

Pattern for a Bluebell-Inspired Quilt Runner:

Where Geometry Meets Blooms



This quilt unfolds like a garden path — structured, symmetrical, yet alive with gentle movement. Seven blocks stretch across its length, each one a chapter in a quiet story told in fabric and thread. At either end, star-shaped motifs anchor the runner with crisp, radiant geometry, their points reaching outward like compass roses guiding the eye.

As you move inward, the stars give way to blossoms — stylized flowers in shades of green and violet, nestled beside the heart of the quilt. These floral blocks soften the rhythm, introducing curves and petal shapes that contrast the angular stars. They feel like pauses in the pattern, places to breathe and admire.

At the centre lies a bold geometric block, a medallion of sorts, grounding the entire composition. It's the still point around which the rest seems to turn — a quiet focal point that draws everything together.

Each block is framed in a medium blue sashing, like windowpanes looking out onto a patterned sky. And around it all, a darker blue border wraps the quilt in a final flourish, rich and textured, like twilight settling over a garden.

The colours speak softly: blues in every shade, from deep navy to pale sky; greens that whisper of leaves and stems; purples that hint at hidden blooms. The craftsmanship is evident in every seam — precise, intentional, yet never rigid. It's a quilt that balances order with grace, symmetry with soul.

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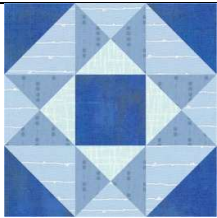
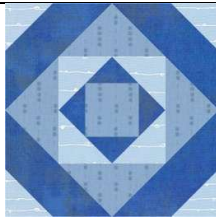
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List of Materials

Fabric

Ohio Star Variation	Mosaic nr 5	Applique Border	Applique - Corners	Total																																																								
																																																												
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Make 2	Make 1	Make 1, Cut in 4	Make 2, Cut in 2 each to form 4 corners																																																									

Additional fabric:

Applique paper: 30cm

Stitch and Tear: 50cm

Baking paper: A roll

Batting: 75cm x 140cm (27" x 58")

Basting spray: 505

Backing: 75cm x 140cm (27" x 58")

Binding: 1/2 meter (21")

Cutting chart	Unit	Finished Size	Colour	Cutting size	Qty / Block	Num of Blocks	Total Qty
Ohio Star Variation 	HST 	3"x 3"	Light Dark	3 7/8" x 3 7/8"	2 2	2	4 4
	Square 	3"x 3"	Dark	3 1/2" x 3 1/2"	1	2	2
	QST 	3" x 3"	Light Medium Dark	4 1/4" x 4 1/4"	1 1 2	2	2 2 4
Mosaic nr 5 	Center		Medium	3 1/2" x 3 1/2"	1	1	1
	Round 1		Dark	1 1/2" x 3"	4	1	4
	Round 2		Light	2" x 4 1/2"	4	1	4
	Round 3		Medium	2 1/2" x 4 1/2"	4	1	4
	Round 4		Dark	2 1/2" x 6 1/2"	4	1	4
		Finished size 9" x 9" Final cutting size 9 1/2" x 9 1/2"					

Appliqué Borders  Finished block size Finished block cutting size before diagonally cutting into 2 size 9 1/2" x 9 1/2"	Background	Quarter of 9" x 9"	Light	14" x 14"	1	1	1
	Stems	1/4" stems	Light green	1/2" on the bias x 30"	1	1	1
	Flowers large		Dark Light	1" x 1" 3/4" x 1"	4	1	4
	Flowers Small		Dark Light	1" x 1" 3/4" x 1"	16	1	16
	Leaves Large		Dark Green		16	1	16
	Leaves Small		Dark Green		16	1	16
Appliqué Corners  Finished block size Finished block cutting size before diagonally cutting into 2 size 9 1/2" x 9 1/2"	Background	Half of 9" x 9"	Light	9 7/8" x 9 7/8"	1	2	2
	Stems	1/4" stems	Light green	1/2" on the bias x 30"	1	2	2
	Flowers large		Dark Light	1" x 1" 3/4" x 1"	2	2	4
	Flowers Small		Dark Light	1" x 1" 3/4" x 1"	8	2	16
	Leaves Large		Dark Green		8	2	16
	Leaves Small		Dark Green		8	2	16
Sashing		3" x 9 1/2"	Dark	2 1/2" x 9"	12		12
Cornerstones		3" x 3"	Medium	2 1/2" x 2 1/2"	10		10
Borders		4 1/2" x 54"	Dark	4" x 53 1/2"	2	1	2
		4 1/2" x 16"	Dark	4" x 15 1/2"	2	1	2
Binding		Strips of 2 1/2"	Dark	3m			

Piecing instructions:

Ohio Star Variation



Instructions for Sewing HST Units

1. Pairing the Squares

Take the fabric squares you've cut for your HST units and place them in pairs, with one light square and one dark square together. Align the edges carefully and pin them with right sides facing. This ensures that when you sew and cut, the fabrics will nest neatly and the contrast between light and dark will create a crisp triangle.

