

Flying Stars Table Runner



Apx 68" x 20"

Learn how to make three dimensional flying geese to make these flying star blocks! Put them together and add a mitered border for a great table-runner just in time for the holidays.

Fabric Requirements

1/4 yd Brown (first border)
2/3 yd Focal Fabric (center of stars and second border)
3/4 yd Green (star points and third border)
2/3 yd Background

Nice to have but not required

a [Shape Cut ruler](#) to cut strips
a walking foot

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Before beginning this or any other project, wash and press your fabric. If you like the behavior of crisp fabric as you cut, sew and press your project, try a little [Best Press](#) when you iron it. Take the time to clean your machine a, put in a new needle and fill a few bobbins. It will save you time later. Unless the pattern tells you otherwise, you should always assume that the seam in any quilting pattern is 1/4" wide.

Cutting

- Brown:
(5) strips 1 1/2" wide x WOF (width of fabric)
- Green:
(4) strips 3 1/2" wide x WOF. Cut these into (40) 3 1/2" x 3 1/2" squares.
(5) strips 1 1/2" wide x WOF.
- Focal Fabric:
(1) strip 6 1/2" wide x WOF. Cut this into (5) 6 1/2" x 6 1/2" squares.
(5) strips 2 1/2" wide x WOF
- Background
(6) strips 3 1/2" wide x WOF. Cut these strips into (20) 3 1/2" x 3 1/2" squares and
(20) 3 1/2" x 6 1/2" rectangles.

Making the Flying Geese Units

Press the (40) 3 1/2" squares on the diagonal, wrong sides together, making them into triangles. Pin them to both sides of the 3 1/2" x 6 1/2" background rectangles, overlapping them slightly in the center. Stay stitch these 1/8" from the edge. Don't skip this step! You need to be able to treat this three-dimensional unit as a single piece in the next step.

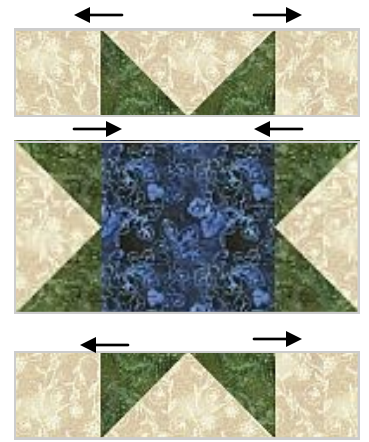


Making the Stars

Sew a Flying Geese Unit to both sides of the Focus Fabric 6 1/2" squares. Press to the center square. This will be the center of the star.

Sew a 3 1/2" Background square to both sides of the remaining flying geese units. Press to the outer square. These are the top and bottom.

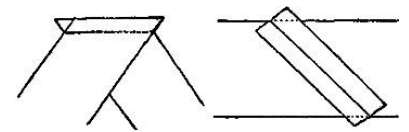
Make a Flying Star block as shown to the right. Because you pressed the seams in opposite directions, they should just touch each other where they meet which gives you crisp, flat intersections.



Make (5) stars, they sew them end to end. Rotate them so the seams do not overlap, but just touch each other at the intersections. Press the seams to one side and measure. If your 1/4" seam was perfect, your star strip should measure 60 1/2" long and be 12 1/2" wide.

Adding the Border

Sew your border strips into one long strip, mitering the join as shown to the right. Press the seam open and trim.



Using your walking foot, sew the long border strips in a group of three with the focus fabric strip in the center. Press to the center focus fabric strip. You will be treating this group of three as if it were a single piece of fabric when you miter the borders.

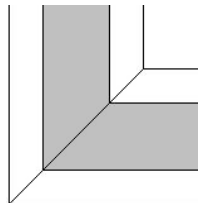
Cut your new border strips into (2) strips 72" long and (2) strips 24" long. Mark the center of the strips with a pin. Place a pin 30 1/4" from both sides of the center on the long strips and 6 1/4" from both sides of the center on the short strips. Don't skip the pinning step - it is necessary to keep the top laying flat.

Pin the long border strip to the top and bottom of your quilt, matching the center of the strip with the center of the top. The pins at the 30 1/4" mark should exactly match the end of the top. Pin the border carefully, easing to fit if necessary. Sew the border strip to the top and bottom, stopping 1/4" from the end.

Repeat this process with the side borders. You will have a top with eight loose ends. Take this top to your ironing board and press to the border. Fold the short ends at a 45 degree angle over the long ends, matching the design. Press this angle.

While the top is still on your ironing board, fold the border back exposing the pressed angle. This will be your seam line. Use lots of pins to hold this in place, then take it to your sewing machine and sew along the pressed line starting 1/4" from the edge of the top.

Bring it back to your ironing board and press the miter. How does it look? If you are happy with it, go ahead and trim 1/4" from the seam. If not, you can redo it or vow to do better with the next corner. The diagram to the right is shown in gray scale for clarity.



Once you have finished all four sides, you are done. Enjoy!