

keep an EYE on your HEART

sewing tutorial



This project is a reminder to keep an eye on your heart. Keep an eye on the hearts of those you love, and allow the hearts of others to watch over you as well. While this symbol carries different meanings for different people, to me it represents protection and loving care.

MATERIALS & TOOLS:

- wool felt: I used plant-dyed wool felt in an assortment of pinks, yellows, and neutrals
- black cotton embroidery floss
- a neutral color of thread that complements your felt
- gold thread
- a string to hang your heart: I used lace-weight mohair/silk yarn to make a crocheted chain, you could also use embroidery thread or a thin yarn that you can fit through the eye of a needle
- stuffing material: I used buckwheat hulls
- hand sewing needles: one smaller size for a single ply of thread and one with a larger eye for lace-weight yarn
- scissors
- tracing paper & pen or pencil (optional)
- crochet hook (optional)

1. Gather materials (**photo a**) and refer to the "Notes & Guide to Basic Stitches" on page 3.
2. Cut out a paper templates from page 2. Cut out one felt heart using the paper template as your guide. Use the first felt cut-out as the template to cut out the second heart shape. (**photo b**)
3. Trace the eye shape on page 2 on to a piece of light tracing paper (or skip this step if you want to stitch the eye free hand). I like to use the tracing paper method as a guide for the shape and size of my eye. (**photo c**)
4. Make a few stitch marks indicating the eye shape using 1 ply of black embroidery floss. You will be attaching the tracing paper to the felt heart as you do this. (**photo c**) I like to make a few stitches and then remove the tracing paper. (**photo d**) Complete the eye shape free hand using the double running stitch. (**photo e**)
5. Make 4 stitch marks using the black thread: top, bottom and both sides of the eye. Make 4 stitch marks, using the same yarn for the crocheted chain, right next to the black stitches. Lastly make 2 stitch marks in gold thread in each of the 4 spaces surrounding the eye. (8 gold stitches total). I used a needle with a larger eye for the mohair silk and the gold thread. (**photo e**)
6. On the second heart piece I made 16 small lines in a sun shape, 8 in gold thread and 8 in mohair on the back side. (**photo e**) Be mindful of right and wrong side of the asymmetrical heart as you want the designs on the front and back of your heart facing out.
7. With right sides facing out, blanket stitch the edges together starting at the spot indicated on the template and stitching towards top. (**photo f**) Use a single ply of thread and place your stitches close together. Unless you are making a tiny heart, I don't recommend trying to stitch the perimeter with a single long thread. Instead, stitch with an 18" strand and then attach a new piece of thread to the end with a knot tied close to the edge on the inside of the heart. Leave a 1-2" opening and stuff lightly (I used buckwheat hulls). (**photo g**) Finish blanket stitching your heart closed. When you have finished, secure the last stitch and pull thread through the center heart and trim off the end. It will sink inside the heart and disappear.
8. Crochet or braid a chain to your desired length to hang your heart (my crocheted chain is 30" long) (**photo h**), or alternatively choose a thin strand of yarn or a length of embroidery floss. If crocheting or braiding, leave a tail of yarn for attaching the chain to your heart.
9. Using your larger eye needle attach your crochet chain to the center of your heart by grabbing a bit of felt in your stitch. Pull a bit of crocheted chain through (**photo i**), tie a knot, and then stick your threaded needle back through the heart. (**photo j**) Trim off the end. it will sink into the heart and disappear. Your heart is complete! (**photo k**)