2. Marking the Diagonal Line

Using a quilting ruler and a fine marking tool (such as a fabric pencil or erasable pen), draw a straight diagonal line from one corner of the square to the opposite corner. This line will serve as your cutting guide later, so make sure it's precise.

3. Sewing the Seams

With the diagonal line marked, sew a seam $\frac{1}{4}$ " away from the line on both sides. This creates two parallel stitching lines. Keep your seam allowance consistent — accuracy here will make trimming and assembly much easier later.

4. Cutting Along the Line

Once both seams are sewn, take your rotary cutter and cut directly on the drawn diagonal line. This separates the square into two triangle units, each already stitched along the edges. You now have two HST units from each pair of squares.

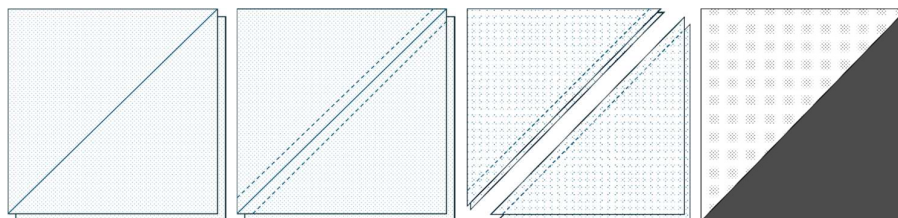
5. Pressing the Seams

Open each unit and press the seam allowance toward the darker fabric. This helps prevent the darker fabric from shadowing through the lighter side and gives the block a clean, professional look. Use a hot iron and press firmly but avoid stretching the fabric.

6. Trimming to Size

Finally, square up each HST unit to measure exactly $3\frac{1}{2}" \times 3\frac{1}{2}"$. Place your quilting ruler over the block, aligning the diagonal line of the ruler with the seam line of the HST. Trim away any excess fabric from the edges to ensure perfect accuracy. This step is essential for clean joins when you assemble your quilt top.

By following these expanded steps, you'll create precise, uniform HST units that are the building blocks for countless quilt patterns — from stars to pinwheels to medallions.



Instructions for Sewing Quarter-Square Triangles (QSTs)

1. Repeat the HST Process

Begin by following steps 1–5 of the Half-Square Triangle (HST) method. Pair your light and dark squares, mark the diagonal, sew $\frac{1}{4}$ " seams on both sides, cut along the line, and press the seams toward the darker fabric. At this stage, you'll have HST units ready to transform into Quarter-Square Triangles.

2. Trim to $3\frac{7}{8}" \times 3\frac{7}{8}"$

Square up each HST unit so it measures exactly $3\frac{7}{8}" \times 3\frac{7}{8}"$. This trimming ensures accuracy and consistency, which is crucial for the next step when you combine units. Align the diagonal line of your ruler with the seam line to keep everything precise.

3. Pair and Pin Units

Take two trimmed HST units and place them right sides together. Arrange them so that the seams butt against each other — the dark triangle of one unit should align with the light triangle of the other. Pin carefully at the seam intersections to lock the alignment in place.

4. Mark the Second Diagonal

Using your ruler, draw a diagonal line from corner to corner across the paired squares. This line will cross the existing seam line, creating the framework for your Quarter-Square Triangle.

5. Sew Parallel Seams

Stitch $\frac{1}{4}"$ away from the marked diagonal line on both sides, just as you did with the HSTs. Keep your seam allowance consistent to ensure the units remain square after cutting.

6. Cut Along the Line

With your rotary cutter, slice directly on the drawn diagonal line. This will separate the paired squares into two new units, each containing four triangles arranged in a pinwheel-like formation.

