

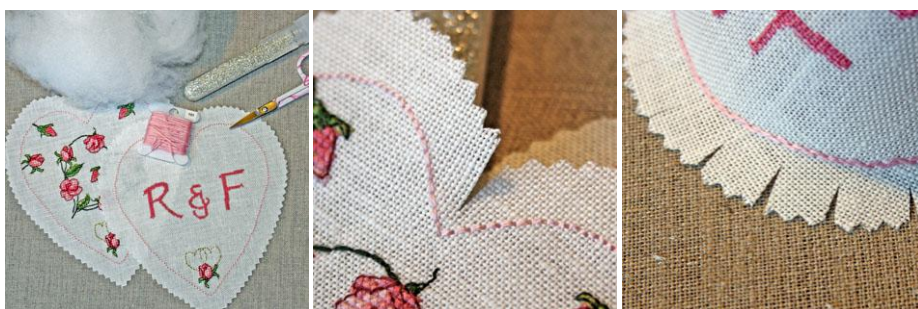


Heart Tutorial

You will need:

- ▶ 2 pieces of stitched linen
- ▶ 20cm of 5mm wide ribbon
- ▶ Some polyester stuffing or some pot-pourri
- ▶ some matching beads (optional)

Step 1 : getting ready.



shape and around the curved lines.

Iron your stitched linen (on the back of the work).

Allow an extra $\frac{1}{2}$ inch (1cm) around all the sides of the stitched designs to allow for the seams, then cut into the fabric at the top of the heart

Step 2 : putting it together.



Pinch the fabric over the back-stitched line and whip-stitch** together the front and back of the heart. You can add beads at regular intervals if you wish. Work your way around the heart.



Before stitching up the heart, fill it with stuffing or pot-pourri, then carry on stitching. Top-up the filling if necessary, and stop about 1cm before the end.

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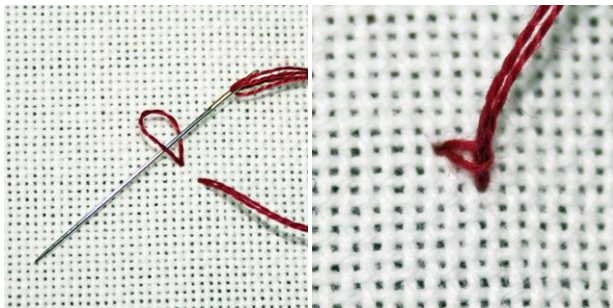
Step 3 : adding the finishing touches.



Measure out a piece of ribbon so that, when folded in half, it's about as long as the heart. Tie a knot at the end.

Squeeze the knot through the hole, at the top of the heart, and finish your seam stitching through the ribbon to secure it in place.

Technical tips:



* *Loop Method:*

Use this method when you need the start of a seam to be as "invisible" as possible.

Take a longer length of thread than usual, and double it up. Thread your needle so that the loop is at the bottom of your length of thread.

Start your first stitch, turn your fabric over so you're looking at the wrong side, and thread your needle through the loop to secure it. Pull to tighten (see the pictures above – note that the photos are showing the **wrong side** of the fabric).



** *Whip Stitch:*

You can use this method to assemble 2 pieces of outlined fabric together. (The stitched pieces must have been outlined with backstitch prior to this.)

You can then stitch each pair of opposite backstitches together, as shown on the picture.