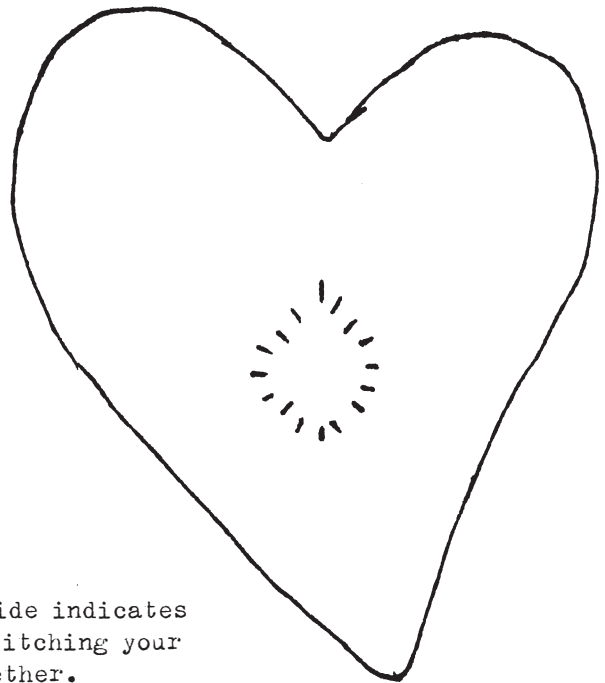
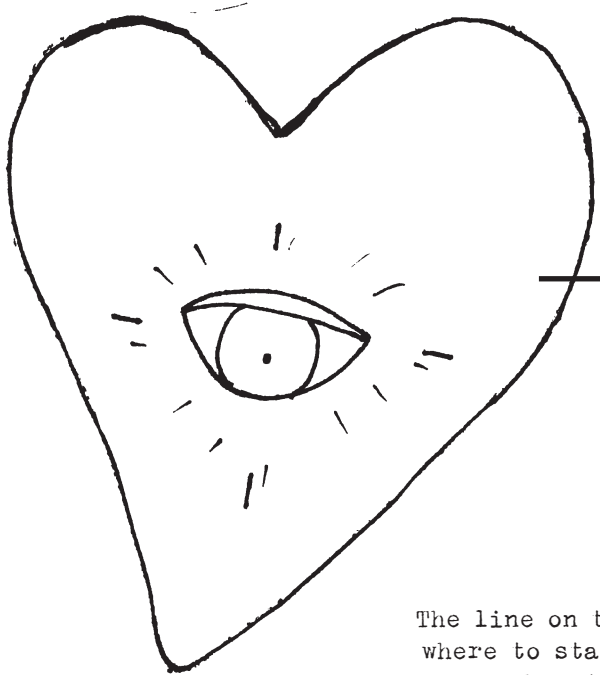


TEMPLATES

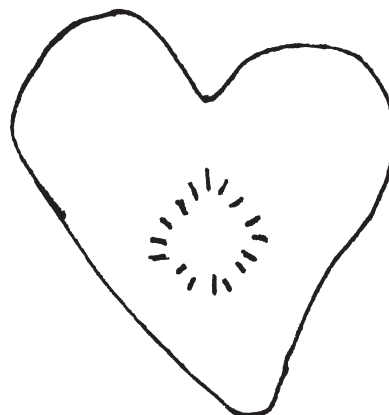
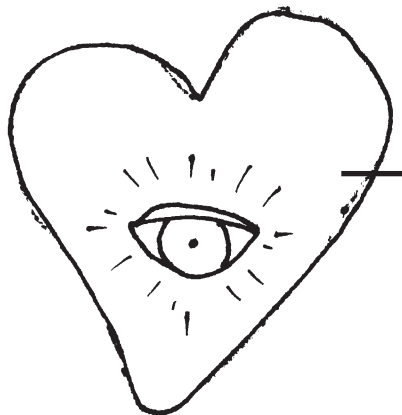
keep and EYE on your HEART

cut out a SINGLE paper heart template for each heart.

The second heart drawing for each size is simply for demonstrating the placement of the embroidered design.



The line on the side indicates where to start stitching your heart together.



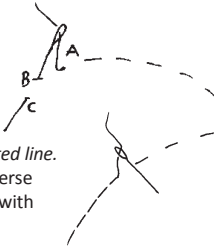
NOTES & BASIC STITCHES

- Embroidery floss has 6 plies (threads) and the plies are easily separated. Most embroidery patterns use 1 to 3 plies. Long strands can get easily tangled, cutting them to 18-inch strands helps prevent this. It also helps to very gently separate the pieces from the center of the strand instead of starting at one end.
- If your thread becomes too short while you are sewing, attach a new piece of thread to the end with a knot. Tie it close to the felt and hide the knot.
- Keep stitches even and hide knots.
- Felt is very flexible to work with; it can be pulled and stretched as needed, and because it doesn't fray you can trim as you work if your pieces are not lining up.

the running & double running stitch

Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

- Start with the threaded needle on the back side of your fabric and bring it up through the fabric (A) and back down into the front side (B). Pull it all the way through, then bring the threaded needle back up through the fabric from the back side (C).



A DOUBLE RUNNING STITCH is used to make a solid, connected line.