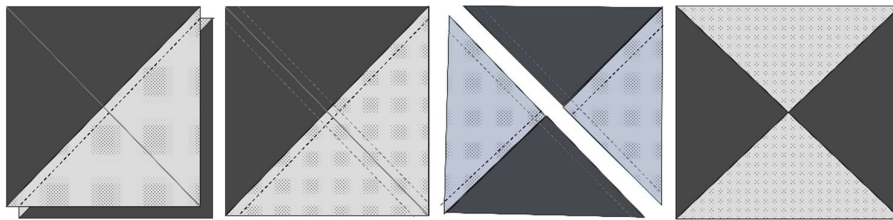
7. Press the Seams

Open each unit and press the seams flat. You can press toward the darker fabric or open the seams, depending on your preference and the bulk of the fabric. The goal is to keep the block smooth and balanced.

8. Trim to 3 ½" × 3 ½"

Finally, square up each Quarter-Square Triangle unit to measure exactly 3 ½" × 3 ½". Align the diagonal lines of your ruler with the seams in the block to ensure accuracy. Trim away any excess fabric so the units are perfectly sized and ready for assembly.

By following these steps, you'll create crisp, uniform Quarter-Square Triangles — versatile building blocks for star patterns, pinwheels, and medallion centres. They add dynamic movement to your quilt designs and pair beautifully with HSTs for complex layouts.

