



Technique: Machine Sewing

Designed By: Marie Duncan

Skill Level: Beginner

Crafting Time: Half Day

Featuring Coats® Quilting and Embroidery threads

Make these fun, quick little hearts and leave them around for your friends and love ones to find! A heart on a co-workers desk to find when they return from lunch, a heart on a child's pillow when they wake up, or a surprise heart in your loved ones lunch will make them feel special.

Threads required

- Coats Dual Duty XP® all-purpose
- Coats Cotton Covered Quilting Thread
- Coats Dual Duty Plus Hand Quilting thread
- Coats Machine Embroidery thread
- Coats Beading Thread

Fabric required

- Variety of scraps; any pretty cotton quilting fabrics will work perfectly!

Notions required

- Beads
- Cotton batting
- 1/8" (3mm) grosgrain ribbon for hanging
- 3/8" (15mm) wide ribbon for hanging
- 7" (17.78cm) piece of ribbon or webbing for "Floral Beauty"
- 5 buttons for "Symmetrical Splendor"

My name is Marie Duncan and I am going to show you how to make two variations of the base heart, to later be embellished. The first is multiple strips, and the second is two halves. You also have to decide, are you one of the symmetrical people or the rogue, unsymmetrical folk? Maybe try some of each.



Sew the Base Heart

Striped Hearts

1. On your sewing machine, thread with Coats Dual Duty all-purpose sewing thread top and bobbin.
2. Place two strips right sides together, and stitch using a $\frac{1}{4}$ " (.635cm) seam allowance.
3. Add a third strip.
4. Continue adding strips until you have a rectangle $4\frac{1}{2}$ " (11.43cm) long x 5" (12.70cm) wide.
5. Press the seam allowances open. I know this is a bit of a pain, but it makes it easier to quilt them. I find it easiest to finger press them using your fingernail first, then press with steam.
6. Using the pattern given, cut hearts out of the pieced fabric. You can cut the heart (pattern on page 7) straight on the seamlines, or on the diagonal.



Half Hearts:

1. Place the two rectangles right sides together and stitch along the $4\frac{1}{2}$ " (11.43cm) edge, using a $\frac{1}{4}$ " (.635cm) seam allowance.
2. Press the seam allowance open.
3. Using the pattern given, cut hearts out of the pieced fabric.

Choose your side...

Machine vs. hand. Now is the time to decide. Or if you are like me and go both ways, do some of each!

Machine stitched "Symmetrical Splendor"

1. Thread with Coats Machine Embroidery thread on top and in the bobbin.
2. Place a cut striped heart base on a 5" (12.70cm) square of cotton batting.
3. Choose a quilting stitch. Stitches from your quilting menu tend to be less stitch intensive than other decorative stitches, and are designed to be used with batting. We'll add the backing fabric later.
4. You can stitch randomly over your heart or do as I did and stitch in the ditch of the seams.



5. After you are done with the decorative stitching, add the backing 5" (12.70cm) square behind the batting and pin.
6. Select a straight stitch, or a decorative stitch, and stitch around the heart.
7. Trim the backing and batting even with the front pieced fabric heart.
8. Stitch five buttons evenly spaced, down the center of the heart.
9. Cut a 12" (30.48cm) piece of $\frac{5}{8}$ " (15mm) wide ribbon for hanger.

Cutting

The following are the cutting instructions for individual hearts. If you want to make a large quantity, use strips cut across the width of the fabric, and sewn together, then just cut out a bunch of hearts!

For the stripped heart base front:

Narrow strips from 1" (2.54cm) to $1\frac{1}{2}$ " (3.81cm) wide x $4\frac{1}{2}$ " (11.43cm)

For the half hearts base front:

Two rectangles $3\frac{1}{2}$ " x $4\frac{1}{2}$ " (8.89cm x 11.43cm)

One square 5" x 5" (12.70cm x 12.70cm) for EACH heart
back 2" x 12" (5.08cm x 30.48cm) strip of fabric for "Floral Beauty" flower

10. Fold the ribbon in half, and tie a knot in the end.
11. Stitch the knotted end to the back of the heart as shown.



12. Your heart is complete.



Machine stitched "Floral Beauty"

1. Place a cut half heart base on a 5" (12.70cm) square of batting.
2. Stitch around the outside of the heart, near the edge.
3. Place a fun 7" (17.18cm) piece of ribbon or webbing at the bottom of the heart point. Pin.
4. Bring the ribbon up to the top and tuck the end underneath to create a hanging loop. Pin.
5. Stitch on each side of the ribbon securing it, and the hanging loop in place.



