

Patriotic Table Runner

An Easy Strip-Pieced Quilted Project for Independence Day & Beyond

DIFFICULTY LEVEL

Beginner Friendly

Finished Size:

Approx. 14" x 42"

Seam Allowance:

1/4 inch (Standard Quilt Seams)

Dress up your dining room or patio table with this simple, striking strip-pieced patriotic table runner. Designed with crisp red, white, and blue cotton solids or tone-on-tone prints, this project comes together incredibly fast. It is an excellent choice for a beginner quilter or a quick weekend sewing session before summer cookouts.

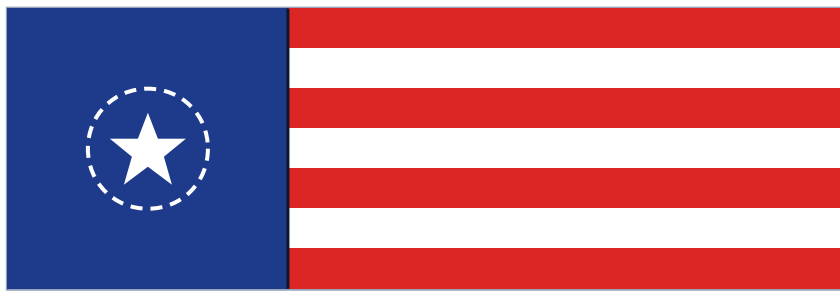


Figure 1: Visual layout schematic of the finished table runner showing piecing proportions.

Materials & Fabric Requirements

- **Fabric A (Navy Blue):** 1/2 Yard (Covers the end feature block and binding strips)
- **Fabric B (Crimson Red):** 1/3 Yard (For the striped panel)
- **Fabric C (Bright White):** 1/3 Yard (For the striped panel)
- **Backing Fabric:** 1/2 Yard of any coordinating cotton fabric
- **Batting:** 1 piece of low-loft cotton batting cut to 18" x 46"
- **Thread:** High-quality 100% cotton sewing thread in neutral cream or white
- **Tools Needed:** Sewing machine, rotary cutter, cutting mat, quilting ruler, straight pins, safety pins for basting, and an iron.

Pro Tip for Seam Pressing: Always press your seams toward the darker fabric (the red strips) to prevent shadowing beneath the white fabric panels, ensuring your white remains ultra-bright.

Cutting Instructions

Please press all fabric yardage securely before cutting to prevent distortion during piece-work assembly.

- **From Fabric A (Blue):** Cut one (1) 14.5" x 14.5" square. Cut three (3) 2.5" x width-of-fabric (WOF) strips for binding.
- **From Fabric B (Red):** Cut four (4) 2.5" x 28.5" strips.
- **From Fabric C (White):** Cut three (3) 2.5" x 28.5" strips.

Step-by-Step Assembly Instructions

Step 1: Assembling the Striped Panel

Lay out your Red and White strips horizontally, alternating colors. Begin with a Red strip on top and end with a Red strip on the bottom (Total layout: Red, White, Red, White, Red, White, Red). Pin the first two strips right sides together along the long raw edge, sew using a precise 1/4" seam allowance. Repeat this to attach all 7 strips together. Press seams flat toward the red strips.

Step 2: Squaring and Sizing the Striped Block

Lay your sewn striped panel flat on your cutting mat. Use your quilting ruler to square up the ends, cutting the entire striped unit down to exactly 14.5" tall by 28.5" wide.

Step 3: Joining the Runner Top

Place your 14.5" square of Fabric A (Blue) right sides together with the left short side of your striped panel. Align raw edges carefully and pin along the seam line. Stitch using a 1/4" seam allowance. Open flat and press the seam allowance toward the solid blue square block. The pieced top runner is now complete.

Step 4: Quilting & Basting

Lay your backing fabric face down on your workspace, smooth out any wrinkles. Place your batting layer on top, followed by your completed table runner face up. Pin-baste all three layers securely together using safety pins spaced about 4-5 inches apart. Quilt the layers by sewing straight lines down each strip seam ("stitch-in-the-ditch") or diagonally across the blocks according to your machine preferences. Trim away excess batting and backing so everything sits square and flush with the runner top.

Step 5: Applying the Binding

Join your 2.5" Fabric A binding strips end-to-end to form one long continuous strip. Fold the long strip completely in half lengthwise, wrong sides together, and press. Sew the raw edge of the binding to the right side of the runner perimeter, mitering corners gently as you reach them. Fold the binding over to the back of the runner and hand-stitch or machine-topstitch in place to secure. Give your table runner a final press.