

Twisted Ribbon Table Runner Pattern



Materials

'Ribbon'	¼ metre or 1 x fat quarter (A)
'Pole'	¼ metre or 1 x fat quarter (B)
Background	¼ metre or 1 x fat quarter (C)
Inner border	10cm x WOF
Border	30 cm x WOF
Backing	½ metre
Binding	¼ metre
Wadding	20 x 46"

Finished size: 15 ½" x 42 ½"

Cutting

For the background fabric (C)	cut 3 x 8 ¼" squares
For the 'ribbon' fabric (A)	cut 5 x 8 ¼" squares
For the 'pole' fabric (B)	cut 2 x 8 ¼" squares
For the inner border fabric (A)	cut 3 x 1" strips across the width of fabric
For the outer border fabric (B)	cut 3 x 3" strips across the width of fabric

N.B. All seams are ¼"

Preparing your HST's

1. Pair your squares as follows, right sides together:
A pieces with C pieces x 3 sets, A pieces with B pieces x 2 sets
2. Refer to Appendix A – how to make multiple half square triangle (HST)

Press seams as follows:

For the A/C squares – press 12 towards the dark fabric and 12 towards the lighter fabric

For the A/B squares – press all 16 towards the dark fabric. (you will have 4 spare)

Trim HST's to 3 ½" square making sure that the seam line is exactly on each corner so you don't lose your points later!



Assembling the rows

1. Lay the squares out for Row 1 as shown making sure that the diagonal seams of the A/C squares alternate in direction of pressing



2. Stitch in pairs, right sides together, taking care to 'nest' the seams



N.B. stitch seam from top to bottom

Stitch the 6 pairs together to form Row 1

N.B. stitch seams from bottom to top to avoid warping the row



- Lay the squares out for the middle row as shown and stitch together in the same manner as Row 1



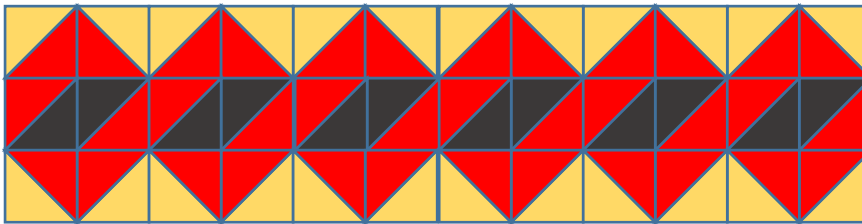
= Middle Row

- For Row 3 repeat Row 1



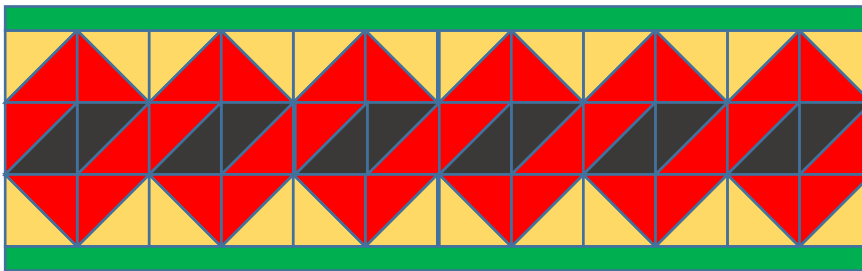
= Bottom Row

- Press the seams for top and bottom rows in one direction
Press the seams for the middle row in the opposite direction
- Stitch the 3 rows together, again in opposite directions making sure to 'nest' the seams