6. Fold the 2" x 12" (5.08cm x 30.48cm) strip of fabric in half lengthwise, wrong sides together.
7. Thread with Coats Dual Duty all-purpose thread on top and in the bobbin.
8. Lengthen your stitch to the longest setting (5 or 6).
9. Stitch along the raw edges.

10. Pull the bobbin thread to gather the edge.



11. Tie the top and bobbin threads together on each end to secure the gathering stitches.
12. Change to a regular stitch length and fold under the short raw end.
13. Stitch to finish the end.
14. Repeat on the other end of the strip.
15. Create the flower shape and tack the ends.
16. Hand or machine tack the flower in the center of your heart.



17. Now, add some “bling”! Pick a pretty button from your stash, or hey, let’s go shopping! Sew the button in the middle of the flower.

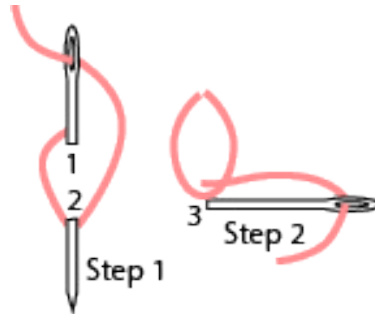


Hand stitched “Flower Meadow”

Am I the only one who gets ready to start hand embroidering only to find that I don’t have the right color embroidery thread? It happens all the time to me, so, here’s what I do. Just collect your sewing thread. It doesn’t matter which ones, they all will work. Use 4 – 8 strands, threaded into your needle, and voila, the perfect combination! I sometimes combine several colors to get the color I want.



1. Choose a striped heart base. Place it on a cotton batting square. I prefer to quilt through the top, batting and backing before doing the embroidered flowers because it gives a nice stable base to embroider on. You do need to be careful to bury the beginning knots and keep the stitches on the top layer of fabric and batting only. If you prefer, you can quilt through the top and batting only, adding the backing after the embroidery.
2. Thread with your favorite Coats quilting thread. Mine is Coats Dual Duty Plus Hand Quilting thread.
3. Quilt on each side of the seams.
4. Thread a hand needle with 4-6 strands of sewing thread.
5. I used a detached chain stitch to create the flowers and leaves.



6. Thread hand needle with Coats Beading® Thread.
7. Stitch a bead in the center of each flower.
8. Cut a 9” (22.86cm) long piece of 1/8” (3mm) wide ribbon.

9. Fold the ribbon in half and tie a knot.
10. Stitch the knotted end to the point of the heart.



Hand Stitched “Braided Beauty”

1. Place a cut half heart base on a 5” (12.70cm) square of batting.
2. Stitch around the outside of the heart, near the edge.
3. Pull off 6 strands of sewing weight thread that are about 25” (63.50cm) long. Coats Dual Duty all-purpose and Coats Cotton Covered Quilting Thread are good choices. You don’t have to cut each one, just pull off 25” (63.50cm) of thread, and double it back and forth to achieve the 6 strands. Tie a

"sloppy" knot in one end. It needs to hold, and not pull through the bobbin so neatness does NOT count here! Be messy!



4. Insert the knot as shown, into the big, center hole of the bobbin.



5. Place the bobbin on the bobbin winder as shown, with the knot on the bottom.

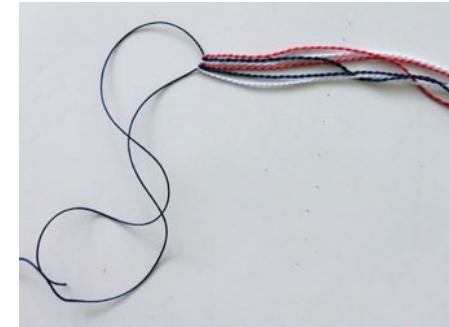


6. Hold the thread out away from the machine, taut, and run the machine as if winding a bobbin, until the threads start pulling towards the machine.
7. Stop the machine, and holding the end of the thread in your left hand, grab the thread in the middle, and bring your left hand to the bobbin, folding the twisted thread in half.



