



Margaret Moorehead Presents...



# Hearts4U

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## Supply List:

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Embroidery Machine with a minimum hoop size of 140mm x 140mm  
Software and transfer device to load the designs  
Rotary Cutter, Mat, Ruler  
Scissors  
Shears and Thread Snips  
Iron and ironing surface  
Fabric Marker of your choice (pen, pencil, chalk...)  
General Sewing Supplies



Microtex size 80 or 90 needle or your favorite needle for embroidery and decorative stitches.

Machine Feet (These are recommended but not required)

Stitch in the ditch

Quarter inch foot with a guide

Decorative Stitch Foot

Tape (I like painters tape)

General Sewing Supplies

Cut Away Stabilizer

Embroidery Thread

Construction Thread

Bobbins for embroidery, construction and decorative stitching

Project Supplies:

Center heart appliqué squares: Four 8" squares of fabric fused with batting

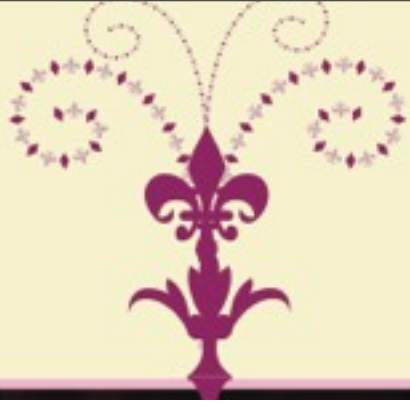
Heart Appliqué: Four 4" squares of fabric fused with lightweight interfacing

Backing fabric for heart appliqué squares: Four 8" squares of fabric

Borders: Two 9" x 12" rectangles of fabric, one of these fused with batting

Bias Binding: 2 3/8" x about 56"





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## Getting Started with Embroidery

Fuse batting or interfacing to the back of the fabrics as listed on the supply list

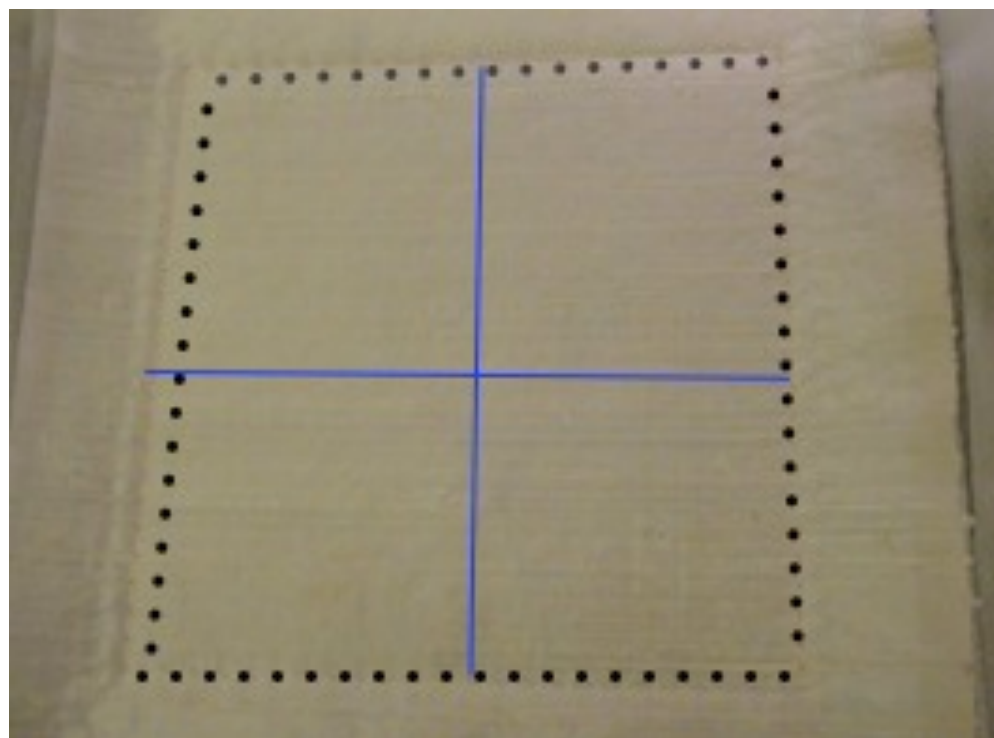
Mark the horizontal and vertical center of each of the four 8" squares

