

JBW Project Pack #13

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The Piece of My Heart Pincushion

Designed by Diane Lamphron and Michèle Filon

This project, designed exclusively for Sew Red, the latest book from Laura Zander, is fun and easy to create! Make a quick gift for the crafter in your life or anyone you want to share your heart with!

Finished dimensions: 4½" tall x 5" wide

Fabric: Four 6" squares of quilting cotton or fabric of your choice; squares can coordinate, contrast, or match, as your heart desires.

Supplies: Sewing machine, needle, and bobbin

Scissors (for cutting template)
Fabric shears
Straight pins
Measuring tape
Hand-sewing needle
Fiberfill stuffing
Tracing paper and Pencil
Matching all-purpose thread



Sewing Instructions

1. With right sides together, pin the front to the back with raw edges aligned. Stitch a ¼" seam around the heart, leaving 2" opening along one straight side for turning and stuffing. Clip all the curves; turn the heart right side out.
2. Stuff the pincushion through the opening until you achieve your desired firmness; hand stitch the opening closed.

Cutting the Fabric

1. Pin any two squares together along one edge, with right sides together and raw edges aligned. Stitch a ¼" seam; press the seam open.
2. Lay the pieced squares from step 1 right side up. With right sides together and raw edges aligned, place the remaining (third) square on top of the pieced squares so that the third square is centered on the pieced squares' seam; pin together along one edge. Stitch in a ¼" seam; press the seam open. These three pieced squares form a "T" shape.
3. Place this heart template as desired over the three pieced squares and pin or trace it. Cut it out for the front of the pincushion.
 4. From the remaining square, use the template to cut out the heart for the back of the pincushion.



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A portion of the proceeds will be donated to the Foundation for the National Institutes of Health in support of *The Heart Truth*.

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