



Elegant Table Runner

Designed By Patty Peterson
Featuring Kreininik Metallic Machine Sewing Threads
Finished size 11.5" X 40.75"



*H*ave you ever wondered how you can use the decorative stitches on your sewing machine? Well here's a quick and easy project where you can combine your machine's decorative stitches with beautiful metallic threads and make an absolutely elegant table accessory. Whether you make it for your own home or as a gift, this table runner project will help you see the possibilities of those decorative machine stitches in a whole new light!

SUPPLY LIST:

1. Kreinik Metallic Machine Sewing Threads (34 colors available). This project uses: Fine Twist threads: 0001 SILVER, 0002 PEWTER, 0003 WHITE GOLD, 0006 ANTIQUE DK GOLD
 2. Kreinik Silver Metallized Gimp: 0030 SILVER, 0032 ANTIQUE GOLD, 0033 BRASSY GOLD
 3. Size 14 Topstitch needle
 4. Sewing or embroidery machine/combo
 5. Walking foot or dual feed foot to construct table runner
 6. Tear-away stabilizer (depending on your hoop size)
 7. Bobbin thread
 8. Scissors
 9. Kreinik Custom Corder™
 10. If you plan on embroidering out the stitches in your embroidery hoop you will need 3/4 yard of Kona Bay, Black cotton fabric
 11. If you are sewing the decorative stitches you will need 1/2 yard Kona Bay, Black cotton fabric
 12. Background fabric 13" x 44" (WOF) width of fabric (our model uses light weight patterned nylon)
 13. Backing fabric: Kona Bay, Black cotton 13" X 44" (WOF)
 14. Extra fabric to sew test stitches, such as a couple of 6" x 6" squares
 15. Fusible Batting: lightweight
 16. Construction thread: black
 17. Temporary Fabric Marker
 18. Cutting mat
 19. Rotary cutter
 20. Decorative sewing foot (refer to your sewing machine manual)
 21. Iron
 22. Pressing cloth/sheet
 23. 40 Yards of Black, Chain D'or for tassels
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STEP 1: TEST YOUR SEWING STITCHES

Take the time now to practice sewing your stitches on your test fabric before starting this project. This is especially important if you have not used your decorative stitches or have never sewn a stitch-building or stitch-stacking technique.

TIP: Save your test sample and make a Stitch Reference Book: Next to the stitch, detail important information: stitch number, width and length. Purchase a small photo album to save all your sewn stitches. This is a handy tool!

NOTE: If you have an embroidery machine that has the capabilities to embroider stitches in the hoop and you are able to see and move stitches on your sewing machine screen, you will not have to test sew. You can audition the stitches on screen.

If you are sewing the stitches (feed-dog driven) follow these steps:

1. Cut a 6" X 6" square of your test fabric and a 6" x 6" piece of stabilizer. Note: Using a Stabilizer is extremely important to your success when sewing decorative stitching!

2. Using a temporary fabric marker, draw a line 1-1/4" from the edge, and draw another line 4" from the edge.

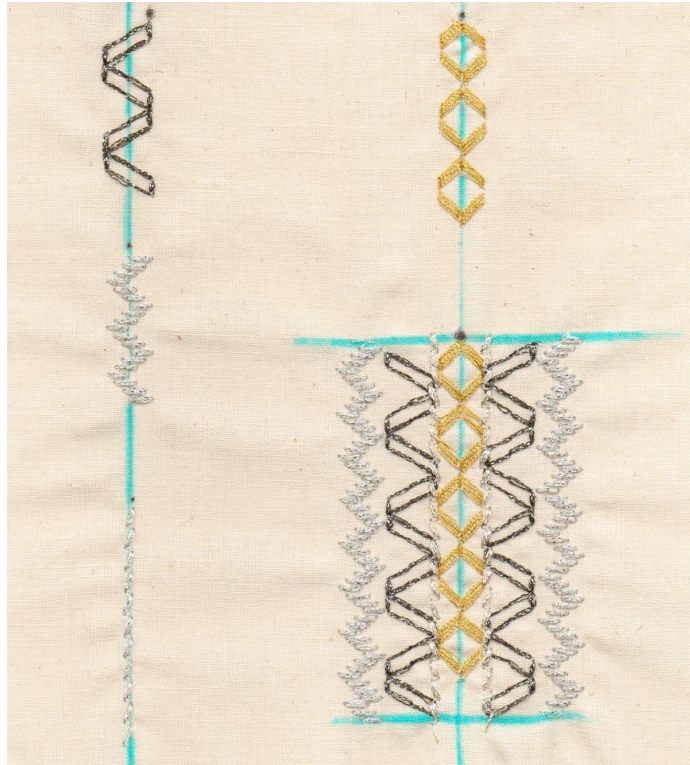
3. Insert a new 14 Top stitch needle in your machine.