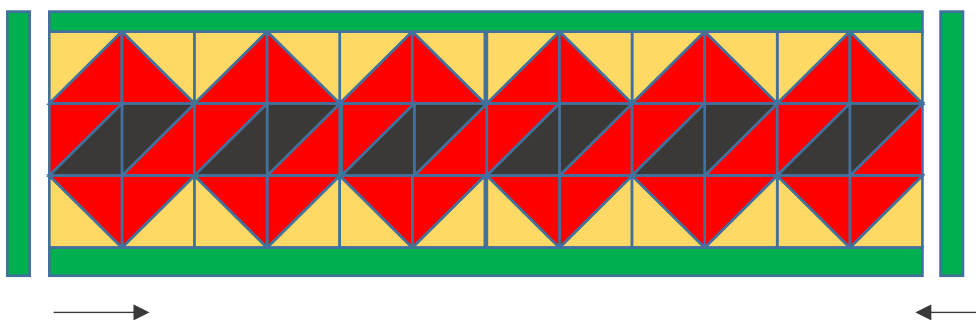


Add the borders

- Cut 2 of the 1" wide inner border fabric strips to the length of the panel (they should measure 36 1/2")
Stitch to each side of the panel as shown matching the ends



- Take the remaining border strip and cut 2 pieces to the width of the panel (they should measure 10 1/2"). Stitch to each end of the panel as shown



- Repeat points 1 and 2 with the remaining 3" wide border fabric, cutting to 37 1/2" and 15 1/2"

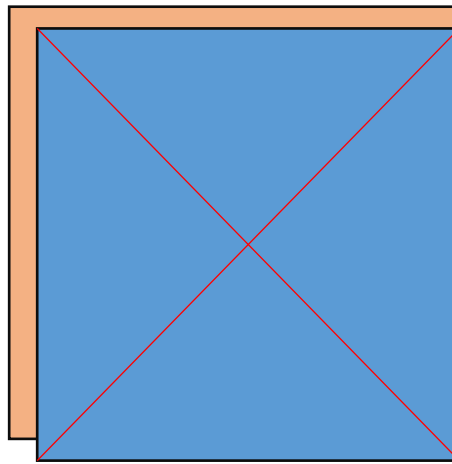
Finishing

- Layer up with wadding and backing fabric
Quilt as desired
Add binding

Appendix A

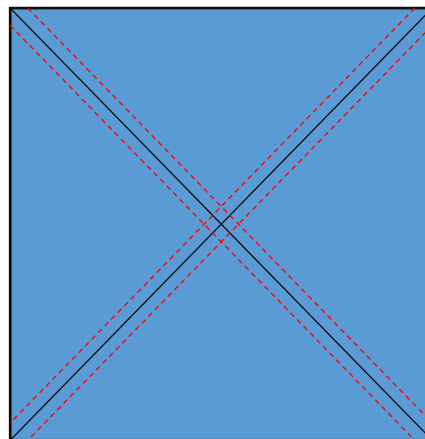
Half Square Triangle – HST

This method yields 8 x HST's per set of squares:

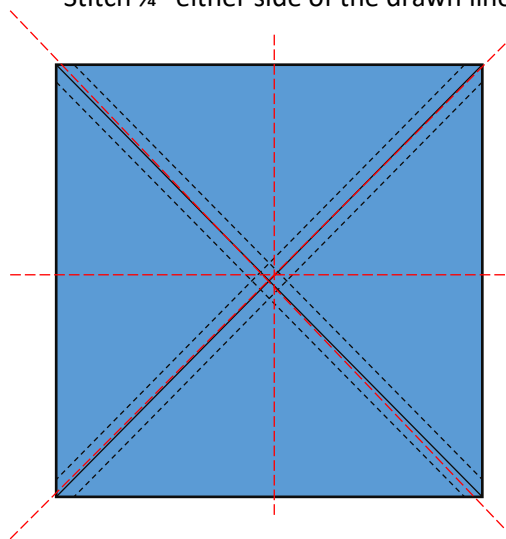


Draw diagonal lines as shown on the lighter colour of the 2 squares

N.B. it is important to draw **exactly** from corner to corner



Stitch $\frac{1}{4}$ " either side of the drawn lines



Cut through the exact horizontal and vertical as shown without moving the fabric
Then cut on the drawn diagonal lines to yield 8 x HST's