

Bless Your Hearts



Sew Biz Inc.

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Sew Steady

Promoted Instructor

Supplies needed

Fabrics, Thread etc:

- _____ Main Fabric: 20" x 20" square cotton fabric for quilting
- _____ Backing Fabric: 24" x 24" square cotton fabric for quilting (this is also the binding)
- _____ Fusible Fleece or Quilt Batting: 20" x 20" square
- _____ All-Purpose 40 wt. or 50 wt. Thread 1 color for quilting around Hearts
- _____ 1 color for Hearts
- _____ 2" and 4" Heart Templates by Westalee Design (There is a 6 pc. Set)
- _____ 12" Arc Templates (one side is the Straight Edge) by Westalee Design
- _____ 8 Point Cross Hair Ruler by Westalee Design
- _____ Spacing Gauge by Westalee Design

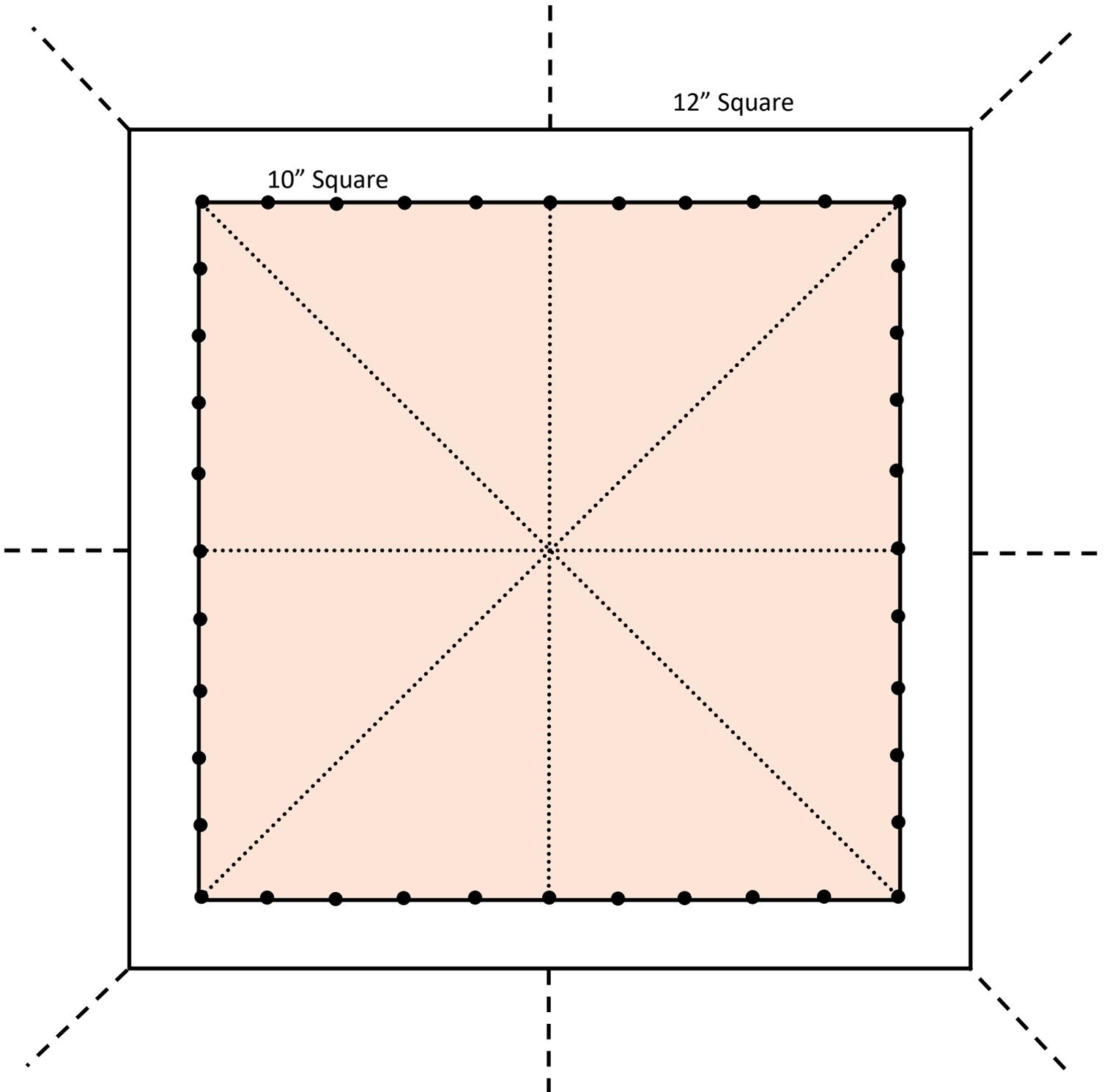
Additional items:

