

# Happy Hanging Hearts

By: Dori Troutman





## Supplies:

- Thermoweb HeatnBond Fusible Fleece
- Thermoweb Pressing Paper
- Thermoweb HeatnBond Featherlite EZPrint sheets
- Thermoweb SpraynBond Basting Adhesive
- Fabric scraps of varying sizes
- Fabric for heart backing
- Fabric Clips
- Twine
- Iron
- Embroidery thread and needle
- General Sewing Supplies
- Optional: buttons, lace, etc.

# Sewing Instructions

Step One: I like to start with the words that I am going to use on the hearts. It's nice to get this part finished and set aside! Here's how:

- Cut your white fabric to 8.5" x 11" (the size of a sheet of paper!)
- Press a sheet of HeatnBond EZ Print to the back of your fabric, do not remove the paper backing.
- Download my printable words included in this pattern.
- Place your fabric "paper" in your printer and print the words, just like you would to a piece of paper!
- Cut the words out and set them aside for now (be sure to leave the paper backing on).



Step Two: Depending on how you want your hearts to look, cut your fabric scraps accordingly. I chose to cut mine into varying widths of strips about 7 inches in length. Sew them together using a 1/4" seam allowance until you have about a 7 inch square piece.



Step Three: Cut a piece of Thermoweb HeatnBond fusible fleece to 7" x 7" inches and iron to the back of your pieced fabric.



Step Four: Spray a little Thermoweb HeatnBond Basting Adhesive to the back of a 7" x 7" backing fabric piece and adhere to the back of the fusible fleece. (You could skip using the adhesive, but I do love that it holds everything in place for quilting.)

Step Five: Quilt your little fabric “sandwich” any way that you would like. You can sew a little cross-hatch design, or quilt along the seams, or even experiment with some free motion quilting.

Step Six: Once your quilting is complete, place the heart pattern (included in this pattern) on your fabric, pin in place and cut out your heart. You can cut with regular scissors or with pinking shears, both are fine. Do not worry about edges fraying... that is part of the personality of the happy hearts!

Step Seven: Choose the word you'd like to use, remove the paper backing and iron it on wherever it is pleasing to you. I use black embroidery thread to hand stitch it in place. You could also sew it on with your sewing machine.



Step Eight: Optional. Add buttons or other little pieces of trim or lace.



Step Nine: Cut a piece of twine about 9 inches long and tie two knots about an inch from the center of of the twine. This is optional, but I like how it looks! Pull your fabric “sandwich’ apart a little bit at the top of the heart and slip your twine ends into the opening. Use clips to hold in place.

Step Ten: Sew all the way around your heart, about 1/4” inch from the edge. When you get to where your twine is, I reverse stitch here a couple times to make sure it holds it the twine securing. This will give it a finished look. Once again, don’t be concerned that your heart has “raw edges”! This is good!



Step Eleven: Give your heart a final press and it is ready for gifting!



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