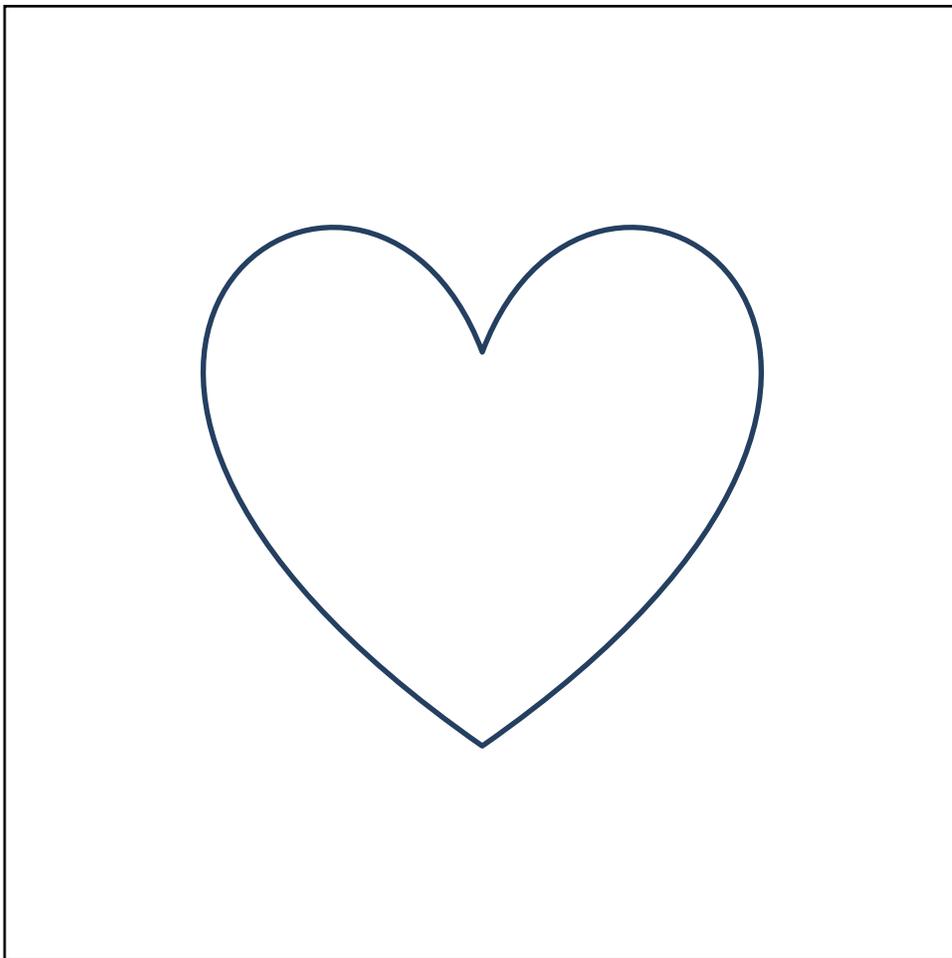


Heart Block Pattern

LQG has a tradition of sending heart blocks to fellow Guild members who are experiencing a difficult time in their lives. The blocks are simple to make and this is a thoughtful and easy way to show these ladies that we're thinking of them. If you know of a LQG member in need of a little extra TLC, please contact a Board Member know so we can send out a request.

At the suggestion of some of our members, we are changing the block a bit by making the background slightly bigger and orienting the heart upright rather than at an angle. To make the heart block, cut the background fabric 5-1/4"x5-1/4" and use the pattern below for the heart. Appliqué the heart to the background using your favorite appliqué method. Trim to 5"x5".

Imagine getting a mailbox full of hearts!



To make the applique block:

Cut a 5-1/4" x 5-1/4" block of your background fabric. Mark the center of the block. Choose your applique method: fusible or turned edge.

Fusible Applique

Fusible applique: cut a square of paper-backed fusible web (Wonder Under or Steam-a-Seam) slightly larger than the heart pattern.

1. Trace the heart pattern onto the paper, remove the unmarked side of the paper and fuse to the back of the fabric you will use for the heart.
2. Fusing tips: Generally, it is best to use a hot iron and no steam at this point. Press the iron on top of the heart for about 10-12 seconds. Do not move the iron back and forth – lift up and down. Let the fused fabric cool (Laura Wasilowski suggests it takes 30 minutes to cool completely). Cut out the heart on the lines. To remove the backing easily, I like to start peeling one edge so the loose paper is just inside the cutting line *before* cutting out the heart. You can also use a pin to score the paper in the middle of the heart and then remove the paper. What you don't want to do is to cut out the heart and then peel from the edges, because that can cause the fabric to fray some. Remove the paper backing, center the heart diagonally on the background fabric and fuse. At this point, you can use a damp pressing cloth to ensure the heart is fused to the background fabric.
3. Stitch around the outside of the heart using a decorative stitch such as a blanket stitch, zig zag or satin stitch. It may be helpful to place a piece of stabilizer or tissue paper under the fabric to prevent the fabric from puckering. You can stitch by machine or hand.
4. Trim the block to 5" by 5".

Turned Edge Applique

Cut out two 4"x4" pieces of freezer paper. Using a pencil (not marker), trace the heart pattern onto one piece of freezer paper. With the shiny side of **both** pieces of freezer paper facing **down**, iron the heart pattern onto the second square of freezer paper. Cut out the heart.

1. Iron the shiny side of the freezer paper to the wrong side of your heart fabric. Cut out the heart, leaving about 1/4" seam allowance all around. Clip the fabric at the notch of the heart almost to the paper.
1. Spray some spray starch into a small bowl; after a few minutes, the foam will subside and you will have liquid starch. Using a small paint brush, paint the fabric not covered by the freezer paper, then using the tip of a hot iron, fold the fabric over the freezer paper to get a sharp fold. Leave the iron on the fabric until it is dry. Work your way around all of the heart, easing the excess fabric around the curves. A stiletto or orange stick can help with easing and preventing burnt fingers. Once the edges are turned, turn over the heart to see if there are any puckers on the front. You may want to spray starch the front and then iron to ensure a crisp fold. Let cool, then remove the paper.
2. Center the heart diagonally on the background fabric and pin or glue baste. Stitch around the outside of the heart using a decorative stitch such as a blanket stitch, zig zag or satin stitch. It may be helpful to place a piece of stabilizer or tissue paper under the fabric to prevent the fabric from puckering. You can stitch by machine or hand.
3. Trim the block to 5" by 5".

Starch and press raw edges over the freezer paper.

