Row 3: press both seams to the right**
- **Row 4: press both seams to the left**
- **Continue alternating through Row 9**

Alternating the seam direction allows the seam allowances to nest when two rows are placed together. This makes it much easier to match the corners.

Use an up-and-down pressing motion instead of sliding the iron aggressively. Sliding can stretch the fabric and distort the squares.

Press from the wrong side first. Turn the row over and lightly press the front to remove any small folds near the seam.

Keep the iron temperature appropriate for cotton fabric. Steam may be used carefully, but excessive steam can cause distortion, especially when the squares have bias edges.

Return every pressed row to its correct position before beginning the assembly.

6. Join the Patchwork Rows

Place Row 1 and Row 2 right sides together. Match the ends and align the two vertical seams.

Because the seam allowances were pressed in opposite directions, they should fit closely against each other. This is called nesting the seams.

Feel the seam intersection with your fingers. The two seam ridges should meet without overlapping. Secure each intersection with a pin or fabric clip.

Add another pin near each end of the row. Additional pins may be used between intersections when the fabric shifts easily.

Sew the rows together using the same seam allowance used for the squares. Remove pins before they reach the machine needle.

Open the rows and inspect the seam intersections. The corners should meet closely. A difference of a millimeter or two will not affect the usefulness of the runner, but large mismatches should be corrected.

Place Row 3 right sides together with Row 2. Match, pin, and sew the seam. Continue adding one row at a time until all nine rows are connected.

After joining the rows, press the long horizontal seam allowances. You may press them all in one direction or press them open. Pressing them open creates a flatter top, while pressing to one side may be slightly stronger for a frequently washed item.

Finally, press the entire patchwork top from both sides.

7. Square and Trim the Patchwork Top

Place the completed patchwork top on the cutting mat. Smooth it gently without stretching it.

Use a long acrylic ruler to inspect the side edges. The edges should be straight, and the corners should form 90-degree angles.

Trim only the minimum amount required to straighten the runner. Do not cut deeply into the outer squares.

Check the width in several places. Check the length along both side edges and through the center.

When trimming the ends, align a ruler line with one of the horizontal patchwork seams. This helps keep the end perpendicular to the sides.

The metric patchwork top should be close to 33 cm × 99 cm, although small differences may occur because of seam allowance accuracy, thread thickness, fabric behavior, and pressing.

A 5-inch-square version sewn with ¼-inch seams will usually be a little larger. This is normal and does not require correction unless an exact finished measurement is essential.

After trimming, remove loose threads from the front and back of the patchwork top.

8. Prepare the Batting and Backing

Cut the batting and backing so they extend at least 2.5–4 cm or 1–1½ inches beyond every edge of the patchwork top.

Place the backing fabric on a clean surface with the wrong side facing up. Smooth it carefully.

Place the batting over the backing. Make sure there are no wrinkles or folded corners.

Position the patchwork top over the batting with the right side facing up. The backing and batting should remain visible around every side.

Smooth the three layers from the center toward the edges. Do not stretch the top because stretching can cause ripples during quilting.

Secure the layers with curved safety pins, straight pins designed for quilting, temporary fabric adhesive, or long hand-basting stitches.

Begin securing the quilt sandwich in the center and work outward. Space the pins approximately 7–10 cm or 3–4 inches apart.

Check the back after pinning. It should remain smooth without puckers.

9. Quilt the Table Runner

The graphic recommends quilting straight lines along the seam lines. This method is commonly called stitching in the ditch.

Attach a walking foot to the sewing machine when available. A walking foot moves the top and bottom layers together and reduces shifting.

Begin near the center of the runner. Sew along one of the long seam lines that separates the columns of squares.

Continue quilting the other long seam line. Then sew along each horizontal seam between the rows.

You may stitch directly in the seam or approximately $\frac{1}{8}$ inch away from it. Sewing slightly beside the seam is often easier for beginners and creates a clean outline around the squares.

For additional texture, quilt diagonally across every square or sew a smaller square inside each patchwork block. Maintain even spacing throughout the runner.

Use a slightly longer stitch length for machine quilting, approximately 2.8–3.2 mm.

At the beginning and end of each quilting line, secure the thread with a few very small stitches or bring the thread tails to the back and tie them by hand.

Roll or fold the excess runner loosely while guiding it through the sewing machine. Avoid pulling from behind the presser foot.

Periodically inspect the backing to make sure folds are not being stitched into the quilt.

After quilting, remove all pins and trim the batting and backing even with the edges of the patchwork top.

Square the runner again before attaching the binding.

10. Cut and Join the Binding Strips

The graphic instructs the maker to cut four binding strips measuring 5 cm wide. This is approximately 2 inches.

Cut four strips across the width of the binding fabric. Each strip should measure:

- 5 cm wide, or
- Approximately 2 inches wide

If the fabric is standard quilting cotton, each strip will usually be about 110 cm or 42–44 inches long before the selvages are removed.

Remove the selvage ends because they are more tightly woven and may shrink differently from the rest of the fabric.

Join the strips end to end. A diagonal seam creates less bulk than a straight seam.

