

HEARTS FULL OF LOVE TABLE RUNNER

Valentine's Day is not far away so I thought it would be fun to brighten our spaces with a fun runner full of hearts and hugs!



The runner is 24" x 42" and has two simple blocks that are repeated. We will do the runner in two parts. Part 1 will be gathering your fabrics, cutting, and creating the 'X' block. This block is 9" finished and consists of easy four patches and a pinwheel in the center. When put together, the components create a nine patch.


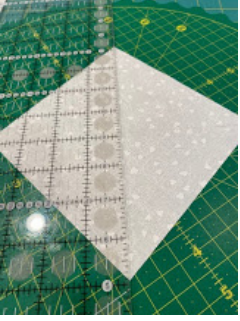
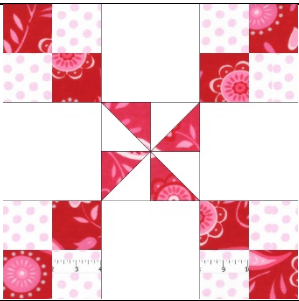
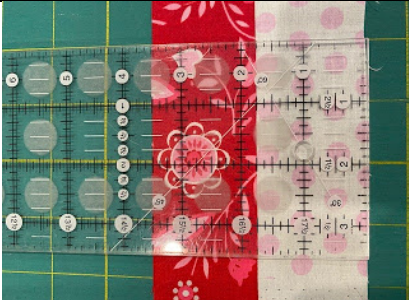
First things first! Let's gather some fabric. I used pieces from my stash.

- 1/3 yard of light background (I used white on white print)
- 1/3 yard accent 1 (I used pink polka dots - heart blocks, 4-patches & inner border)
- 1/8 yard accent 2 (I used pink and white circle bursts - heart blocks) *
- 1/2 yard main (I used red floral for blocks and borders)
- 1/4 yard accent 3 (I used pink floral - pinwheels, heart blocks) *
- 1/3 yard binding
- 3/4 yard backing

*Fat quarters would also work for accent 2 and accent 3. Just cut twice where WOF is indicated.



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<p>From the light background cut:</p> <p>(1) 2 1/2" x WOF -</p> <p>(1) 3 1/2" x WOF -</p> <p>(1) 5 3/4" x WOF</p>	<p>subcut (8) 2 1/2" squares (pinwheel HST's)</p> <p>subcut (16) 3 1/2" squares (nine patch block)</p> <p>subcut this strip as follows:</p> <p>cut (1) 5 3/4" square and cut twice diagonally (upper heart center)</p> <p>cut (4) 5 1/2" squares and cut once diagonally (lower heart corners)</p> <p>cut (4) 3 1/2" squares and cut once diagonally (upper heart corners)</p>
 <p>Cut twice diagonally</p>	 <p>Cut once diagonally</p>
<p>From accent 1 (my pink polka dots) cut:</p> <p>(1) 2" x WOF (heart blocks)</p> <p>(3) 1 1/2" x WOF (inner border)</p> <p>(2) 2" x WOF (4-patches)</p>	<p>From accent 2 (my pink with white circle bursts)</p> <p>(1) 2 1/4" x WOF (heart blocks)</p>
<p>From main fabric (my red floral)</p> <p>(2) 2" x WOF (4 - patches)</p> <p>(4) 2 1/2" x WOF (outer border)</p> <p>(1) 3 3/4" x WOF (heart block)</p>	<p>From accent 3 (my pink floral)</p> <p>(1) 2 1/2" x WOF - subcut (8) 2 1/2" squares (pinwheel blocks)</p> <p>(1) 2" x WOF (heart blocks)</p>
<p>Nine Patch Pinwheel and Four Patch Block: Make 4</p>	
<p>Make Strip Sets: Sew a 2" x WOF accent 1 strip to a 2" x WOF main fabric to create a strip set. Use an accurate 1/4" seam allowance so that your strip is straight and measures 3 1/2". Make (2) strip sets. Press the seam to the dark.</p>	

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Sub-cut from these strip sets (32) 2" wide units.



Make 4-Patch Units: Make two piles of 16 units each and turn one so they are opposite. Chain sew units together to create the four patch units. You will need 16 four patch patches.



Before pressing, be sure to spin the seams in the back to cut down on the bulk in the center. You should see a little four patch like below. Set aside.



Make Half Square Triangles: Gather the (8) 2 1/2" **background squares** and draw a diagonal line on the back of each (or press a crease if preferred). Place right sides together with the 2 1/2" **accent 3** squares. Sew a scant 1/4" on either side of the drawn line. Cut on the line and press open to the dark



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Press to the dark and square up to 2"

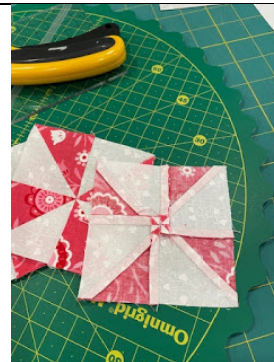


Place the HST units in piles by your machine in the order they are to be sewn. Chain piece the HST units through the machine in order. Keep the chains intact.

