



64-1/2" x 28-1/2"

Flying Through the Carolinas

TABLE RUNNER



Designed & Pieced by
Andrae DeHaan

Quilted by
Tim DeHaan

MATERIALS:

[5] ACSH Collectible Quilt Shop 9" Block Patterns
FQ Blender, Mint
FQ Blender, Blue
FQ Blender, Wintergreen
FQ Blender, Yellow
FQ Blender, Orange
1 yard Blender, Red (includes binding)
Fat Eighth Plates
1-1/2 yards Background (Shadow Blush Ivory)
36" x 72" Backing (2 yards 45" or 1 yard 108")
36" x 72" Batting

RECOMMENDED TOOLS:

CGRGE1XL StripologyXL
CGRGE3 Stripology Squared Mini
CGRDH4 Ultimate Flying Geese Tool
CGRJAW7 6" Square on Square Trim Tool
Fabric Glue Pen or Glue Baste It to aid in matching points
[8] Quart zip bags for organizing 9" block pieces, economy block pieces, and 1-1/2" x 3" finished flying geese pieces
[1] Gallon zip bags for organizing 3" x 6" finished flying geese pieces
Sticky notes or low-tack tape for labeling pieces
GE Designs Ruler Stickers or Glo-Line Tape to mark cutting lines on tools

READ THROUGH ALL INSTRUCTIONS BEFORE STARTING THIS PROJECT. FABRICS ARE SEWN RIGHT-SIDES TOGETHER USING A 1/4" SEAM ALLOWANCE THROUGHOUT. TAKE TIME TO CHECK THAT YOUR SEWING MACHINE IS SEWING AN ACCURATE 1/4" SEAM SO THAT ALL OF THE PIECES FIT TOGETHER AS DESIGNED. WOF = WIDTH OF FABRIC; FG = FLYING GEESE; RST = RIGHT SIDES TOGETHER; EB= ECONOMY BLOCK

BEFORE YOU BEGIN

Before You Cut

- Cut fabrics in the order listed to make the best use of your fabrics. We recommend using low-tack tape or sticky notes to mark your pieces as you cut.
- Cut fabric for individual 9" shop blocks from fabrics left after cutting all borders and specific units listed below.
- This is your runner – be creative and enjoy the process. The possibilities are endless.

About the Borders

- While we have provided cutting lengths for borders, we recommend that you measure your project as you are assembling it to ensure that you are on target with runner dimensions. Adjust border length as necessary.
- Remember, cut to length, then pin and sew borders to your runner to minimize wavy or uneven borders.

About Flying Geese

- The "no waste" / "heart" method for making flying geese units is used in this pattern. This method makes four flying geese with just five squares of fabric. You will have extra geese to play with color placement. You might also make a bonus pillow or pot holder, or include extra geese in a pieced back.

About Binding

- Many quilters use 2-1/2" straight of grain binding for their quilts. My preference is 3-3/4" wide bias binding that finishes at 5/8" – a nice "frame" for my quilts.
- Yardage listed provided allows 5/8 yard for 196" of 3 3/4" wide bias binding. You will only need 3/8 yard if you choose to cut 2-1/2" x WOF binding strips.
- Gudrun Erla of GE Designs has a great YouTube tutorial for using the Stripology XL tool to cut bias binding here: https://youtu.be/q4QrY_hvrXk

CUTTING INSTRUCTIONS:

Flying geese units used in this runner are [Lg] 3" × 6" finished and [Sm] 1-1/2" × 3". Economy blocks are [Lg] 6" square and [Sm] 3" square finished. Pieces for each of these units are labeled for [Lg] or [Sm] as part of the piece designation, ex: FG1-Lg or EB1-Sm.

