



Block size (with seam allowance): 8-1/2 inches

Suggested colors:

Use some red or pink and any other lights and darks. Make it scrappy or more controlled. Two fabrics would be more controlled - up to eight would be scrappy.

Fabric 1 Darks

Fabric 2 Lights

Fabric 3 Muslin -- won't show on completed block

(If you can't see through your 8-inch square of muslin, make a paper or plastic template of the heart. Be sure to include the placement lines on the template.)

Materials list

From fabric 1:

4 ea (A) 4-1/2 inch squares

From fabric 2:

4 ea (B) 4-1/2 inch squares

From fabric 3:

1 ea 8-inch square muslin

Directions



Unit 1

Unit 2

For piecing:

1. Make one 4-patch of Unit 1 alternating darks and lights as shown.
2. Make one 4-patch of Unit 2 alternating darks and lights as shown.
3. Cut out heart shape template on the next page with vertical and horizontal placement lines.
4. Draw center vertical and horizontal placement lines on 8-inch muslin.
5. Draw the heart shape on the 8-inch square of muslin matching the heart's placement lines with lines already drawn on muslin square.
6. Center the 8-inch muslin square (with drawn heart shape) on top of the 4-patch (Unit 1), right side up, making sure the placement lines of the muslin match the vertical and horizontal seam lines of the 4-patch.
7. Sew the outline shape of the heart using a short stitch length.
8. Press the stitching. Trim around the outside edge of the heart through the muslin and 4-patch leaving about 1/8-inch seam allowance.
9. Make a 2-inch slit through the MUSLIN ONLY in about the center of the heart. Do not cut through the 4-patch.
10. Turn the heart shape inside out and press, rolling the muslin to the back as you press.
11. Center heart on the second 4-patch Unit 2. Keep dark patch on light patch and light patch on dark patch to see contrast of heart shape.
12. Appliqué stitch the heart in place using your favorite method: blanket stitch, small zigzag, or blind hem. Use invisible or coordinating thread.

