

Machine Embroider Your Life: Let's Make a Tablerunner – Part 1

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Supplies

- 120 x 180 mm Embroidery Hoop
- [11/75 Machine Embroidery Needle](#)
- Medium Weight Cutaway or Tearaway Stabilizer (personal preference)
- Craft Adhesive Spray Baste
- Ruler
- [Scissors](#)
- [Seam Ripper](#)
- [Pins](#)
- [Pencil/Marking tool](#)
- Embroidery Thread(s)
- Center solid color fabric (1/4 yard used in video)
- Border fabric (1/3 yard used in video)
- Scrap Paper/Stabilizer for placement guide



Fabric Preparation

Prepare a length of fabric for the center panel. The fabric needs to be wide enough for easy hooping and long enough for hooping near the ends.

We used a 1/4 yard cut of fabric in the video making a 12" x 24" finished tablerunner.

With a ruler and fabric marking tool like a chaco liner, mark the center of the fabric through the short and long sides.

1st Hooping

Flip the marked fabric over so the back is facing up.

Cut a piece of stabilizer suitable for one hooping. Spray some adhesive craft baste onto the center of the stabilizer. Place the sticky side of the stabilizer to the wrong side of the center fabric. Allow the spray baste to dry.

Place the inner hoop over the fabric and line up the center lines of the fabric to the center lines of the hoop*. Place all of that over the outer hoop. With everything still aligned, press the inner hoop into the outer hoop. Close the hoop clamp and tighten the nut. Gently pull the stabilizer taut.

**Try placing a little double-sided tape on the bottom of the inner hoop to hold the fabric during placement.*

Install the embroidery hoop in the machine.

1st Design

If you're following along on a machine other than the Sparrow X, select a design and arrange the design following your machine's editing software. Any kind of design will do for this project! We have the two used in the video linked below.

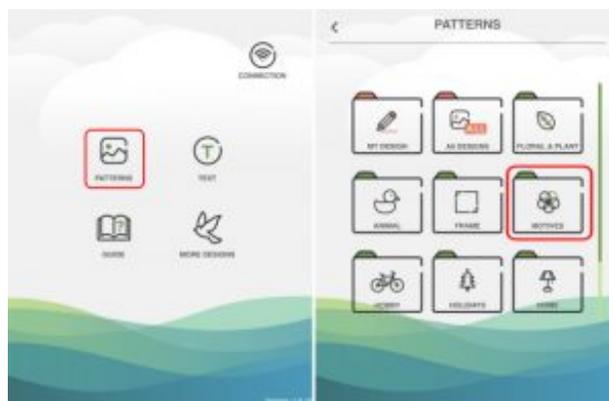
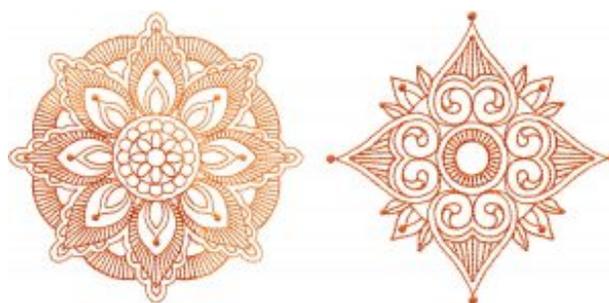
Henna Medallion 2 and Small Henna Square.

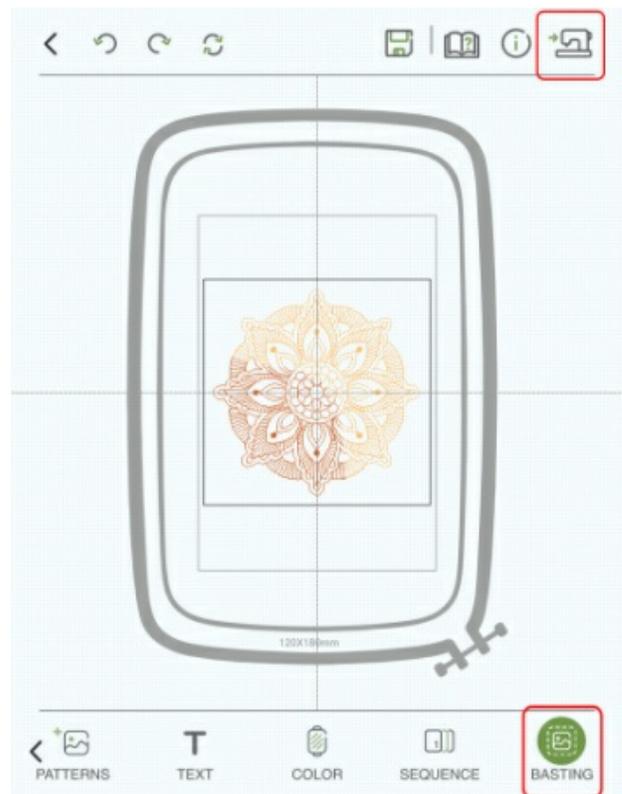
Open the EverSewn Pro app on your smart device.

Select the Pattern tab. The design we use in the video is in the Motives folder.

Select the design. The app takes you to an information page. Click the pencil button in the upper right corner to send it to the editing screen.

Turn on a basting stitch by clicking the "Basting" tab in the bottom sliding tray. Finally, click the button in the upper right corner that looks like a sewing machine with an arrow pointing at it to send the design to the machine for stitching.





1st Stitchout

Thread the embroidery thread in the machine. Press the start button on the front of the machine to begin stitching the design. Follow any thread change prompts from the machine/app until the design is finished.

