

# Trapunto Seashell Runner

By Christine Connor of Amélie Scott Designs

## Embroidery Designs

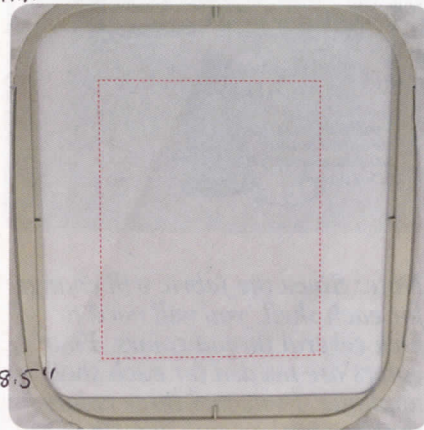


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good shape for when you sew the blocks together. Do not skip this step!

Place the fabric rectangle inside the placement line, and tape the corners to hold it in place. Start the machine and stitch the tack down to hold the fabric in place.



## Materials

- Floriani Wet & Gone or OESD Aqua Mesh Water Soluble Stabilizer
- 1 yd. Pellon Shape-Flex
- Six 6" x 8.5" squares of batting
- Six 6" x 8.5" squares of different pastel fabrics for the seashell appliqué
- Six 2.5" x 6" of different pastel fabrics for the accent rectangles
- ¼ yd. background fabric (42")
- ½ yd. backing fabric
- Quilter's Dream Blend Batting (craft size)
- ¼ yd. binding fabric
- Painter's tape
- Mark-B-Gone water soluble pen
- 75 embroidery needle
- Embroidery thread (like Floriani, Isacord, or Madeira)

Hoop the water soluble stabilizer. Load ShellApp design in your embroidery machine. Load top and bobbin thread to match the background fabric. Stitch color 1, a placement line for the background rectangle.

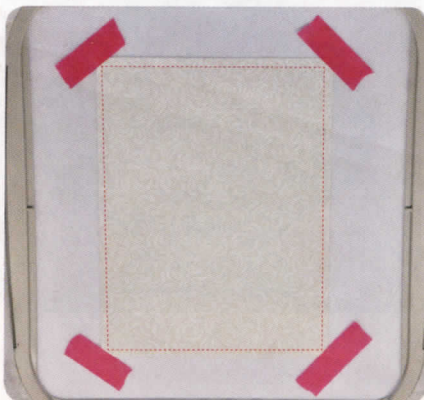
Change the thread to match the shell appliqué fabric. Start the machine and stitch the placement line for the fabric.

*Note: I achieve best results when I use the mentioned stabilizers. The "mesh" water soluble stabilizers are strong, and can support the block.*

First lay the 6" square of batting over the placement stitches, and then add the shell appliqué fabric. Tape the corners to hold the fabric. Start the machine and tack the fabric in place.

## Fabric

- Cut six 6" x 8.5" rectangles from the Background Fabric.
- Cut six 6" x 8.5" rectangles and six 2.5" x 6" rectangles from Pellon Shape-Flex. Press the Pellon Shape-Flex to the back side of the 6" x 8.5" background rectangles, and the 2.5" x 6" pastel fabrics.
- Set aside for now.



*Note: The Pellon Shape-Flex acts as an additional stabilizer, and helps to keep the fabric flat and in*

NOTE!! ALL FABRIC SHOULD BE CUT @ 6.5"

When the machine stops, remove the hoop from the machine, but leave the project in the hoop. Lay the hoop on a flat surface. Trim away the excess fabric, and then trim the excess batting. Return the hoop to the machine.



