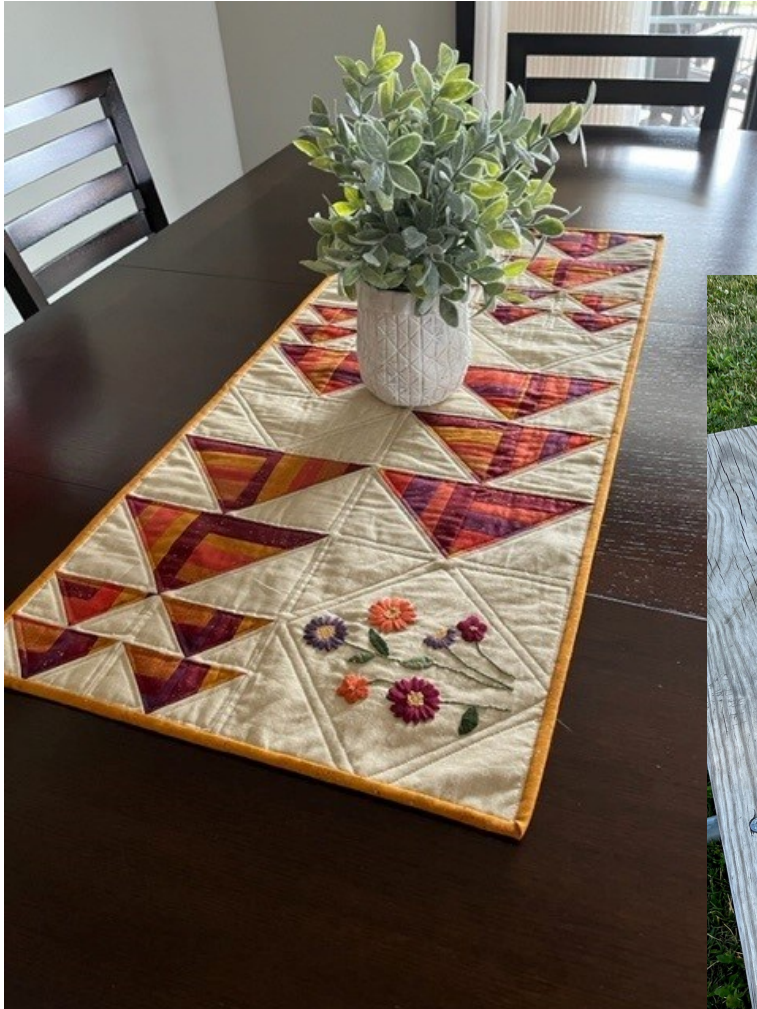


# DUO OF TABLE RUNNERS

Night Flock Finished Size: 15.5" x 45.5" or  
Flowers at Sunset Finished Size: 16.5" x 36.5"

Made from  
Scraps  
of Night Flight

Night Flight was Featured in  
Quilt Sampler Magazine's  
Fall/Winter 2022 Issue



## Rae-Bon Sew & Quilt Shop

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## Note on Night Flight:

Both table runners were made with half square triangles leftover from assembling Night Flight. It is important when assembling the large flying geese units that you make them oversized so the half square triangles are large enough for this project.

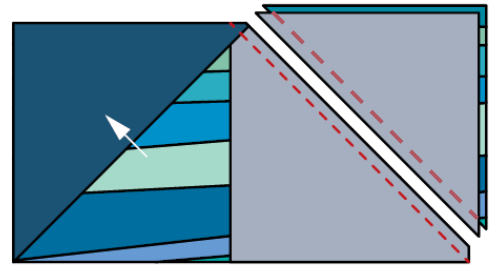
### Assemble Large Flying Geese Units

Step 5: Trim Step 4 unit to 6" x 11".

Step 7: Use 6" squares of mottled navy.

Step 8: After sewing on the diagonal line, sew an additional line  $\frac{1}{2}$ " above the diagonal line. When trimming, you'll trim between the two sewn lines. Repeat when adding the triangle on the opposite corner. You'll be left with one flying geese unit and two half square triangles for each block.

The two triangles from each flying geese unit will not be identical. The improv lines will run in different directions. If you want the lines to all be the same on your table runner you will want to pay attention to which half square triangles you use when laying out your table runner.



## Supplies for Night Flock:

- 16 Half Square Triangles trimmed to  $2\frac{3}{4}$ " x  $2\frac{3}{4}$ "
- 12 Half Square Triangles trimmed to 5" x 5"
- $\frac{3}{8}$  yard of Background Fabric
- $1\frac{3}{8}$  yards of Fabric for Backing and Binding
  - To quilt the top will need to be laid length of fabric on the backing
  - On the sample, scraps of fabric from Night Flight were used to make a scrappy binding instead of using the same fabric as the backing.

## Night Flock Cutting Instructions:

From background fabric:

- (2) 1 ½" x 10 ½" Sashing Strip
- (3) 3 ½" x wof Border

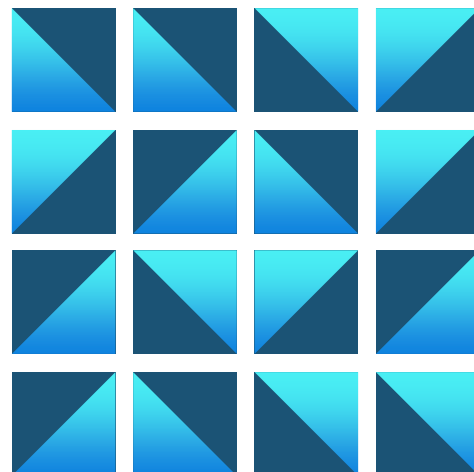
## Night Flock Assembly:

### Center Block

Assemble the 2 ¾" half square triangles as shown in the diagram to the right. Using ¼" seam sew the blocks into rows. Press the seams in each row in opposite directions.

