

## *4 Hour Table Runner Bonus : Mug Rugs*



### Requirements

1/2 yard main fabric  
1/8 yard accent strip  
1/4 yard for binding  
7" wide scraps for center strip  
3/4 yard backing  
3/4 yard batting  
Thread  
Basting spray or safety pins for quilting



You can find a video showing the steps in detail for the runner and mug rugs at: <https://youtu.be/z-k3zZEX2TY>

If You are new to quilting I suggest taking a few minutes to review these videos. They are a great start to a successful project.

#### Sew Make Do

How to Lay Out Your Fabric

<https://www.youtube.com/watch?v=S8JwquZW2ik>

#### Just Get It Done Quilts

HOW TO CUT STRAIGHT - QUILTING SKILLS TUTORIAL

<https://www.youtube.com/watch?v=j2f82V8g0qs>

BEGINNER QUILTING SKILLS - HOW TO SEW STRAIGHT

<https://www.youtube.com/watch?v=mQKh7BgG6Jc>

How to Iron for Quilting - A Really Good Method

<https://www.youtube.com/watch?v=GI4Q22GdcOE>

#### Cutting:

Cut two 2" strips x width of fabric from the accent fabric.

Cut two 3" x width of fabric of the coordinating fabric for the border

Cut 4 strips of 2 1/2" x width of fabric for the binding

### To Make the Center Strip:

Using scraps cut them the 7" or so in height and different widths of 1 1/2", 2" , and 3 1/2 strips.

Cut 6 3/4"x 7" strips of the border fabric for inserts into the strip using a 1/4" seam allowance. Press the seams open

Cut a few of the pieces diagonally to make the piece more interesting. Sew the pieces together using the 3/4" border strips every 6" or so. Make a strip at least 40" long of these pieces. Once pieced cut 4" x. Width of fabric. The remnants of this can be used to make the mug rugs and you could make matching placemats using these left overs as accents.

Center strip - 4" x 45 - You will cut this down once the borders have been pieced .



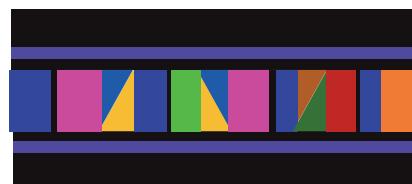
Using a 1/4" seam allowance, sew the the 2" accent piece to 3" main pieces making two separate pieces. Then sew the 1 1/2" to each of those. Sew these two pieces, one to each side of the center strip. Your runner top is done.

I have some quick methods for quilting and finishing the runner on the video. The Mug Rug directions are in the video.

Sew the 2 sets of borders .



Sew the borders to the center strip and cut ends so they are straight.



Quilt and bind the runner - see the video on how to do these steps. <https://youtu.be/z-k3zZEX2TY>.