4. Layer the fabric over stabilizer.

5. Center your sewing foot on one of the drawn lines, then stitch a few repeats. Watch your foot and make a note how wide the stitches are compared to your sewing foot; this will be your guide.

6. On the test sample above, we put a "black dot" at the starting point of the stitch. Audition stitches to see where you would like to place them. If the stitch you are using can be flipped (mirrored) this will be helpful (see test sample above).

7. Sew each stitch motif so that it touches the next stitch pattern to create a "strip" of embroidery effects.



STEP 2: CREATE THE DECORATIVE STRIPS

For this project you will need a total of 9 "strips," each strip made up of decorative stitches you experimented with in your test pattern. See the photo below and descriptions of how we made our strips plus the threads we used.

Numbered stitch sequence example:

2 4 6 3 7 5 1



A. 1 strip, with a 2" wide stitch-building pattern
Stitch # 1 and # 2 - 0030 Silver
Stitch # 3 - 0032 Antique Gold
Stitch # 4 and # 5 - 0006 Antique DK Gold
Stitch # 6 and # 7 - 0030 Silver

B. 2 strips, with 2" wide stitch-building pattern
Stitch # 1 and # 2 - 0003 White Gold
Stitch # 3 - 0030 Silver
Stitch # 4 and # 5 - 0002 Pewter
Stitch # 6 and # 7 - 0003 White Gold

*Now that you have learned this stitch-building technique, have Fun! Play with stitch patterns! (Make notes in your stitch reference book!)
Below are examples of what type of stitch and Kreinik thread were used in the model.

C. 2 strips, with a 1" wide stitch-building pattern, ribbon stitch with a center fill type stitch, triple straight stretch stitch to high light center design. 1 -0033 Brassy Gold, 1 -0030 Silver

D. 2 strips, with a 1.25" wide stitch-building pattern, candle wicking stitches, 1 -0001 Silver, 1 -0003 White Gold

E. 2 strips, with a 1" wide stitch-building pattern, 1- outside scallops 0030 Silver, Center-Star stitch, 0032 Antique Gold, 1- outside scallops -0032 Antique Gold, Center - star stitch -0030 Silver

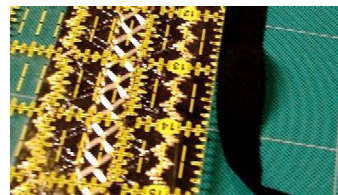
* Remove tear away stabilizer from decorative strips.

STEP 3: ASSEMBLE THE TABLE RUNNER

USE THE FOLLOWING INSTRUCTIONS FOR EMBROIDERY AND SEWING MACHINES (see "Special Section" at end for digitized embroidery machine instructions)

1. Press the back of strips, to set stitches.

2. Trim excess fabric away from all strips, leaving 1/2" on each side. (This makes it much easier to fold and press to the wrong side of the strip.). Fold under the excess 1/2" and press with your iron.



3. Open the pressed seam, cut down a 1/4" away from pressed edge.

4. Fuse your lightweight batting to the back of your background fabric.

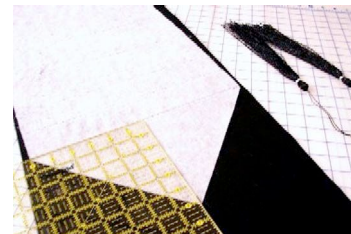
5. To cut the ends of the table runner, fold your background fabric length-wise; place a ruler on the top edge on the 45-degree line, place corner on the fold of the fabric, cut off excess



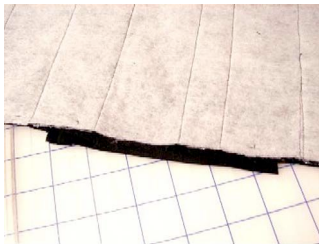
6. "Audition" or lay your strips on background fabric to see how you like the placement. Adjust spacing as needed. If your fabric is washable, mark placement lines with a fabric marker made for dark fabric.

7. Change your top and bobbin thread to a black cotton construction thread; sew the strips to the background fabric.

8. Trim off excess fabric strips, and square your table runner edge.



9. Layer right sides together; top and backing. Mark the center ends of the table runner; this will be your pivot point.



10. Attach your walking foot; sew around the table runner, leaving an opening for turning.

11. Cut excess away from table runner, leave a 1/2" lip at the opening. Fold edge of the lip back, even with stitching line and press. This will give you a straight press guide to hand-stitch the opening closed.