Sew the rows together. Press the seams in one direction.

Sew the border strips to the left and right of the center block.



### Side Blocks

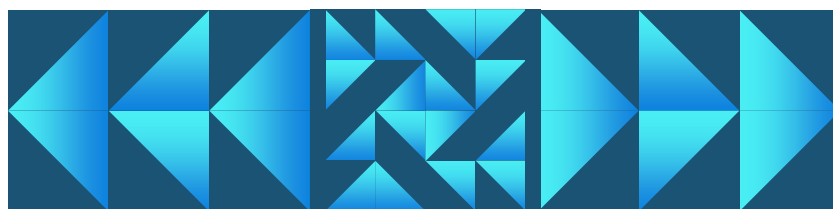


Sew pairs of 5" half square triangles together to create flying geese. In the sample, two flying geese had horizontal stripes and four had vertical stripes.



Sew three sets of flying geese together for each end (see the diagram to the left).

Sew each set of three flying geese blocks to either end of the center block. See diagram below.



Measure the length of the runner (39") and cut two of the 3 ½" x wof to the measured length. Attach to the top and bottom.

Measure the height of the runner (15 ½") and cut two pieces from the remaining 3 ½" x wof. Attach to the left and right sides of the runner.

Quilt and binding as desired.

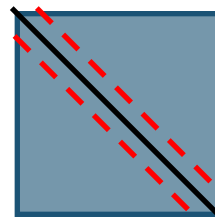


## Supplies for Flowers at Sunset:

- 24 Half Square Triangles trimmed to 2 ½" x 2 ½"
- 20 Half Square Triangles trimmed to 4 ½" x 4 ½"
- ⅜ yard of Background Fabric
- ¼ yard of Binding Fabric
- ½ yard of Backing Fabric
- 12" x 12" square of SF 101
- Cosmo Floss in the following colors was used for the embroidery:
  - 574: Gold
  - 187: Orange
  - 766: Purple
  - 2245: Burgundy
  - 637: Green
  - 2014: Green

### Need More Half Square Triangles?

Use strips of fabric to piece an improv block that is Half Inch larger than the finished half square triangle.



Layer a background square right sides together with the improv square. Mark two stitching lines ¼" on either side of the center diagonal line. Stitch on the lines.

Cut down the center and press towards the background fabric.

Trim the half square triangles to the designated size.

## Flowers at Sunset Cutting Instructions:

From background fabric:

- (1) 12 " x 12" square for embroidered block
- (3) 4 ½" x 8 ½" solid rectangles



## Flowers at Sunset Assembly:

### Embroidered Block

Iron SF101 onto the back of the 12" x 12" to stabilize the block for embroidery.

Copy the embroidered design onto Transfer-Eze. Stick the Transfer-Eze to the front of the block (or use your favorite design transfer method).

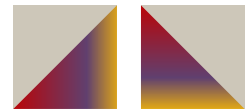
Embroider using backstitches to create the stems, French knots for the flower centers, and straight stitches for the flower petals and leaves.

Trim completed embroidery to 8 1/2" x 8 1/2",

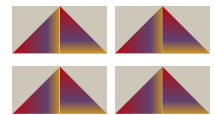


### Runner Assembly

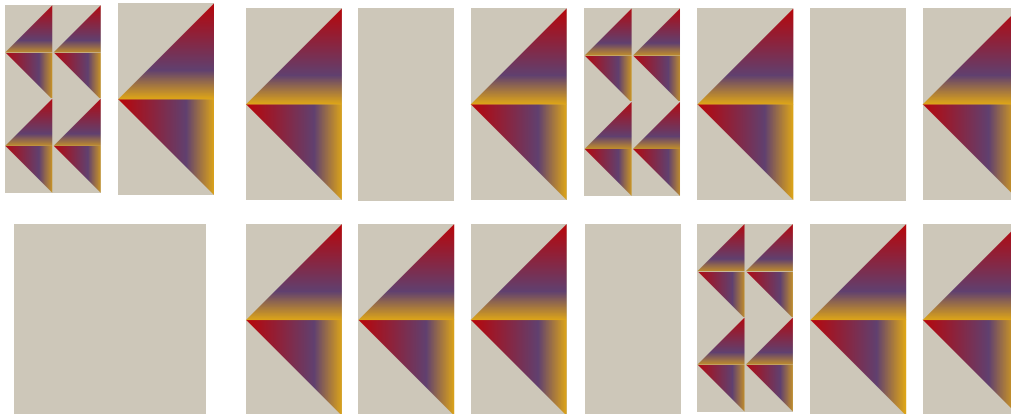
Sew each of the 4 1/2" x 4 1/2" half square triangles together to create flying geese. Repeat to make a total of 20 units measuring 4 1/2" x 8 1/2".



Repeat with the 2 1/2" x 2 1/2" half square triangles to make 12 units 2 1/2" x 4 1/2". Sew the flying geese together to create a four patch.



Assemble the blocks as shown in the diagram.



Quilt and bind as desired.