From Background Fabric:

- Cut [4] — 1-1/2" × WOF strips
Subcut [5] — 1-1/2" × 9-1/2" rectangles **(A)**
Sew the remaining strips together end-to-end
Subcut [2] — 1-1/2" × 54-1/2" borders **(C)**
- Cut [3] — 2" × WOF strips
Subcut [6] — 2" × 16-1/2" rectangles **(B)**
- Cut [5] — 2-1/2" × WOF strips
Subcut [2] — 2-1/2" × 24-1/2" rectangles **(D)**
Sew the remaining strips together end-to-end
Subcut [2] — 2-1/2" × 64-1/2" borders **(E)**
- Cut [24] — 3-1/2" squares **(F)**
- Cut [4] — 2-3/4" × WOF strips
Subcut [48] — 2-3/4" squares **(FG2-Sm)**
- Cut [3] — 4-1/4" × WOF strips
Subcut [24] — 4-1/4" squares **(FG2-Lg)**

From Blender, Mint Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 3" squares; cut in half diagonally **(EB3-Sm)**
Cut [2] — 4-1/2" squares; cut in half diagonally **(EB3-Lg)**

From Blender, Yellow Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 3" squares; cut in half diagonally **(EB3-Sm)**
Cut [2] — 4-1/2" squares; cut in half diagonally **(EB3-Lg)**

From Blender, Orange Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 2-1/2" squares; cut in half diagonally **(EB2-Sm)**
Cut [2] — 3" squares; cut in half diagonally **(EB3-Sm)**

From Blender, Blue Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 2-1/2" squares; cut in half diagonally **(EB2-Sm)**
Cut [2] — 3-1/2" squares; cut in half diagonally **(EB3-Lg)**

From Blender, Wintergreen Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 2-1/2" squares; cut in half diagonally **(EB2-Sm)**
Cut [2] — 3" squares; cut in half diagonally **(EB3-Sm)**

From Blender, Red Fabric:

- Cut [2] — 4-3/4" squares **(FG1-Sm)**
Cut [1] — 7-3/4" square **(FG1-Lg)**
Cut [2] — 2-1/2" squares; cut in half diagonally **(EB2-Sm)**
Cut [2] — 3-1/2" squares; cut in half diagonally **(EB2-Lg)**

From Plates Fabric:

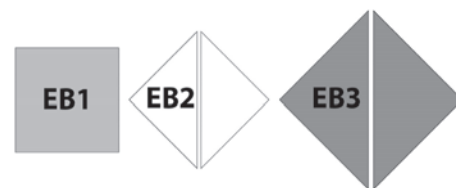
- Cut [2] — 3-1/2" squares **(EB1-Lg)**
Cut [4] — 2" squares **(EB1-Sm)**

BLOCK ASSEMBLY:

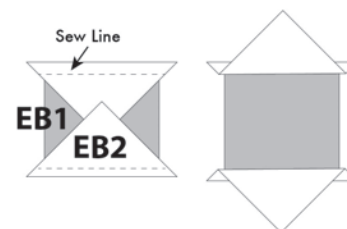
Economy (Square on Square) Blocks:

Make [2] — 6" finished and [4] — 3" finished.

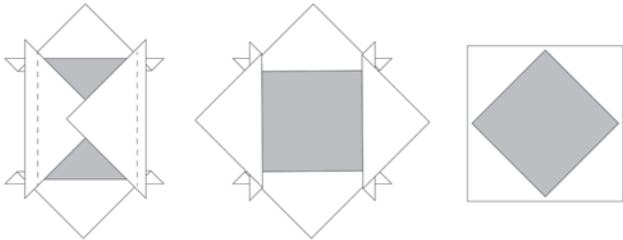
Each block uses [1] **EB1** square, [2] **EB2** squares cut in half on the diagonal, and [2] 4-1/2" **EB3** squares cut in half on the diagonal.



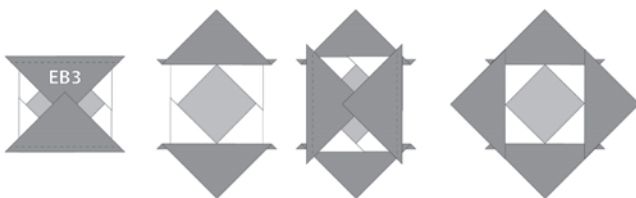
1. Center two **EB2** triangles on opposite sides of **EB1** square, lining up the long edges of the triangles with raw edges of the squares.
2. Using a 1/4" seam, sew along long edges as shown. Press seams toward triangles.



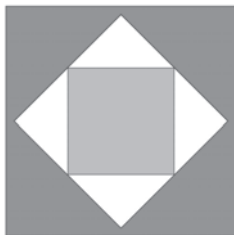
- Repeat with two additional **EB2** triangles on the remaining sides of the square. Square to 4-3/4" (for 6" finished block) or 2-5/8" (for 3" finished block), making sure to leave 1/4" seam allowance beyond the seam intersection on each side.



