

# Be My Valentine Table Runner

By Cherry Guidry



## Materials to Make a Valentine Table Runner

- Download the [Be My Valentine Table Runner Template](#)
- White fabric for backgrounds and appliqués: 1 yd
- Dark pink fabric for appliqués and border: ½ yd
- Light pink fabric for appliqués: 1 fat quarter
- Red fabric for appliqués and binding: ½ yd
- Backing fabric: 1½ yd for pieced or 2 yds for a one-piece backing
- Batting: 20" x 70"
- Paper-backed fusible: 2 yds of 17" wide
- Thread: white, light pink, dark pink
- Sewing machine
- Open embroidery foot [#20/#20C/#20D](#)
- [BERNINA Stitch Regulator \(BSR\)](#)
- [BERNINA Adjustable Ruler #72](#)

## How to Make the Be My Valentine Table Runner

Step 1 – Cut the fabric

White:

- (3) 2 ½" x WOF (width of fabric) strip subcut into (19) 2 ½" x 4 ½" – pieced border rectangles
- (2) 12 ½" x WOF (width of fabric) strips subcut into (5) 12 ½" x 12 ½" – background squares

Dark pink:

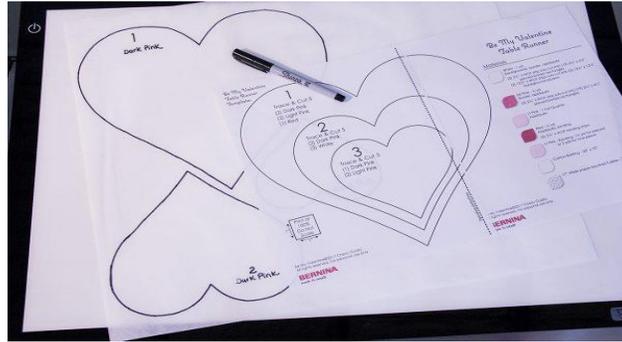
- (3) 2 ½" x WOF strip subcut into (19) 2 ½" x 4 ½" – pieced border rectangles

Red:

- (5) 2 ¼" x WOF binding strips

Step 2 – Prepare the appliqué shapes

Using the Be My Valentine templates, trace the appliqué shapes onto the paper side of the fusible; I like to use a fine tip marker and allow approximately ½" between the traced shapes. Label each traced shape with its number and fabric color.



Cut the templates apart about ¼" away from the traced line and with fusible side down, fuse onto the wrong side of its corresponding fabric:



Heart #1: (2) dark pink, (2) light pink, (1) red

Heart #2: (2) dark pink, (3) white

Heart #3: (1) dark pink, (2) light pink

Cut the fused pieces on the traced line.



Fuse the shapes onto the center of the (5) 12 ½” x 12 ½” white background squares following the diagram below:



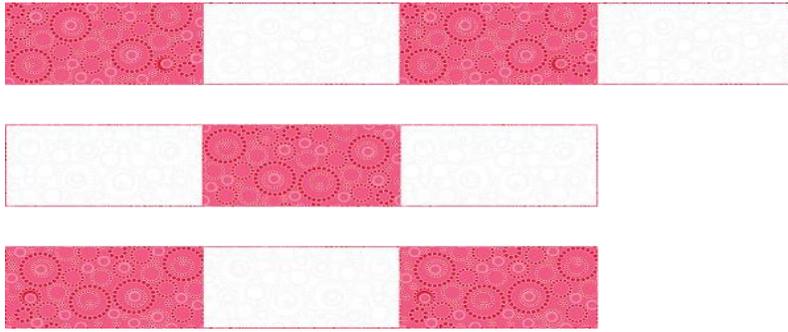
### Step 3 – Stitch around each of the fused shapes

I sewed this project on a BERNINA 880 using the blanket stitch #1320 with a thread that matched each of the shapes and my favorite BERNINA Open embroidery foot #20D.

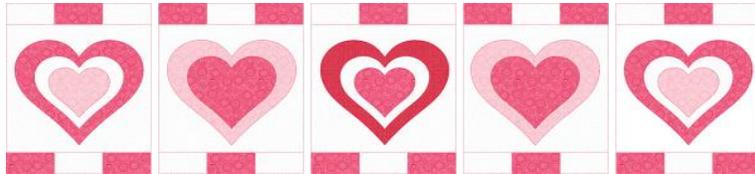


### Step 4 – Sew the pieced-border

Make (2) side border units by alternating (2) dark pink and (2) white 2 ½” x 4 ½” pieced border rectangles. With the remaining dark pink and white 2 ½” x 4 ½” pieced border rectangles, sew (5) white/pink/white units and (5) pink/white/pink units.

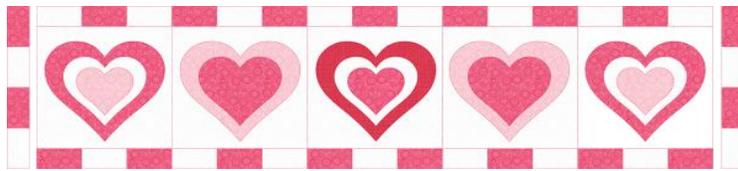


Sew the units onto top and bottom edges of the appliqued blocks as follows:



Step 5 – Assemble the runner

Sew the blocks and side borders into a row:



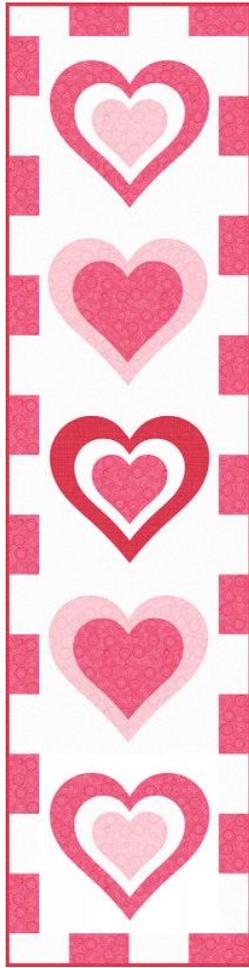
Step 6 – Finishing

One of my favorite things in any project is the quilting phase and absolute love the new [BERNINA Adjustable Ruler foot #72](#) that allows the use of longarm rulers on the BERNINA domestic machines; I also used the [BERNINA Stitch Regulator \(BSR\)](#) for a bit of evenly spaced free-motion quilting.



Layer the backing, batting, and quilt top, and quilt as desired. Bind with the (5) 2 1/4" red binding strips. Here is a helpful tutorial on [how to bind a quilt using double fold binding](#).

Laying the blocks vertically would also make a great wall hanging!



I hope you have a sweet Valentine's Day!

Difficulty level: Beginner

Techniques: applique, free-motion quilting, quilting