



# With my Heart

## Embroidery Hour

This sweet little heart is only 4.5cm (1 <sup>3</sup>/<sub>8</sub>" ) wide. It is really quick to make and is perfect as a little gift for someone special. Enjoy!



**With my Heart** uses only three basic stitches: Chain stitch, French knot and Satin stitch.

### All you will need is

10cm x 15cm wide (4" x 6") piece of fabric (calico or linen works well)

Red stranded cotton

No. 8 crewel needle

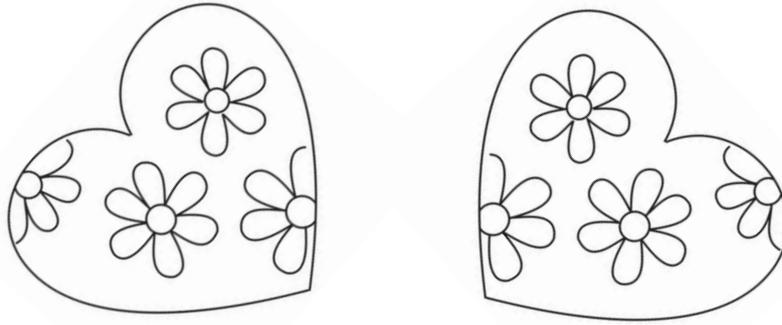
Tracing paper

Sharp pencil or water-soluble marker

Fibre-fill

Sewing thread to match your fabric

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## Transferring the design

1. Trace the pattern onto a piece of tracing paper (or baking paper) with a fine pen or sharp pencil.
2. Place the tracing over a window or lightbox and tape it in place. Centre the fabric over the tracing and tape in place.
3. Trace the hearts with a very sharp pencil or a fine water-soluble pen.

## Embroidery

Use two strands of thread.

1. **Outline** Start at the tip and work small, even chain stitches along one side of the heart to the top. Repeat for the other side of the heart.



2. **Flowers** Embroider the petals in satin stitch. Start each at the centre and stitch to one side at a time. Fan the satin stitches a tiny bit at the outer edge and pack them closely together at the flower centre.

Hint: I find it easiest to bring the needle to the front at the outer edge and to the back at the flower centre.

3. **Dots** Scatter French knots around the flowers – each knot has only one wrap.



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## MAKING THE HEART

1. Press the embroidery from the wrong side onto a soft, padded surface. Cut out each heart, leaving a 1cm ( $\frac{3}{8}$ " ) seam allowance around all sides.
2. Cut a 40cm (16") length of thread. Fold it in half and make a twisted cord. Fold the cord in half and knot the ends together to make a hanging loop. You might need to adjust the position of the knot to get the loop the length you want it.
3. Place the cord over one heart, so the knotted end extends past the top and the loop. Position the other heart on top, sandwiching the loop between and pin in place.
4. Place the two hearts with right sides together and pin. Using the matching sewing thread, handstitch the hearts together with small back stitches. Start at the tip and stitch just outside the chain stitch outline and making sure you stitch several times through the twisted cord at the top.
5. When you near the starting point, anchor the thread but do not cut it, leaving a small opening. Trim the seams to about 6mm ( $\frac{1}{4}$ " ) and finger press the seam allowances open.
6. Turn the heart to the right side. Fill it with fibre-fill and stitch the opening closed.

## Neatening the edge

To neaten the edge the chain stitch on each half can be laced together across the seam.

1. Thread up three strands of cotton. (I used a different colour so you can see how to lace the chain stitches) Knot the end and sink the knot into the seam.



2. Bring the thread out at the tip of the heart. Slide the needle under the inside edge of the first chain stitch.
3. Slide the needle under the inner edge of the next chain stitch on the same side and the corresponding stitch on the opposite side.
4. Slide the needle through the next two corresponding stitches in opposite direction.



5. Continue to lace the chain stitches across the seam in the same way until you reach the top. Neaten the other side of the heart in the same way.