- Repeats the process, adding the four **EB3** triangles around the **EB1/EB2** square.



- Square to 6-1/2" (for 6" finished block) and 3-1/2" (for 3" finished block).



No Waste Flying Geese Units:

Make [24] — 3" × 6" finished and [48] — 1-1/2" × 3" finished; assorted Geese with Ivory sky.

For [4] units: [1] **FG1** square and [4] **FG2** squares. You will have some extra small geese.



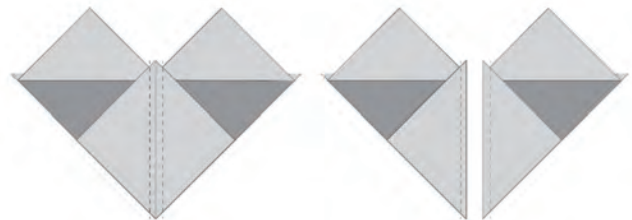
- Mark a diagonal line on the back of each **FG2** square.
- Place [2] **FG2** squares on top of [1] **FG1** square RST. Stitch 1/4" on either side of the drawn line. Cut along the drawn line.



- Press seams toward **FG2** fabric. The geese unit now resembles a heart and will result in two finished geese.



- Place another **FG2** square on each heart. Stitch 1/4" on either side of drawn line. Cut along drawn line and press toward **FG2** fabric.



- Trim geese units to 3-1/2" × 6-1/2" (for 3" × 6" finished geese) or 2" × 3-1/2" (for 1-1/2" × 3" finished geese) using your favorite specialty tool or ruler.

