

# Flower Pops Table or Bed Runner

By Susan Clark Enderson

From book "Skinny Quilts" by Kim Schaefer

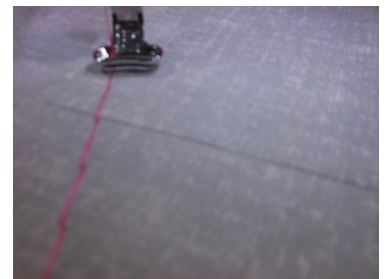
## Supplies:

- One 3 yard package of green bias for vine
- One 3 yard package bias for binding or 3 yards of 1 1/2" wide fabric strips
- 10 1 1/2" x 9" rectangle of fabric for the largest part of the flower
- 6 1/2" x 5 1/2" rectangle of fabric for the second layer
- 2 1/2" square for each center
- 6" x 7" rectangle of green fabric for each leaf
- Pressure sensitive tearaway stabilizer
- Embroidery thread to match fabrics
- Quilting thread - Susan chose gray for the background, the same embroidery thread for the flowers and variegated green quilting thread for the borders.
- Printed template of leaf, flower design and border





## Base or Background:

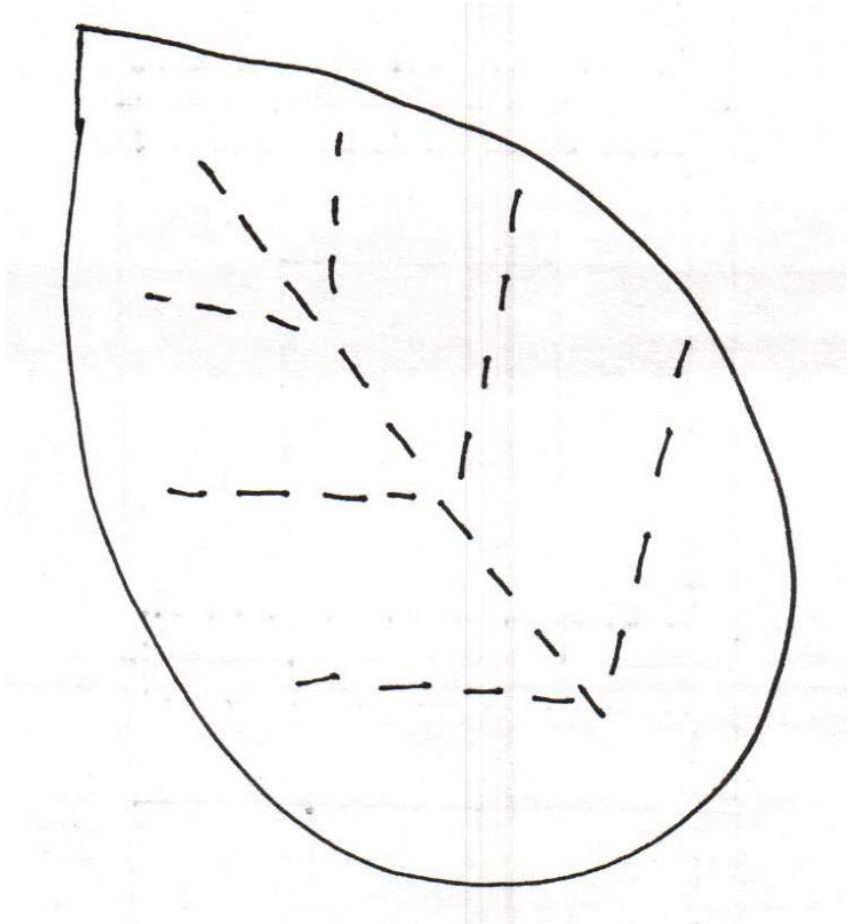
- Following the instructions, cut and piece the background.
- You may choose to fuse or pin the vine across the foundation fabric for the table runner.
- Thread the machine with matching green thread and attach the "F2" foot.
- Select a blanket stitch from your machine.
- Following the curve of the bias, stitch the tape to the foundation fabric.
- Hoop the stabilizer, score with a pin and remove the paper from the sticky top.
- Position the pieced foundation on the top of the stabilizer and select the flower applique embroidery design.
- Baste the layers together.
- Place each of the three pieces of fabric into position after the outline is stitched and then stitch down.
- Complete all 7 flowers and leaves where desired.
- Add border as per the pattern instruction in the book.