- _____ Rotary Cutter, Cutting Mat, Ruler
- _____ Best Press Starch Alternative or June Tailor's Quilting Starch Savvy
- _____ Iron-off or Wash-out markers (I use Frixion Markers)
- _____ Pressing surface and Steam Iron

Optional: Quilt Basting Spray, 12.5" Border Ruler by SEW BIZ, Quick Easy Mitered Binding Tool by SEW BIZ, Point Turner & Creaser

If using a FUSIBLE Fleece, fuse it to the **WRONG** side of the 20" square **BEFORE** marking. Find the **center** of the 20" square and draw the following squares and marked points on the **RIGHT SIDE** of the fabric. The **DOTS** around the inside square are **1" apart**.

Note: I recommend spraying & pressing the fabric with Best Press or Starch Savvy **PRIOR** to marking.



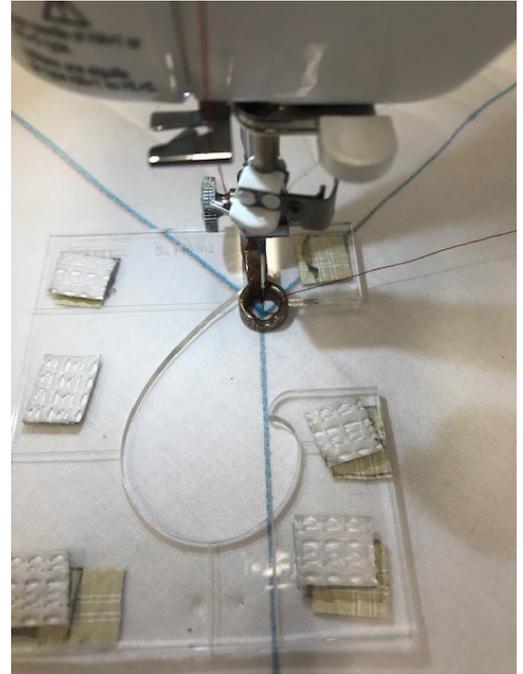
Instructions

1. Create the Fabric Sandwich using the Backing, Batting (Fusible Fleece may already be attached to the back of the Main fabric) and Main fabric. **Center** each piece on top of the previous piece.
2. Prepare sewing machine for machine quilting. Attach Free Motion Glider etc.
3. Thread machine with a color of thread that has a high color contrast to the background fabric.
4. Insert the needle in the Center point of the Cross Hair Square that is marked on the fabric. Bring up the bobbin thread. These threads will be secured later.
5. Use the 2" Heart Template to stitch 4 hearts. (bottom the heart is in the center) You will stitch 1/2 of the heart and then flip the template to stitch the other 1/2. This will take you back to the center. The hearts will be stitched on the VERTICAL and HORIZONTAL lines.
6. Use the 4" heart and REPEAT step 4 to create nesting hearts. See photo on page 1.
7. Change the color of the thread to match or blend with the back ground fabric.
8. Using the 12" Arc Template as a straight edge, place the needle in one of the corner DOTS of the 10" square and bring up the bobbin thread. With the Ruler Foot and needle DOWN in a corner dot, place the Straight Edge against the side of the Ruler Foot. Use the Spacing Gauge to measure 1/4" from center of the square. Place the other end of the Straight Edge against the Spacing Gauge. Stitch until the outer front edge of the Ruler Foot TOUCHES a part of the heart that you previously stitched. Stop! And then retrace back to the corner dot. Stop!
9. Use the Spacing Gauge to line up the Straight Edge so that you can stitch on the outer edge of the 10" square to get to the next DOT. Stitch on the line. Stop at next Dot.
10. Turn fabric. Again use the Spacing Gauge to measure 1/4" from center of the square. Place the other end of the Straight Edge against the Spacing Gauge. Stitch until the outer **edge** of the Ruler Foot first TOUCHES a part of the heart that you previously stitched. Stop! And then retrace back to dot. Stop! Repeat for all DOTS around the outer edge of the 10" Square.
11. When you are back to where you started, use the Straight Edge to go around the outside 10" square line 2 more times to *blend* the stitching line.
12. Secure all threads.