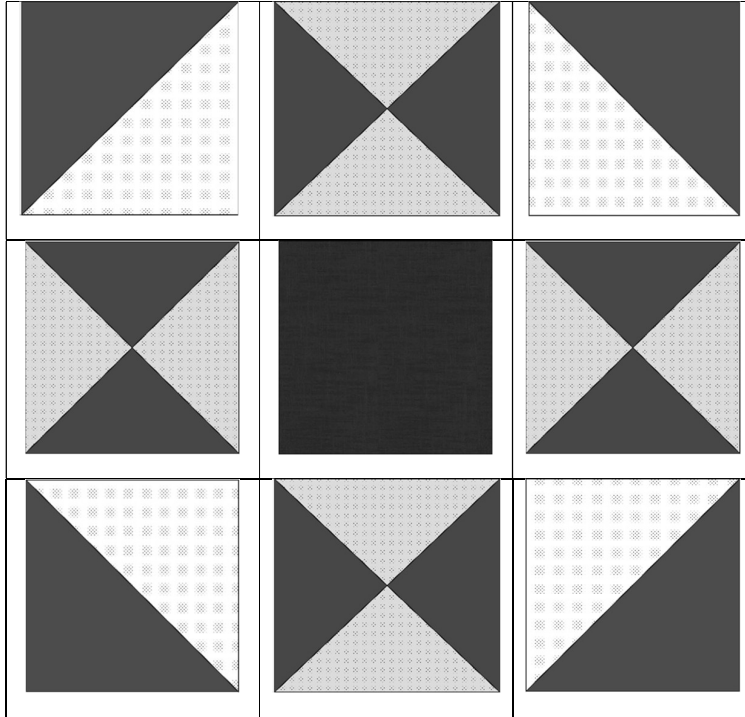


Square

1. Cut the two centre squares.

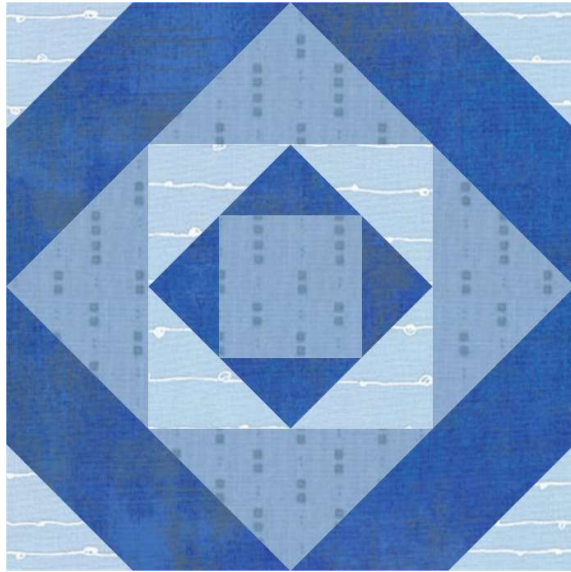
Assembly of squares

1. Arrange the completed units on a design surface.

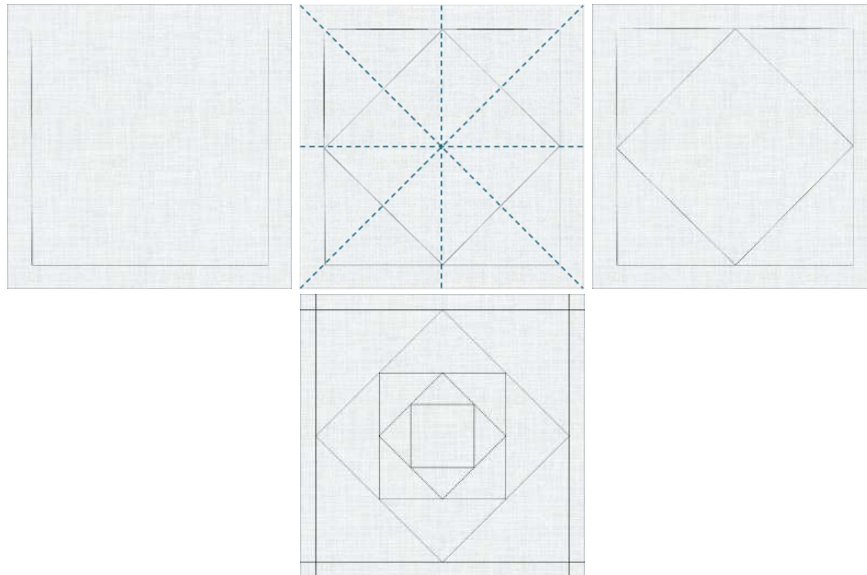


2. Attach the units in rows. Take care with the orientation placement of the corner units and QSTs.
3. Attach the rows to form the square. Check the seam intersections carefully.
4. Trim to 9 1/2' x 9 1/2''.

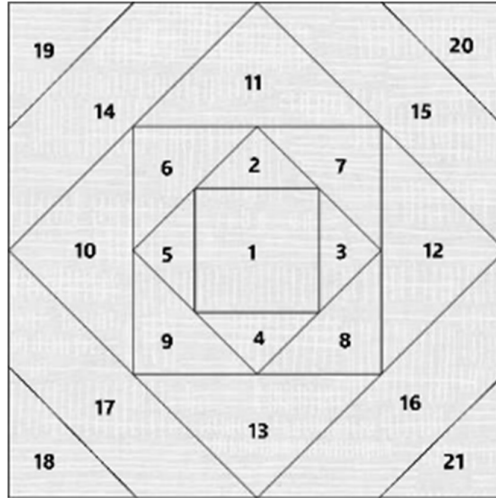
Mosaic number 5



1. Draw the pattern on baking paper.



2. Number the pieces in concentric circles from the centre outwards.



3. This first unit is pinned to the backside of the paper template with seam allowance covering all the sides of the unit. Pin the fabric in place, using 2 straight pins. The right side of the fabric showing outwards.
4. **Fold** - Fold the paper template into a crisp line, on the seam between 1 and 2. Use a piece of cardstock to fold the seam. The seam allowance of the fabric will be exposed.
5. **Trim** - Measure from the fold a $\frac{1}{4}$ " inch and trim the excess seam allowance.
6. **Align** - Align the second fabric, face down, precisely with the trimmed edge, making sure that there is enough seam allowance on both ends. Pin in place with two pins. Open the folded template and turn the paper over.
7. **Sew** - Sew, using the template line between unit 1 and 2. Only sew on the line, from corner to corner. Sewing into the seam allowance may, intrude into subsequent patterns,

8. **Press** - Use a seam-roller, or a hot iron to press the seam down.
This step can't be done at a later stage, so this is the most important step to a flat, professional finish.
9. Repeat steps 4 – 8.
10. Trim to 9 ½' x 9 ½''.

Fusible Appliqué



1. Cut the background for the appliqué. One block of 14" x 14" and two of 9 ⅞" x 9 ⅞" each.
2. Mark out the triangles for each block. The triangles will be cut after the appliqué is done.
3. Mark out the rough appliqué shapes. Take care to place the appliqué pieces far enough from the seams to also allow for a frame of background to show.
4. Cut the stems and iron them into shape with a bias maker.
5. Pin and/or baste the stems in place.
6. Draw the appliqué pieces on the paper side of the appliqué paper.
7. Iron onto the back side of the fabric.
8. Cut on the drawing line.
9. Scratch the paper with a pin to take the paper off.