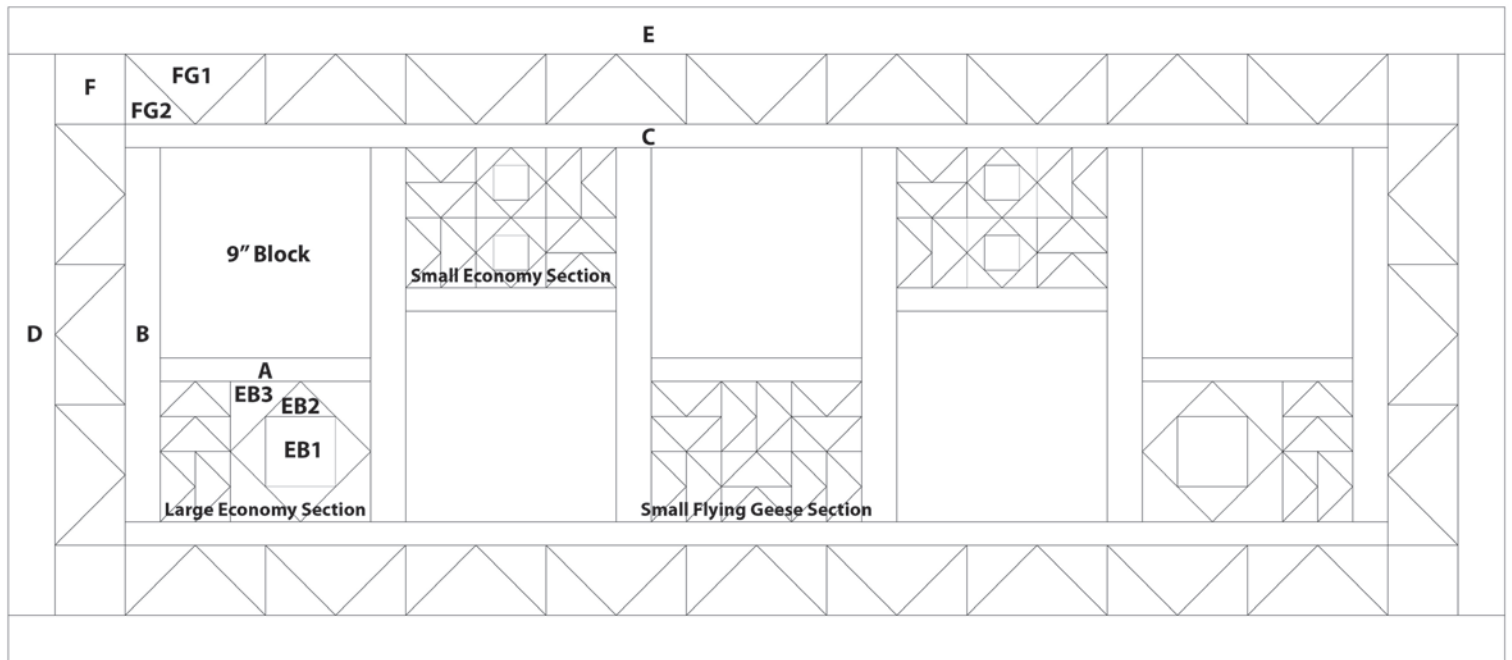


RUNNER ASSEMBLY:

Refer to the Runner Illustration on the next page for the following steps:

Large Economy Block Sections Make 2

- Assemble [2] pairs of geese as shown for each section.
- Attach geese sets to [1] 6" finished economy block.
- Section should measure 9-1/2" × 6-1/2".



Small Economy Block Sections Make 2

1. Assemble [4] pairs of geese as shown for each section.
2. Attach [2] geese sets to each 3" finished economy block.
3. Combine [2] geese/economy block sections to make [1] 9-1/2" × 6-1/2" section.

Small Flying Geese Section Make 1

1. Assemble [6] pairs of geese as shown for each section.
2. Combine to make [1] 9-1/2" × 6-1/2" section.

Assemble Sections

1. Attach [1] **(A)** piece between each 9" block and its corresponding Economy or Flying Geese Section as shown on the diagram. Press toward **(A)** pieces.
2. Separate these units with **(B)** pieces as shown. Press toward **(B)** pieces.
3. Add [1] **(B)** border on each side. Press toward **(B)** pieces.
4. Sew **(C)** borders on top and bottom. Press toward **(C)** pieces.

BORDERS:

Flying Geese Borders

1. Assemble three Large flying geese as shown for each side border. Attach to side of runner. Press toward center of runner.

2. Assemble nine Large flying geese as shown for top border. Add one F piece on either end, pressing toward the F piece. Repeat to make bottom border.
3. Sew top and bottom flying geese borders onto runner. Press toward center of runner.

Outer Borders

1. Sew **(D)** borders to sides. Press toward Border **(D)**.
2. Sew E strips together end to end, pressing seams open. Add **(E)** borders to top and bottom. Press toward Border **(E)**.
3. Runner should measure 64-1/2" × 28-1/2".

FINISHING:

1. Layer runner top with batting and backing.
2. Quilt and bind as desired.

Note on binding: Yardage allows for 5/8 yards to be used for binding based on 196" of 3-3/4" wide bias binding (our preferred width - this finishes at 5/8" for a nice "frame" around the quilt). If you wish to use 2-1/2" wide straight of grain binding, cut [5] 2-1/2" × WOF strips from 3/8 yard of fabric.



Andrae DeHaan

I began hand sewing clothes for my Barbie dolls at a very young age, under the direction of my paternal grandmother, who spent many hours instilling her love for all things fiber and food in my young mind and heart. This led to a passion for apparel sewing and quilt making. As a native Texan, I fully subscribe to the motto, "Everything's Bigger in Texas" and designed and made my first quilt (king size) in high school. My trusty Gingher dressmaker shears, #2 pencil, graph paper, yard stick, and Singer Touch N Sew were my tools of the trade at that time. I used #10 bedspread thread to tie my quilt - it took about as long to tie the quilt as it takes to drive from South Padre Island to Dalhart, or so it seemed! Little did I know that my years of high school home economics, college fashion design, and 6+ years working at a national fabric store would lead to quilt shop ownership after two decades of working as a graphic and web designer. I am blessed to have my husband, Tim, as our resident longarm quilter, engineer/imagineer, mathematician and technical editor, which allows me the opportunity to plan, design, create, and teach (adults and youth) at Yadkin Valley Quilts, our working and teaching studio in beautiful historic downtown Elkin, NC. We proudly stock authentic Creative Grids® tools and offer classes on how to use them.

(PHOTO CREDIT: JENNIFER K PHOTOGRAPHY, ELKIN, NC)