

Hearts Abound Table Runner

Workshop Notes

GICS # 20 - 18th to 20th July 2024

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Learn how to make 3 woven heart blocks that will be joined together using one of Pauline Roger's popular and easy Quilt As You Go methods. In this series of classes Pauline will guide you through how to effortlessly fold fiddly, narrow strips using Sasher tools and how you can achieve a variety of woven designs. Follow along to make your own table runner, or add more blocks to turn it into a full sized quilt!

Preparation:

1. Cut 3 x 11 ½" squares of 3 fabrics for the top of the blocks, as well as 3 for the backing and batting.
2. Lay the 3 layers together on the ironing surface. With a hot dry iron slowly press the top layer, then turn the block over and press the backside. Repeat till you have the 3 blocks sandwiched together.
3. Cut 3 x 8" squares for the hearts to be woven onto.
4. Download the heart template and print onto A4 paper.
5. Cut out the paper heart shape and fold the paper heart into 4 to get a centre point.
6. Fold the 8" squares of fabric into 4 to also get a centre point.
7. Lay the paper pattern onto the 8" squares, matching the centre points, and pin.
8. Trace the heart shape onto the fabric. **DO NOT CUT OUT THE FABRIC HEART!** This will be done after the weaving is completed.

Quilting the 3 blocks:

- Set your sewing machine up with an open toe foot or a walking foot.
- Have the feed dogs **up**.
- Set the stitch length to 3.
- With the Bohin Fabric pencil, draw a diagonal 1" grid on the 3 blocks.
- Thread the machine with your chosen thread to use on the top & the bobbin.
- Quilt all 3 blocks on the lines you have drawn.

Weaving:

We will be using the ¾", ⅝" and ⅞" Sashers for the weaving strips. The 1 ¼" and the ⅞" Sasher will be used for the sashings that join the blocks together.

The strips for each of these sizes are cut double the measurements, as shown in the chart below.

Fabric strips are to be cut across the width of the fabric.

Cutting Chart

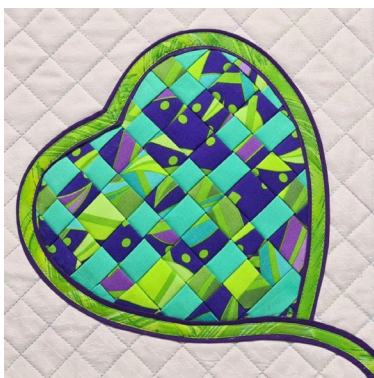
Sasher size:		Fabric size:
$\frac{3}{8}$ "	=	$\frac{3}{4}$ "
$\frac{5}{8}$ "	=	1 $\frac{1}{4}$ "
$\frac{7}{8}$ "	=	1 $\frac{3}{4}$ "
1 $\frac{1}{4}$ "	=	2 $\frac{1}{2}$ "
1 $\frac{3}{4}$ "	=	3 $\frac{1}{2}$ "

I have coded the fabrics to help you understand where each fabric was used.

- A - is my main print, the one with purple and greens in.
- B – is the Teal
- C – is the darker Purple
- D – is the lighter Purple
- E – is the Bright Green used as the Bias and the binding

Heart Block 1: Middle block Straight Weave

- Cut 2 x strips $\frac{3}{4}$ " wide of fabric – B Teal
- Cut 2 x strips 1 $\frac{1}{4}$ " wide of fabric – A Print
- Cut 2 x strips 1 $\frac{1}{4}$ " wide of fabrics - c Dark Purple

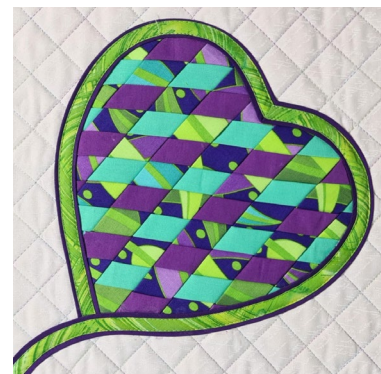


Heart Block 2: Straight Weave

- Cut 2 x strips 1 $\frac{1}{4}$ " wide of fabric – B Teal
- Cut 2 x strips 1 $\frac{3}{4}$ " wide of fabric - A Print

Heart Block 3: Diagonal Weave

- Cut 2 x strips 1 $\frac{1}{4}$ " wide of fabric – B Teal
- Cut 2 x strips 1 $\frac{1}{4}$ " wide of fabric – D Light Purple
- Cut 2 x strips 1 $\frac{3}{4}$ " wide of fabric - A Print



Fold the fabric strips over so the edges meet in the middle and press the first 2" with a hot iron. Thread the folded edge into the right size Sasher tool ([refer to cutting chart on page 2](#)) by going up from the bottom, over the centre bar, and back down through the split.

