

# Modern Walking Foot Quilting

Make a table runner and place mats while practicing a new skill

by Catherine Redford

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## Materials

Makes 1 table runner 14" x 64" and  
6 place mats 10½" x 14½"

- Background fabric, 1½ yds. (I used a light grey.)
- Fabric, 8 fat quarters (These are for the squares and stripes.)
- Backing, 1¾ yds.
- Binding, 1 yd.
- Small sharp scissors
- Low-loft cotton batting

## INSTRUCTIONS

All seams are ¼".

Press seams open for a super flat finish.  
Take care to match the intersections.  
Use pins if you need them.

### Create the table runner Cut the fabric

1. From the background:
  - 24 pieces 5½" x 2½"
  - 8 squares 2½" x 2½"
  - 10 pieces 14½" x 2½"
  - 2 pieces 10½" x 2½"
2. From each of 6 fat quarters: 3 pieces 5½" x 2½"
3. From each of 2 fat quarters: 3 squares 2½" x 2½"
4. From assorted fabric: 25 squares 2½" x 2½" (Mix up the colors and background for the large block.)

**Tip:** I cut the background fabric into strips 2½" x width of fabric (WOF) and then cut my pieces from these strips. Cut the largest pieces first from the background fabric.

## Make the blocks

1. Arrange the 25 squares from the assorted fabric in a pleasing manner in rows of 5 blocks each. Sew the blocks into rows and sew the rows together. Sew 10½" x 2½" background pieces to the top and bottom of this block. Set aside.
2. Sew the 5½" x 2½" pieces from the fat quarters to 5½" x 2½" pieces of background fabric. There will be 6 leftover 5½" x 2½" pieces of background fabric.
3. Sew the 2½" x 2½" squares from the fat quarters to 2½" x 2½" squares of background fabric. There will be 2 leftover 2½" x 2½" squares of background fabric.
4. Arrange these units into rows, starting with the extra piece of background fabric and then the 3 sewn units of matching fabric, in a color block fashion. Sew these units into rows.
5. Beginning and ending with a 14½" x 2½" background strip, sew a

background strip to 1 side of each pieced row plus 1 side of the large block of 25 squares. Sew all of these units together to form the table runner top. See the photo for placement ideas.

## Make the place mats Cut the fabric

1. From background:
  - 18 pieces 10½" x 2½"
  - 12 pieces 6½" x 2½"
  - 12 squares 2½" x 2½"
2. For the accent strip: 6 pieces 10½" x 2½"

**Note:** *I cut these from 6 different fat quarters so each place mat would have a unique accent strip.*

3. 54 squares 2½" x 2½" mixed colors/ background for large block

**Tip:** *I cut strips, 2½" x WOF and then cut my pieces from these strips.*

## Make the blocks

1. Make 6 nine-patch blocks with the 2½" squares. Add 6½" x 2½" background strips to the top and bottom of each block and then add 10½" x 2½" pieces to the sides. Each nine-patch unit now has a border of background fabric all around the sides.

**Tip:** *Vary the arrangement of the squares in each block. Mix in a background square here and there for added interest.*

2. Sew 1 piece of background 10½" x 2½" to 1 piece of 10½" x 2½" accent fabric. Sew this unit to a nine-patch unit. Make 6.


## Complete the table runner and place mats

1. Layer the table runner and place mats with batting and backing pieces. Quilt and then bind with 2

¼" cut binding, sewn at ¼" on the front and then stitched to the back.

2. Try different quilting designs using your walking foot such as straight lines at various widths, altered serpentine stitch, a grid, and spiral.

## To quilt a spiral

1. I often use a 12-weight thread for extra definition. Change your needle for this thread. I work on a pre-stitched grid and switch to a regular open toed foot.
2. Starting at the center of the spiral, pull up your bottom thread and, holding on to your threads, take 1 stitch at a time. Use the edge of the presser foot as a stitching guide. Gradually turn the quilt until the spiral starts forming. Continue until the spiral reaches the size you desire.
3. It takes practice but you will be forming smooth spirals before you know it! 

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