

# Kristin La Flamme

## Mod Log Table Runner Tutorial

In addition to the usual sewing supplies you will need:

1 1/2 yards of fabric that you really like for the border, binding and backing

1 fat quarter or 1/4 yard each of six coordinating fabrics (this is a great opportunity to use up scraps or those interesting bits you've been collecting in your stash)

batting approximately 20" x 52"

Use a log cabin construction technique to make the center blocks:

1. Cut a center shape approximately 4" square from one of your coordinating fabrics. Don't try to make this perfect—that's part of the charm of this table runner.

2. Cut a strip with your rotary cutter or scissors, about 2 1/2" wide, from another fabric. Using a 1/4" seam allowance, sew it, right sides together, to one side of the center square. Do not worry about the strips being exactly parallel to each other and don't worry about matching raw edges with the center square if you would like even more of an angle. Trim off excess fabric beyond the seam allowance. Press open with seam allowance towards the strip you just sewed. Trim off any excess length. Turn the block 90 degrees counter-clockwise and sew on another strip. Cut more strips, if you need to, and sew them, in the same manner, to the remaining two sides of the center square (figure **a**).

3. Cut a strip, approximately 2 1/2" wide, from a third fabric and sew it, in the same manner, around the previous round (figure **b**). When you have sewn strips to all four sides, you should have a block that looks like a lopsided square within a second lopsided square, inside a third.

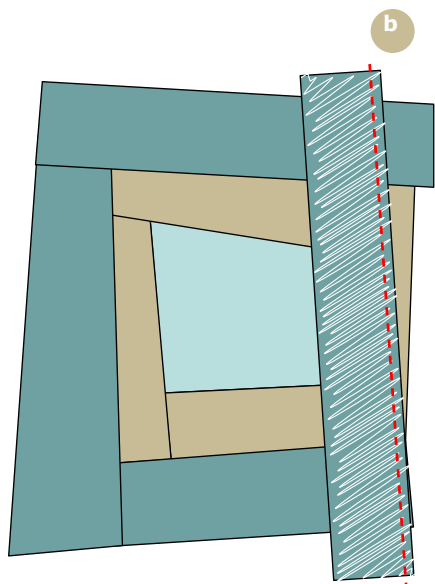
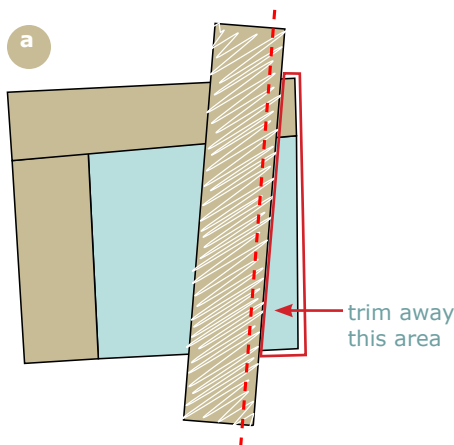
4. Using your rotary cutter and ruler, trim this block to 8 1/2" square. This time, your measurements must be accurate. If your block is too small to be trimmed to 8 1/2" square, simply add another round of strips in one of your coordinating fabrics.

5. Make four more blocks in this fashion, alternating colors for the center blocks, first, second (and possibly third) rounds.

6. Arrange your five trimmed blocks end to end in a pleasing order. Sew them together using a 1/4" seam allowance.

7. Cut the 1 1/2-yard piece of fabric in half lengthwise. One long half will be your backing. From the other half, cut three 4 1/2" wide strips for your border. Cut the remainder into 2 1/2" strips for the binding.

8. Trim two border strips to 40" long and sew to each long side of your row of blocks. Press open. Cut the third border strip into two 16 1/2" lengths and sew onto the short ends of your table runner.



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## Mod Log Tutorial (continued)

9. You are just about done! Secure the backing fabric smoothly and face-down on the floor or a large work surface. Smooth the batting over the backing. Smooth and secure your pieced table runner top face up on top of the batting. Baste the layers together with safety pins every 6" or so. Now is your chance to try out free-motion quilting on your machine! You can also machine stitch in straight, crosswise, rows, or quilt by hand. When you have finished quilting your layers together, trim off the excess batting and backing and remove the pins if you have not done so already.

10. Sew the binding strips end to end (I like to place two strips, right sides together, at right angles, and use a diagonal seam to reduce bulk). Press the resulting long strip in half lengthwise. Matching raw edges, and leaving an un-sewn "tail," sew the binding to the front side of your table runner. Stop sewing 1/4" from the corner, remove the project from your machine, fold the binding away from the quilt at a 90 degree angle, and fold it back in again to align with the next side. Start sewing again 1/4" from the corner. Do this at all corners. When you get almost to the end, fold over the end of the "tail" and tuck the end of your binding inside (trim off any excess length); finish sewing the binding. Fold the folded free edge of the binding to the back side and hand sew it in place.

Now throw a mad tea party to show off your creation!



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