Outer Heart Border

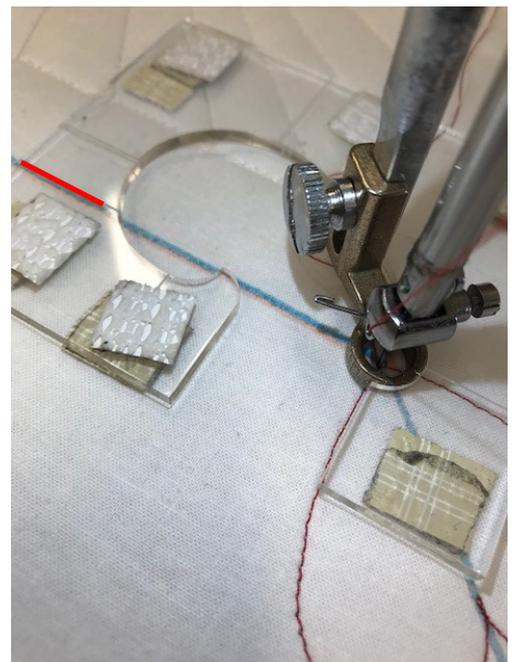
13. With the outer edge of the project close to you and the interior of the project away from you, **insert the needle** into the corner of the 12" square drawn onto the fabric and bring bobbin thread to the top. Threads will be secured later.

14. Using the 2" Heart Westalee Design Template (WDT), position template as shown here.

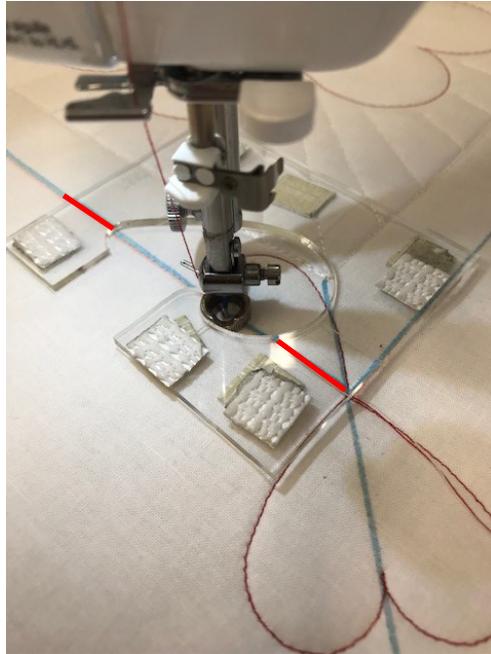


15. Stitch to the top of the heart. Leave needle in the down position. Flip heart side-to-side to position and stitch the other side. This will bring the stitching back to the point where you started the heart.

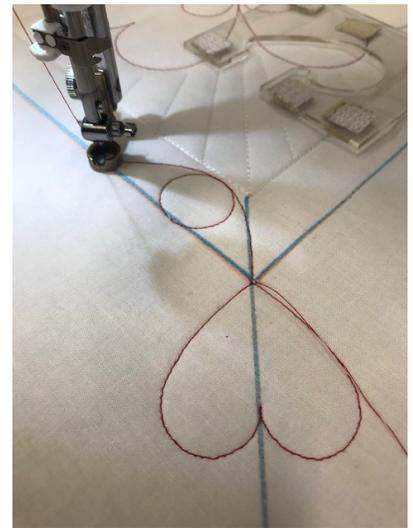
16. Leaving the needle down to hold your position, remove the template and reposition as shown here. The **RED** line in the photo shows how the ETCHED line on the template should be lined up with the 12" square outer line. Stitch this portion of the template.



