

Valentine Hearts

Bunny Hill Designs



1 Using a permanent marker, trace the heart onto the shiny side of one piece of freezer paper. Trace directly on the black line.

2 Iron the shiny side of the traced pattern to the dull side of a second freezer paper. Cut out the heart pattern on the traced line. If you've done this right, you will have a double layer of freezer paper and your pattern will have a dull side and a shiny side.

3 Place two heart fabrics right sides together. Place a few pins around the outside edge to hold together. Center heart pattern on fabric, placing freezer paper template shiny side down. Iron. Don't remove the freezer paper pattern, you will be stitching around it.

4 Reduce machine stitch length to 1.5. *Tip: use an open toe foot and "needle down" if you have it on your machine.* Back stitch at each beginning and end.

5 Stitch around heart, right next to pattern leaving open between marks on pattern. (Remember to back stitch at each start and stop point.)

6 Cut out heart $\frac{1}{4}$ " from stitched line. Remove freezer paper. Clip curves. Turn heart right side out through opening, round curves with a point turner or dull chop stick. Be careful not to poke through fabric.

7 Stuff heart loosely with polyester stuffing or fresh lavender. Slip stitch opening closed. Give your heart a "steam" press with the iron. Tie bow and tack stitch to top of heart or stitch 3 heart buttons to front of heart as desired.

Materials Needed

2 squares 7" x 7" fabric for each heart
Assorted Ribbons
3 to 12 Heart Buttons
Freezer Paper
Polyester Stuffing

Leave open
for turning

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