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Upcycled Table Runner



Materials:

- Any used garments or fabric can be used as long as they are all about the same weight. Shown example created from 2 old shirts, 1 pair of pants, 1 vintage tablecloth, and quilted material from an old headboard cover for the backing.



Instructions:

1. Wash and iron all fabric.
2. Cut around seams, collars, zippers, etc. to make large flat pieces of fabric. Also cut out any stains or holes.
3. Using a cutting mat and rotary cutter, cut fabric into strips to your desired length and varying widths (example was cut 18" long and widths varied between 1" and 7" wide).
4. Continue cutting strips until you have enough to be your desired total length of the table runner. Remember, sewing will shorten the length.
5. With strips side-by-side, try moving them around until a desired placement is achieved.
6. Starting at one end, pin the first two strips, right sides together. Sew a seam the length of the strip.
7. Unpin and lay flat. Pin the next strip of fabric to the sewn piece and sew a seam the length of the strip.
8. Unpin and lay flat. Continue to pin and sew the strips until all are sewn into one long piece, completing the top side of the table runner.
9. Trim all thread.
10. Iron all seams open.
11. Pin the top side of the table runner to the backing (quilted headboard fabric in the example), right sides together.
12. With the two pieces pinned together, use the top piece as your pattern and cut out the backing to match the size.
13. With both front and back pieces still pinned together, sew long sides and one end. Leave one end open.
14. Turn right side out.
15. Fold under the open side 1/2" and iron.
16. Top stitch the end closed and around all edges to finish the table runner.