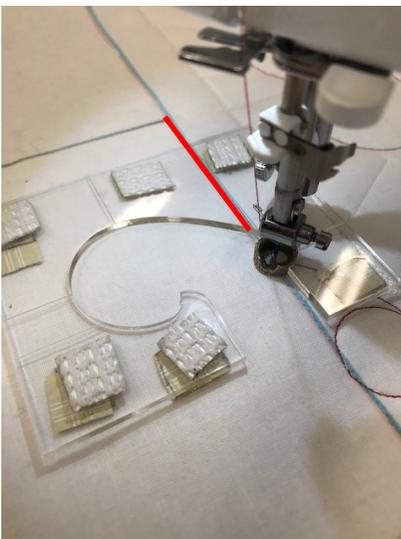
17. Flip the template end-to-end. Line up the etchings on the template with the outer square drawn on the fabric. The RED lines indicate the etchings on the template. Stitch this portion of the template to form a lazy loop.



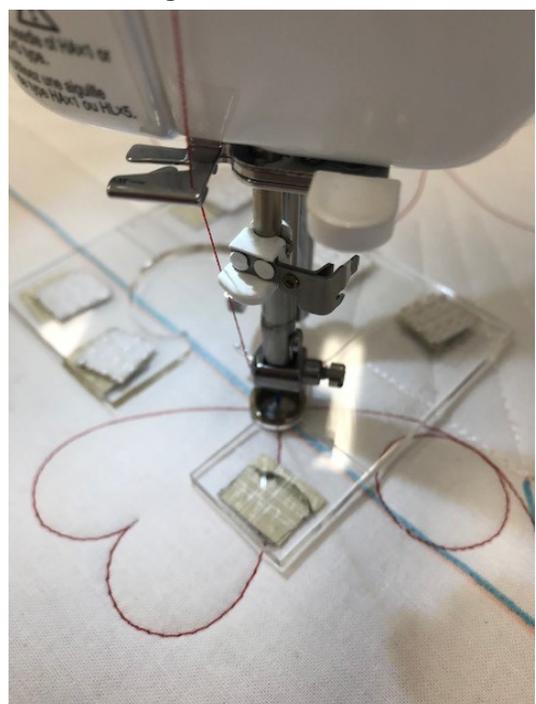
Stitching will then look like this.



18. Flip the template over and position as shown. Notice the RED line, representing the etched line on the template is, again, lined up with the 12" square. Stitch this side of the heart and flip template **side to side** and repeat to stitch other side of the heart.

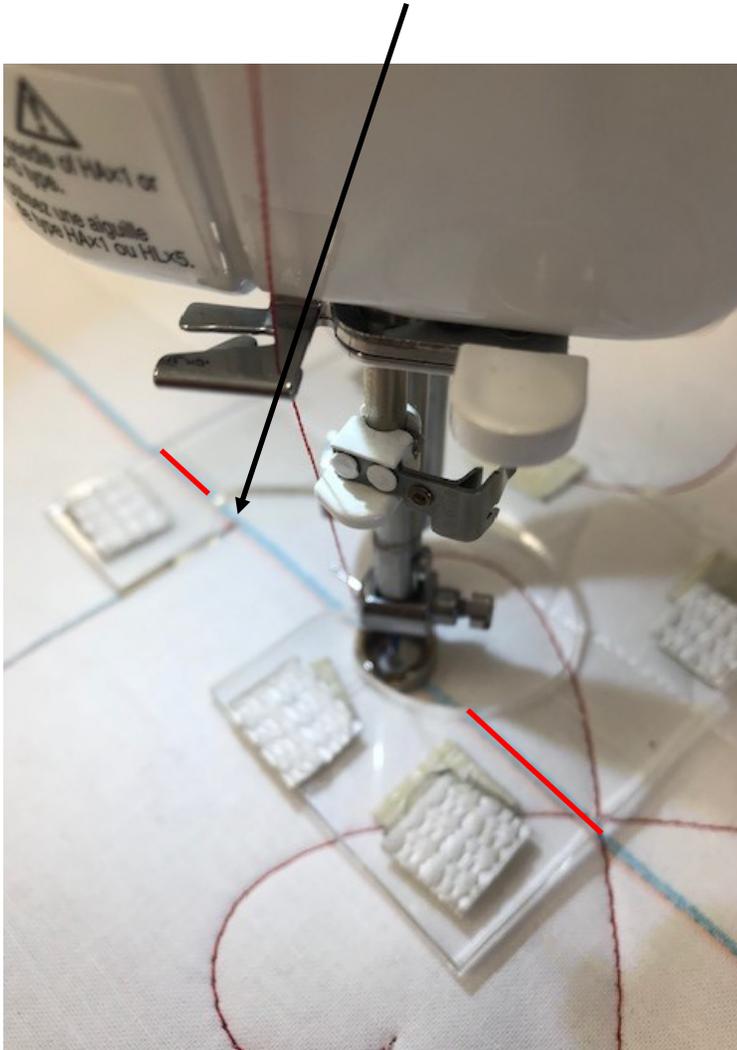
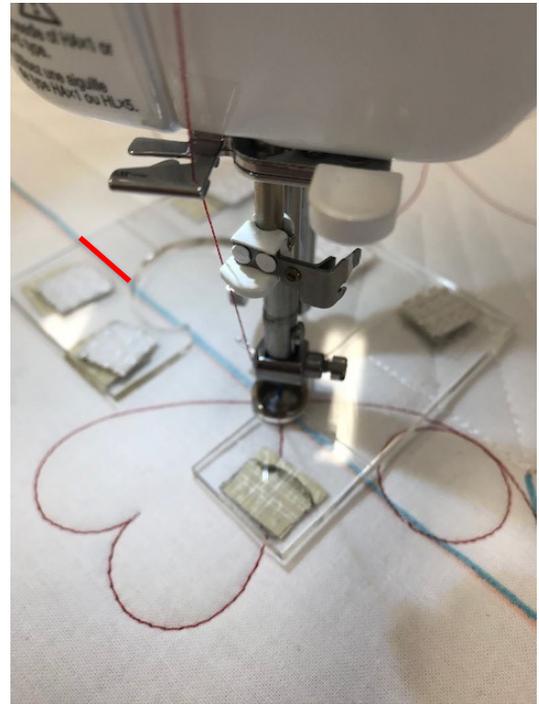


