

Stitch!

Crafts & Classes

A Keepsake Heart

Designed and written by Susan Mehmet



Materials

Scraps of fabric

Stiffening fabric examples include, wadding, thicker material
or fusible interfacing

Heart template

Lavender optional

Ribbon optional

We associate hearts with love and Valentine's day but thought this would be a perfect project to send a heart to friends and family any time of the year. Those of you who have scraps of fabric from other projects, this makes an ideal way to use them up



1. Cut random width strips of fabric from your scraps and sew them together lengthwise.



Optional

To make the pattern more interesting, recut the sewn strips diagonally and re-join.



2. Lay your newly made fabric on top of your stiffening (wadding, interfacing or thicker fabric) and place these onto a backing fabric (old pillow case or sheet fabric is ideal). Quilt the layers together with a pattern of your choice.



3. Now layer your quilted top, right sides together with the fabric back of the heart. Use the template to draw the heart shape. Pin these layers together.



4. Sew around the shape, through both layers leaving a gap to turn the heart the right side out. Cut a quarter of an inch around the sewing line and turn the heart the right way.



5. Tuck in the edges of the gap neatly, press and edge stitch all the way round.

As an option, before sewing the edge, lavender can be added inside. Also once completed a ribbon loop can be added.

The hearts can be a mug mat, a lavender pouch, or just a hanging heart with a lovely message included. Designs are endless. Enjoy sewing the hearts.



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