Rosie’s Hearts

Dress up your wardrobe, a hutch or even your bed post with these pretty hanging hearts from Vikki Stewart of Sew Useful Designs. Each heart is quick and simple to create, making them the perfect weekend project. They will even make the perfect gift for a special friend to show them how much you care as Vikki has included a pocket in the back to slip a love note inside. To create a sweet smelling wardrobe pomander, all you have to do is stuff a heart with lavender or rose petals and add a drop of essential oil. The instructions for the button heart appeared in Homespun Vol 11 No 4 whilst the remaining instructions appear below.

Materials

Flower heart

- 18 x 23cm (7 x 9in) pink check print fabric (front)
- Fat eighth pink and cream small floral print fabric (back and pocket) or 18 x 23cm (7 x 9in) (back only)
- Fat eighth pink tone-on-tone fabric (flower petals)
- 10cm (4in) square of green spot print fabric (appliqué)
- DMC Stranded Embroidery Cotton in Medium Garnet (815) and Very Dark Avocado Green (936)
- 25cm (10in) of 8mm (⅜in) wide pink cotton ricrac
- Four 10mm to 13mm (½in) assorted green buttons
- One 18mm (¾in) pink button
- Size 8 curved beading needle (optional)

Pomander heart

- 23 x 36cm (9 x 14in) pink check print fabric (front and back)
- 13cm (5in) square of white floral embellished lace
- 13 x 26cm (5 x 10in) white cheesecloth or muslin
- 40g (1½oz) packet of potpourri in desired fragrance
- UHU glue stick

General requirements

Note: requirements are for one heart only

- 13cm (5in) square of double-sided fusible web
- Fat quarter of lightweight fusible batting such as Parlan
- Polyester fibre fill
- Stuffing tool or chopstick
- Embroidery needle
- Brown Pigma pen
- Thin cardboard, paper and 2B pencil
- Hot glue gun and glue sticks (optional)
- Sharp craft knife
- Rotary cutter, ruler and cutting mat
- Sewing machine with ¼in foot
- General sewing supplies
- A copy of *Homespun* Vol 11 No 4

Finished size: 14 x 17cm (5½ x 6¾in), excluding hanging loop

Stitches used: Blanket stitch

Note: Please read all instructions before commencing the project. Careful and accurate cutting and sewing are essential to ensure success with this project. A seam allowance of ¼in is included throughout, except for the flower petals which are worked using the trace, sew and cut method; that is, the traced lines for the flower petals are the stitching lines and a seam allowance is added when cutting out. It is recommended that fabrics be 100% cotton, pre-washed and well ironed. Requirements are based on fabric 112cm (44in) wide and batting 100cm (40in) wide. All embroidery is worked with two strands of thread unless otherwise stated.

Preparation and cutting

1. To make templates for each of the shapes printed on the pattern sheet in *Homespun* Vol 11 No 4, trace them onto paper and cut them out ready for use. Glue the pattern shapes onto thin cardboard, as this provides a sturdier template to trace for accurate construction. Cut the cardboard shapes out on the lines.

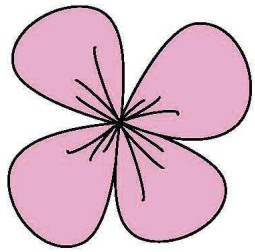
Flower heart assembly

2. If you are incorporating a pocket into your heart, trace around the pocket template on the wrong side of the pink and cream small floral print fabric and cut the shape out on the traced line. Fold the straight edge of the fabric over 6mm (¼in) to the wrong side and fold it over again to form a hem. Press lightly, then top stitch 6mm (¼in) from the edge.
3. Trace around the large heart template on the wrong side of each of the pink check and pink and cream small floral print fabrics for the front and back of the heart. Trace two hearts on the batting. Cut each shape out on the traced lines.
4. Fuse the batting shapes to the wrong side of the fabric hearts.
5. Fold the pink tone-on-tone fabric in half, right sides together and long edges matching. Using the pencil, trace five large petal shapes and three small petal shapes on to it, leaving 1cm (½in) between shapes. Using a smaller than normal stitch, sew around these shapes on the traced lines, leaving openings where indicated. Cut the shapes out 6mm (¼in) outside the edges, clip the curves and turn them right side out. Press lightly.
6. Using the pencil, trace the leaf appliqué shapes printed on the pattern sheet onto the paper side of the fusible web, leaving about 12mm (½in) between them.
7. Cut out the shapes roughly – do not cut on the pencil line yet. Fuse them to the wrong side of the green spot print fabric. Cut each shape out carefully on the pencil line.
8. Peel the backing paper off the fusible web and referring to the photograph as a guide, place the leaf shapes on the pink check print heart shape. Once you are happy with their position, fuse the leaves in place. Work blanket stitch around the shapes using Very Dark Avocado Green (936).
9. Referring to the photograph as a guide, position the four green buttons in a vertical line on the heart, directly below the appliquéd leaves. Use two strands of Very Dark Avocado Green (936) to sew them in place.
10. If your heart features the pocket, position the pocket right side up on the pink and cream small floral print heart shape and pin in place. Pin the ends of the ricrac onto the heart, 12mm (½in) each side of the top centre “dip”.

