



“Rope Runner” Table or Bed Runner

A workshop with RaNae Merrill

This workshop is based on my book *Sideways Spiral Quilts*. Visit <https://sidewaysspirals.wordpress.com> to learn more about using ropes, ribbons and chains in quilt designs. To buy books go to my website www.ranaemerrillquilts.com

Ropes are beautiful elements for quilt design - they can be pieced, appliqued or quilted in borders, sashing and more. You will learn to design and sew a rope of any size or shape. You'll also learn a technique for making bias tape quickly and easily at the sewing machine. The project is a table runner with place mats or a bed runner with a decorative “rope” down the center.

*Finished size as shown: 18” x 58” table runner plus two place mats 13” x 18” (not shown).
Can be finished to a variety of bed sizes, if desired.*

Materials List

*The class kit includes instructions & pattern, bias tape maker, water-soluble thread and invisible thread.
Pay kit fee to teacher in class - please bring cash. Or, Kit fee may be included with your enrollment.*

Fabric All fabrics should be pre-washed and pressed before coming to class

- _____ Background: 1-1/4 yards. (You need 1 yard for the background, but buy 1-1/4 to allow for squaring up the fabric after it is washed and pressed.) Can be solid or a medium to large-scale print.
- _____ Rope sections & Side twists: 3/8 yard each of two fabrics in different colors but similar values. These should be monochrome textures or small dense prints that pick up colors in background fabric. They need to contrast enough with the background to be clearly visible over it.
- _____ Rope Outline & Side twists: 1/2 yard. Solid or tiny tone-on-tone print fabric for bias tape. This fabric outlines rope sections and is used in the two smaller twists that run along both sides of the rope.
- _____ Binding: 1/2 yard. Can be more of one of the rope section or side twist fabrics, or a different fabric.
- _____ Backing: 1-1/4 yard. (This exactly fits the front background fabric – it does not allow for extra width or length to put on a longarm quilting machine frame.)

Thread

- For general sewing: thread in neutral color or matching background (top and bobbin thread. Have a bobbin wound and ready before class.)
- X Water soluble thread **(included in class kit)**
- X Clear polyester invisible thread **(included in class kit)**
- Optional: thread for top-stitching over bias tape. Can match or contrast, depending on the effect you want. I really like 100 weight silk thread
- For quilting: thread to coordinate with background fabric and backing.

Other Materials

- 1-1/4 yards (18" wide) light-weight paper-backed fusible web such as Wonder Under or Steam-a-Seam Light (It MUST be paper-backed)
- Batting (same amount as background and backing fabrics)
- Optional: Found objects, buttons, beads, crystals, ribbons or any other type of embellishment. These can be applied after class, after quilting.
- Elmer's School Glue or similar water-based glue or liquid fabric glue (not glue stick)

Tools:

- Sewing machine (if this workshop is at a show, a machine may be provided, confirm with the event)
- Basic sewing supplies – pins, scissors, etc.
- Rotary cutter, mat and 24" ruler
- Iron (The number of irons that can be used in the room may be limited because of available electricity. The event may limit provide irons to those provided in class.)
- Parchment or newsprint paper (to protect iron and ironing board under fusible web and over paint)
- Stiletto or bamboo skewer (helps with sewing bias tape around curves)
- Measuring tape (to measure how much bias tape you'll need to go around your charms)
- X 3/8" bias tape maker **(included in class kit)**

Sewing Machine Set-up

- Zigzag foot with a cross-bar – not open toe. (If you switch throat plates between zigzag and single-needle, make sure you have the zigzag throat plate on your machine for this class.)
- 75/11 or 80/12 needles. You'll be stitching through fusible web and multiple layers of fabric, so having a new needle in the machine is a good idea. [Bring a variety of needles, in case you need to try different needles with the various threads.]
- If you want to use silk thread for decorative stitching, bring a 70/10 topstitching needle.
- If you use a bulky trim instead of bias tape, you may need a cording foot or a foot with a raised groove on the bottom to fit over the trim.

Know how to select straight, zigzag and decorative stitches on your machine.

Know how to reduce top thread tension on your machine.

To give you ideas for your own project, here are some work-in-progress photos taken in a recent workshop:

