



With My Heart

by Anna Scott, Anna Scott Embroidery

This sweet little heart is quick to make and is perfect as a little gift for someone special. Enjoy!

Finished size: 1½" wide

Stitches used: chain stitch, French knot and satin stitch

Materials & Supplies

- ▶ Fabric (muslin or linen works well) 10 cm x 15 cm wide (4" x 6")
- ▶ Red stranded cotton
- ▶ Needle - #8 crewel needle
- ▶ Tracing paper

- ▶ Sharp pencil or water-soluble marker
- ▶ Fibre-fill
- ▶ Sewing thread to match your fabric

Transferring the Design

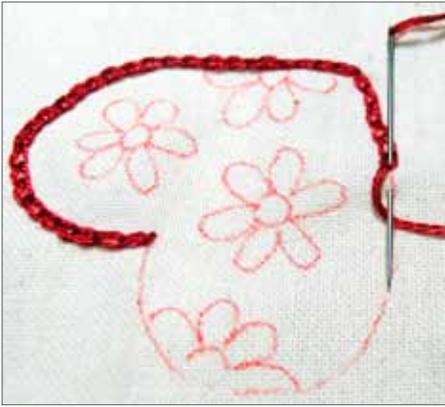
1. Trace the pattern (see page 10) onto a piece of tracing paper (or baking paper) with a fine pen or sharp pencil.
2. Place the tracing over a window or lightbox and tape it in place. Centre the fabric over the tracing and tape in place.
3. Trace the hearts with a very sharp pencil or a fine water-soluble pen.

Embroidery

Use two strands of thread.

1. Outline: Start at the tip and work small, even chain stitches along one side of the heart to the top. Repeat for the other side of the heart.





2. Flowers: Embroider the petals in satin stitch. Start each at the centre and stitch to one side at a time. Fan the satin stitches a tiny bit at the outer edge and pack them closely together at the flower centre.



Designer's Hint: I find it easiest to bring the needle to the front at the outer edge and to the back at the flower centre.

3. Dots: Scatter French knots around the flowers – each knot has only one wrap.

Making the Heart

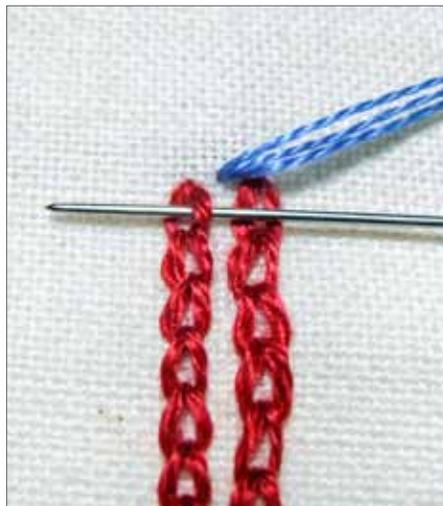
1. Press the embroidery from the wrong side onto a soft, padded surface. Cut out each heart, leaving a 1 cm ($\frac{3}{8}$ ") seam allowance around all sides.
2. Cut a 40 cm (16") length of thread. Fold it in half and make a twisted cord. Fold the cord in half and knot the ends together to make a hanging loop. You might need to adjust the position of the knot to get the loop the length you want it.

3. Place the cord over one heart, so the knotted end extends past the top and the loop. Position the other heart on top, sandwiching the loop between and pin in place.
4. Place the two hearts with right-sides together and pin. Using the matching sewing thread, hand stitch the hearts together with small back stitches. Start at the tip and stitch just outside the chain stitch outline and making sure you stitch several times through the twisted cord at the top.
5. When you near the starting point, anchor the thread but do not cut it, leaving a small opening. Trim the seams to about 6 mm ($\frac{1}{4}$ ") and finger press the seam allowances open.
6. Turn the heart to the right side. Fill it with fibre-fill and stitch the opening closed.

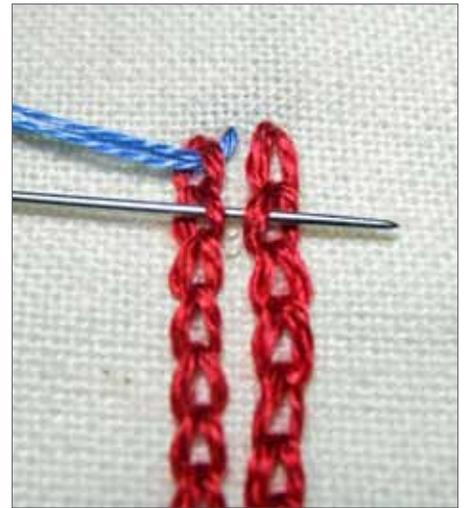
Neatening the Edge

Neaten the edge by lacing the front and back chain-stitched edges across the seam.