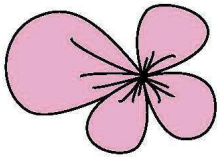
11. Place the appliquéd heart shape on top, right sides together, and pin all around the shape, sandwiching the pocket and ricrac between the two hearts. Sew around the heart shape, leaving an opening for turning as indicated. Clip the curves and turn the shape right side out. Run the fine tip of the chopstick along the inside seams of the heart to push them out or roll the seams between your thumb and forefinger.
12. Stuff the heart firmly with fibre fill using the stuffing tool or chopstick. Work small pieces of stuffing into the lower point first to help define the shape. Slip stitch the opening closed.

Flower heart finishing

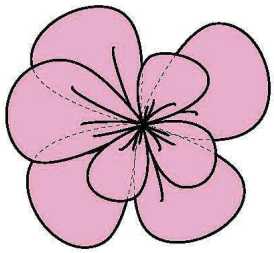
13. Each petal needs to be gathered along the bottom edge to obtain a realistic shape. Using the embroidery needle and matching sewing thread, work gathering stitch 6mm (¼in) up from the bottom edge of each large petal from one side to the other. Pull the thread to gather the edge and tie a knot in each end to secure.
14. Repeat step 13 with the small petals, working the running stitch 3mm (⅛in) up from the bottom edge.
15. The flower is created in two layers. The bottom layer of petals consists of four large petals, slip stitched together with matching thread. See diagram 1.



Four large petals
(bottom layer)



One large petal
and three small petals
(top layer)



Both layers
joined together

16. The top layer of the flower consists of one large petal and three small petals sewn on top of the bottom layer of petals. To complete the flower, sew the 18mm (¾in) pink button in the centre using two strands of Medium Garnet (815). The button will cover the raw edges of the petals.
17. Referring to the photograph as a guide, centre the flower on the stuffed heart, on top of the appliqué leaves. Using matching sewing thread and the embroidery needle (or a curved beading needle if you prefer), slip stitch the flower to the heart on the underside of the first row of petals. Alternatively, you could hot glue the flower in place.
18. If you have made a pocket on your heart, slip a little love note in the back and give your heart to a loved one.

Pomander heart assembly

19. Choose whether your heart is to feature the flower or buttons on the front, then repeat step 3, this time tracing two hearts on the same fabric.
20. Carefully cut out the inner heart window shape from the large heart template using a sharp craft knife – do not cut in from the edge of the template, but instead, cut only inside the outline of the inner heart. Now trace the inner heart window shape on to one of the large hearts cut from batting.

21. Cut the inner heart out on the traced line. Fuse this batting shape to the wrong side of one of the fabric hearts. Using the pencil, draw a line on the wrong side of the fabric heart 6mm (¼in) inside the edge of the inner heart window cut out of the batting. Carefully cut out this innermost heart shape from the fabric. Clip the edges up to 1–2mm ($\frac{1}{16}$ in) from the batting edge. Using the glue stick on the exposed fabric, carefully glue the clipped edges to the batting.

22. Place the white lace square over the inner heart window until its position is visually pleasing when viewed from the right side of the fabric heart.

23. Fold the cheesecloth rectangle in half to yield a 13cm (5in) square of doubled fabric. Pin it on the back of the lace so that the lace is sandwiched between the heart window and the cheesecloth. Top stitch 6mm (¼in) around the heart window to hold the three layers together.
24. Trim the excess lace and cheesecloth 6mm (¼in) outside the stitching line.
25. Pin the ends of the ricrac onto the heart, 12mm (½in) each side of the top centre "dip".
26. Place the completed heart shape on top of the lace heart shape, right sides together, and pin all around the shape. Repeat step 11.
27. Use the stuffing tool or chopstick to work a small amount of fibre fill into the lower point of the heart to define the shape of the point. Fill the remainder of the heart with potpourri and slip stitch the opening closed.

For more information on other sweet designs by Vikki Stewart of Sew Useful Designs, phone (03) 9762 1464, email: vikkivegie@hotmail.com or log on to www.sewusefuldesigns.blogspot.com