

Block 4: Heart Block from Marcia Harmening of Happy Stash Quilts



Materials:

- 1 Fat Quarter of Red Fabric
- 1 Fat Quarter of Cream Fabric

Cut Red Background Fabric 7" x 17".

(This will be trimmed to 6 ½" x 16 ½" after the block is appliquéd and pressed.)

White Appliqué Pieces

- A Make 1
- B Make 1
- C Make 1
- D Make 1
- E Make 6
- F Make 6
- G Make 37

Needle-turn Hand Appliqué Technique

1. Trace all shapes from the Appliqué Diagram Template onto the matte side of freezer paper. Make sure to write the identifying letter of each piece on the freezer paper templates. Only one freezer paper template is needed for each shape. You can find the template here: <http://www.jimmybeanswool.com/sewRedSAL/Heartblock>
2. Cut freezer paper templates out along the lines using paper scissors.
3. Place the shiny side of the freezer paper template on the right side of appliqué fabric and press with an iron.
4. Draw a line on the appliqué fabric around the freezer paper template using a water-soluble pen or chalk pencil. For dark fabrics, Clover makes a water-soluble pen with white ink.

5. Peel off freezer paper template and cut out appliqué shape a scant ¼” beyond the marked lines. (Templates can be used multiple times.)
6. Tape the Appliqué Diagram in a brightly lit window. Center the background fabric over the diagram and tape to window. With the window as your light box, use a water-soluble pen to mark the appliqué placement.
7. Appliqué pieces onto the background in alphabetical order using matching colors of light-weight thread. Start with piece A and finish with the G circles.
8. To appliqué, select a long edge on the appliqué piece to begin your stitching. Avoid beginning at an inner V or outer point. Finger press the appliqué piece along the drawn line. Bring your needle up through the edge of the appliqué piece where it has been turned under. Then make a downward stitch into the background right next to the turned-under edge of the appliqué. The thread travels on the back and the upward stitch comes up to catch the turned edge of the appliqué piece. Pull your thread taut enough to sink the stitches, but not so hard that puckering occurs.
9. Hand-stitch the edges of the appliqué pieces, turning the edge to the marked line as you go.
10. Continue in this manner until all of the appliqué is complete.

Stem Stitching

Now that the appliqué is complete, use DMC or other brand of embroidery floss to sew a stem stitch to create the stems to the little heart flowers. Refer to the Appliqué Diagram for dashed stitching lines. Cut an 18” segment of embroidery floss and separate out 3 strands of thread. Thread needle and make a small knot on one end.

To sew a stem stitch, work from left to right in ¼” or smaller increments. Bring the threaded needle up at point A and take it down at point B along the stitching line. Bring the needle up at C – halfway between A and B. For the second stitch, insert at D and pull up at E. Continue in this manner until the stem is created. Keep the thread either above or below the stitching line while sewing.