10. Iron the appliqué pieces into place.

How to make stems with a bias maker:

1. Cut Bias Strips

- Start by cutting your fabric strips on the bias (at a 45° angle to the grain).
- Bias cuts allow the strips to curve smoothly, which is perfect for stems and vines.
- Cut the strips 1/2" wide for a 1/4" bias maker (Double the width).

2. Spray Starch

- Lightly spray the strips with spray starch.
- Let it dry a little before feeding through the bias maker.

3. Feed Through the Bias Maker

- Insert one end of the strip into the wide end of the bias maker.
- Use a pin or stiletto to help guide the fabric through if needed.
- As you pull the strip out of the narrow end, the tool automatically folds the raw edges toward the centre.

4. Press the Strip

- With the strip emerging from the bias maker, press it immediately with a hot iron.
- Move the bias maker slowly across the strip while pressing, keeping the folds crisp and even.
- You now have a neat bias tape with folded edges.

5. Shape the Stems

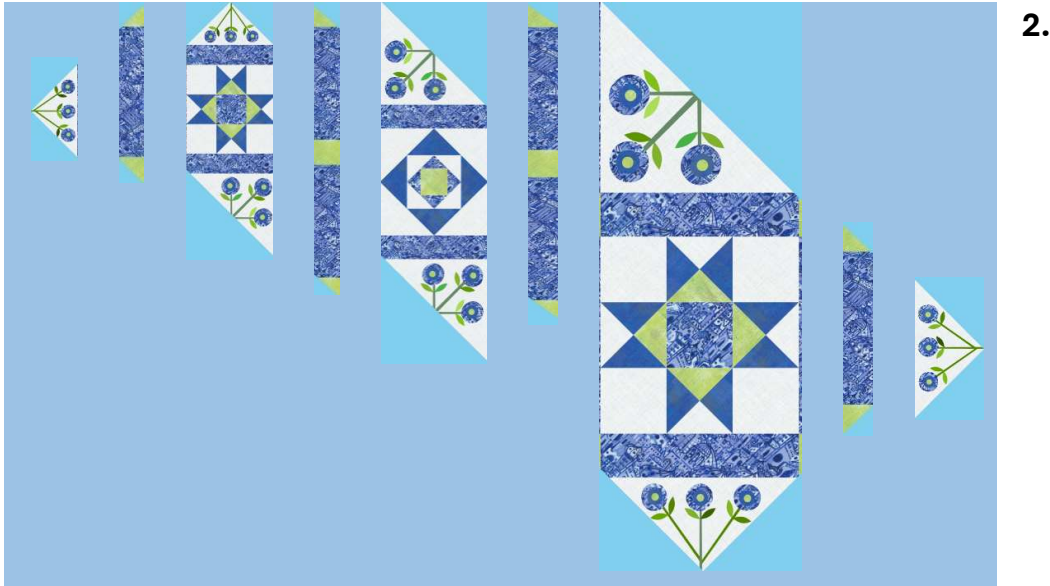
- Position the bias strip on your quilt top in the desired stem or vine shape.
- Because it is cut on the bias, the strip will bend and curve easily without puckering.
- Pin or glue-baste it in place to hold the curves.

Decorative machine applique

- 1.** Layer the background with a sheet of stitch and tear stabiliser and pin in place before stitching.
- 2.** On a piece of separate fabric also lined with stitch and tear, test the machine stitches, until you find a suitable blanket stitch, zig zag or any other decorative stitches. Write down the settings for later use. The stems may be stitched in place with a herringbone stitch or double sided blanket stitch for texture.
- 3.** Stitch down the stems first.
- 4.** Place the appliqué pieces to cover the ends of the stems.
- 5.** Stitch the appliqué flowers in place.
- 6.** Remove the stitch and tear stabiliser paper.
- 7.** Cut the blocks into triangles.

Sashing and cornerstones

- 1.** Sew the blocks, sashing and corner blocks in diagonal rows. Keep the corner blocks in squares. A design board may help to keep the pieces in place.



Attach the rows making sure that the seam intersections match.

3. Once all the rows are sewn into place, press the table runner and square the table runner.

Borders

1. Measure the border strips to the edge of the quilt.
2. Put the table runner flat on a table and pin the borders in place before sewing.
3. Attach the short ends first.
4. Press
5. Attach the long ends after pinning in place.
6. Press
7. Square the table runner.

