



Sweet Little Heart Quilt

You Tube

WATCH TUTORIAL:

[YOUTUBE.COM/BERNINAOFNAPERVILLE](https://www.youtube.com/BERNINAOFNAPERVILLE)

Materials

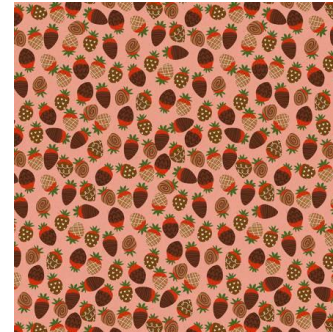
- [Fat Quarter Cub for February 2023](#)
- Polymesh Stabilizer
- [¼ YD Apliquick Interfacing](#)
- [Bottomline Thread for invisible applique](#)
- [Mettler 50wt silk finish thread for piecing and quilting](#)
- [Mettler 40wt silk finish thread in black for decorative stitching](#)
- [Bohin Glue stick pen](#)
- [Apliquick Rods](#)
- [Sharp Scissors](#)
- Rotary cutter, mat, and ruler
- Optional Thread Support- [Wonderfil Thread Tamer](#)
- Size 70 Microtex Needle for Reverse Applique
- Size 90 Embroidery Needle for decorative stitches
- Size 90 Quilting for quilting
- Hand sewing needle



The FQS



SWEET ON YOU:
Cream
Cherry Hearts



SWEET ON YOU:
Coral Chocolate
Berries



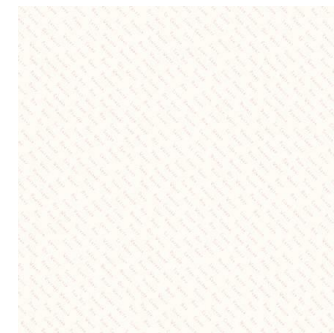
SWEET ON YOU:
Cream Cupcakes



LOVE IN BLOOM:
Roses Wine



LOVE IN BLOOM:
Lollipops Pink



Hush Hush Words:
Riley Blake

CUTTING

Hush Hush Words: 4 7" squares to be trimmed down to 6 ½" after applique

Cupcakes:

1 – 18" square and reserve rest for crazy stitch and flip

Pink Lollipops:

2 – 1 ½" x 6"

2 – 1 ½" x 15 ½"

3 – 1 ½" x 13 ½"

4 – 2" strips Width of Fat Quarter (~22")

Remainder of the fabrics cut into strips for crazy stitch and flip

Reserve one print for Binding/Facing triangles

Cut 4 – 2 ½" squares then fold each in half on the diagonal

Interfacing and batting;

Polymesh Stabilizer: Cut 4- 6" squares

Batting: Cut 1 – 18" Square

Apliquick Interfacing: Cut 4 7" squares





Stitch and Flip

- Trace Heart template from this handout onto the center of each Polymesh 6" square
- Use a #34, #34C or #34D for clear visibility
- Place strips of various fabrics over heart and stitch and flip per video tutorial
- Cover the entire heart
- MAKE 4

Decorative Stitching

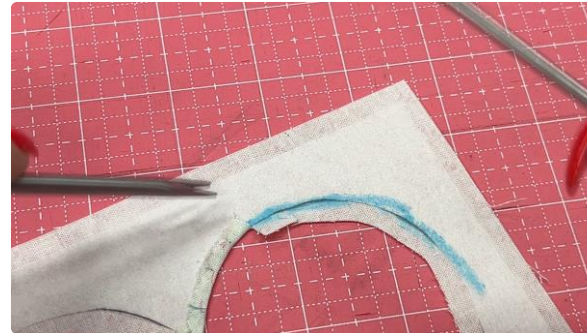


- Thread the machine with black thread
- Use an open toe foot
 - #20, #20C or #20D Depending on your BERNINA model
 - Size 90 Embroidery needle
- Select the stitch – WE used fun quilting stitches on the B 475
 - Stitch #1320
 - Stitch #1321
 - Check your model settings because stitch numbers may vary from model to model
- Follow instructions in video tutorial



Reversible Applique

- Prep the Hush Hush fabric per the video tutorial
- Machine settings
 - Stitch #1316
 - Move needle all the way to the right
 - Foot #20, #20C or #20D
- Use the Bottomline thread in the top and a thing Size 70 microtex Needle
- Follow video tutorial for further instruction