*Note: It is easier to trim away the batting and fabric in two separate steps.*

### Select your threads



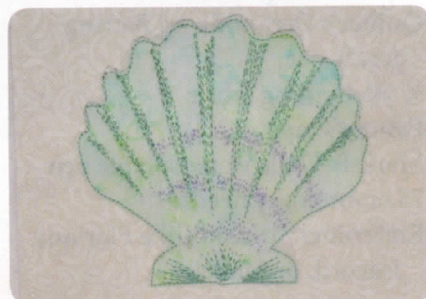
*Note: Since the fabric will change for each shell, you will need to pick several thread colors. Four colors are needed for each shell appliqué. I selected three colors that are in the same hue (the green-blue threads labeled 2 and 3 in the diagram), and which blend with the fabric, and then one accent thread (the purple thread, labeled 1 in the diagram). For the finishing satin stitches, I usually will go with a darker color (like the turquoise thread, labeled 4 in the diagram), or I repeat one of the "blendy" threads (like thread number 2 in the diagram). Ultimately, the main thing is to choose threads that are pleasing to your eye.*

Change thread to your accent thread color. Start the machine and stitch the three accent arcs.

*Note: there are a few long jump stitches that you can trim away once the machine stops.*



Change thread to the "darker hue" (thread 2 from the thread diagram). Start the machine, and stitch the vertical lines that give depth to the shell.



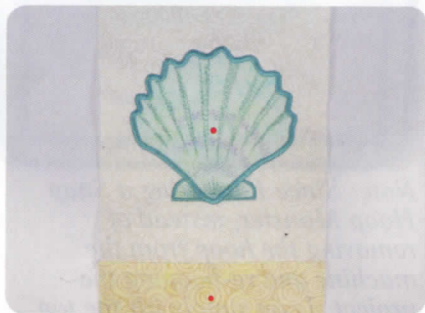
Change thread to the "lighter hue" (thread 3 from the thread diagram). Start the machine and stitch the highlights.



Change the thread to the color you chose for the satin edge. Start the machine and finish the design by stitching the satin stitches around the edge of the appliqué shape. Remove from the hoop and trim away the excess stabilizer around the edge of the block, and large areas on the back of the block. Set aside, and repeat these steps for the remaining five blocks.

*Note: The water soluble stabilizer will shrink from the iron's heat, so remove as much as possible on the back of the block before assembling the table runner.*

## Assembling the Table Runner



Mark the center of the shell appliqué block and the pastel rectangle, with a water soluble pen (see the red dot on the diagram). Attach a 2.5" x 6" pastel strip to the bottom of each Shell Appliqué Block with a 1/4" seam. Press the seam toward the pastel strip.



Attach two blocks along the length, with a 1/4" seam. One block will be right side up and the other will be upside down.

Press the seam open. Repeat with the other two sets of blocks.



Join the three sets of double blocks with a 1/4" seam to finish the table runner. Again, press the seams open.

## Stitching Custom Quilting



Make a quilt sandwich. Lay the backing fabric right side up on a table. Place the batting on top, and then place the table runner on top of the batting, with the right side up. Spray baste together or pin baste.