Sandwich the quilt for quilting

1. Tape the background fabric to a table with masking tape or electrician's tape.

- 2.** Place the batting on top of the backing, and trim back to be 1” smaller than the backing.
- 3.** Glue-baste the batting by folding the batting back, spraying basting glue (505) on the batting and pressing in place and smoothing out all the creases before folding back the second half.
- 4.** Lay the table runner on the batting and spray with glue basting spray (505) to baste the top in the same way. Smooth out all the creases.
- 5.** Pin the three layers together with quilters safety pins without removing the tape.

Finishing

- 1.** Use a straight stitch and walking foot to quilt the layers together, starting in the centre and working towards the edges
- 2.** The first step in quilting is to stitch in the ditch where the seams come together.
- 3.** Stitch around the appliqué ¼” from the pieces.
- 4.** Stitch grids as a back filling on the appliqué pieces.
- 5.** On the sashing, geometric patterns work well.
- 6.** Diagonal lines for the corner stones.
- 7.** Investigate lemon peels to soften the straight lines and corners.
- 8.** A suggestion:



Binding

1. Square the quilt again after quilting.
2. Cut the binding and fold lengthways and press.
3. Leaving a 7" tail, start sewing the binding in the centre of one of the long sides.
4. Mitre the corners and stop a couple of inches from where you started.
5. Cut the starting tail in a 45° angle. Mark the binding where the two pieces overlap. Add ½" and cut in the same angle.
6. Join the seams.
7. Fold the binding back and hand sew the binding in place.

Finishing with a label

Quilt labels are far more than decorative touches; they are the storytellers of your work. A quilt may be admired for its colours, stitches, and patterns, but without a label, its deeper meaning can fade with time. Labels preserve the history of your quilt, carrying forward the details that future generations will cherish.

A well-crafted label records the essentials: the maker's name, the date of completion, and the place where it was created. It can also capture the occasion — whether the quilt was made for a wedding, a birth, a milestone, or simply as an expression of creativity. Some quilters add fabric swatches, poems, or even hand-drawn motifs to make the label a miniature work of art.

Beyond documentation, labels connect quilts to their lineage. Imagine a grandchild unfolding a quilt decade from now and discovering not only the stitches but also the story stitched into its label. That small piece of fabric becomes a bridge between generations, ensuring the quilt is remembered not just as an object, but as part of a family's narrative.

Labels can be simple or elaborate:

- Handwritten or embroidered for a personal touch.
- Printed on fabric sheets for clarity and durability.
- Decorated with motifs that echo the quilt's theme, tying the label visually to the design.

Adding a label is the final act of honouring your quilt. It says: This quilt has a name, a maker, a moment in time — and it deserves to be remembered.

This is recommend including:

- **Maker's Name** – Identify yourself as the creator.
- **Completion Date** – Add the month and year (e.g., *September 2025*).
- **Location** – City and state/country where the quilt was made.

- **Quilt Title & Pattern** – Name your quilt and note the design or block pattern used.
- **Recipient & Occasion** – If it's a gift, specify who it's for and why (e.g., wedding, baby, anniversary).
- **Personal Message or Quote** – Adds warmth and meaning.
- **Care Instructions** – Optional but practical, especially for quilts meant to be used regularly.
- **Materials or Techniques** – Some quilters note fabric types, batting, or special stitching methods.

I hope you enjoyed this project.

Daniel Muller

About the Author



Danél Marie Muller began her quilting journey in 2006, discovering her passion for textile art at the 2007 SAQG Alberton Quilt Festival. That pivotal event confirmed that quilting was her ideal artistic medium. Drawing on her diverse background in IT, art, and music, Danél infuses her designs with creativity and innovation, inspiring and motivating others through her work.

In 2011, her quilt *Landscape: A Colourful Palette* was featured at the Alette Wessels Kunsamer in Pretoria, South Africa, as part of a solo exhibition by Pieter Janse van Rensburg. Since then, her art quilts have been showcased at prestigious venues such as the Pretoria Art Museum, Centurion Art Gallery, the Pink House Gallery and at Tina Skukan Gallery. Her work has also toured with the SAQG Travelling Exhibition and IQCSA.

An accredited teacher through SAQG, Danél shares her expertise in a wide range of quilting techniques, from foundation/l skills to advanced methods in art quilting. She has shared her expertise at many quilting shows including the National Quilt Festival, quilting retreats and regional festivals. She teaches on invitation and from her home studio at 40 on Ilkey B&B, Pretoria, South Africa, where she continues to inspire creativity in her students.

<https://www.lenad.co.za>

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