

An Appliquéd Heart

Materials

- red or pink square (provided)
- 8½ inch square of solid or almost solid fabric



Instructions

- Trace the heart pattern onto freezer paper. Cut out the freezer paper heart, and press it onto the wrong side of the red/pink fabric.
- Draw around the heart pattern. Cut it out, leaving ¼ inch seam on all sides.
- Turn your seam allowance under. You can do this with the freezer paper still on.
- Fold your background in half, right sides together, and finger press.
- Fold your heart in half along its center and finger press.
- Pin the heart to your background square, aligning the two center creases.

How to Do Hand Appliqué

Choose a fine thread, as close to the color of the heart as possible. Use a thin, sharp needle and a fairly short (18") length of thread.

Begin from the back of the fabric. Bring your needle up on one of the straight parts of the heart, just a few threads from the edge of the fabric. Then send your needle down just outside the edge of the heart.

Work in a clockwise or counterclockwise direction, whichever is more comfortable for you. With the point of your needle, sweep the seam allowance under about 1" ahead of your stitching, and secure the fabric with your thumb. Use the drawn line as your guide for how much fabric to turn under.

Clip inside curves and points to within a thread of the marked lines, making clips closer together in tightly curved areas. Small, sharp embroidery scissors are great for clipping inner curves.

At inside points, make your stitches closer together to prevent fabric from raveling where you have clipped into the seam allowance. Secure a deep inside point with a single stitch.

Trim your seam allowance slightly narrower as you approach the outside point at the base of the heart. Make one extra stitch at the point. Then, if necessary, you can trim the seam allowance slightly on the other side of the point.

When your heart is done, feel free to embellish it any way you like: blanket stitching, decorative machine stitching, embroidery, etc. Then trim your block to 8 inches.