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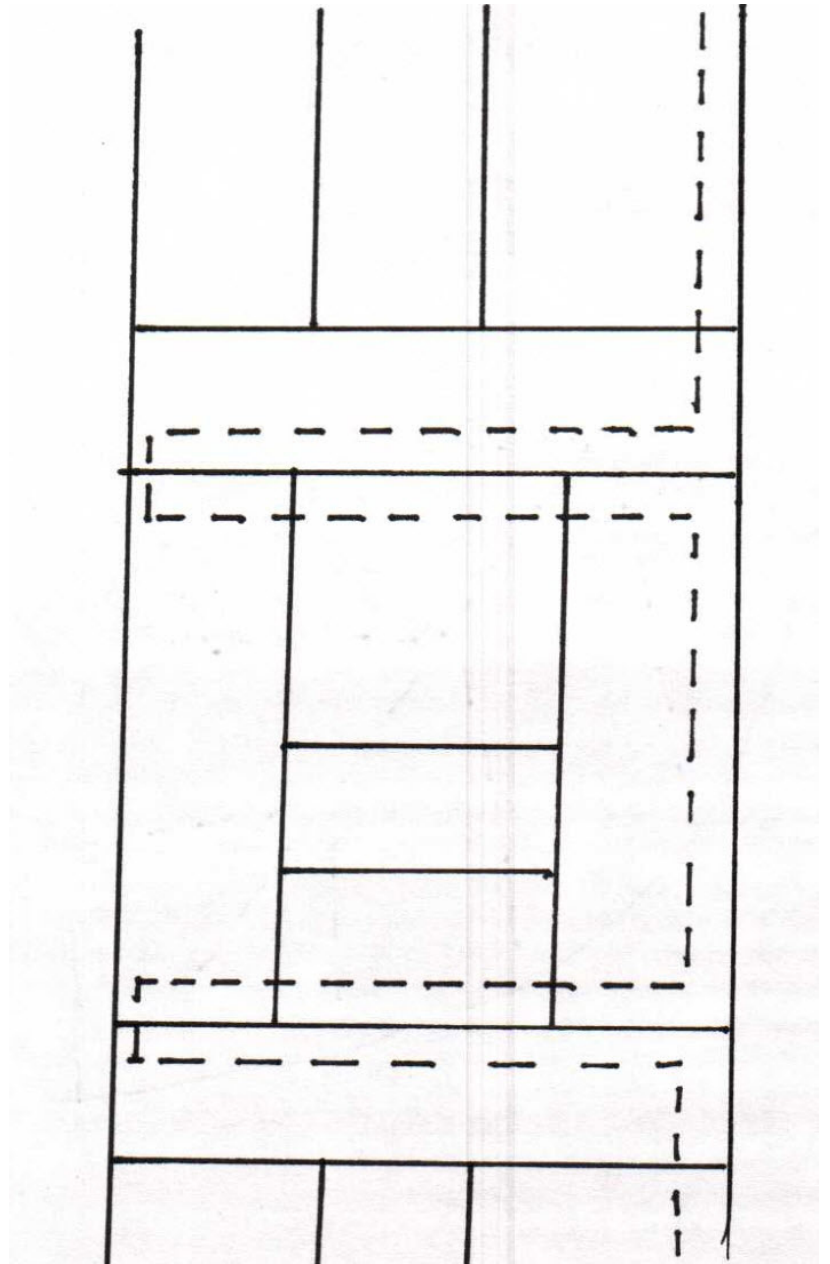
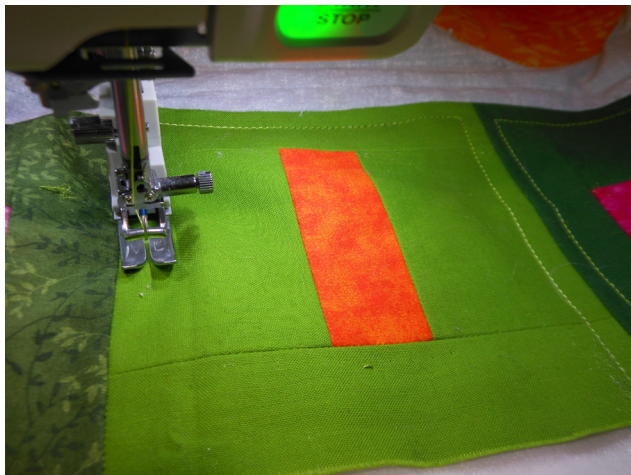
## Quilting:

