FROM FABRIC A, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC B, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC C, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC D, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC E, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC F, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC G, CUT
2 (Two) 4 ½" ×  8 ½" Rectangles

FROM FABRIC H, CUT
*1 (One) 1" ×  56" Strip
8 (Eight) 1 ½" ×  22" Strip (Binding)

FROM FABRIC I, CUT
*1 (One) 4 ½" ×  56" Strip

FROM FABRIC J, CUT
*1 (One) 6" ×  56" Strip
28 (Twenty-Eight) 4 1/2" squares

*To obtain this strip cut as many strips as you need and attach them together until you end up with a 56" strip.
INSTRUCTIONS

• Take two 4 ½” Squares from fabric J and one 4 ½” x 8 ½” rectangle from fabric A.

• Place one of the squares on top of the right side corner of the rectangle, align it to the edges.

• Using a fabric erasable marker draw a diagonal line across the square from corner to corner.

• Sew on top of the line and press the seam.

• Take the other square and repeat the previous step on the left side of the rectangle (Diagram 1).

• Trim excess fabric leaving 1/4” seam allowance.

• Repeat the same procedures for the rest 4 ½” x 8 ½” rectangles.

• Start sewing the flying geese in the following order ACEGDF (Diagram 2).

• Make two of this columns and attach them together (Diagram 3).

• Take the 6” x 56” strip from fabric J, the 4 ½” x 56” strip from fabric I and the 1” x 56” strip from fabric H.

• Start sewing all of the pieces together from left to right in the following order J-flying geese-HI (Diagram 3).
TOP ASSEMBLY
Sew right sides together.

- Layer the finished table runner top: Place backing, right side down, then batting, and then top right side up.
- Allow the backing to extend about 6” beyond all edges of the quilt top.
- Quilt as desired.
- Baste around entire outside edges of the table runner, just inside the ¼” seam line.
- Machine or hand quilt starting at the center and working towards the corners. Remember that quilting motifs are a matter of personal preference. Have fun choosing yours!
- After you finish, trim excess of any fabric or batting, squaring the quilt to proceed to bind it.

BINDING
Sew right sides together.

- Cut enough strips 1½” wide by the width of the fabric H to make a final strip 158” long. Start sewing the binding strip in the middle of one of the sides of the quilt, placing the strip right side down and leaving an approximate 5” tail. Sew with ¼” seam allowance (using straight stitch), aligning the strip’s raw edge with the quilt top’s raw edge.
- Stop stitching ¼” before the edge of the quilt (DIAGRAM B1). Clip the threads. Remove the quilt from under the machine presser foot. Fold the strip in a motion of 45° and upward, pressing with your fingers (DIAGRAM B2). Hold this fold with your finger, bring the strip down in line with the next edge, making a horizontal fold that aligns with the top edge of the quilt (DIAGRAM B3). Start sewing at ¼” of the border, stitching all the layers. Do the same in the four corners of the quilt.
- Stop stitching before you reach the last 5 or 6 inches. Cut the threads and remove the quilt from under the machine presser foot. Lay the loose ends of the binding flat along the quilt edge, folding the ends back on themselves where they meet. Press them together to form a crease. Using this crease as the stitching line, sew the two open ends of the binding with right sides together (you can help yourself by marking with a pencil if the crease is difficult to see).
- Trim seam to ¼” and press open. Complete the sewing. Turn binding to back of the quilt, turn raw edge inside and stitch by hand using blind stitch.

enjoy!