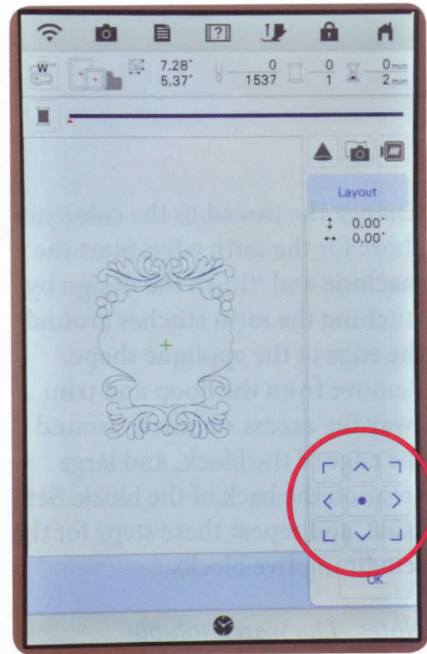
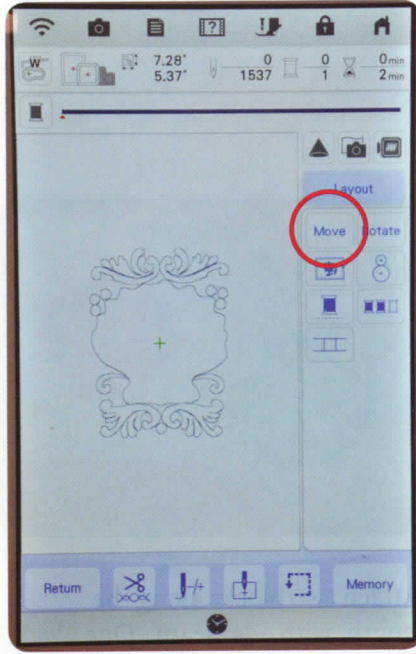
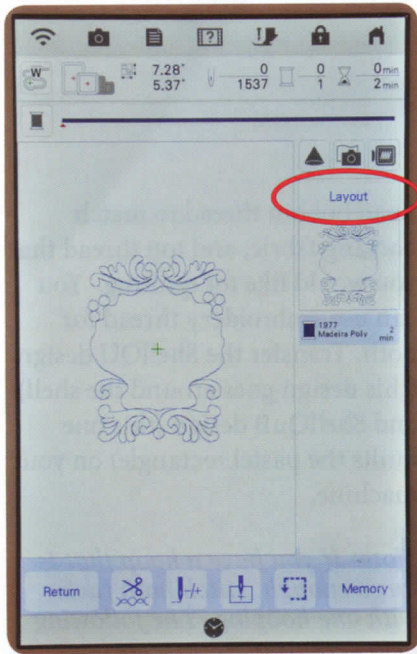
Load bobbin thread to match backing fabric, and top thread that you would like for quilting. You can use embroidery thread for both. Transfer the ShellQU design (this design goes around the shell) and ShellQuB design (this one quilts the pastel rectangle) on your machine.

*Note: If you have a hoop that is large enough, stitch both files with one hooping. The following instructions assume your hoop can only hold one design at a time.*



Load the ShellQU design on your embroidery machine. Hoop the table runner, so that one of the Shell Appliqué blocks is centered in the hoop, right side up. Load the hoop in your machine. Center the design in the machine, so that the needle starts over the center mark you made on the fabric, and stitch. Tip: Snap Hoop Monster is great for this project! It doesn't leave hoop burn on the project, and you only need to move the top portion of the hoop as you slide the project to the next area. The numerical grid along the perimeter of the hoop helps to assure the project is lined up correctly.

## How to center designs on a Baby Lock Solaris



Load the design on the machine, tap the set button, and tap the embroidery button. Next, tap the Layout button, and finally, tap the Move button. Use the arrows to move the design on screen, until the machine needle is directly over the center mark you made earlier. The built-in laser or camera will make this even faster.



Use your machine's positioning feature to move the design, until the needle is directly over the center mark you made earlier.

*Note: Visit [youtube.com/ameliescott](http://youtube.com/ameliescott) to see the following web page for basic instructions on how to use the positioning features on a BERNINA 880, Pfaff Creative Icon, or Baby Lock Solaris. You may also find these instructions helpful for other models by these manufacturers. Otherwise, consult your machine manual or local quilt store.*



Start the machine and stitch the quilting around the shell appliqué.

*Note: Quilting is not an exact science, because the fabric pulls inward as the quilting stitches. As you can see from the photo, the quilting around the bottom of the shell could come down about 1/8" from its current position. After I stitched the quilting for that first block, I re-marked all the other blocks, to make that adjustment.*



*Note: Since I am using a Snap Hoop Monster, instead of removing the hoop from the machine and re-hooping the project, I can simply lift the top portion of the hoop (while the hoop is still in the machine), and slide the runner to the next block.*

Position the hoop around the pastel rectangle. Load the ShellQuB design in your machine. As before, center the design so that the needle is over the center mark on the fabric. Start the machine and it will stitch the quilting design. Repeat these steps with the remaining blocks.

Attach your binding, and then, Enjoy!

