

**pellon**<sup>®</sup>

*The Magic  
in the Middle*

## Heart Strings Table Pad Skill Level: Intermediate

Designed By  
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Sewn By  
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[www.CreativeFolkQuilting.blogspot.com](http://www.CreativeFolkQuilting.blogspot.com)



Top your table with this 27" square Heartstrings Table Pad by fusing romantic hearts to a colorful background. Pellon<sup>®</sup> Tru-Grid<sup>™</sup> accurately speeds heart positioning and Pellon<sup>®</sup> Fusible Thermolam<sup>®</sup> Plus speeds quilting of this quick and easy holiday dining accessory. This design method uses outer borders on the table pad and back to eliminate the need for binding.

### Fabrics Needed

Background - Timeless Treasures, Gail-C8877	3/4 yard
Hearts - Cherrywood hand dyes	Sixteen 5" squares
Inner border - Michael Miller, Sarah Jane DC 5153	1/4 yard
Outer border (front and back) - Kaffe Fassett Lotus Leaf GP-29	3/4 yard
Border corners	1/8 yard
Backing	3/4 yard

### Materials Needed

Pellon <sup>®</sup> TP971F Fusible Thermolam <sup>®</sup> Plus	1 yard
Pellon <sup>®</sup> 810 Tru-Grid <sup>™</sup>	3/4 yard
Pellon <sup>®</sup> 805 Wonder-Under <sup>®</sup>	1 yard
Thread	
Quilting or decorative thread	
Marking method to trace heart quilting template	

### Tools Needed

Sewing machine and related supplies  
Rotary cutter and related supplies (24" ruler recommended)  
Paper scissors  
5" square piece of cereal box cardboard or paper plate

<http://www.pellonprojects.com>

Graphic Artist Alexandra Henry

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## Making the Hearts

Place Wonder-Under®, paper side facing up, on top of the size 4 heart template. Trace both lines of the heart template onto the Wonder-Under® and mark size 4 within the narrow outer rim and in the interior of the heart. Make four of these leaving about 1/2" space between the traced hearts. Roughly cut out these hearts, leaving space around the drawn lines.

Roughly cut out the fabric pieces slightly larger than the Wonder-Under® hearts.

Cut out the interior of one Wonder-Under® heart by cutting upward at heart point, then cutting along the inner line, yielding a rim of heart-shaped Wonder-Under. Reserve the interior of the Wonder-Under heart to use as a template in a later step.

Place the rough side of the Wonder-Under heart rim against the wrong side of the fabric, closing the gap at the heart point, and fuse following manufacturer's instructions.

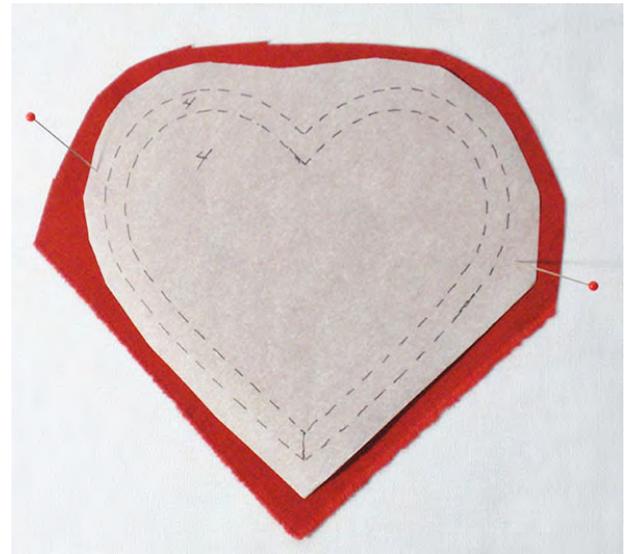
Cut one Thermolam® Plus fusible batting heart using the Wonder-Under® interior reserved from previous step as a guide.

Position the rough side of the batting in the center of the wrong side of the heart created in the previous step. Pin in place and flip over. Press on the right side of the fabric 3-4 seconds with a hot dry iron to tack in place.



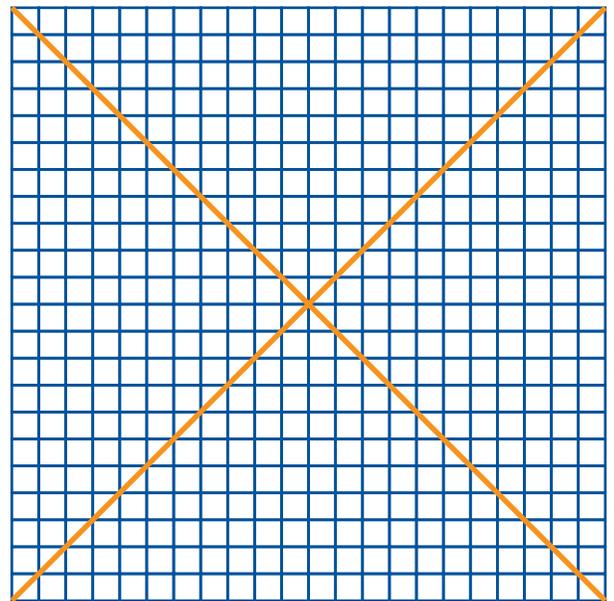
Cut out heart shape along the outer line traced on the Wonder-Under® and peel paper off.