Sashing and Border

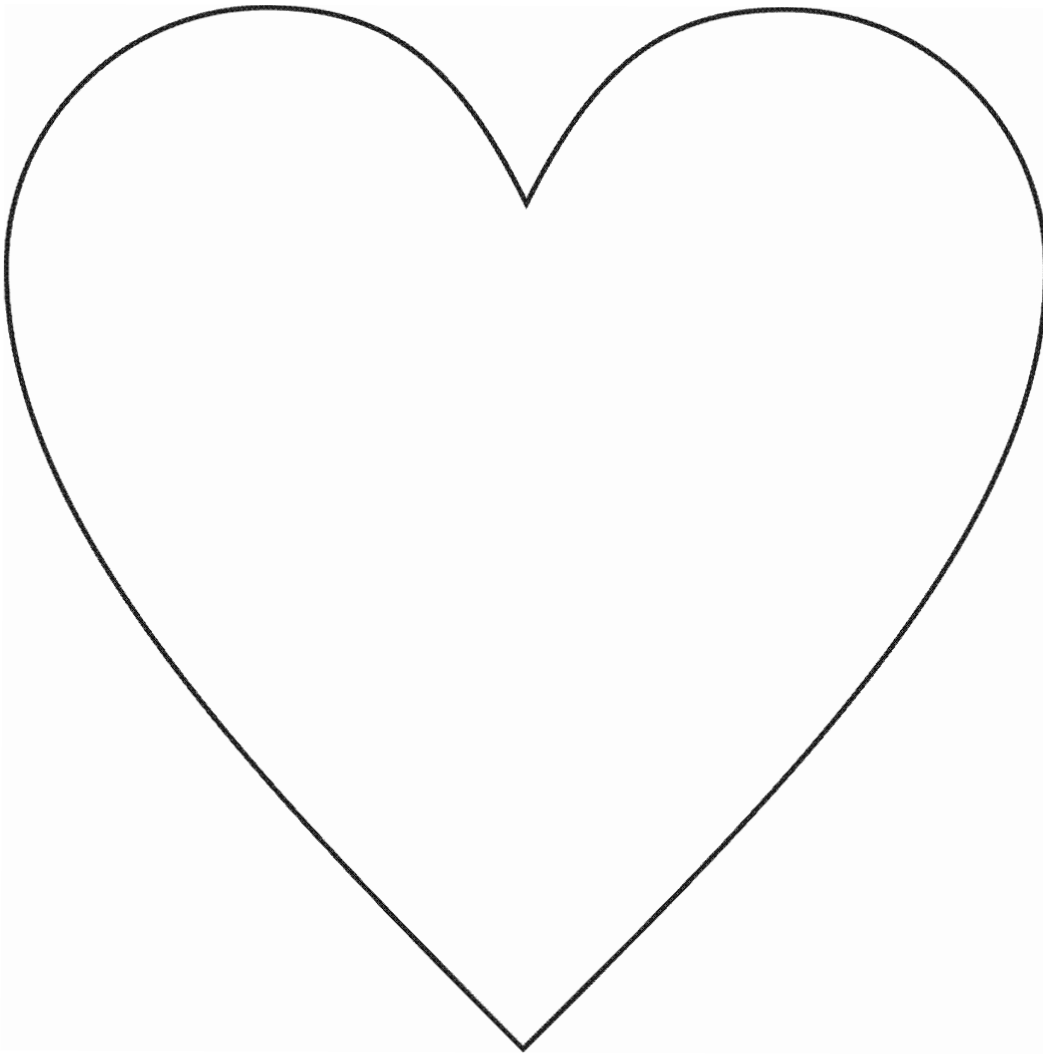
- Trim applique blocks to 6 ½"
- Add vertical sashing pieces to each row
 - Press to sashing
- Sew sashing to bottom of top row
 - Mark center juncture
- Sew on borders starting with the sides
- Press to borders
- Sandwich on the 18" backing, with batting and the top



Quilt As Desired

- We used the BERNINA Q20 Sit-down option to ruler work in the sashing, stipple in the white frame area and sew on the facing





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