Pin the end into the ironing surface and pin with a double fork pin. Sit the side of the iron against the side of the Sasher tool and push along with the iron. Make all the strips ready for weaving.

There are many weaving designs that can be created using this technique - follow along with me or create your own design, there is no right or wrong way to do this!

Lay the strips onto the fabric the heart is drawn onto and leave at least ½" overhang from the drawn line. Weaving can be done in straight lines or on the diagonal.

TIP: I like to use a Bodkin and Tapered Tailor's Awl for weaving.

Weaving the Hearts:

- Start with any of the hearts.
- Lay one of the 8" squares (that the heart is drawn on) on the table with the right side up.
- Start laying the strips down from the centre out till one side is done, then lay strips down the other side of the heart until the heart is covered.



Don't forget to have at least a ¼" overhang around all edges of the heart.

- Once each strip is laid in one direction, use the point of the Awl to move the strips right up against each other.
- Pin the ends of the strips to anchor them in place so they don't shift when weaving the next lot of strips through.
- When weaving the next lot of strips through, use the Bodkin on one end of the strip to make it much easier to thread the strips over and under.
- Weaving is simple: start weaving from the middle of the heart, work down the heart till that area is woven, then weave the top part.
- The first strip goes over the first strip that is laid down, then goes under the second strip, over the next strip and continues until the whole heart is woven.
- Use *small* dots of Roxanne glue under the end of each strip and press with a hot iron to set the glue and hold the strips firmly in place.
- Once you are happy with your weaving, place the paper pattern of the heart on top of the weaving and trace around so you can clearly see the line.
- Sew on this drawn line and cut back, leaving at least a 1/8."

You now have 3 fantastic woven hearts all neat and tidy!

Find the centre of the quilted blocks and the centre of the hearts and lay onto the quilted blocks. Once you are happy with the positioning, glue the hearts in place and press.



Cutting and Adding Bias:

- Use the Bias Sasher Ruler and cut strips on the bias $\frac{3}{4}$ " and $1 \frac{1}{4}$ " wide for each of the blocks; these can all be the same fabrics or different.
- Press the strips through the Sasher tools.
- Lay the larger strip around the edge of the hearts and glue it in place.
- Use a double up strip (smaller strip on top of the first strip) and glue and press.
- Use the MonoPoly thread and stitch either side of the $\frac{3}{8}$ " bias strips – there is no need to stitch the edge of the $\frac{5}{8}$ " bias.

Joining The Blocks Together:

Trim the blocks to be all the same size, for example $10 \frac{1}{2}$ " x $10 \frac{1}{2}$ ".

Spacer Strips: Backing Fabric

- Cut 2 x strips $2 \frac{1}{4}$ " wide x length of your blocks of the backing fabric.
- Pin the spacer strip to the block with the wrong side facing up and the right side of the fabric facing towards the back of the block. Pin and stitch with a $\frac{1}{4}$ " seam.
- Join the next block the same way.

Sashings: Double up

- Cut a strip of fabric for the sashing $3 \frac{1}{2}$ " wide x the length of your blocks and put through the $1 \frac{3}{4}$ " Sasher.
- Cut a piece of batting $1 \frac{5}{8}$ " wide, lay inside the sashing strip and press.
- Cut a piece of contrast fabric for the double up strip $1 \frac{3}{4}$ " wide x the length of your blocks and put through the $\frac{7}{8}$ " Sasher tool.
- Run a line of glue along the stitching line where the spacer strip was stitched.
- Lay the widest sashing down, lining up the edge of the sashing strip with the stitching line, and press well with a hot iron.
- Lay the smaller strip on top, glue and press.
- Use MonoPoly thread on the top and the bobbin, or use threads to match your sashings.
- Stitch both sides of each sashing using the open toe foot - move the needle over so the inside edge of the foot is sitting right against the outside edge of the sashing and the needle is sitting right on the edge of the sashing strip.

Binding your project:

- Cut 3 strips of chosen fabric $2 \frac{1}{2}$ " wide across the width of fabric and join on the diagonal.
- Fold the strip in half and press the first 2" thread into the $1 \frac{1}{4}$ " Sasher tool and press.
- Stitch the binding on as you normally would.

Enjoy, Pauline