1. Layer the backing, batting and finished top together. Use pins or machine baste to hold the layers together while quilting. Remove the pins before stitching.
2. Attach the straight stitch plate and select stitch #3 if you are using a Janome Horizon Memory Craft 15000. 
3. Attach your “AcuFeed” VA foot and engage your AcuFeed system. 
4. At your machine, parallel quilt in irregular spaced vertical lines, locking the quilting stitch and make sure to not stitch over the flowers or leaves.
5. Quilt the leaves by stitching the veins in the leaves and flowers using the free motion line.



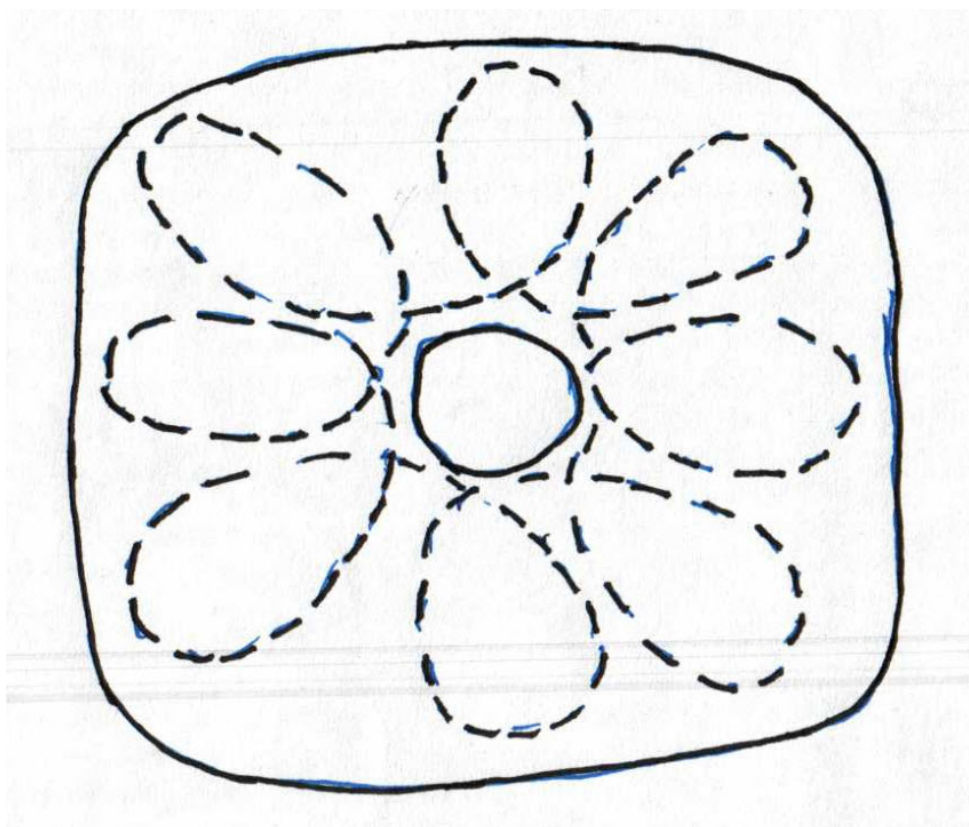
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6. Quilt the borders in serpentine squares.



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7. Quilt the flower petals using looping free motion and matching thread.



**Binding** - 3 yards of pre-purchased or 3 yards of 1 1/2" wide strips.

1. Using a 1/4" seam stitch, bind to the wrong side of the runner.
2. Fold the binding over to encase the raw edge and stitch with a "three step" zig-zag corners.