

little hearts

sewing tutorial

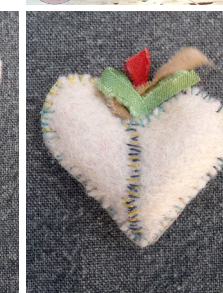
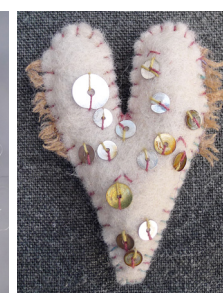
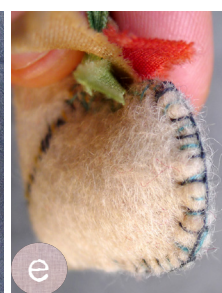
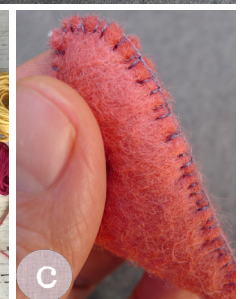


Simple or fancy, here is a basic heart with so many possibilities. Tuck one in your pocket, hang multiple hearts as a swag, or hang a single ornament from a door knob, window, or car rear view mirror. Make a heart to hold, or one to give to someone you love. I made my hearts fancy and decorated both sides. There are endless possibilities for decorating your hearts. I recommend collecting the things you might use and then limiting yourself to just a few embellishing options.

MATERIALS:

- wool felt in various colors
- sharp scissors
- embroidery floss
- sewing needle
- decoration suggestions: ribbons, beads, sequins, fabric scraps, thread bundles
- stuffing: fabric scraps, lavender, buckwheat hulls

1. Refer to 'Notes and Stitches' on the page 2. Print templates and cut out the paper pieces. You can play with the size by reducing or enlarging the templates when you print them. Of course you can also draw your own hearts. I recommend that prior to cutting into your material that you draw your hearts on a piece of paper and then cut out the paper templates. It might not seem necessary to draw first, but I drew a lot of hearts before I decided on these 4 templates, which are visually pleasing to me and distinct from each other.
2. Pin the templates to your felt and cut out the pattern pieces. Cut two heart pieces in each size (photo a). I use the template to cut one side and then I use the cut piece of felt for the second side. That way they are perfectly matched and they are stacked on top of each other as they should be stitched.
3. Decorate your heart pieces on one or both sides (be mindful that you are decorating the outside of each piece). I used a mix of heavy stitching, antique sequins, tiny fabric scraps, and silk ribbon (photo b). Fringe is added in the next step.
4. Starting just below one of the heart "bumps" and working towards the top of the heart, blanket stitch the perimeter your two heart pieces together with a single ply of embroidery floss (photo c). I spaced my stitches very close, sometimes changing color midway through for variety. If you are adding some fringe on the edges or tops, sandwich that between the layers as you go. Stop stitching about 1/2" before your starting point and stuff your heart. I filled my hearts with a mix of felt scraps, lavender buds, and buckwheat hulls (photo d). With some of my designs, I repeated the blanket stitch again in a different color after stuffing. (photo e)
5. Continue with the blanket stitch to close the gap and secure with a knot. To hide your knot, pull the needle between the two layers of felt into the stuffing. Trim the strand as close to the felt as you can, it will sink between the stuffing and disappear.
6. If you would like to hang your heart, decide which point you will hang it from (one of the bumps so it hangs angled, or in the center dip so it hangs straight). Stick your threaded needle through your heart and make a loop and tie.



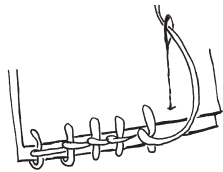
NOTES & STITCHES:

- 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 as close to the felt as possible and try to 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.

