

My Heart Belongs To You Sachet

Margaret Moorehead's

VIRTUAL
SEWING GUILD

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Supply List:

- Heart Design from VSG
- 1/8" Ribbon
- Container for rinsing (optional)
- Calgon Water Softener or similar product (optional)
- Painters Tape or Scotch Tape
- Small cup (I used a styrofoam cup)
- Lavender
- Towel for drying design
- Embroidery Thread
- Fray inhibitor

Equipment List:

- Machine in good working order
- Iron
- General Sewing Supplies

Stabilizers and fabric prep products:

- Water Soluble Stabilizer

Stabilizer and Ribbon	Quantity	Size	Notes
Water Soluble stabilizer	3 layers per hooping	Large enough for your hoop	
1/8" ribbon	1 per sachet	40" x 1/8"	

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These directions are designed to be used in conjunction with the step by step detailed videos.

Embroidery:

1. Hoop 3 layers of water soluble stabilizer for each stitch out you are doing
2. Call up the design and put as many hearts as you would like in your hoop.
3. Each sachet will need a front and a back, which means you will need two hearts per project
4. Thread the machine with embroidery thread in the needle. (I used bobbin thread in the bobbin...NOT embroidery thread)
5. Remove the project from the hoop
6. Cut away excess stabilizer from around the hearts (optional)
7. Rinse away the stabilizer according to the manufacturers instructions
8. I do the first rinse in a gallon container with warm water and let them sit
9. Then I toss the water outside
10. For the second rinse I add Calgon (or other water softener product) to the warm water and let the designs sit again (using the gallon container again)
11. Then I toss this water outside
12. Rinse one final time
13. Place embroidered designs on a towel to dry
14. If you want to speed up the process you can iron them dry
15. When they are dry, iron them with steam so they are nice and flat.



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Assembling the Sachet

1. Cut a piece of 1/8" ribbon 40" long
2. Optional: Wrap a piece of tape around the ends of the ribbon to form a "needle" on the ends
3. Place the embroidered hearts wrong side together and line them up so the loops are lined up on top of each other
4. Start at the center bottom and insert one end of the ribbon through the first loop of both hearts at the bottom
5. Pull the ribbon so it is at about the half way mark as you go through this loop
6. Make sure ribbon is not twisted
7. Insert ribbon through the next loop from the back again, make sure it isn't twisted and repeat until you are 3 loops from the top of the heart
8. Repeat for the other half of the heart
9. **Refer to video for more details
10. There are now 3 loops open on each half of the heart at the top
11. Put some lavender in a small cup
12. Dump lavender into the hearts that you have laced together
13. Finish lacing up the heart
14. Adjust the ribbon so it holds both layers of the heart together
15. Tie a knot in the top of the heart to secure the ribbon
16. Finish the top with a bow, or a loop and bow.
17. Trim tape off the ends of the ribbon
18. Seal the ends of the ribbon with fray inhibitor

**Celebrate your success
and...
ENJOY!**

