

APRIL
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NATIONAL SERGER MONTH

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FOR THE LOVE OF SEWING

RUFFLED TABLE RUNNER



Brighten up your dinner table with this ruffled table runner. This project only uses the serger and incorporates the Baby Lock serger Wave Stitch! The finished table runner is approximately 16" wide by 60" long.

Created by: Stephanie Struckmann, [Totally Stitchin'](#) Blogger

Skill Level: Intermediate

Supplies:

- Baby Lock® Enlighten serger
- Baby Lock® Serger Ruffling Foot (Item # BLE-RF)
- 4 Spools Madeira® Aerolock serger thread
- 2 Contrasting spools of Madeira® Decora 6 variegated thread to coordinate with fabric
- Lightweight fabric for gathered center fabric (see step 1 for amount)
- 1-2/3 yards fabric for sashing and backing
- 18" x 62" of thin batting
- Fray Stop

Instructions:

1. The center fabric needs to be cut double the length of the table runner. For a 16" wide by 60" long table runner, the finished strip needs to be 11" wide by 120" long. I purchased 23" of a 60" wide fabric because I cut and

pieced together two 11" x 60" strips. If you use a 45" wide fabric, purchase 34" of fabric because you'll need to piece together three 11" wide pieces of fabric to total 120" long. **Important:** If you have directional fabric that runs parallel to the selvage, take that into consideration. So, make sure your fabric to be gathered is 11" x 120" after piecing. Then, cut your backing at 60" x 16". Cut two long strips at 4" x 60" for the front sashings.



2. Set up your serger to gather with a 4-thread overlock stitch, a 4.0 stitch length, 7.0 stitch width, and push your differential feed all the way up to 2.0. Also, place your Baby Lock Ruffling Foot on your serger. Your fabric to be gathered goes completely underneath the foot against the feed dogs, and the flat fabric you're going to stitch the gathered fabric to goes into the top groove of the foot (as shown below). This technique takes a bit of practice as the lower fabric feeds more quickly than the top fabric. Practice on fabric scraps first. Make sure you're catching both fabrics within the seam and try to allow the lower fabric to feed through as freely as possible, taking weight off of the fabric on the front end of the foot so that it doesn't pull against the ruffling foot (that would defeat the purpose).



3. When you're ready to stitch the real thing, get your ruffle center fabric and one sashing.
 - **Choice A:** If this is a new technique to you, I recommend that you create a seam between your sashing and ruffle, serging pretty sides together. Serge with your ruffle fabric facing up underneath

the foot and your sashing fabric facing down in the upper groove of the foot.

- **Choice B:** I wanted to create an exposed seam so I could cut it off and cover the new stitch with the wave stitch. If you choose this option, wrong sides will need to be serged together with the ruffle fabric facing down underneath the foot and the sashing fabric facing up in the groove of the foot.
4. Complete this step on both sides of your ruffle fabric. The trick is to feed the fabric through the same way so that both sides feed through for even ruffles on both sides. I confess: I had to stitch rip a side and do it again to get them even! Square up the top to be the same size as the backing.
 5. Set up your serger according to the user's manual for a 3-thread wave stitch, placing your Decora 6 thread in the upper and lower loopers. This [wave stitch video](#) will walk you through using decorative thread in your serger with the wave stitch. Practice it on scrap layers to get the look you want. I like for my stitches to lay right next to each other, so I set my stitch length accordingly.
 - If you opted to just create a seam between your sashing and ruffle fabric, skip to the next steps, where you'll cover the entire perimeter of the table runner with the wave stitch. If you want to try cutting off the exposed ruffled seam with the wave stitch, complete this step. Essentially, you'll cut off the previously serged stitch to cover and create a new exposed seam with the wave stitch. Do this on both sides and encourage the fabric to feed through evenly. If you notice any minor inconsistencies, it is because of the ruffled edge; they press out pretty well to where it looks very nice overall. Press your wave stitch toward the outside.
 6. Now, layer your backing, batting and top. Trim down your batting to fit and square up edges so that the layers are even. Use Wonder Clips to fasten together the perimeter of all three layers to avoid serging over pins (bad!).
 7. Serge the wave stitch along the two long edges, and then again along the two short edges (you may have to help it through when it stitches over wave stitching at the corners). Place some Fray Stop on your corners and, after it has dried, trim the excess thread cleanly.

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