

Tulip Delight *Stenciled Table Runner*



Finished size: 47 inches x 20 inches

Tulip Delight Stenciled Table Runner

A sophisticated yet simple stenciling design, fit to crown any table

By Esther Aliu

Tulip Delight Stenciled Table Runner

This is an original Table Runner Stencil Design by Esther Aliu. This pattern is for strictly domestic, private use. Pattern is also suitable for appliqué and embroidery work.

Let's Get Started!

Dimensions:

Finished Size: 47inches x 20 inches

Centre Panel (stenciled): 15½ inches x 42 inches

Fabric Requirements:

All fabric is 112cm wide, pre-washed and ironed, unless otherwise stated. It is recommended that the fabric choices information be read before purchasing the fabric.

1.3m (1½ yard) light background material for stenciled design (lengthwise)

0.55m (5/8 yard) contrast print for border and binding

1.30m (1½ yard) backing fabric (lengthwise)

.60 x 1.30m batting (24inch x 51 inch piece)

Quilting and piecing thread of choice

Other Requirements:

Rotary cutter, cutting mat and quilters' ruler

Template plastic

Fine, permanent marker for tracing templates (and outlining stencils)

2b pencil

Neutral colored thread for piecing

Complimentary colored thread for quilting

Masking tape or clips for sandwiching the quilt

General sewing supplies

Freezer paper

Stubby paint brush

Textile Medium (If required)

2 x color textile paints

Paper toweling

Stencil Requirements:

Freezer paper:

Freezer paper can be re-used up to 6 times

1.15 m freezer paper (45inches)

Paint:

Use a paint suitable for textile use.

Green paint (hue of choice)

Purple Paint (hue of choice)

Textile Medium (If required)

For outlining your stencil (Pen WORK):

Use a fine tip permanent ink pen.

I use Faber –Castell PITT artist pen in waterproof Indian Ink which is readily available from most art retailers.

Whichever brand you opt for, first test for color fastness by washing

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Planning & Preparation

For ease of use, this pattern has been designed in A4 sized printable pages

Print all 6 pages of the Tulip Delight pattern x 2

With the help of a light box or window, join the pages as indicated along guide lines to create a pattern sheet. **SEE JOINING DIAGRAM** for assistance

The pattern is **not** a mirror image, the second drawing is to be rotated and joined on the centre fold

The final measure of your pattern sheet should be: 42inches x 15 ½ inches

Trace all lines onto freezer paper

Using craft knife, scalpel or sharp scissors (whichever you prefer), cut out your stencil

Cutting Instructions

Light background (this fabric will be stenciled)

1 x 42 inches x 15 ½ inches rectangle (cut lengthwise on grain)

3 x strips: 48inches x 1 ¼ inch lengthwise on grain for second border

Contrast print

4 x strips 2½ inches wide for first border

and cut 4 x strips 2 ½ inches wide for binding

Table Runner Assembly

Assembly Diagram 1– First Border

Sew contrast fabric strip 2 ½ inch x 42 inch on both sides of stenciled panel

Sew contrast fabric to top and bottom. Trim even with sides. Press flat.

Assembly Diagram 2– Second Border

Repeat as for Assembly diagram 1– First Border

Note: all seams are ¼ inch allowance

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How To Stencil

With modern techniques, stencil cutting can be easy and time effective. All you need is simple drawing skills, freezer paper, a cutting board, scissors and a craft knife.

CUT:

Your freezer paper stencil should now be ready for use (see planning & preparation)

Freezer paper stencils are easy to use. Simply cut your desired shape from the freezer paper using a cutting board and stencil knife. *Please note: freezer paper stencils can be used multiple times. Simply peel off and re-fuse onto the fabric with ironing each time.*

IRON:

Iron the light background fabric you wish to stencil

Arrange and iron the freezer paper onto the fabric. Ensure all of stencil is 'fused' to fabric.

STENCIL:

Prepare the paint colours you wish to use

Apply paint to stencil area, lightly dabbing from the outside working inwards and blotting excess paint on paper toweling before applying to fabric.

DO NOT overload your brush. Your brush should be somewhat dry. If there is too much paint on the brush it may run under the edge of the stencil, creating a blurred messy image. For a deeper color, repeat this process. **Do not saturate the stencil.**

The most common mistake is applying too much paint.

Remember that less is better!

HEAT SETTING YOUR FABRIC:

Once you are happy with the result, wait until the first layer of paint is dry to touch (approx 2-3 minutes) and then carefully remove the freezer paper stencil.

