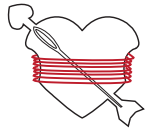


STITCH YOUR HEARTS STRINGS

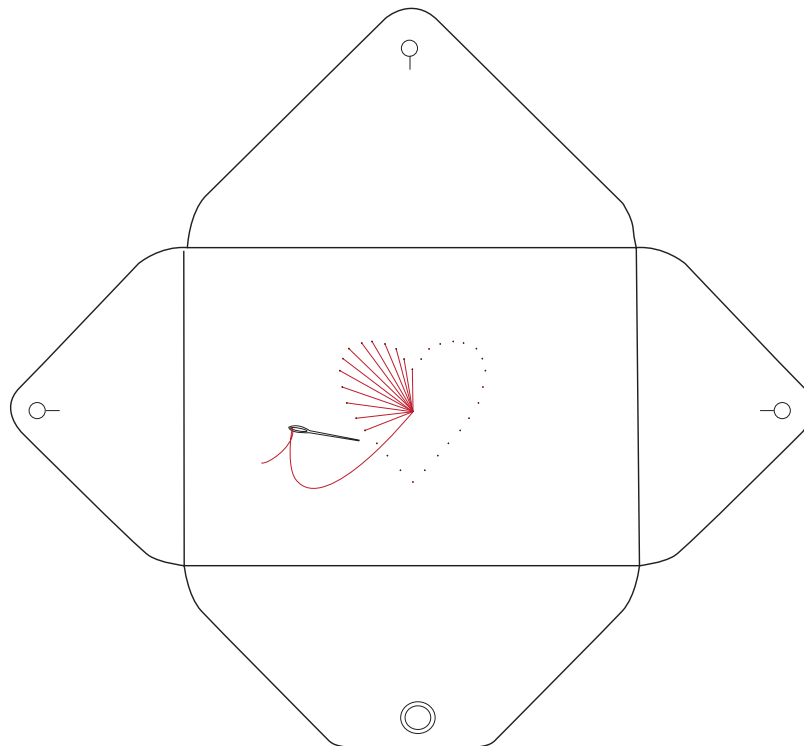
1. Unwind the thread and cut in half. The thread is made up of 6 strands, divide this down to only 2 or 3 strands.



2. Thread your needle and tie a knot in the other end.



3. Open out the envelope fully flat. Starting from the back, sew through the pre-perforated holes to embroider the heart design of your choice.



4. Tie off your last stitch and cut the thread. Fold the pouch back into an envelope and use with love.