Stitching will then look like this.



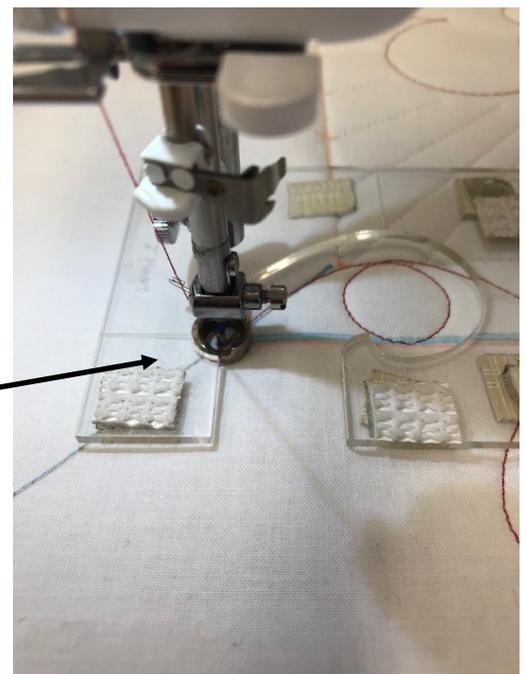
19. Flip WDT Heart over and position as shown. Stitch.

20. Flip template end to end (as shown below) and stitch to form the lazy loop. NOTE: Position of the template. This allows you to get right back to the CENTER so that the middle heart is perfectly placed.



21. Continue, repeating Steps 18—21 until the needle is in the CORNER position of the 12" square.

22. You are now back to the beginning and will repeat the Steps (beginning with Step 13) for all four of the sides. Secure threads at the end.



Completing the Project

You have options at this point. You can either use traditional add-on binding or follow the instructions below to bring the back to the front to form the binding.

23. Find the center of the Hearts in the middle and use that point to draw an 18" square. (Nine inches from the center in all 4 directions.)
24. Fold back the backing so that you do not cut it off. Use an acrylic ruler and rotary cutter to cut 18" square on the drawn lines.
25. Fold the backing out flat again. Using the acrylic ruler, measure and cut 1 1/2" from the outer edge of the top.
26. To complete your binding, follow the instructions in the **Quick Easy Mitered Binding Tool**. This tool is available at many Quilt Stores and from www.sewbizmarion.com



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