Repeat these steps, making four hearts of each size 1-4. Set the hearts aside.

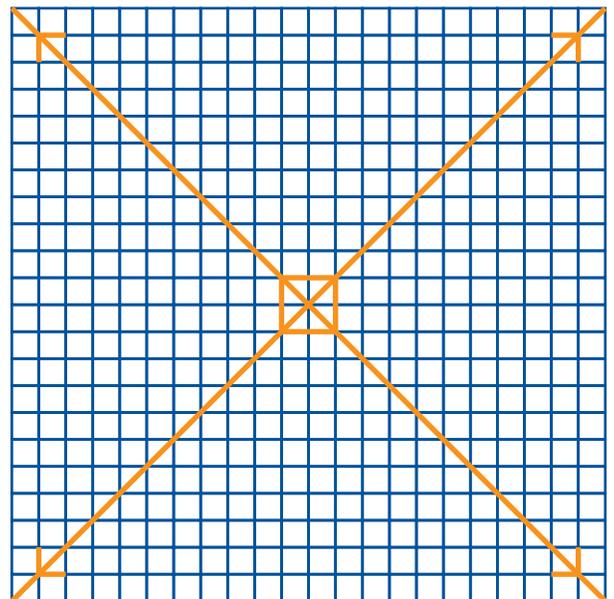


## Preparing the Background

Cut one 22" square from the background fabric. Cut one 22" square of Tru-Grid™, following the marked blue lines. Use a pen to draw a diagonal line from corner to corner through the center of the gridded squares. (Marked in orange on the diagram). Repeat with the opposite corners.



Mark the corners of the Tru-Grid™ 1" from each corner. Mark a 2" square box in the center of the Tru-Grid 22" square.



Place the Tru-Grid™ on the right side of the 22" background fabric, aligning the edges. At one corner, fold the Tru-Grid™ back about 5", aligning the diagonal line on itself. Place one size 4 heart in the corner with the heart point nestled up to the corner marks drawn on the Tru-Grid™. Sides of the heart should stay within the line 1" from the fabric edge. Align the top 'v' of the heart with the diagonal line so the diagonal Tru-Grid™ line evenly dissects the heart. Pin heart in place.



Place the size 3 heart, nestling it at the 'v' of the size 4 heart, using the Tru-Grid™ to line the hearts up. Pin in place.



Continue placement with the size 2 and then size 1 hearts. The size 1 heart will end right at the 2" box marked on the Tru-Grid™. Carefully pin each heart in place.



Place the table pad on the ironing board. Remove the pins taking care not to shift the hearts out of place. Use the Tru-Grid® to double check the positions of the hearts. Cover with a damp press cloth and fuse following manufacturer's instructions. Flip table pad over and press to ensure that fusing is complete.



## Borders

Cut four 1-1/4" x 22" strips for the inner border.  
Cut four 2-1/2" x 22" strips for the outer border.  
Cut four 3-1/4" x 3-1/4" squares for the border corners.

Sew the inner borders to the outer borders using a 1/4" seam allowance. Press seams towards the outer borders.



Pin one border strip set to the table pad, right sides together, with the inner border aligned with the table pad raw edge. Sew using a 1/4" seam allowance and press seam allowance toward the outer border. Repeat with the opposite side of the table pad.

Pin one 3-1/4" border corner square to each short end of the remaining border strip sets, right sides together. Stitch using a 1/4" seam allowance. Press seam allowances toward the border corners.



Pin the remaining strip sets to the table pad, matching seam lines at corners and sew using a 1/4" seam allowance. Press seam allowance toward table pad.



## Backing

Cut two 2-1/4" x 24" backing border strips.  
Cut two 2-1/4" x 27-1/2" backing border strips.  
Cut one 24" square of main backing.

Sew one 2-1/4" x 24" backing border strip to the main backing, right sides together, using a 1/4" seam allowance. Press seam allowance toward the border strip. Repeat with the opposite side.



