

Heart in Hand Basket



Heart in Hand Basket Finished Size: 7" x 8"	FIRST CUT	
	Number of Strips or Pieces	Dimensions
Heart 1/3 yard (Wool)	2	12" square
Flower Appliqués - Assorted Wool Scraps Interfacing - 1/3 yard Stabilizer - 1/3 yard Embroidery Floss - Pink & Green Polyester Fiberfill Bead - 1 Template Plastic or Pattern Paper Removable Fabric Marker Permanent Marker		

- Referring to photo and using removable fabric marker, trace heart shape onto embroidered 12" heart square, centering pattern over "FRIEND".
- Use pattern on next page to trace one small flower and two leaves on paper side of fusible web. Use appropriate fabrics to prepare all appliqués for fusing.
- Refer to photo to position and fuse appliqués to heart, allowing for 1/4" seam allowance on all sides when placing appliqués.
- Refer to Embroidery Guide on next page. Use a stem stitch and three strands of green embroidery floss to embroider a stem for flower.
- Using a large running stitch and six strands of pink embroidery floss, stitch around heart shape approximately 1/2" in from drawn line.
- Cut out heart shape on traced line. Layer heart and 12" heart square right sides together. Using 1/4"-wide seam, stitch around entire shape. Trim backing piece to match heart shape.
- Cut a slit in the center of backing piece being careful not to cut front fabric piece. Clip curves and turn piece right side out. Stuff heart with polyester fiberfill to desired fullness. Whipstitch opening closed.
- Iron fusible web to a piece of scrap fabric. Using pinking shears or wavy blade rotary cutter, cut out a 2" x 3" rectangle from fabric scrap. Using a permanent marker, sign and date or write a personal message of support on the rectangle. Fuse to back of heart covering whip stitches.

Show a loved one that you care with this gift basket that will brighten a hospital stay or house-bound recovery. A handmade wool heart will be a lasting memento of your care while needlework kits, notecards, books, and goodies will provide activities and distractions.

Making the Heart Pillow

- Referring to Tips for Felting Wool on next page, felt wool if desired. When dry, interface wool following manufacturer's instructions.
- Hand or machine embroider "FRIEND" on 12" heart square. We used the Bernina® artista 780 using the Swiss Block font with 4mm spacing.
- To prepare heart pattern, trace 1/2 heart pattern and a reversed (mirror image) 1/2 heart pattern, aligning sections along placement line to make a complete pattern.

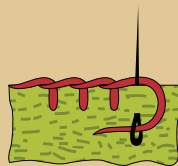
Embroidery Stitch Guide



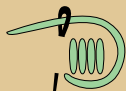
French Knot



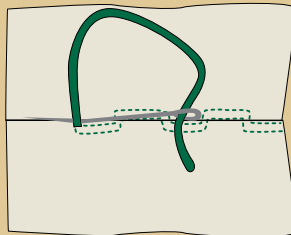
Running Stitch



Blanket Stitch



Satin Stitch



Blind Stitch

Tips for Felting Wool

1. Wet wool fabric or WoolFelt™ with hot water. Do not mix colors as dyes may run.
2. Blot wool with a dry towel and place both towel and wool in dryer on high heat until thoroughly dry. The result is a thicker, fuller fabric that will give added texture to the wool. Pressing felted wool is not recommended, as it will flatten the texture. Most wools will shrink 15-30% when felted, adjust yardage accordingly.

