



## Pattern of the Month - October 2018

by Evelyn George

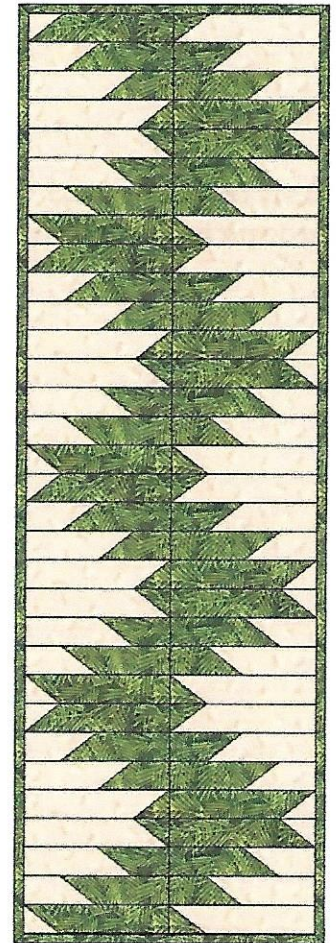
### Delectable Table Runner (15" x 48")

Make any holiday festive, with a beautiful runner for your table. We've used a pine needle print for the example at right, but of course you could choose fabrics for any holiday, or to coordinate with any color scheme. Using a shortcut technique for the traditional Delectable Mountains, these easy blocks are fun to make with rotary cutting (no templates!)

Blocks are made in mirror image pairs. This 15" x 48" runner has 16 blocks in a garland layout.

You'll need  $\frac{1}{2}$  yard each of two contrasting fabrics for the top, plus another 1 yard for the backing and  $\frac{3}{8}$  yard for binding.

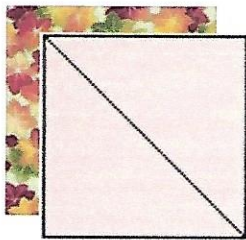
If you need a longer runner, you'll need more of your two top fabrics (additional  $\frac{1}{4}$  yard of both colors, for each foot of additional length), and more for backing and binding as well.



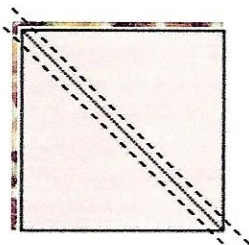
(Garland layout)

#### Start by making Triangle Squares:

From each of your two contrasting fabrics, cut 8:  $8\frac{1}{2}$ " x  $8\frac{1}{2}$ " squares. Layer a dark and a light square with right sides together, and draw a diagonal line from corner to corner on the wrong side of the light fabric. Put a few pins through the two layers of fabric, and stitch together a scant  $\frac{1}{4}$ " away from the drawn line, on both sides of the line. Cut apart carefully on the drawn line. Open up the squares and press the seam allowances to the darker fabric. This makes 2 Triangle Squares. Repeat with all of your paired squares, to make 16 Triangle Squares. Square them up to exactly 8" x 8" with diagonal seam lined up from corner to corner. (This is important for the next step.)

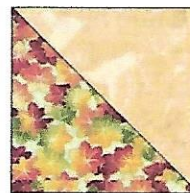


right sides together



stitch; cut apart

=



Triangle Squares

### To Make the Delectable Blocks:

Take two of the Triangle Squares and lay them on your cutting mat side by side, at opposite angles as shown, with the darker portion at the bottom, so they make a mountain shape.



Cut every 2" into 4 vertical strips per block →

Leave them in position for the next step.

While they are still lined up this way, rearrange the cut strips as follows:

- Take the far left strip and far right strip, and trade places.
- Take the second from left and second from right and trade places.
- Take the third from left and third from right and trade places.
- Take the two middle strips and trade places.

Voilà! You should now have what resembles the Delectable Mountain shape →



Sew strips together as arranged, to make two blocks, with 4 strips each.

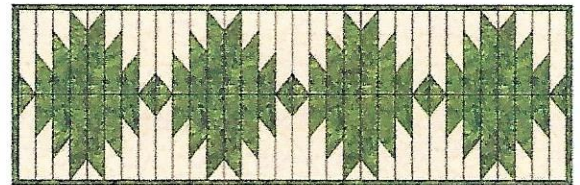
*The blocks are no longer square, but rectangular →*



Repeat this process with all your Triangle Squares, two at a time, cutting and rearranging them to make Delectable Mountain blocks. *The size should be about 6½" wide x 8" tall. Your width could be a little different; it doesn't matter as long as all the blocks are the same. Just be consistent with your seam allowance, so blocks will fit together nicely.*

**Assemble the Runner:** Arrange the blocks to match the garland layout (previous page), or in any way you like.

Another 15" x 48" layout →



*(Note that since blocks are rectangular, take care to match short or long sides when playing with arrangements; this may also affect the width and length of the runner.)*

Sew blocks together in your chosen layout to make the table runner; layer, quilt and bind using your favorite techniques.