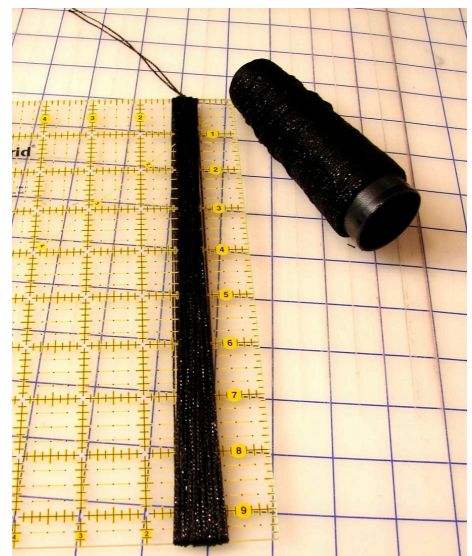
STEP 4: MAKE TASSELS AND FINISH

1. To make tassels, wrap Chain D'or thread around a 9" ruler 38 wraps.

Use Chain D'or to hang the tassel. Fold a 9" length of Chain D'or in half, slip loop through wrapped Chain D'or, hold ends, slip through loop, and pull tight.

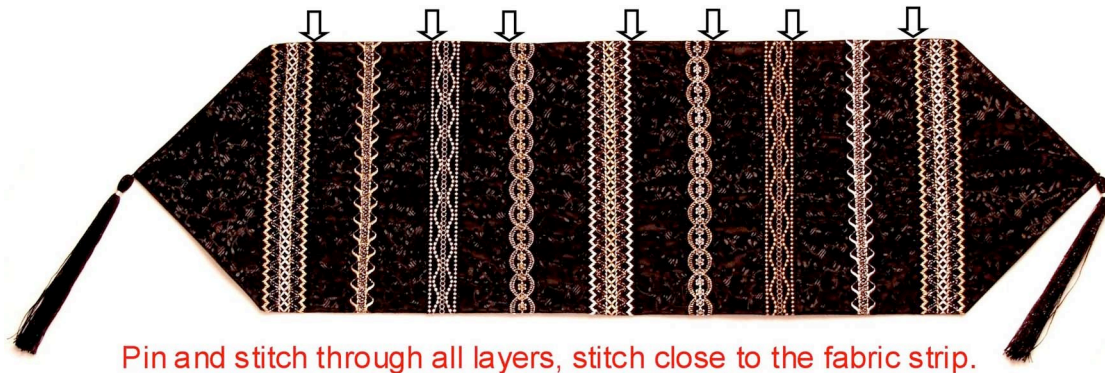
Tie off the head with 4 lengths of 0030 Silver that has been corded using the Kreinik Custom Corder.

Wrap cording 1" from the top to form the tassel head,



use a large eye needle and whip stitch to secure threads, then push needle through to the inside and out through the bottom of the band center. Cut the end of the cording, split the twisted ends and tie a knot. You can also apply anti-fraying glue to the knot.

2. Cut the loop ends of the tassel. Cut across to even up ends.
3. Thread both ends of the tassel hanger through the large eye of a needle.
4. Place tassel in the table runner. Push needle through the point end of the table runner. Un-thread the needle, secure tassel with a knot. Bring both threads together; make a knot 1/2" away from first knot. Cut off excess, thread the sewing needle with black thread, on the back of table runner, whip stitch above second knot to secure tassel. Do this for both ends of table runner.
5. Trim corners for turning.
6. Turn table runner right side out. Use a point turner to get a smooth corner.
7. Press on the cotton side of runner, roll edge in between fingers to get a nice edge.
8. Whipstitch opening closed.
9. Quilt table runner, straight stitch close to the embroidered fabric strips.

