Heirloom Heart Project

Margaret Moorehead's

VIRTUAL SEWING GUILD

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Heirloom Heart Project

Supply List:

- 100% Cotton Heirloom Fabric
- 5/8” wide Swiss insertion lace. (Make sure it has the header threads for shaping the lace). This lace is usually 80%-90% cotton
- Sheer Organza ribbon about 3/4” wide
- Spray Starch (Mary Ellen’s Best Press will work, but Spray Starch is my favorite…if you already have either on hand, use what you have)
- Size 70 Sharp needle is what is recommended, but size 80 works well also (I used size 80 because it is what I had)
- Wing Needle (I used size 120, but any size will work)
- 2.0 Twin Needle
- Glass head pins
- 80 weight Cotton Thread
- Muslin or pressing cloth
- Heart Template (supplied with this class)
- Ackfeld Frame (8” x 8”) (Optional)
- Tiny gold safety pin (optional)

Equipment List:

- Machine in good working order
- Rotary Cutter, Mat, Ruler
- Water soluble marking pen (test to be sure it can be ironed over and still disappear)
- Machine Feet: Open Toe foot, pin tuck foot
- Iron and ironing surface
- Surface to pin into while lace shaping (I used my wool pressing mat)
- General Sewing Supplies
- Sharp Scissors (Appliqué scissors work great but others will work also)
- Magnetic seam guide (optional)

Stabilizers, Fabric Prep Products, Batting, Etc

Fabric	Quantity	Size	Notes
100% Cotton Heirloom fabric for project	1	12” x 12”	Heavily starched
100% Cotton Heirloom fabric for testing wing needle stitches	1	Any size	Heavily starched
100% Cotton Heirloom fabric for pin tuck testing		Any size	Do NOT starch
100% Cotton Heirloom fabric for pin tucks	1	6” x 10”	Do NOT starch
Swiss insertion lace (Make sure it has header threads)	1	5/8” x 36”	
Ribbon for accent bow (I used organza ribbon	1	18” x 3/4”	The width does not have to be the same as mine

These directions are designed to be used in conjunction with the step by step detailed videos. There is lots of additional information in the video so be sure to watch!

Included Videos

Heirloom Heart Project

Included Designs

No embroidery designs are used on this project

Techniques

Lace insertion
Lace Shaping
Wing Needle hemstitching
Twin Needle Pin tucks

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Getting Started

1. Cut your fabric to size according to the chart on page 2
2. Starch the 12” x 12” square of fabric following the instructions on the video
3. Starch your wing needle practice fabric following the instructions on the video
4. Do NOT starch your pin tuck fabric or your pin tuck test fabric
5. **HINT: Protect your work surface and your iron by using a piece of muslin or a pressing cloth when starching your fabric and when ironing during the starching process do NOT use steam**

Pin Tucks

1. We are starting with pin tucks since they use a twin needle and I thought it was easier to set up for the twin needle and do those first, so you don’t have to go from your regular single needle to a twin needle, then back to the single needle
2. Set up your machine for twin needle work according to the video
3. Use an 80 weight thread in each of the needles and a very light weight bobbin thread
4. If you don’t have 2 spools of thread, wind a bobbin with the thread you want and use that as you would a second spool of thread at the top of the machine for threading the second needle
5. Attach your pin tuck foot
6. Call up a straight stitch, and if you have the option use the feature on your machine to let your machine know you are using a 2.0 twin needle use that feature
7. Using your water soluble marking pen, draw a straight line from top to bottom on your pin tuck test fabric and the pin tuck fabric you will be using for the project
8. Create some pin tucks on your test fabric and decide on the spacing you want for your pin tucks
9. Once you have decided on the spacing of your pin tucks, stitch them out for the project making sure you do enough pin tucks to for your heart insert
10. **HINT: Do not use the “cut thread” feature on your machine at the end of each pin tuck, instead, pinch the fabric and threads and pull them out from under the needle, then clip the threads leaving a tail of thread. That way if the pin tucks are bunched up you can simply spread them out smooth and there will be enough thread at the ends that the stitches do not come out**

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Lace Shaping

1. Press your heavily starched 12” x 12” square of fabric so you have center vertical and horizontal lines
2. Cut out the heart template that is included in this class
3. Using the template, trace the heart onto the center of your fabric using a water soluble marking pen
4. Work on a “pinable” surface, I used my wool pressing pad
5. Cover the wool pressing pad with muslin or a pressing cloth to protect it since we will be using starch again. Also have another piece of muslin or a pressing cloth to put on top of the project as we are ironing to protect your iron
6. Place the starched fabric that has the heart drawn on it, on top of the muslin and “pinable” surface
7. Starting at the bottom point of the lace, place one straight edge of the insertion lace on the drawn line of the heart, having the rest of the lace going into the heart. You want the outside edge of the lace to be on the drawn line of the heart all the way around.
8. Pin around the entire heart using glass head pins and following the video instructions
9. **HINT: Be sure to have a “tail” of lace when you start pinning your lace at the bottom of the heart and be sure to “miter” the top point of the heart**
10. **HINT: Place our pins in at an angle so you can iron over them.**
11. Use a pin to pull out one of the header threads from the INSIDE edge of the lace (the edge that is not pinned down)
12. Pull the header thread and watch the lace take the shape of the heart just like magic (Okay, I do love this part!)
13. When it gets to the top center of the heart, stop and repeat for the other half of the heart. (Use a pin to pull out one of the header threads…)
14. Look at the shape of the inside of your heart. If it needs any adjusting to get it to look just how you want it to look, now is the time to do that adjusting!
15. Take the top lace tail at the bottom of the heart point, and fold it under to form the “magic miter” at the bottom of the heart
16. **Remember to refer to the video for more details on all of this**
17. Spray with starch and begin to iron the lace and fabric dry (cover with muslin)
18. Remove some of the pins and iron some more
19. Pull out more pins, and place them so they are no longer in the “pinable” surface and they are completely flat. At this point they will most likely be through the lace, the project fabric and the muslin