Hoop Tear Away Stabilizer

Call up design

Center fabric in hoop

Baste the 8" square in place





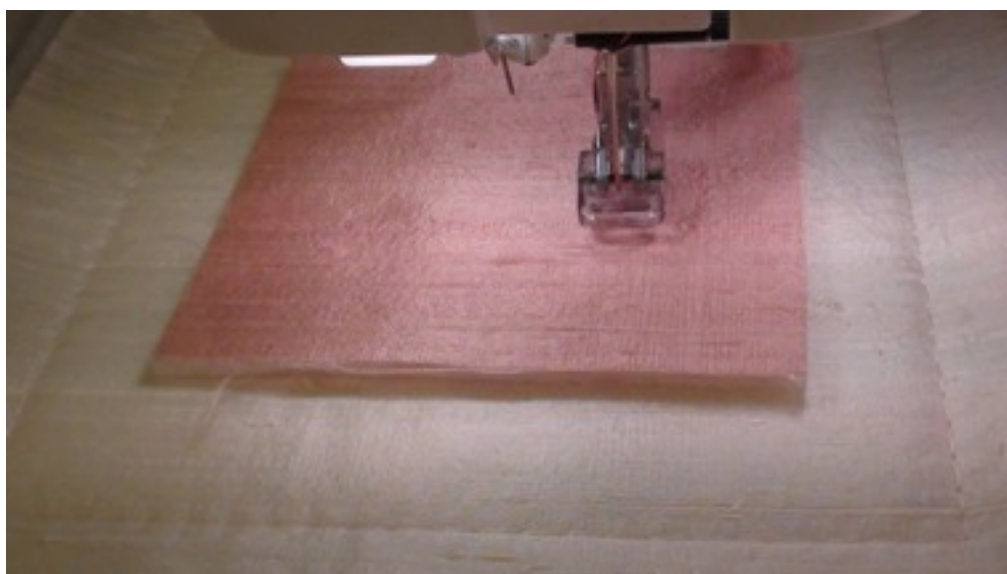
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## Embroidery Continues



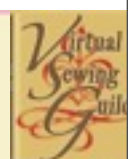
Stitch the outline of the heart

**Hint:** Use the same thread that you will use to do the satin stitch around the outside of the heart for the most perfect results



Place the appliqué fabric, fused with lightweight interfacing on top of the outline of the heart, making sure the entire heart is covered by the appliqué fabric.

Still using the same thread that will be used when stitching the satin stitch around the outside of the heart, the heart will now be stitched with a zig zag to hold the appliqué fabric in place.





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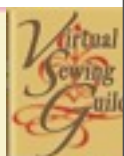
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## Embroidery Continues



Remove the hoop from the machine, but not the project from the hoop, and trim away the excess appliqué fabric VERY close to the stitching

Hint: Always set your hoop on a flat surface to do this. If you try to do this while holding this, your project might pop out of the hoop....not a good thing!





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## Embroidery Continues



Continue embroidering the heart design, changing thread colors to create the perfect heart for your project.



### Note:

STOP when the heart is finished and place the backing fabric behind your hoop.  
(See next page)





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## Quilting in the Hoop

Remove the hoop from the machine but not the project from the hoop

Flip the hoop over so the back of the hoop is facing up

Tape the 8" square of backing fabric to the back of the embroidery project

Carefully put the hoop back on the embroidery machine, making sure the backing fabric is still laying flat





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### Quilting in the hoop continues



**Note:** For this project we are only concerned with the inner square of stitching because we are using the “Jenny Join” to join all of your pieces together.

The design will now stitch two squares around the heart. These squares hold the backing fabric in place and create a perfectly straight cutting line for us.

After the two squares are stitched, the design will then “quilt” your project. The stipple embroidery design will stitch through the front, batting and back of your project creating perfect quilting on each block.

Remove your project from the hoop. (Create 4 heart appliqué blocks.)