1. Thread up three strands of cotton. (I used a different colour so you can see how to lace the chain stitches.)
2. Knot the end and sink the knot into the seam.



3. Bring the thread out at the bottom tip of the heart. Slide the needle under the inside edge of the first chain stitch.

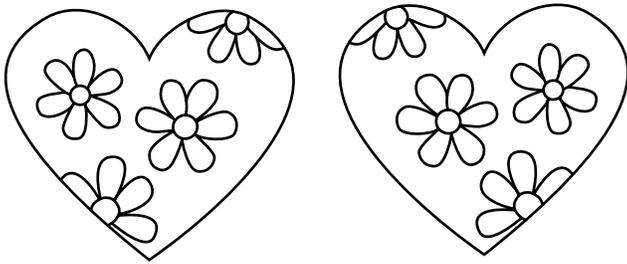


4. Slide the needle under the inner edge of the next chain stitch on the same side and the corresponding stitch on the opposite side.
5. Slide the needle through the next two corresponding stitches in the opposite direction.



6. Continue to lace the chain stitches across the seam in the same way until you reach the top of the heart.
7. Neaten the other side of the heart in the same way.

With My Heart Pattern



Many thanks to Anna Scott for agreeing to share this design with *Embroidery Canada* readers. Anna is an embroidery designer living and working in Australia. Her designs and patterns have been published in *Inspirations* magazine and many embroidery books.

She says, "Thread, colour, fabric, yarn, flowers, decorating and creating one thing or another have been an important part of what I do every day for as long as I can remember. These days embroidery is what I do mostly. I stitch whenever I can find the time – or make time. When I don't embroider, I think about embroidery."

You can find more on Anna's website or at her Etsy shop, Fine Stitch Studio.

<http://www.annascottembroidery.com.au> or

<https://www.etsy.com/ca/shop/FineStitchStudio>

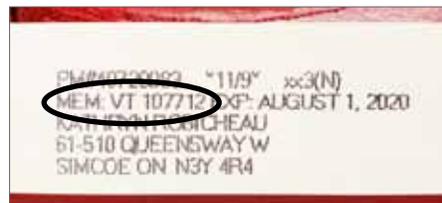
The Memorial Fund

The EAC/ACB Memorial Fund has been created for the purpose of enabling EAC/ACB members and their families to honour the memory of friends, family members and teachers of embroidery or fibre arts through donations to EAC/ACB. The fund will provide scholarships to assist individuals and chapter-sponsored workshops or group courses.

Those wishing to make a donation to the Memorial Fund can do so online or by mail to the EAC/ACB Treasurer. Receipts will be issued for income tax purposes.

Dates to Remember

September 1	1st Deadline for <i>Memorial Fund</i> Applications
September 1	Registration opens for the annual seminar
September 10	Submissions due <i>EC Issue #2</i> (Winter)
October 31	<i>Eleanor Thomas Youth Award</i> applications due
November 1	<i>Seminar Grant Application</i> forms due
November 15	Seminar Class Lottery
December 10	Submissions due <i>EC Issue #3</i> (Spring)
February 28	<i>Seminar Group Project Intent to Submit</i> notices due
March 1	2nd Deadline for <i>Memorial Fund</i> Applications
March 10	Submissions due <i>EC Issue #4</i> (Summer)
March 31	EAC/ACB <i>Service Pin Nomination</i> forms due
April 1	<i>Members' Exhibition Entry</i> Forms due
April 1	<i>Original Design Award</i> Application forms due
April 15	<i>Pulled Thread Award</i> Application forms due
April 15	<i>Pauline Glover Educational Grant</i> Application forms due
May 16 – 17	EAC/ACB Board of Directors Meeting
May 18 – 23	Seminar 2021: <i>Magical Mystery</i>
May 19	Annual General Meeting, Richmond, BC
June 1	Submissions due <i>EC Issue #1</i> (Fall)



Check your mailing label, that's where you'll find your membership number!