

HEARTFELT DESIGNS

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PATCHWORK HEART - Page 1

Materials Required*:

7" x 7" piece of 18 count Mono Canvas

8 yards Carons Watercolours (includes strand 80" long for cording around heart)

- Cotton Candy, color # 116
- or Peacock, color #018

70" length of DMC Embroidery Cotton

- Color #963 for Cotton Candy
- Color #518 for Peacock)

#22 Tapestry Needle

Water-soluble pen to trace heart outline.

Piece of backing material to match Watercolours thread (about 5" x 5")

Sewing needle

* Any colour combination of thread can be used.

Notes:

- ♥ Stretcher bars are recommended.
- ♥ When working stitches, try to cover the marking pen, even though it is washable. Use compensation stitches at the edges of the heart and at the edges of the patches. There will be a twisted cord couched between the patches plus the piece will be outlined with a twisted cord.



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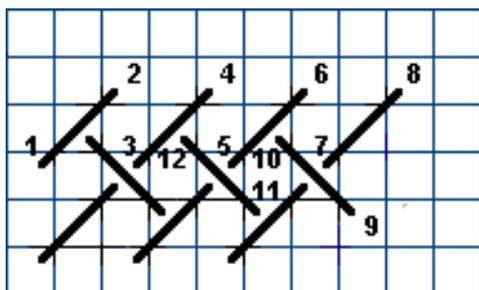
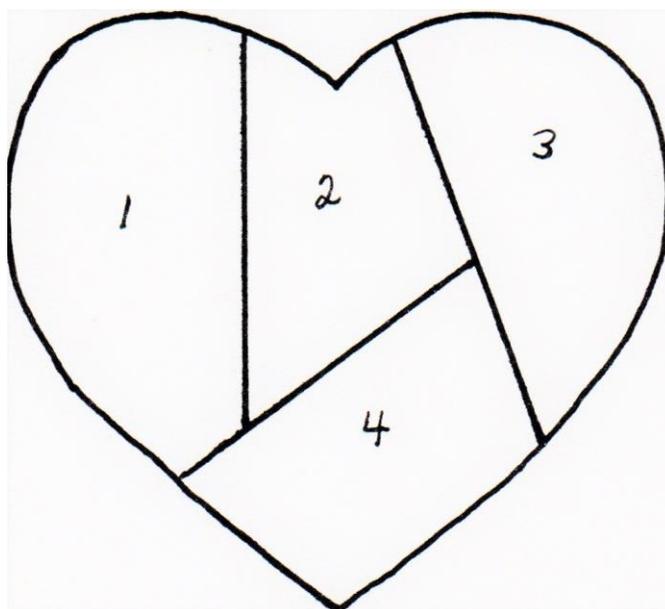
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- ♥ When following the diagrams to work the stitches, bring your needle up in 1, down in 2, up in 3, down in 4, etc.
- ♥ Each line of the graph represents one thread of the fabric.
- ♥ Work with 1 strand of Caron's Watercolours throughout. Separate one 80" strand and set it aside to use for making the twisted cord when finishing the heart.
- ♥ All design area is stitched with one strand of Caron's Watercolours thread.

INSTRUCTIONS:

Place canvas piece over heart template to the right and trace with a water-soluble pen.



Section 1: Woven Stitch

Work over 2 threads.

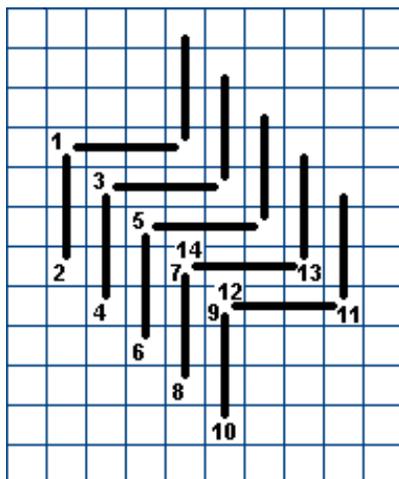
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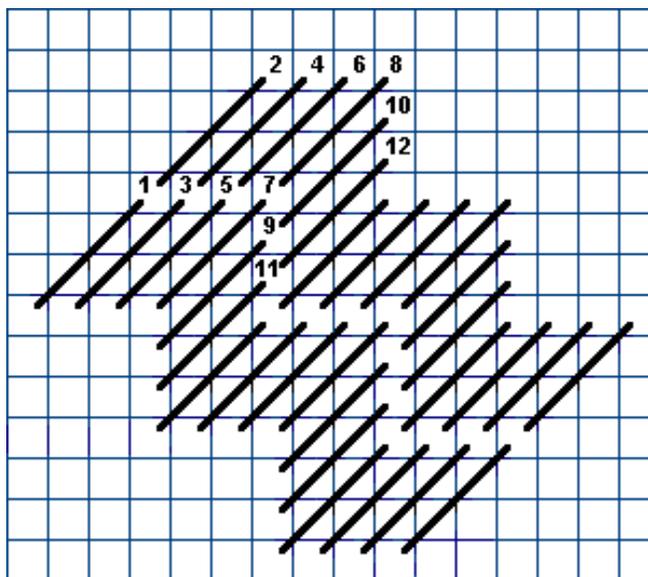