Place two strips right sides together at a 90-degree angle. Draw a diagonal line from one corner of the overlap to the opposite corner.

Sew along the marked line. Trim the excess fabric, leaving approximately a ¼-inch seam allowance.

Open the joined strip and press the seam open. Continue joining the remaining strips until you have one continuous binding strip.

Fold the entire strip in half lengthwise with the wrong sides together. Press it carefully to create double-fold binding.

Do not fold the raw edges toward the center. The binding used in this tutorial is folded only once lengthwise.

11. Attach the Binding to the Front

Choose a starting point along one long side of the runner, at least 10–15 cm or 4–6 inches away from a corner.

Leave an unsewn binding tail approximately 15–20 cm or 6–8 inches long.

Align the raw edges of the folded binding with the raw edge of the runner. The folded edge should point toward the center of the runner.

Sew the binding to the front using the seam allowance shown in the graphic, approximately 0.75 cm. For a standard American binding method, sew with a ¼-inch seam allowance.

**Stop sewing one seam allowance before the first corner.
Backstitch and remove the runner from the machine.**

**Fold the binding away from the runner at a 45-degree angle.
The raw edge of the binding should form a straight
continuation of the next side.**

**Fold the binding back down over itself, aligning the fold with
the top edge and the raw binding edges with the next side of
the runner.**

**Begin sewing at the edge and continue toward the next corner.
Repeat the folding process at all four corners.**

**Stop sewing approximately 20 cm or 8 inches before reaching
the starting point.**

12. Connect the Binding Ends

**Lay the two loose binding tails flat along the unfinished edge.
Overlap them and mark where they should meet.**

**For a simple finish, trim one tail so it overlaps the other by the
width of the unfolded binding strip.**

**Open the tails and place them right sides together at a
90-degree angle. Sew a diagonal seam in the same way used to
join the original binding strips.**

**Before trimming, test the binding around the unfinished edge.
It should fit smoothly without being excessively tight or loose.**

**When the fit is correct, trim the diagonal seam to a ¼-inch
allowance and press it open.**

Refold the binding and align it with the raw edge of the runner.

Finish sewing the remaining section to the front.

13. Finish the Binding on the Back

Fold the binding away from the front of the runner and press it gently.

Wrap the folded binding around the raw edge toward the back. The folded edge should cover the machine-stitching line.

At each corner, fold the fabric to create a neat mitered corner. Adjust the folds until the front and back corners look balanced.

Secure the binding with fabric clips. Clips are often more convenient than pins because the quilted edge may be thick.

For a traditional finish, hand-sew the folded binding edge to the backing using a small ladder stitch or blind stitch. Catch only the backing fabric and the fold of the binding so the stitches remain nearly invisible.

For a machine-finished binding, stitch from the front close to the inner binding fold. Check frequently that the stitching catches the folded binding edge on the back.

A zigzag or decorative stitch may also be used, especially for a casual or frequently washed table runner.

Remove all clips and inspect the entire binding for loose sections.

14. Give the Runner a Final Press

Trim all visible thread tails.

Inspect the back and front for loose stitches, accidental folds, or areas where the binding was not secured.

Press the finished runner with the iron set for cotton. Use steam lightly and avoid flattening the quilting more than necessary.

Place the runner flat until it cools completely. Allowing it to cool in position helps it retain a straight shape.

The completed runner can be placed lengthwise along a dining table, coffee table, buffet, dresser, or kitchen island.

For holiday styling, add a simple centerpiece such as a bowl, candle arrangement, or small vase. Keep hot cookware away from the runner unless you used heat-resistant materials designed for that purpose.

Basic Sewing Methods Used in This Project

Straight stitch: The standard machine stitch used to join the fabric squares, rows, and binding strips.

Pressing seams: Setting and directing seam allowances with an iron so the patchwork remains flat and the intersections align properly.

Nesting seams: Pressing adjacent rows in opposite directions so the seam allowances lock together at the corners.

Quilting: Stitching through the patchwork top, batting, and backing to secure the three layers.

Binding: Covering and finishing the raw outer edges of the quilted runner.

Seam allowance: The distance between the raw fabric edge and the sewing line. The graphic uses approximately 0.75 cm, while American quilting commonly uses $\frac{1}{4}$ inch.

WOF: An abbreviation for width of fabric, usually about 42–44 inches or approximately 110 cm for quilting cotton.

Care Instructions

Wash the runner gently in cool water with a mild detergent. A color-catching sheet may be helpful when the runner includes strong red, blue, or green fabrics.

Use a gentle machine cycle or hand wash. Avoid bleach because it can damage the colors and weaken the cotton fibers.

Air-dry the runner flat when possible. It may also be tumble-dried on a low setting.

Press it from the back with a warm iron if it becomes wrinkled after washing.

Store the runner rolled or loosely folded. Changing the fold lines occasionally will prevent permanent creases.

Your patchwork table runner is now complete and ready to decorate your home. Mix and match the fabrics to suit the season, coordinate the colors with your dining room, and enjoy creating a unique handmade piece! 🧵❤️

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