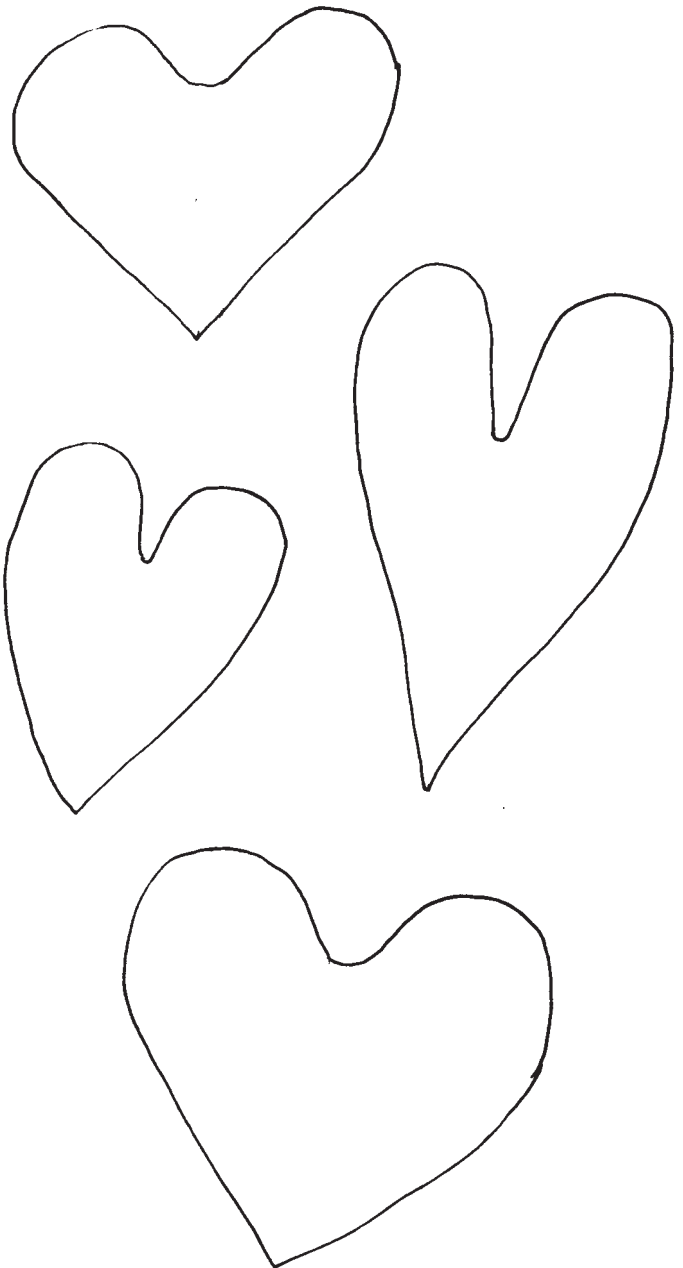
BLANKET STITCH

Note: these instructions are much easier to follow with your actual needle and thread in hand. The stitch is simple; the instructions sound complicated.

- Thread your needle and tie a knot at the tail.
- Starting between the sandwiched pieces, poke the needle through your top layer of felt about 1/8" from the edge. The knot will be between the two layers of felt where it will not be seen.
- Bring the thread around the edge of the two stacked pieces of the felt 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 felt. 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 felt. 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 felt. 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 finish, connect your last stitch to your first stitch by sliding your needle underneath your first stitch and knotting it at the back. Push your needle between the layers and out through the front about 1 inch from the edge. The thread will be pulled inside, hiding the knot from view. Then cut off the excess thread very close to the top layer of the felt.



TEMPLATES:



ABOUT KATA GOLDA:

Alison Kaplan is the creative force behind Kata Golda, a craft studio in the mossy seaside town of Port Townsend, WA. Kata Golda is a flourishing business that explores crafts such as needlework, letterpress printing, bookbinding, block printing, hand-thrown pottery, hand-dyed textiles, and jewelry making. Alison finds inspiration in the woods, farmlands, and beaches of her Pacific Northwest wonderland. See her work at www.katagolda.com.

