



Technique:	Sewing, Appliqué, Quilting
Designed By:	Marie Duncan
Skill Level:	Intermediate
Crafting Time:	An evening
Finished size:	46" x 15¼" (116.84cm x 38.74cm)

### Featuring Coats® Machine Quilting Thread

Celebrate your patriotism with this fun red, white, and blue runner. The pieced background is quick to make, and the festive heart appliqués are perfect for summer holiday fun!

### Supplies

- Coats Dual Duty XP® All-purpose thread
- Coats® Cotton Machine Quilting thread
- ¼ yd (22.86cm) red dot print
- ¼ yd (22.86cm) blue dot print
- 1½ yds (1.52m) blue geometric print
- ½ yd (45.72cm) white tone-on-tone print
- ¼ yd (22.86cm) red/white/blue stripe
- ¼ yd (22.86cm) red/white/blue star print
- ⅝ yd (57.15cm) batting, 60" (152.40cm)
- Pinking shears (optional)
- Walking foot (optional)
- Heart pattern on page 4

## Cutting

### From red dot print, cut:

(12) squares, 3¼" (8.26cm)

### From blue dot print, cut:

(12) squares, 3¼" (8.26cm)

### From blue geometric, cut:

(3) strips, 2½" (6.35cm) x width of fabric (WOF),  
for binding

(1) rectangle, 50" x 18" (127.00cm x 45.72cm),  
for backing.

From the remaining fabric width, cut (10) squares, 6"  
(15.24cm).

### From white tone-on-tone, cut:

(12) squares, 5" (12.70cm), for heart backings

(4) squares 6¼" (15.87cm); cut once diagonally to make (8)  
triangles

### From red/white/blue stripe, cut:

(12) rectangles, 3" x 5" (7.62cm x 12.70cm)

### From red/white/blue star print, cut:

(12) rectangles, 3" x 5" (7.62cm x 12.70cm)

### From cotton batting, cut:

(1) rectangle, 50" x 18" (127.00cm x 45.72cm)

Seam allowance are ¼" (.64cm).

## Assemble the Top

1. Sew together one 3¼" (8.26cm) red dot square and one 3¼" (8.26cm) blue dot square. Press the seam open. Repeat to make a total of twelve pairs.
2. Alternating the colors and aligning center seams, join two square sets to make a four-patch block. Make a total of six blocks.
3. Sew one 6" (15.24cm) blue geometric square to each side of the four-patch block. Repeat to make a total of four pieced strips.
4. Using the remaining four-patch blocks and 6" (15.24cm) blue geometric squares, create the end pieces as shown in **Figure 1 on page 3**.
5. Sew the white tone-on-tone triangles to the ends of the strips as shown in **Figure 2 on page 3**.
6. Matching adjacent seams, sew the rows together in order to complete the runner top.

## Quilt the Runner

1. Layer the pieced top wrong sides together with the batting and backing fabric.
2. Thread the machine with Coats Machine Quilting thread in the top and bobbin. Quilt on each side of all the seams.
3. Trim the batting and backing even with the top edges.

## Assemble the Appliqués

1. Place one 3" x 5" (7.62cm x 12.70cm) red/white/blue stripe rectangle right sides together with a 3" x 5" (7.62cm x 12.70cm) red/white/blue star print rectangle. Stitch the 5" (12.70cm) sides together. Press the seam open.
2. Place the star/stripe pieced section right sides together with the 5" (12.70cm) white tone-on-tone square. Note that the stripes are on the left and the stars on the right.
3. Cut out the heart pattern. Pin the pattern on top of the star/stripe unit aligning the center dashed line on the heart pattern with the seam. Stitch around the heart, just outside the pattern edge. Trim away the excess fabric outside the seamline and clip into the inside corner at the top of the heart. Use pinking shears to avoid clipping the perimeter.
4. Cut a 1" (2.54cm) slit in the white fabric layer only. Turn the heart right side out through the slit, shaping the edges as needed. Press.
5. Repeat to make a total of twelve hearts.

## Finishing

1. Arrange the hearts on the runner **following the photograph on page 3**.
2. Edgestitch each heart in place.
3. Sew the binding strips together end to end using diagonal seams. Press the binding in half, wrong sides together.
4. Sew the binding to the right side of the runner, mitering corners as needed.
5. Fold the binding to the underside and hand-stitch in place.

