

# URBAN SCANDINAVIAN TABLE RUNNER (Linen Table Runner)

**Techniques:** simple piecing and fusible machine applique

From *Urban Scandinavian Sewing* by Kirstyn Cogan

## Class Description

See pages: 36 - 39

What makes this class so enjoyable is the ease and simplicity of the project.

Beginner friendly (using only straight and zigzag stitching features of a sewing machine). Students will learn basic piecing and simple fusible applique techniques.

Students will take home an elegant table runner with a modern – “Urban Scandinavian” aesthetic.

## Class Length

3 hours: for the piecing, fusing & machine stitching.

4 hours: if you include the hand embroidered running stitch detail.

Can be extended to a two - 3 hour session class to include the coordinating Bread Warmer Tea Towel project (pages 30 – 33).

## Class Supply List

Required Text: *Urban Scandinavian Sewing* by Kirstyn Cogan

-Printed pattern template for appliqués (see the pullout at end of book - P1)

-Background and appliqué fabrics (see page 36 for yardage requirements)

-Optional: fabric for the coordinating tea towel (if offering a two session course – see page 30 for yardage requirements).

-Lightweight (paper backed) double-sided fusible web (1/2 yard)

-Optional (if offering a two session course): additional lightweight (paper backed) double-sided fusible web (1/4 yard) for tea towel.

-Thread to coordinate with fabrics

-Contrasting embroidery floss, embroidery floss threader and needle

-Scissors: for both paper and fabric cutting

-Fine tipped permanent marker (such as Sharpie)

-Removable fabric marker (such as FriXion)

-Sewing machine with a zigzag stitch

-Basic sewing supplies

-Helpful to have: rotary cutter, clear Omnigrid ruler, cutting mat and seam gauge

This is great class to introduce a variety of fabrics and also encourages a nice selection of notions to build a students toolbox.

### **Classroom Preparation**

Each student will need:

-Machine sewing area

-Tracing and Layout area

-Shared cutting and pressing stations

### **Class Agenda**

Refer to pages 36 - 39 for instructions and placement diagram for the table runner.

Refer to pages 30 - 33 for instructions for the coordinating tea towel.

Refer to tear out page P1 for applique template.

Refer to page 109 for basic hand embroidery instructions.

1. Discuss materials and process for using fusible web appliqué
2. Cut and piece the runner foundation
3. Trace pattern templates and make appliqués
4. Arrange appliqués on pieced runner according to placement diagram (page 38)
5. Stitch appliqués to runner
6. Optional: finish with hand embroidered running stitch (page 109)