Section 2: Damask Stitch

Work over 3 threads.

Section 3: Byzantine Stitch

Stitch over 3 threads. Work the first row as numbered in the diagram, and then work the second and subsequent rows the same way.



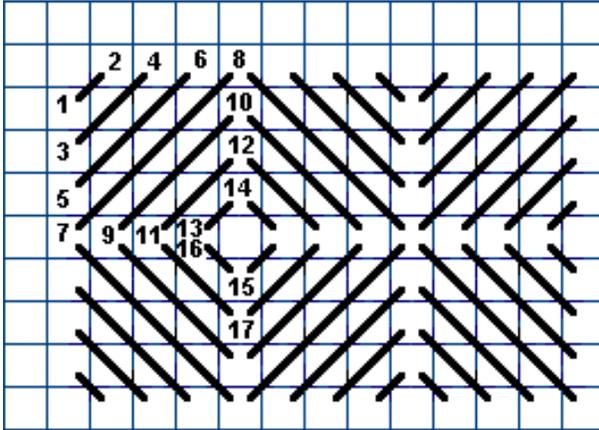
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Section 4: Reverse Scotch Stitch

The Twisted Cord

To make a twisted cord, loop the required strands and length of thread around a chair back or lamp pole and the knotted end around a pencil. Twist the pencil until the threads begin to kink. Have someone hold the twisted thread in the centre, and knot points A and B together. Let go of the threads a bit at a time, and they will twist around each other, forming a cord.



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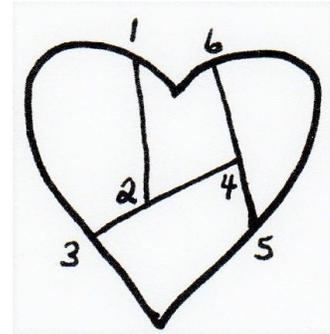
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Twisted Cord for Patchwork Divisions (DMC embroidery cotton)

Using a single ply of DMC thread 70" long, make the twisted cord for dividing the patchwork sections. To anchor the cord, run through a few stitches on the back of your work (the knot can be cut off afterwards).

Bring your needle up at 1, down at 2, up at 3. Then with a smaller needle, couch the cord from 1 - 2 before proceeding with laying the cord from 3 - 4. To couch the cord, use one ply of DMC. Couch at 1/4" intervals. Come up from under the cording, and make a small stitch over the cording and insert the needle back down close to the spot where you came up. Do not pull couching stitches too tightly.



Cutting out the Heart

Cut around heart leaving about 1/4" canvas. Cut a heart shape from the fabric the same size as the canvas. Finger press the canvas all the way around, cutting notches out so the canvas lays flat. Where the heart indents, cut canvas to within 1 thread of stitching. When finger pressed all the way around, press with an iron.

Twisted Cord for Outlining Heart

Using the 80" strand of the Caron's Watercolors, make the twisted cord for outlining the heart.

Place stitched heart on fabric heart, wrong sides together. Fold fabric heart seams in and pin in place. Sew the two hearts together, taking small stitches, leaving the indent at the top of the heart open until the end. Place the knotted end of the twisted cord between the two hearts and sew shut.

Sew the twisted cord around the heart, covering the seam. Make small stitches when working your way around the heart. When you get back to the beginning, make a loop of the twisted cord and secure the end to the top of the heart.

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