Strip & Twist Fractals Table Runner

Give an exciting new twist to the Strip & Twist block. Create an eye-catching table runner featuring an impressive fractured effect that showcases color and design. Stitch simple stratas, cut blocks, then rotate and arrange into a unique design that you finish with simple straight sewing.

Note: Be sure to read “Basic Instructions” on page 1 and 2 of the Strip & Twist Template book before starting your project. They explain how to prepare and cut fabric squares and assemble blocks. After familiarizing yourself with the process, proceed with the below instructions.

**Approximate Finished Size: 17¾" x 57"**

### Supplies Needed:
- Strip & Twist Template and book
- ⅓ yd. Dark green fabric (strips)
- ¼ yd. Medium green fabric (strips)
- ⅓ yd. Light green fabric (strips)
- ⅓ yd. Dark purple fabric (strips)
- ⅓ yd. Medium purple fabric (strips)
- ⅓ yd. Light purple fabric (strips)
- ¾ yd. Cream fabric (strips, background)
- ⅓ yd. Dark purple fabric (binding)
- One 22” x 63” rectangle backing fabric
- One 22” x 63” rectangle batting

### Helpful Notions:
- Refer to Strip & Twist Template book, page 1.

### General Instructions:

*Note: At times the instructions say to use scant ¼" seams (for seaming the strata) and at other times they say to use ¼" seams (for joining blocks and columns). Always follow those instructions, the slight difference is important.*

1. Stabilize all fabrics well.

2. Cut strip fabrics for strata.
   - From dark green fabric cut four 2½" wide crosswise strips.
   - From medium green fabric cut two 2½" wide crosswise strips.
   - From light green fabric cut four 2½" wide crosswise strips.
   - From dark purple fabric cut three 2½" wide crosswise strips.
   - From medium purple fabric cut three 2½" wide crosswise strips.
   - From light purple fabric cut four 2½" wide crosswise strips.

   - Cut four 2½" wide crosswise strips (strata).
   - Cut three 3¾” wide crosswise strips. Subcut into four 3¾” x 6¼” rectangles (section a) and six 3¾” x 11½” rectangles (section b).

   - Cut four 2½” wide crosswise strips.

5. Trim off the selvage ends of all strips.

6. Create strata using scant ¼" seam allowances.

#### Strata 1
- (Make two) Strip A-medium green, Strip B-dark green, and Strip C-light purple

#### Strata 2
- (Make two) Strip A-light purple, Strip B-dark purple and Strip C-light green

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<table>
<thead>
<tr>
<th>Strata 1</th>
<th>Strata 2</th>
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</thead>
<tbody>
<tr>
<td>1A—medium</td>
<td>2A—light</td>
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<tr>
<td>1B—dark</td>
<td>2B—dark</td>
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<tr>
<td>1C—light</td>
<td>2C—light</td>
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</tbody>
</table>
• Strata 3: (Make one) Strip A-light green, Strip B-dark green, and Strip C-cream

<table>
<thead>
<tr>
<th></th>
<th>2A—light</th>
<th>2B—dark</th>
<th>2C—cream</th>
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<tbody>
<tr>
<td>A</td>
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• Strata 4: (Make one) Strip A-light green, Strip B-dark green, and Strip C-medium purple

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<tr>
<th></th>
<th>2A—light</th>
<th>2B—dark</th>
<th>2C—medium</th>
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</table>

• Strata 5: (Make one) Strip A-medium purple, Strip B-cream, and Strip C-cream

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<thead>
<tr>
<th></th>
<th>2A—medium</th>
<th>2B—cream</th>
<th>2C—cream</th>
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<tbody>
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</tbody>
</table>

• Strata 6: (Make one) Strip A-medium purple, Strip B-dark purple, and Strip C-cream

<table>
<thead>
<tr>
<th></th>
<th>2A—medium</th>
<th>2B—dark</th>
<th>2C—cream</th>
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7. Cut Strip & Twist blocks from each strata. Refer to step 4 on page 2 of the *Strip & Twist Template* book.

• Cut from strata 1:
  - Six blocks with template right side up.
  - Six blocks with template right side down.

• Cut from strata 2:
  - Six blocks with template right side up.
  - Six blocks with template right side down.
  - Label and set aside three of each block style for column 2.
  - Label the remaining three of each block style for column 8.

• Cut from strata 3:
  - Two blocks with template right side up.
  - Two blocks with template right side down.
  - Label and set aside one of each block style for column 3.
  - Label the remaining one of each block style for column 7.

• Cut from strata 4:
  - Four blocks with template right side up.
  - Four blocks with template right side down.
  - Label and set aside two of each block style for column 3.
  - Label the remaining two of each block style for column 7.
8. Arrange blocks (rotating blocks as needed) into six rows and nine columns following the diagram below.

   - Cut from strata 5:
     - Two blocks with template right side up.
     - Two blocks with template right side down.
     - Label and set aside one of each block style for column 4.
     - Label the remaining one of each block style for column 6.

   - Cut from strata 6:
     - Two blocks with template right side up.
     - Two blocks with template right side down.
     - Label and set aside one of each block style for column 4, along with two section “a” rectangles. Label the remaining one of each block style for column 6, along with two section “a” rectangles.

9. Join blocks with ¼” seams.
   - Working one column at a time, join long edges of blocks, right sides together.
   - Row/column 5 is created by stitching the six section “b” rectangles together, joining long edges, right sides together.
   - Press seam allowances for each column in the opposite direction of the previous row/column.
10. Join columns with ¼" seams.
   • Stitch columns together to complete the top of the table runner. The seams will automatically nest together.
   • Press seams flat, then to one side.

11. Layer the table runner referring to step 4 on page 15 of the *Strip & Twist Template* book.

12. Quilt the table runner.
   • Stitch in the ditch around or within the Strip & Twist blocks referring to step 5 on page 15 of the *Strip & Twist Template* book.
   • Optional: Stitch in the ditch following the diagram below to accentuate the overall table runner design.

13. Finish the Strip & Twist Fractals Table Runner by binding referring to step 6 on page 15 of the *Strip & Twist Fractals Template* book.