

Quilted Valentine



A tutorial by
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DESIGN



Materials

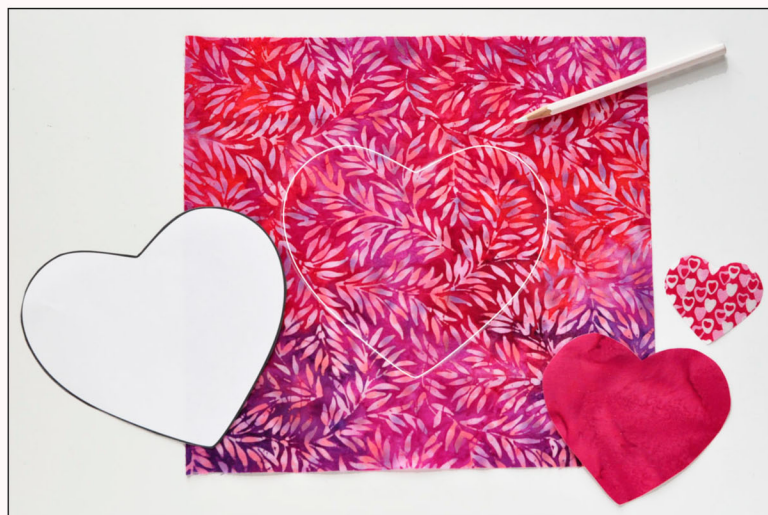
- A variety of pink or red fabric scraps. I find batiks work really well.
- A small piece of batting
- Fusible adhesive bonding such as *HeatnBond lite*
- Beads and/or silk ribbons
- A thin marker for signing your valentine
- A white chalk or lead pencil for tracing
- A 36" length of decorative cord, heavy thread or embroidery floss
- Embroidery hoop, helpful but not necessary

Front

Cut out the large paper heart shape from page 3. Trace the cut-out onto a piece of fabric that is large enough to fit into an embroidery hoop. Trace the small heart shapes onto iron-on adhesive. Iron the adhesive to the back of the fabrics that you plan to use for the small appliquéd hearts. Cut out the adhesive backed hearts; pull off the backing paper and iron to the front of the large heart.

Place the layered heart into an embroidery hoop and add beads, ribbon work, rouching, etc. Keep in mind that the front of your valentine will be attached to a backing so be sure to leave space around your embellishments for quilting.

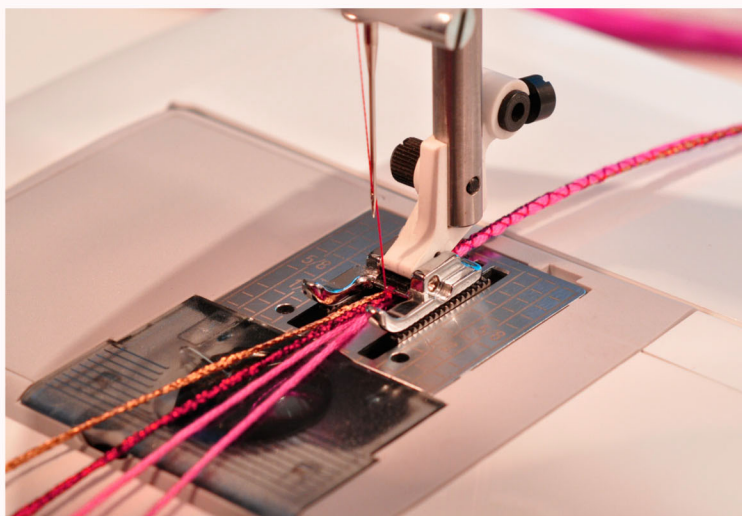
Shown here, I have rouched a 1" x 40" strip of fabric around the inner heart.





Quilting

Layer the front (right side up), a layer of batting, and the back (right side down), and pin or baste layers together. If you have decorated the back, make sure to line up the front and back as best as you can. Machine or hand quilt the heart together. Cut out your heart using the drawn line as a guide.



Sides

To cover up the exposed batting, I zigzag a length of embroidery floss or cord to the edge of the heart. If your cord is too thin, you can machine stitch (zigzag) three or four lengths of cord/floss together with a matching color thread. If you want to add a loop for hanging your valentine, start sewing the cord 8" from its end to the top center of the heart. Work all the way around the edge of the heart, then tie a knot where the cord meets at top of the heart and at the cord ends.





Back

I write out a short message onto a small heart shaped piece of fabric, and sew it to the back. Of course you can write directly on the back if your fabric is light enough in color.

Have a happy Valentine's Day!

XOXO,

Mary