- Start with a running stitch. When you reach the end, reverse your direction and fill in the space between the stitches with another running stitch so you have a solid line.

the back stitch

The back stitch is often preferred to a running stitch when sewing through multiple layers or thick fabric. You can use this technique to create a running stitch or a continuous line, like the double running stitch. It is perfect for outlining or filling in space. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

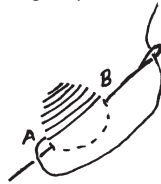
- Pull the thread up through your fabric (A) and back down (B). This is your first stitch.
- Pull your thread up through your fabric one stitch length away (C) and pull it back down through your second stitch (B), creating a stitch by taking the thread backward. Repeat.



the satin stitch

This stitch is used to fill in a space. If you like, you can begin by stitching the perimeter of the space you plan to fill.

- Start with the threaded needle on the back side of your fabric and bring it up through the fabric (A) and back down into the front side (B).
- Place the stitches close together so that they create a solid shape.



ABOUT KATA GOLDA:

My studio, the home of Kata Golda, is nestled snugly in the small, mossy seaside town of Port Townsend, WA. I work with organic, sustainable, and plant-dyed fabrics. Much of the inspiration for my designs comes from the subtle details in the woods, farmlands, and beaches near my home, where nothing is straight and nothing is perfect. I create slowly and with intention, with a commitment to reusing supplies as much as possible and using up every little scrap of fabric. Find more at www.katagolda.com



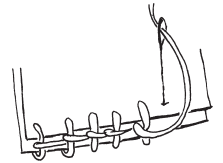
the blanket stitch

This stitch is used to connect two pieces of fabric along the outer edge or two layers along one edge. These instructions are much easier to follow with your needle and thread in hand. The stitch is simple; the instructions sound complicated. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

- Thread your needle and tie a knot at the tail.
- Starting between the sandwiched pieces, poke the needle through your top layer of fabric about 1/8" from the edge. The knot will be between the two layers of fabric where it will not be seen.
- Bring the thread around the edge of the two stacked pieces of the fabric and poke it through the same spot as the first stitch.
- Pull your needle through the stitch you just made at the top edge. This anchors your thread but is not a true stitch.

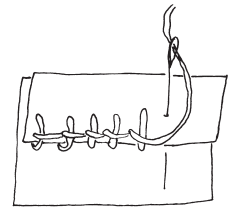
TO CONNECT TWO PIECES ALONG THE OUTER EDGES:

Start a new stitch through the back side, 1/8" from your first stitch, and 1/8" in from the edge of the fabric. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edges of your two pieces of fabric. Continue your evenly spaced stitching* (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.



TO CONNECT TWO LAYERS ALONG A SINGLE EDGE:

Push your needle from the top down through both layers. Dip through the back side making a small stitch and bring your needle up through the single layer, just outside where your first stitch went in. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edge of your top piece of fabric. Continue your evenly spaced stitching* (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.



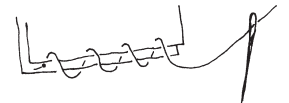
*unless you are intentionally choosing to make unevenly spaced stitches.

the whip stitch

This stitch is used to connect two pieces of fabric along the outer edge, or to connect two overlapping pieces. Note that keeping stitches even is an aesthetic decision. Stitch size, distance between stitches, and uniformity of stitches is something to pay attention to, but it is a choice.

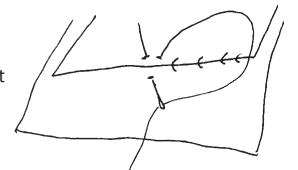
TO CONNECT TWO PIECES ALONG THE OUTER EDGE:

Thread your needle and tie a knot at the tail. Start your first stitch between the two layers of fabric to hide the knot. Wrap your thread around the two lined up edges and push your needle up through the two layers of fabric. Repeat.



CONNECTING TWO OVERLAPPING PIECES:

Thread your needle and tie a knot at the tail. Starting at the back side, poke your needle up through both layers of fabric, 1/8" in from the edge and then push your needle through the single layer of fabric, directly across from your first stitch and close to the overlapping edge. Continue your next stitch up through both layers, and then straight down through the single layer again. Make sure you are not pulling the stitches so tight that you cause the fabric to bunch.



the french knot

- Work with 2 or 3 plies of thread that you have doubled and tied at the base (4 or 6 plies total).
- Bring your needle up through the fabric where you want to place the knot.
- Wrap the thread around the needle very close to the fabric. Wrap once for a small knot, twice for a larger knot.
- Push the needle back through your fabric, close to the place where the needle came out, keeping the wrap snug. Slowly pull the needle and working thread down through the wraps to complete the French knot. Hold the working thread taut as you pull the needle and thread through; this tension helps create nice, even French knots.