Once done stitching, remove the hoop. Rip out the basting stitches and tear or cut away the excess stabilizer.

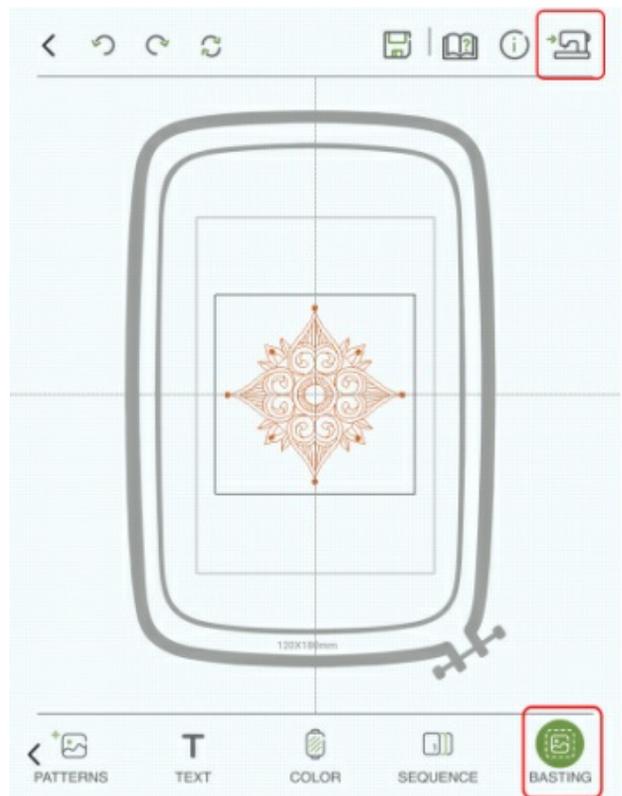
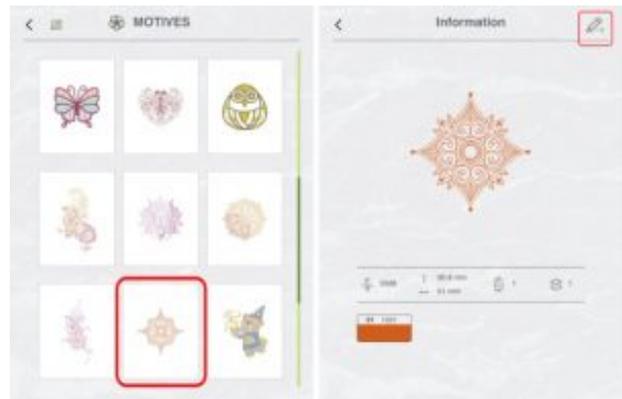
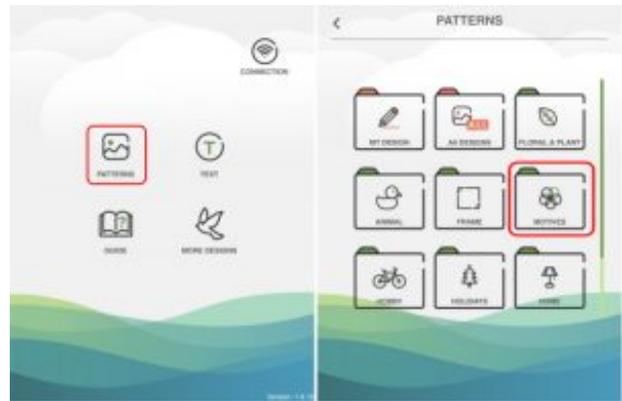
2nd Design

Open the EverSewn Pro app on your smart device.

Select the Pattern tab. The design we use in the video is in the Motives folder.

Select the design. The app takes you to an information page. Click the pencil button in the upper right corner to send it to the editing screen.

Turn on a basting stitch by clicking the “Basting” tab in the bottom sliding tray. Finally, click the button in the upper right corner that looks like a sewing machine with an arrow pointing at it to send the design to the machine for stitching.



Create a Placement Guide

Hoop a piece of scrap paper or stabilizer. Install the hoop in the machine and load the 2nd design. Stitchout the basting stitch.

Remove the hoop from the machine. With a pencil, draw around the inside of the hoop and make a little X by the clamp area to help with placement later.

Remove the paper from the hoop and cut out around the marked inner hoop line.

Fold the edges of the basting stitches together to find the center of the area to be stitched and mark with a pencil.

Placing Outer Designs

Measure from the center design as far as you want the designs to be apart. In the video we spaced the designs 1 1/2" apart. Be sure the ruler is straight to the marked center lines.

Fold over the edge of the placement guide and butt it up against the ruler's edge. Pin in place. Once set, follow the **1st Hooping** instructions, but line up the inner hoop to the edges of the placement guide.

Once the fabric is hooped, install the hoop in the machine.

Return the design to the beginning of the stitchout in the Eversewn Pro App using the rewind button. Begin the stitchout and follow prompts from the app for any thread changes. Remove the excess stabilizer after stitching.

Repeat this process on the other side to complete the center fabric panel.

Cutting the Fabric

Measuring from the center of the embroidered center fabric panel, trim the excess fabric to the size you want for your table runner. Your table runner can be any size you like; in the video, we cut our center 7" x 20" unfinished. Trim equally from the center on all sides.

Cut the borders out to your specifications. We cut 2 borders 3 1/2" x 20" and 2 borders 3 1/2" x 12 1/2" for the long and short borders.