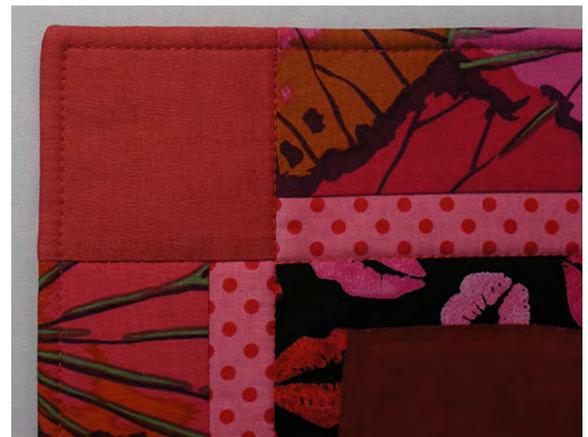
Sew the two 2-1/4" x 27-1/2" backing border strips to the remaining two sides of the main back. Press towards the border strips.



Cut one 27-1/2" square of Thermolam® Plus. Place table pad right side up on top of the rough side of the Thermolam® Plus. Pin together. Fuse following manufacturer's instructions.

Pin the backing to the top, right sides together. Stitch using a 1/4" seam allowance. Leave a 6" gap on one side to turn, locking stitches on either side of the opening.

Turn table pad right side out through the opening. Press the edges flat, to form a smooth seam line at opening. Cut one 1/4" x 6" strip of Wonder-Under® and insert into seam line opening. Press edge of table pad to secure the Wonder-Under®. Remove the paper and fuse the two edges together following manufacturer's instructions. Confine the iron to the edge during fusing.



Topstitch with a 1/4" seam allowance around entire outer edge.

Topstitch 'in the ditch' on all seam lines on the table pad, locking the stitching at the ends as invisibly as possible.

Topstitch 1/4" in from the edge of the center square of the table pad.

On one quadrant, pin through all layers around the hearts. Sparsely pin several areas in overall table pad to stabilize the layers.

