

# Heart Appliqué and Stitchery Tutorial ©2014 France Nadeau

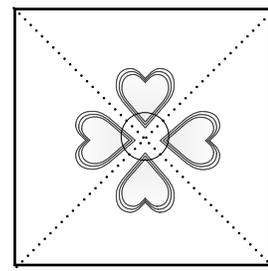


## Materials

- Solid red fabric, ironed
- Flowery beige fabric, ironed
- Fusible fabric
- Sewing thread
- Embroidery floss: red (DMC 815), beige (DMC 420 et 435), green (DMC 3346)
- Embroidery needle
- Embroidery hoop
- Pencil
- Tracing paper (or any other transparent paper; at worst, regular paper)
- Scissors

## Instructions

1. Cut the pattern of the heart and the pattern of the circle (cut following the outside line).
2. Cut 4 hearts out of the fusible fabric. Apply those hearts made of fusible fabric on the wrong side of the red fabric with a hot iron, allowing a seam allowance of 6 mm / 2/8" around each heart. Cut around each heart at a distance of 6 mm / 2/8" from the fusible fabric. Then cut one circle out of the fusible fabric and apply on the red fabric as for the hearts. Cut around the circle at a distance of 6 mm / 2/8" from the fusible fabric.
3. Cut a square measuring 24 cm / 9 1/2" out of your flowery beige fabric.
4. Place four red hearts in the center of the square to form a flower. The easiest method is to find the exact center of your square and draw a tiny dot with a pencil. To find the exact center, use the diagonal method (but do not trace them). Place one red heart inside each triangle formed by your imaginary diagonals, the tip of the heart near the center of the square, but not touching it (the tip of the heart at 6 mm / 2/8" from the center).



5. Sew the red hearts by hand or with a sewing machine, using a coordinated red sewing thread. Then sew the circle over the tips of the hearts, at the center of the square. (See drawing above.)
6. Place a sheet of tracing paper over the patterns of the heart and the circle. Transfer the patterns on the tracing paper by drawing over all the lines with a pencil, except the outside line, as it was your guide for cutting. This outside line should now be the

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outline of the appliqué. Transfer the pattern on the red fabric by drawing again all the lines with a pencil, on the other side of the tracing paper.

7. Stitch the hearts with embroidery floss, following the stitch table you will find below. I made chain stitches, satin stitches, stem stitches and knots. Start with the bottom of each heart and continue counterclockwise if you are right-handed (clockwise if left-handed). Stitch the circle. Tip: stitch the knots at the end.

Have fun and send me a picture of your block! I would love to see it!  
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