Cover your ironing board with cloth or paper to protect from staining. Heat set the paint by ironing on the back of your stencil with a dry iron set on cotton. Ironing on the back of your stencil sets the paint most successfully (3 -4 minutes)

Turn the fabric over and now iron the front of your stencil.

PEN WORK:

Even the most basic stencil can be transformed before your eyes with simple pen work. This can bring life to your stencil, outline, define and highlight the strengths of your selected design. Simply outline the design lines of your stencil with a fine tip permanent ink pen.

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Quilting & Finishing

Finishing:

Cut the backing fabric to size. Trim off the selvages, approx ½ inch and press seams open. Spray starch all over the backing fabric and press flat. This will help glide your quilt when quilting.

Lay backing right side down on a large flat surface, tape the edges, lay the batting on top of the backing, smooth out any wrinkles and trim the batting to the size of the batting fabric. Lay the pieces quilt top, right side up on top of batting and baste quilt with safety pins away from any seams, approx every 4inch apart.

Quilting:

Stitch in the ditch on all straight seams with walking foot to stabilize the quilt. Remove unnecessary pins and start quilting. Outline flower petals, leaves and stems and quilt all the veins on the leaves. So far the hardest work is done, leaving only the background. Remove remaining pins and quilt an overall background theme as background cover in swirling circles similar to bouncing bananas or doodle. Dare to be different and quilt in contrasting color thread to compliment the quilt. You can tone down or enhance the design this way.

Square up the finished quilt with a ruler and rotary cut clean straight edges.

Binding:

Join 4 strips of binding with 45 degree seams. Press seams open. Spray starch the whole strip and iron fold in half. The starch will keep the bind nicely together. Stitch the binding to the quilt, making sure the binding is not stretched as you do so. Measure so that all 4 edges end up equal.

Using a ¼ inch seam and starting midway along one side of the quilt and 4 inches from the pressed fold, stitch the binding to the front of the quilt top edge, matching the raw edges. Stop ¼ inch before each corner and remove the quilt from the machine. Fold the binding strip up at a 45 degree angle and then straight down level with the next side of the quilt to make a neat corner. This will make a mitered corner when the binding is folded to the back. Continue stitching, starting at ¼ inch from the folded edge. Repeat for all corners.

Sew a label to the back of the quilt with your name and date.



What will you stencil next?

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PATTERN SHEETS

INCLUDES:

- **6 x A4 pattern sheets (print two copies of each page)**
- **1 x A4 DIAGRAM sheet**