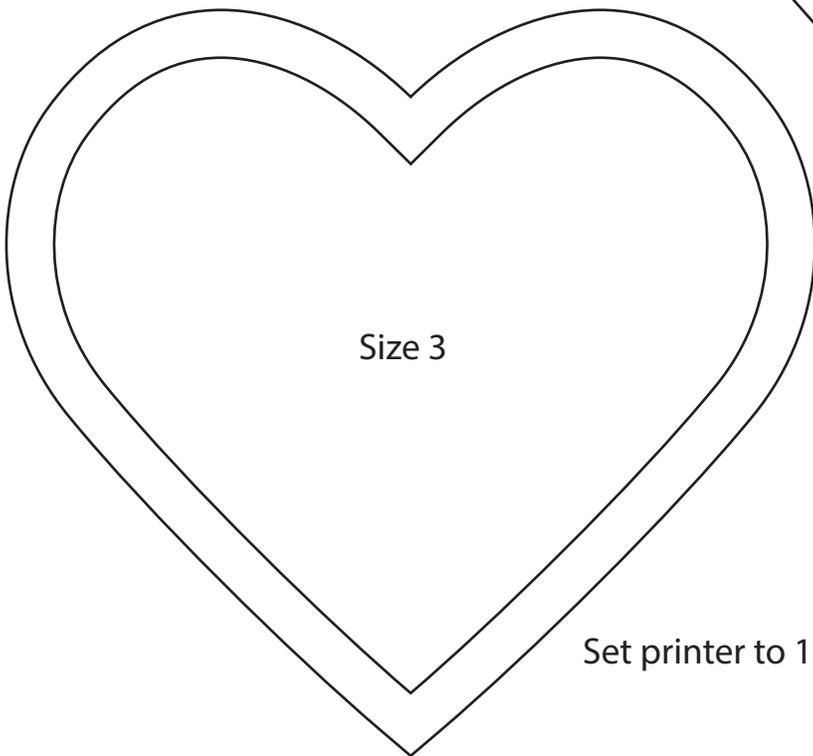
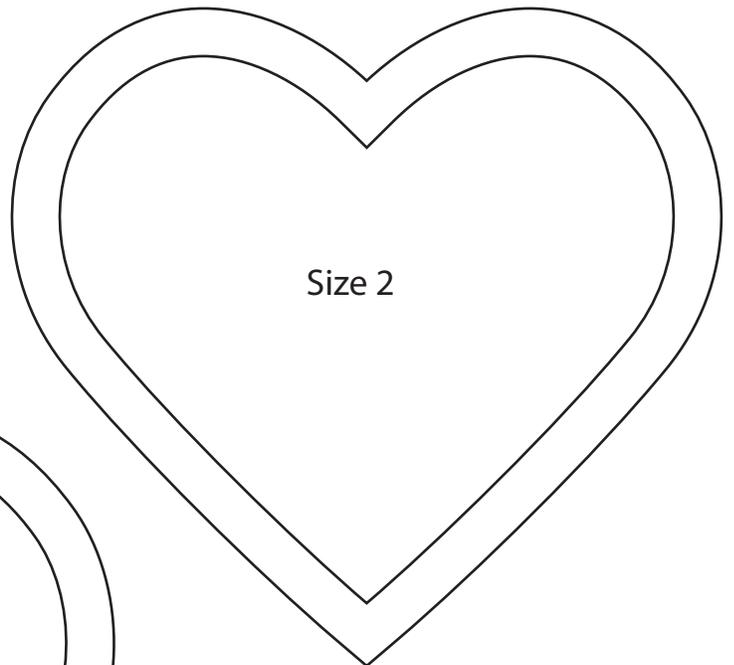
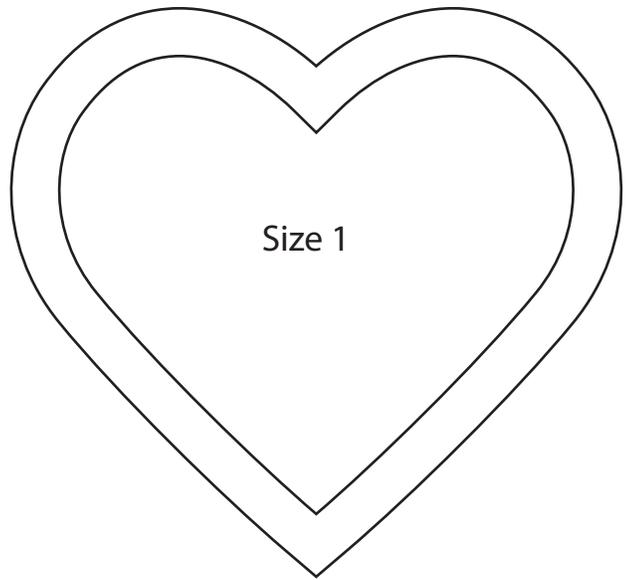
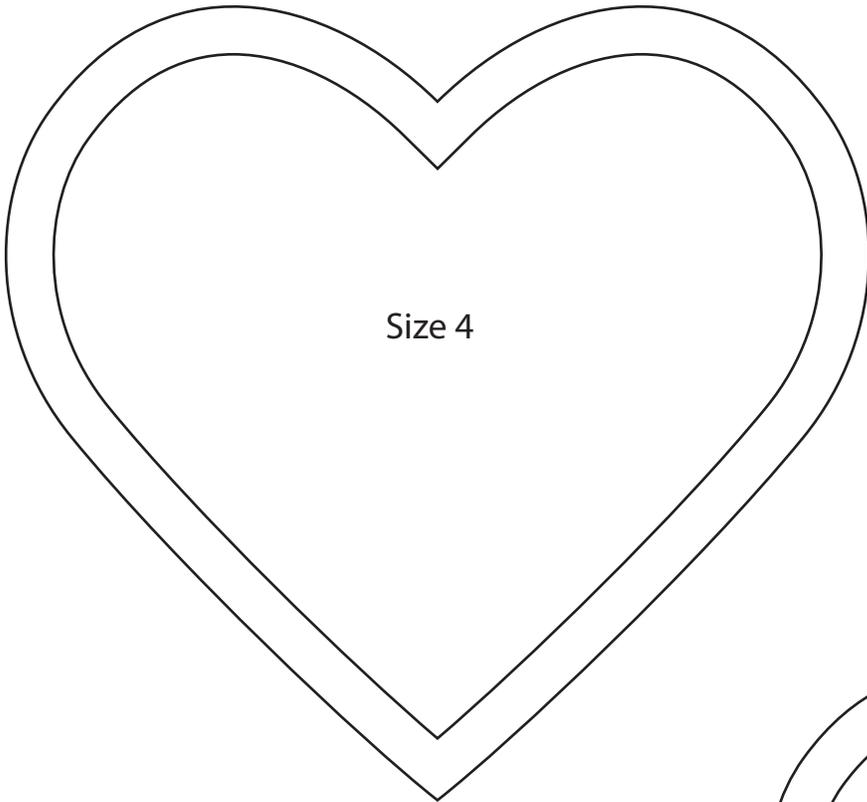
Starting at the size 4 heart point, topstitch with zigzag around the edge of the heart, stitching half-hearts continuously (from the bottom point to the 'v' at heart top) to the size 1 heart. Continue around the size 1 heart and then repeat stitching half-hearts back down to the size 4 heart starting point.

Repeat this step with the opposite set of hearts, then the other two sets of hearts.

Use the outer line of the size 4 heart and make a cardboard template. Position template so the heart bottom points toward the center of the table pad. Place heart template 1-1/2" from the enter panel outer edge and the 'v' of the heart on the midpoint of the center panel edge.

Trace around the heart template. Pin through all layers and then quilt on the line. Echo quilt inside the previously sewn heart using the width of the presser foot as a guide.





Heartstrings Table Pad Heart Templates

Set printer to 100%. Check gauge.