Then, pair the halves of the pinwheel together and chain piece the final seam to complete the unit.



Turn the units over and spin the center seam like you did on the four patches. This will cut the bulk in the center. Press the blocks and square to 3 1/2".







Assemble the Nine Patch Block: (Make 3)

Lay out your block components in the order they are to be sewn. We will chain piece the blocks together in order so that everything will be kept together with the chains through the final seams.



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<p>Starting at the top of the first row, sew the left column blocks to the center column blocks, pick up the first block in the second row and sew to the center, and pick up the first block in the third row and sew to the center. Keep sewing the first and second columns together until they are all sewn.</p>	
<p>Now starting at the beginning attach the blocks from the third column in order. This will keep all your blocks chained together in order.</p>	
<p>Now you can sew the final seams together to finish the nine patch blocks. Be sure to bookend the seams as you sew. I finger pressed as I sewed. It really does not matter which way you press the seams. I pressed mine to the background blocks. Once the blocks are all sewn, give them a good pressing. Place a 9 1/2" square up ruler on the block and make sure they measure 9 1/2" square.</p>	
<p>You did it! We have finished Part 1. Next week in part two we will create the heart string blocks, put the blocks together and finish the runner.</p>	
<h3>Part Two: String Heart Block and Assembly</h3>	
<p>Part 2 of the Hearts Full of Love Table Runner will create the second block which is the string heart. We will also put the blocks together, add the borders and I can share with you how I quilted it. But certainly, do your own thing as my quilting is primitive at best on a domestic machine.</p>	
<p>There are a couple of ways you can do this block. If you wish to piece it (which I did) you can follow the instructions here. However, if you would rather foundation piece it, you can find the foundation here.</p>	

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Because the block is wider than a page, it will tile onto two pages. Just tape the pages together, lining up the lines. Be sure your printer is set to full size, no scaling.



Here are the pieces we previously cut:

Light Background: (Tip: Label your parts to make it easier to identify)

- (1) 5 3/4" square and cut twice diagonally (upper heart center)
- (4) 5 1/2" squares and cut once diagonally (lower heart corners)
- (4) 3 1/2" squares and cut once diagonally (upper heart corners)

From **accent 1** (my pink polka dots):

- (1) 2" x WOF (heart blocks)

From **accent 2** (my pink with white circle bursts)

- (1) 2 1/4" x WOF (heart blocks)

From **main fabric** (my red floral)

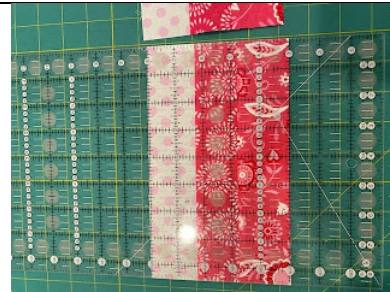
- (1) 3 3/4" x WOF (heart block)

From **accent 3** (my pink floral)

- (1) 2" x WOF (heart blocks)

Create the heart body strip set:

Sew together in order, the 2" **accent 3**, 2 1/4" **accent 2** and the 2" **accent 1** strips using a scant quarter inch seam allowance. Press the seams in the same direction, being careful not to distort your strip set. Your strip set should measure 5 1/4". From this strip set, cut 4 units that are 8 1/2" wide.








From the **main fabric** 3 3/4" strip, cut 4 pieces that are 3 3/4" x 5 1/4". We should now have all our parts.



Sew a center triangle to the short side of the 3 3/4" x 5 1/4" piece. The tip of the triangle should extend 1/4" beyond the end. This provides the seam allowance you will need. Press to the dark.



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Attach this piece to the strip set.	
Press the seam toward the strip set. Now add the two upper corner triangles. Press the seams toward the triangles. Remember that the tips of the triangles extend 1/4" beyond the end for the seam allowance.	
Now attach the first of the lower triangle corners. The tip of the triangle should extend 1/4" past the edge for your seam allowance. Press the seam to the triangle.	
Now add the second lower corner in the same manner as the first.	
Place a 9 1/2" square up ruler on the block and trim off the excess. Make 4 blocks.	
Now assemble your blocks per the diagram below. Note the direction of the heart string blocks. Measure the sides and cut the inner border side strips to length and attach. Repeat for the top and bottom. Repeat these steps for the outer border. Layer the top, batting and backing and quilt as desired.	

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From the binding fabric, cut 4 strips 2 1/4" x WOF. Join the strips with a mitered seam. Press in half and attach the binding to your quilt.

I am not the greatest free motion quilter (sigh) so I tend to quilt with straight lines. For this runner, I did stitch in the ditch around each block component then some echo quilting 1/4" from the seams in the triangle areas and on the strings in the heart block. I traced out hearts in the open blocks of the nine-patch and stitched them using my walking foot.

I hope you had fun making this sweet runner! Be sure to check out my website for lots of fast and fabulous quilt patterns and Happy Valentine's Day! www.DragonflyFiberart.com