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20. Once all your pins are flat you will be able to iron your project dry
21. After the project is completely dry, remove the muslin from the back of the project and make sure your lace is only pinned to the starched heirloom fabric
22. I know I know…so many steps, but it works! If you want to skip steps that is your choice, but this method works well

Stitching the shaped lace heart to the fabric and adding the pin tucks

1. Set up your sewing machine with a sharp needle (size 70 or 80), 80 weight thread in the needle and a light weight bobbin thread
2. I used a 2.4w x 2.5l zig zag stitch to stitch my lace down. There are other stitches you can use, but this one works great
3. Stitch all the way around the outside of the heart
4. Cut away the fabric from behind the heart, close to the stitching being sure to not clip the stitches or the lace
5. Trim away the lace tails at the bottom of the heart…lace doesn't ravel so you don't have to worry about that
6. Place the fabric that has the pin tucks on it, behind the lace heart, with the pin tucks facing up, making sure the fabric extends beyond the lace on all sides
7. I lined up the center pin tuck, the one that is stitched over the blue line I drew, with the center of my heart
8. Pin in place around the inside of the lace shaped heart
9. Pin the corners of the pin tuck fabric to the project also so they do not accidentally get flipped down and caught as you are stitching
10. Stitch around the inside of the lace heart using the same process you did for the outside of the heart
11. Cut away the pin tuck fabric close to the stitching you just did, being sure to not clip the stitches or the lace.
12. Your lace should not have any fabric behind it and should love BEAUTIFUL with those wonderful pin tucks in the center
13. Using thread that matches your lace, and the same zig zag stitch you have been using, stitch over the mitered lace at the top and bottom of the heart
14. After you have stitched all the layers of the lace together, trim away the excess lace.
15. Spray the pin tucks with water to remove the blue marking. Don't spray the entire project with water…we want that starch to stay in our project
16. Starch your entire project again and iron it dry
17. Remember to watch the video for more details

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Marking and Wing Needle Hemstitching

1. Measure out to the right from the vertical center of the heart 3 3/4” and draw a line with your water soluble maker
2. Measure out to the left from the vertical center of the heart 3 3/4” and draw a line with your water soluble maker
3. Measure down from the bottom point of the heart 1 3/4” and draw a horizontal line with your water soluble marker
4. Measure up from the top of your heart 3 3/4” and draw a horizontal line with your water soluble marker
5. Fold the fabric to the back of your project on these lines and iron
6. Check to see that you like the size of your project and make any needed adjustments
7. Set up your machine with a wing needle, 80 weight thread in the needle and very light weight thread in the bobbin
8. Use your test fabric and test out some of the wing needle stitches on your sewing machine on a double layer of fabric
9. **NOTE: Be sure the foot you are using is wide enough to accommodate your wing needle and the stitch you have chosen**.
10. Once you have decided on the stitch you want to use, you will stitch the sides of your project
11. Make sure your sides are still folded, but the top and bottom of the project are NOT folded. You will be stitching through 2 layers of fabric
12. Stitch 3/4” from the fold (I used my magnetic seam guide for this part)
13. Starch and iron being sure not to remove the blue marking line from the top or bottom of the project
14. Trim away the excess fabric from the back of the project on both sides
15. Fold up the bottom fabric and stitch 3/4” from the fold
16. Starch and iron
17. Trim away the excess fabric from the back of the project along the bottom
18. Starch and iron dry
19. Remember to watch the video for more details

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Creating the sleeve/casing for hanging and lace insertion at the top

1. Fold down the top of the project on the drawn drawn line
2. Measure down 1” form the fold and draw a line with your water soluble marking pen
3. Place the top edge of the insertion lace along the drawn line and pin in place.
4. Place the insertion lace all the way across the top of the project, and wrap it to the back on each side
5. Set up the machine for straight stitch with a size 70 or 80 sharp needle, 80 weight thread in the needle and very light weight thread in the bobbin
6. Stitch along the top and bottom edges of the insertion lace with a straight stitch
7. Trim away the excess fabric from the back of the project that is at the bottom of the insertion lace
8. Cut a straight line through both layers of fabric behind the insertion lace, between the wind needle stitching. Do NOT go all the way to the end
9. Try to center this cutting line halfway between the top and bottom of the lace
10. In order to fold the cut fabric up and down to create a folded edge at the top and bottom of the lace, you will need to clip the fabric up to the top and down to the bottom where the horizontal cutting line ends, which should be at the wing needle stitching
11. Press the fabric at the top UP towards the top
12. Press the fabric at the bottom DOWN towards the bottom
13. Starch and iron dry
14. Change from a straight stitch to a zig zag (2.4w x 2.5L like we used to stitch our heart) and stitch over the straight stitching you just did and the folded fabric to hold the fabric on the back of the project in place. (Stitch along the fold on the the top and bottom of the lace)
15. Trim away any excess fabric form the back of the project
16. Starch the entire project and iron dry one last time
17. Remember to watch the video for more details

Add the bow

1. Make a bow from your ribbon and attach to the project. I simply pinned mine with a tiny gold safety pin

ENJOY!