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(C) Esther Aliu

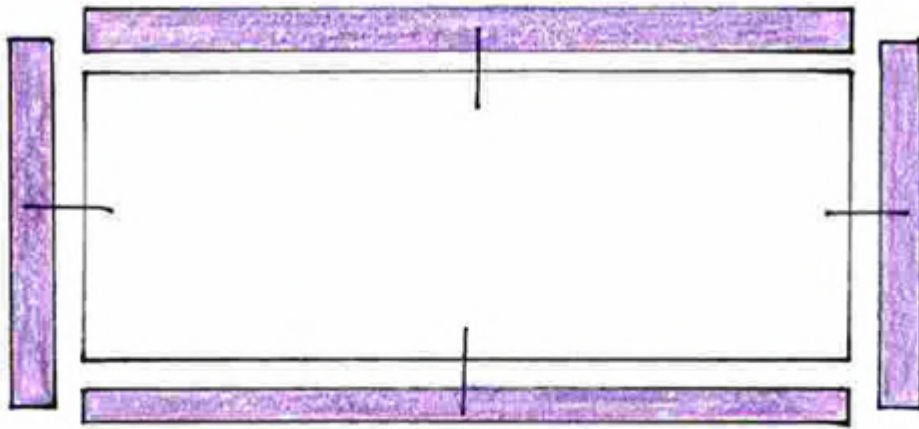


DIAGRAM 1

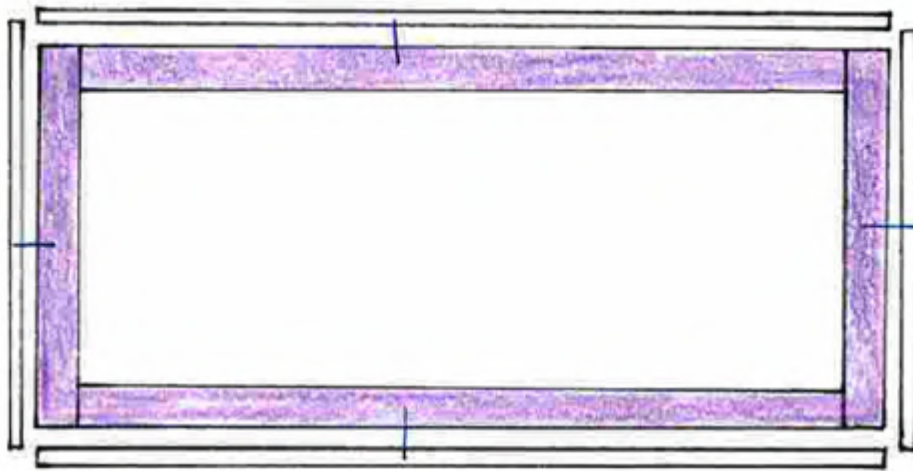


DIAGRAM 2

JOIN

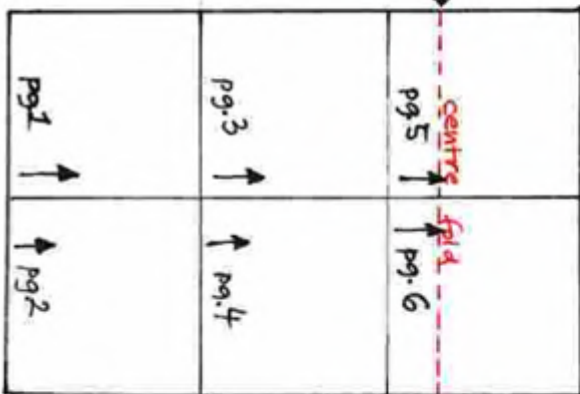
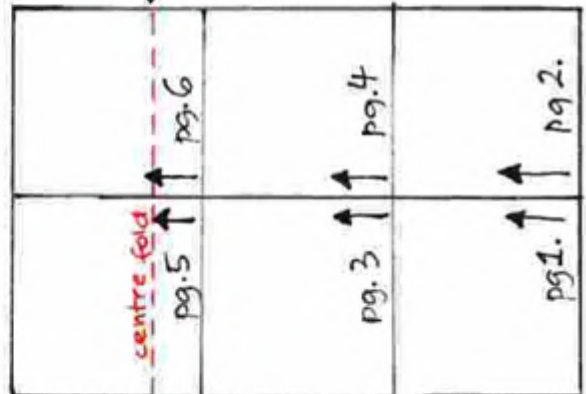


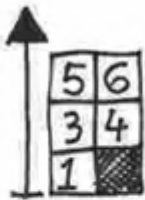
DIAGRAM 3



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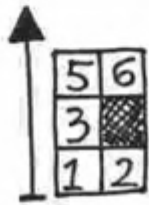
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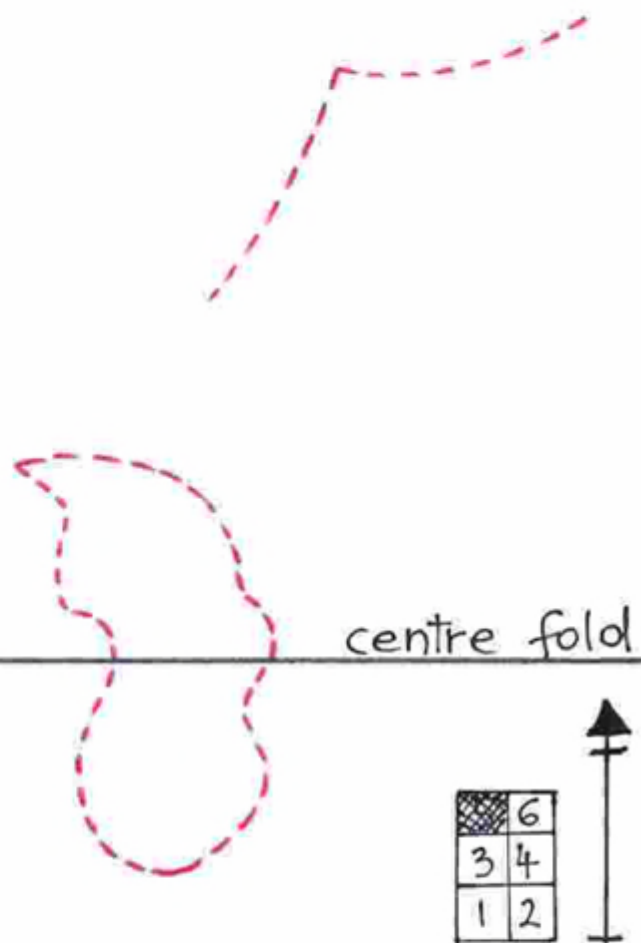
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centre fold