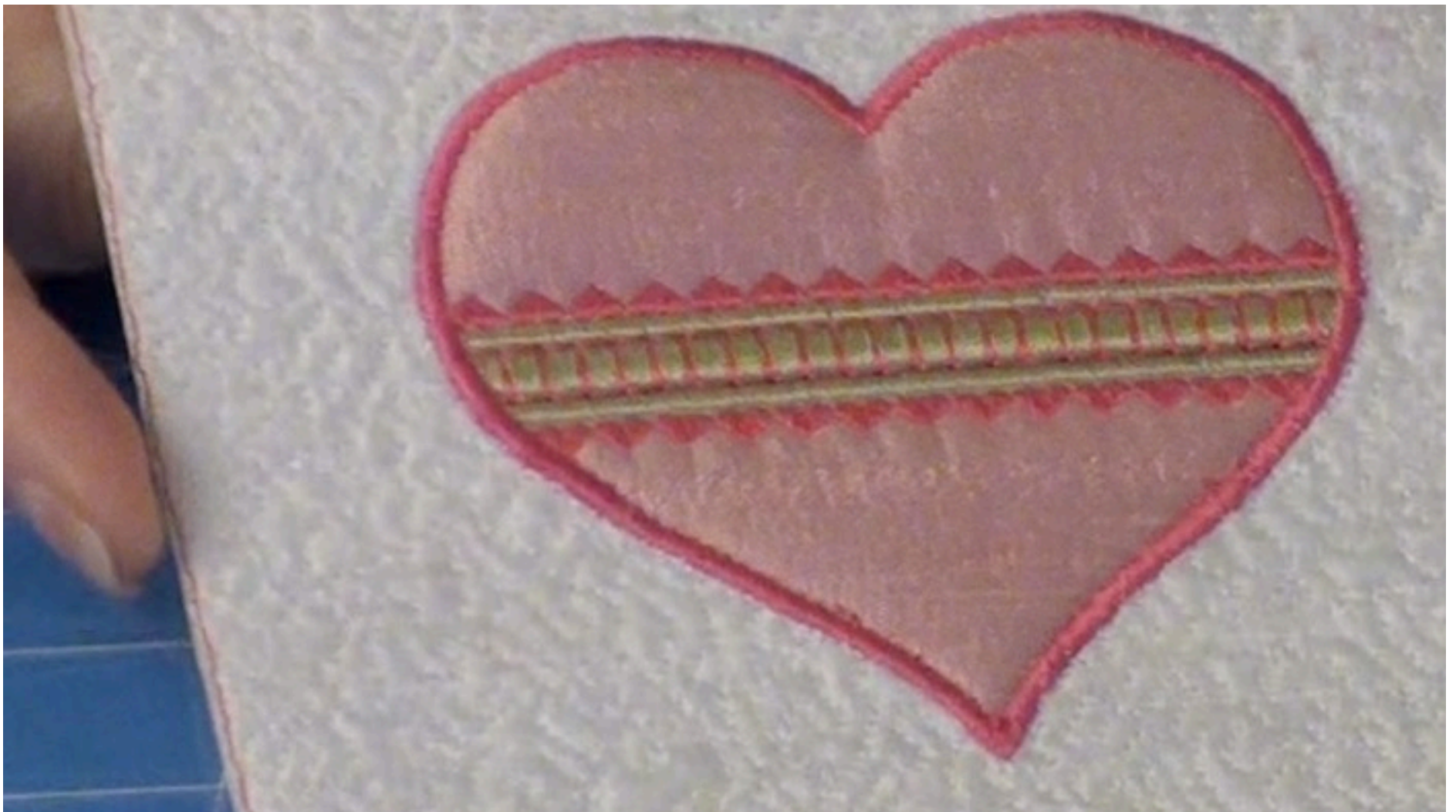
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## Cutting to size



Cut your embroidered squares as close to the inner square of stitching as you can without cutting off those stitches. They hold all your layers together for easier stitching when doing the Jenny Join





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## Quilting the Borders

Layer your border fabric so you have the right side of the fabric facing out on the top and bottom, and your batting in between.

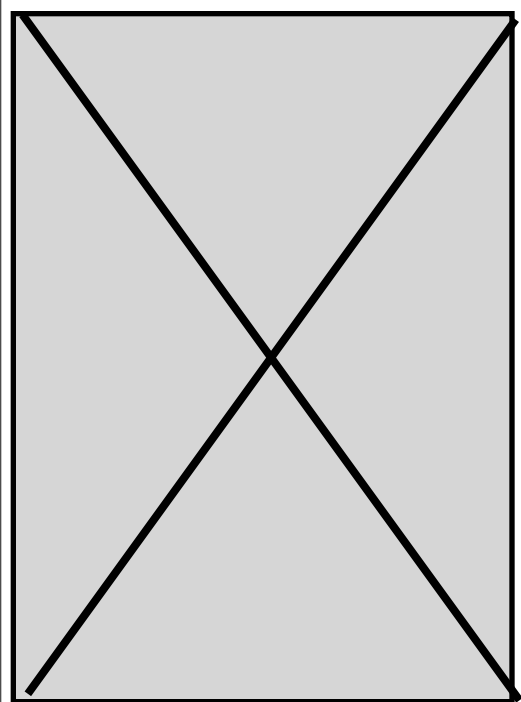
Draw a diagonal line from corner to corner with your fabric marker.

Attach your quilting guide to your machine. (I had mine at 5/8" of an inch)

Note: If you do not have a quilting guide you will need to draw all your quilting lines)

Match your needle and your bobbin thread.