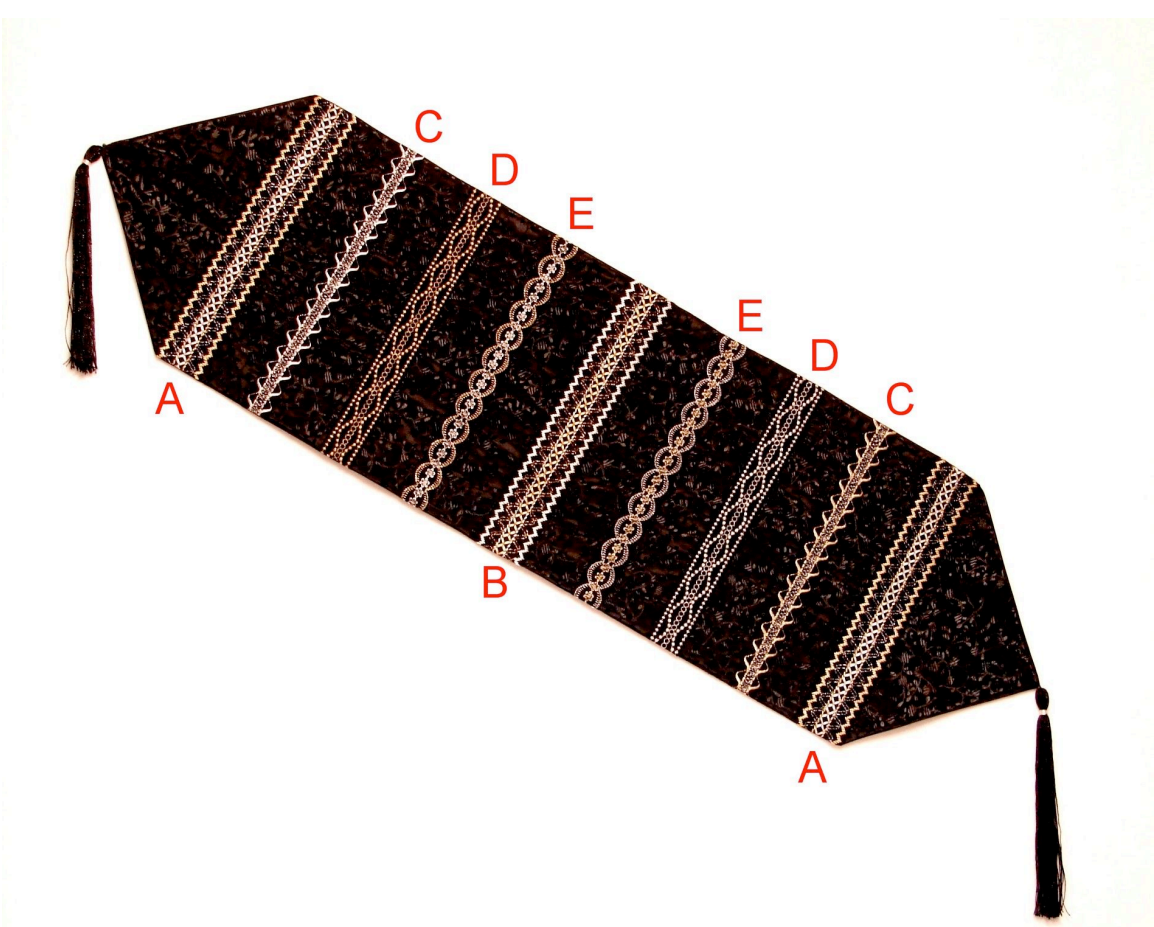


Enjoy your Elegant Table Runner!

SPECIAL SECTION:

USE THE FOLLOWING INSTRUCTIONS FOR MACHINE EMBROIDERY

*Hoop the stabilizer and Kona Bay Black fabric



A. Embroider two of these stitch-building strips, following the instructions and the photograph as an example. Adjust stitch patterns so that each row touches the next stitch pattern.

1. Bring in a decorative stitch, perhaps an antique embroidery stitch like #1 in the example (small photo, below right). Thread your machine with 0003 White Gold.
3. Follow your manual directions. Repeat stitch until you have the desired length.
4. Mirror image the stitch and copy, move stitch over to the # 2 position (see example at right). Continue using 0003 White Gold.
5. Choose your center stitch (# 3) center in between #1 and #2 stitches change thread to: 0030 Silver.
6. Choose your stitch (#4 and mirror stitch for #5) these will flank your center stitch. Change thread to: 0002 Pewter.
7. Choose a stitch for the # 6 spot and mirrored for #7, this will highlight your center motif. Change thread to: 0003 White Gold.



*Save your new design.

B. Embroider your third strip with the following Kreinik color changes.

Stitch #1 and #2 - 0030 Silver

Stitch # 3 - 0032 Antique Gold

Stitch # 4 and #5 - 0006 Antique DK Gold

Stitch #6 and #7 - 0030 Silver

C. Make 2 strips with a 1" wide stitch-building pattern, ribbon stitch with a center fill type stitch, triple straight stretch stitch to high light center design.

(1) Stitched with -0033 Brassy Gold, (1) stitched with- 0030 Silver

D. Embroider 2 strips with a 1.25" wide stitch-building pattern, candle wicking stitches,

(1) -0001 Silver, (1) -0003 White Gold

E. Make 2 strips with a 1" wide stitch-building pattern, (1) outside scallops- 0030 Silver, Center- Star stitch- 0032 Antique Gold

(1) Outside scallops -0032 Antique Gold, Center - star stitch -0030 Silver

*Remove tear away stabilizer from embroidery

F. Complete your table runner as instructed in the previous section and enjoy!



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Kreinik Metallic Machine Embroidery Threads are available in sewing stores or online at www.kreinik.com. Consumer Information: www.kreinik.com, email info@kreinik.com or call 1-800-537-2166.