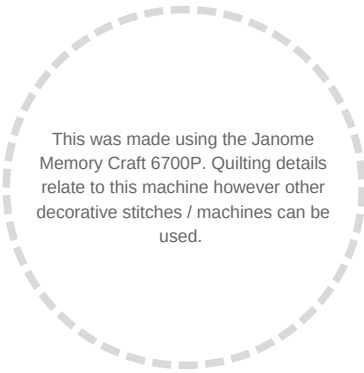


Love Janome

A quick and easy sewing project that allows you to play with your decorative stitches. This filled heart shape can become a keyring, lavender pouch or if you make multiple, would look delightful hanging as a garland. Finished heart measures 4" approx.

You will need: Fabric, Low loft batting, Thread, Stuffing, Sewing machine, Heart template, Fabric / paper scissors, Hand sewing needle.

For keyring - 1- 1.5" D Rings, Keyring Loop,



Cut two pieces of fabric and light weight batting into 5" squares for the front and back. Press the fabric on top of the batting. To reduce the bulk these pieces are quilted without a backing fabric.

Quilt using decorative stitches as desired. I used stitches, 198, 148, 195, 151, 182 and 197



Cut out the Heart template on page 2 or draw your own freehand. Remember to add a 1/4" seam allowance. The provided template on page 2 has the seam allowance included.

Place the template on your quilted fabric pieces and draw around using chalk or a fabric friendly pencil/pen. Cut the heart shape from your quilted fabric.

For the hanging loop cut a 3 x 3.5" rectangle of fabric. Fold the fabric longways to meet the centre and press. On the opposite side fold a 1/4" and press before folding again to overlap. Double line stitch along the length to hold. Now add the D ring and fold the short ends to meet. Stitch along the short edge to secure and create the loop. As an alternative, ribbon or string could also be used.



To attach the hanging loop, place it centred on your right side up quilted heart with the D Ring loop downwards. You can also place the loop on a curve of the heart if you prefer.

Place the second quilted heart on top, right sides together. Pin at both sides.

Sew all the way round the heart leaving a 1.5" gap to turn out. Snip the tip off the heart before turning out as this allows for a better point.

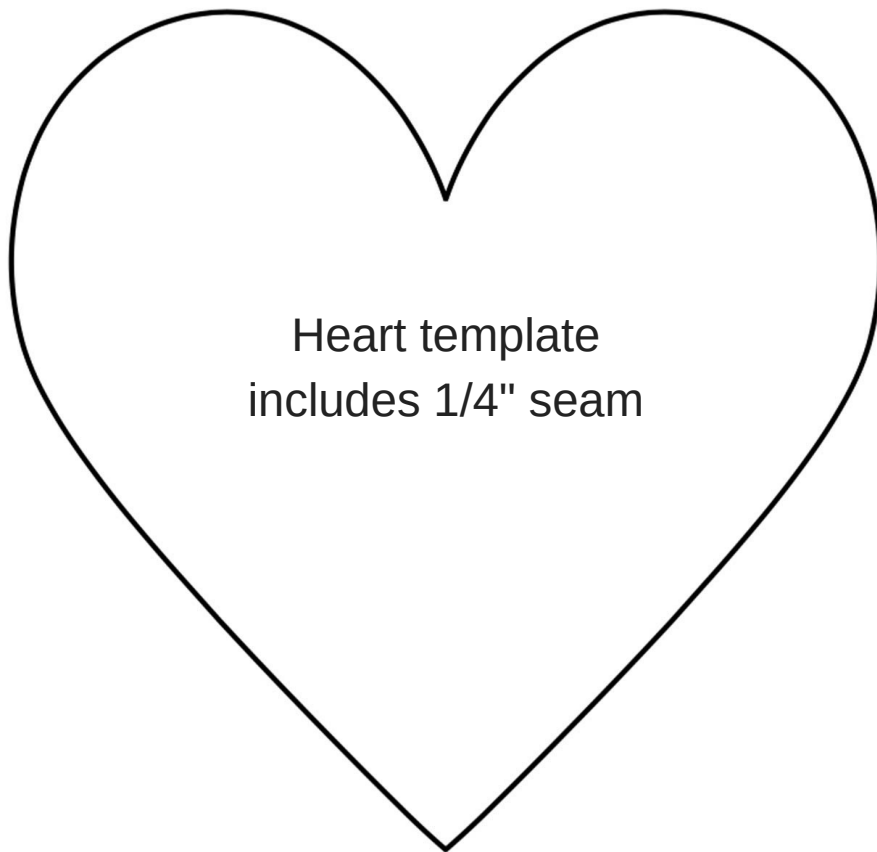
Turn your heart right sides out and stuff with your chosen filling.

Another option for sewing up is using blanket stitch (7) by placing the hearts right side facing out and the hanging loop right ways up with the D Ring placed outside the heart.

Use a needle and thread to close the gap once you have stuffed the heart.

Happy sewing!





Heart template
includes 1/4" seam