Figure 1

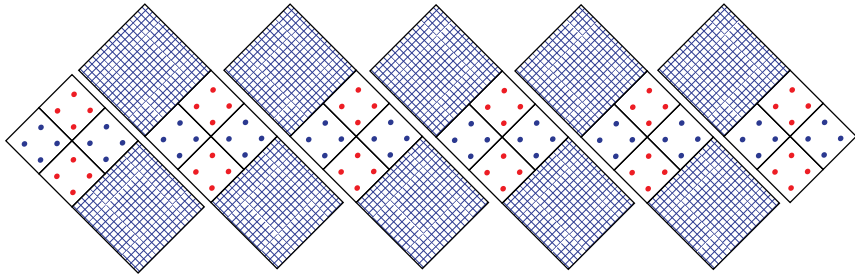
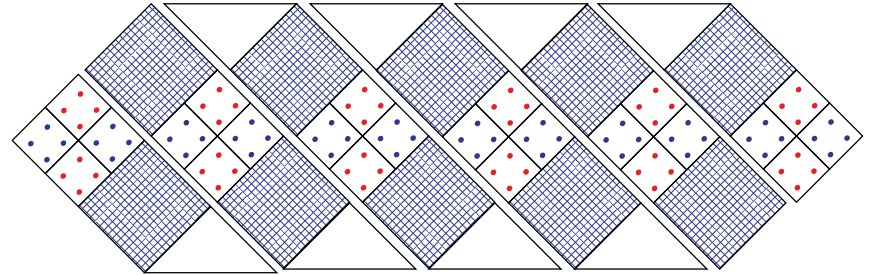
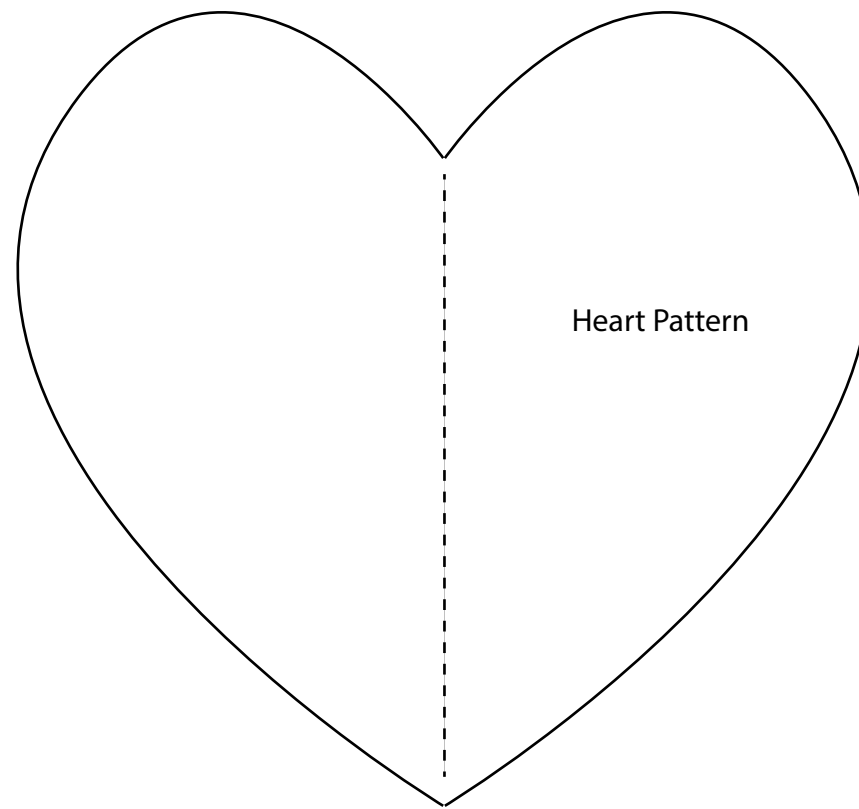


Figure 2





This square should  
measure 1" x 1"  
(2.54cm x 2.54cm)  
when printed.

\*\*\* Measure templates before cutting to confirm printing at 100%\*\*\*