Quilt the entire piece of fabric (this will be cut into two borders later)





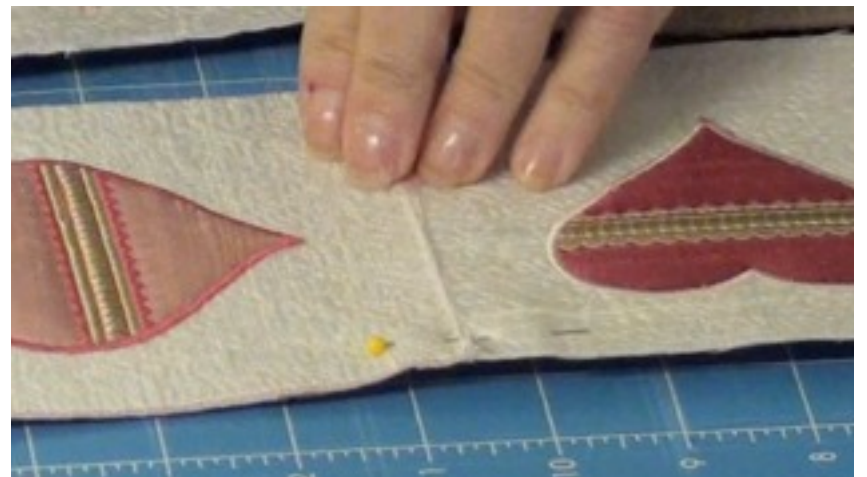
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## Joining our pieces with the Jenny Join



Arrange the hearts the way you would like them for your project.



Place the blocks next to each other and pin together. The pin should be perpendicular to the cut edge with the pin holding the blocks next to each other, perfectly flat and straight



Using a 3.0W x 3.0L zig zag stitch, join a set of 2 blocks together (A), then join the next set of 2 blocks together. (B) Finally join both sets (A and B) together to form the center block that has all four hearts.





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## Jenny Join continued



Cover the zig zag stitch with a satin stitch.



Add a decorative stitch to each side of the satin stitch

Hint: Be sure that your bobbin thread matches your top thread so the back of your project will look just as beautiful as the front.



Hint: Be sure to use the proper foot so your stitches will form beautifully.





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## Borders



Attach your borders using the Jenny Join.



Trim your borders to a width you like. I suggest 3”.

Note: I did not add a decorative stitch next to the satin stitch, and I decided that my borders would be 3” wide. It is your project, so YOU get to decide how YOU want it to look.





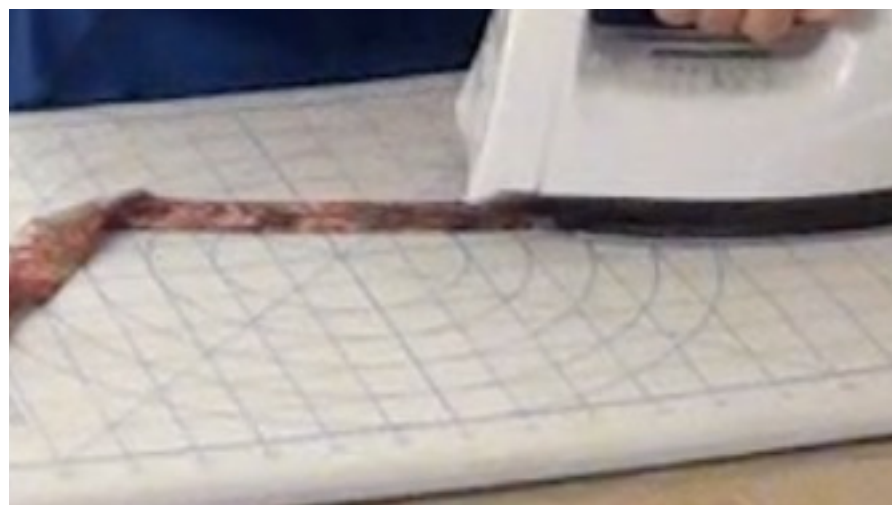
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## Binding



Stitch your binding pieces together until you have a strip about 56" long



Fold it in half long ways and press

### Hint:

The quarter inch foot with a guide works great for this technique.



Attach the binding to your project using a 1/4" seam allowance





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### **Binding continued (Mitering the corner)**

When you are exactly 1/4" from the edge of your placemat, pivot and stitch off the corner of your placemat.





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## Binding continued (Mitering the corner)



Position your project so the stitched binding is now at the top and the edge you are going to stitch next is to the right.

Fold the binding up to the top so the raw edge of the binding and the raw edge of the project form a perfectly straight line.







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## Binding continued (Mitering the corner)



Now fold the binding down so it is folded perfectly straight at the top, lines up exactly on the top edge of your project, and is perfectly straight along the raw edges on the right hand side of your project.





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### Binding continued (Mitering the corner)



Start at the edge of the fabric and stitch the binding to create a perfectly mitered corner.

Repeat for each corner.

Join the beginning and ending binding edges as desired.  
(Additional information in the video)



Press the binding out, and then to the wrong side.

Add a bit of school glue to the back of the binding as shown in the video, and press in place. Hand stitch your binding in place.





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ENJOY!

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