8. Let the thread twist back on itself. It will probably be a bit messy, so run your fingernail along the cord to smooth out the bumps and, Voila, twisted thread!
9. Before it gets away from you, tie a knot in the end, securing the cord.

10. Repeat five more times. I did two strands of each color.
11. Thread a piece of thread through the finished ends of each of the twisted cords in the order you want them.



12. Pin it to a piece of foam core board as shown.



13. Braid the cord and tie a knot on the end.



14. Secure the braided cord at the top of the heart using the thread you wove through the end of the cords. Form a loop, so that the knotted end of the braid will be at the point of the heart. Stitch the loop in place.
15. Stitch the braid to the heart.



Hand Stitched "Splendid Stitches"

1. Choose a striped heart base. Place it on a cotton batting square. I prefer to quilt through the top, batting and backing before doing the embroidered flowers because it gives a nice stable base to embroider on. You do need to be careful to bury the beginning knots and keep the stitches on the top layer of fabric and batting only. If you prefer, you can quilt through the top and batting only, adding the backing after the embroidery.
2. Thread with your favorite Coats quilting thread. Mine is Coats Dual Duty Plus Hand Quilting thread.
3. Quilt on each side of the seams.
4. Thread a hand needle with 4-6 strands of sewing thread.

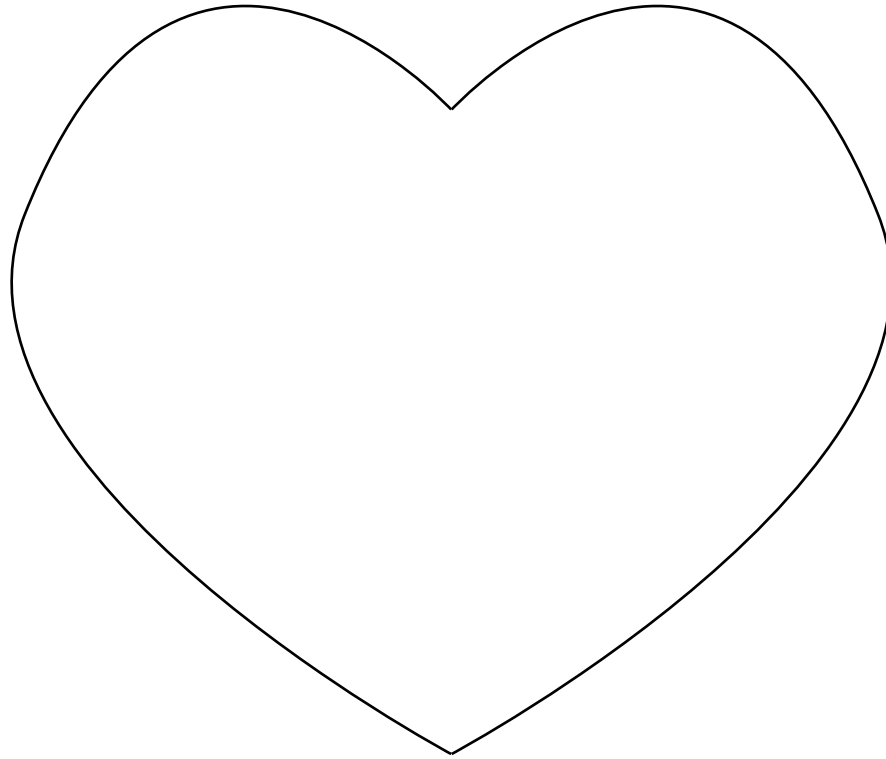
5. Using hand embroidery stitches of your choice, stitch a row of decorative stitches down the center of each strip. Customize your stitching to your fabrics, I stitched a running stitch down the zig zag formed by the fabric.

Hand Embroidery Stitch Diagrams

<http://www.makeitcoats.com/us/16-hand-embroidery-stitches/>

6. Cut a 9" (22.86cm) long piece of 1/8" (3mm) wide ribbon.
7. Fold the ribbon in half and tie a knot.
8. Stitch the knotted end to the point of the heart.





This square should
measure 1" x 1"
(2.54cm x 2.54cm)
when printed.

*** Measure templates before cutting to confirm printing at 100%***