

HEARTS AND MORE™ TECHNIQUES WORKSHOP

©2016 SUE PELLAND DESIGNS Hearts and more templates were designed to cut nine basic appliqué shapes. The templates can be used to make simple to Baltimore style appliqué quilts. In this workshop, you will explore many shapes that can be cut using your hearts and more templates without the need for tracing or cutting plastic templates.

Before you begin, you should know:

- Always pre-wash fabric when you use fusible web
- All the fabric in the kits are pre-fused using Mistyfuse
- Fold fabrics just wide enough to make your shapes. All shapes are cut on the fold of pre-fused fabrics
- Let fused fabrics cool at least 15 minutes after fusing or the fabric may stick together when folded
- Upper case letters are on the straight edge of the Hearts and More tools. Lower case letters are on the curved edge of the tools
- Cutting curves with a rotary cutter requires a very sharp 28mm blade. Hold your rotary cutter blade upright as close as you can to a 90 degree angle with the board. Cut very slowly
- Put TrueGrips on both sides of each template. Use the small “donut holes” on Template A
- The sampler quilt uses all four templates. If you do not have the set of four, you will need to share SPD templates



Cut Background Fabric: (homework on supply list)

- Cut from one 5 ½" x WOF strip: Left border – 5 ½" x 15 ½" and Top border – 5 ½" x 25 ½"
- Cut from the other 5 ½" x WOF strip: Bottom border – 5 ½" x 20 ½" and Right border – 5 ½" x 20 ½"
- Cut center block – 15 ½" square

Use a standard acrylic ruler to cut the straight stems:

- Straight Stems:*** Use the pre-cut straight stems or cut two 4" x 1/2" straight stems for right border

Cutting shapes with the Hearts and More templates:

Circles:

You can use fused squares of fabric to cut the circles or you can save fabric by fitting the circles close to each other. Using squares gives you the bonus square frame.

- From the dark fabric, cut two 3" circles by using Template D, small end, 90° line on the fold
- From the medium fabric, cut two 2" circles by using Template C, small end, 90° line on the fold
- From the light fabric, cut two 1" circles by using Template A, small end, 90° line on the fold, mark half a circle and cut half a circle with scissors
- From the yellow fabric cut one 2" circle by using Template C, small end, 90° line on the fold. **Optional**, cut one 1" circle by using Template A, small end, 90° line on the fold, mark half a circle and cut half a circle with scissors, to use in the center of the 6 petal flower
- Center the dark, medium, and light circles one inside the other to make two lollipop flowers. Press in place on an appliqué pressing sheet. You can buttonhole stitch two circles before fusing to the background

Straight-Edge Heart for center panel: Use the 12" square of appliqué fabric that is similar to your background fabric.

- Cut one large straight-edge heart using the large end of Template D, placing 90° and "Y" on the fold. Be sure to cut only to 90°, do not continue around the rest of the curve or you will cut into the center of the heart

Straight-Edge Heart for bottom border:

- Cut four straight-edge hearts using the large end of Template B, placing the 90° and "Q" on the fold using the dark, medium, and light fabrics. You will have to repeat one of the fabrics so choose either the light or medium for two hearts

Flower Petal for center panel: This project uses a flower petal shape with straight sides.

- Cut 10 petal shapes from the dark fabric: Template A, large end, 20° to "Q" on the fold

Leaves: Simple leaves can be cut using the round ends of the Hearts and More template.

- Cut 20 leaves using Template C, large end, 40° to 40° on the fold. The leaves used in this project can also be cut with the 2.5" Leaves Galore template. Use my pre-cut leaves or cut your own with Hearts and More

Curved-Edge Heart with cut out center:

- Cut seven curved-edge hearts: Cut two hearts from two fabrics and three hearts from one fabric
- Cut each curved-edge heart using Template B, large end from 90° and "m" on the fold
- Keep the heart folded to cut the inside heart. Flip template over to use Template B, small end. Center the curve on the outside heart leaving approximately 3/8" around the edge of the template. Keep "m" at the fold. Judging by eye is a very good way to cut the inside heart, because it makes each heart very slightly different so they look handmade and not die cut. The centers are bonus hearts to be used in the border on the left side of the quilt

Six-Petal Flower:

Fold each of the squares in sixths using the instructions in the booklet. Staple or pin each square as you fold it. Cut all flowers with scissors not your rotary cutter.

- Cut one dark 5" square. Fold. Mark with the small side of Template B from 80° to 80°
- Cut one medium 4" square. Fold. Mark with the large side of Template A from 70° to 70°
- Cut one light 3" square. Fold. Mark with the small side of Template A from 90° to 90°
- Center the smaller flowers on the larger dark flower and press all three together on an appliqué pressing sheet

The following shapes are cut with Leaves Galore:

Curved Flower Stem: The flower stem was cut with the Norme (6") Leaves Galore template. Use the pre-cut stems provided or use SPD template to cut your own stem approximately 3/8" wide.

"S" Curve Leaves: The leaves for the center flower were cut with the Petite (2.5") Leaves Galore template. Use the pre-cut "S" curve leaves or use SPD template to cut your own.

Assembling fused shapes on background fabrics:

Center block:

- Fold block in quarters to align appliqué. Finger press or mark with chalk
- Center straight-edge heart on center block and fuse
- Wait until the straight-edge heart is sewn down before you lay out the flower petals and yellow circle on upper right side of heart
- Tuck flower petals under circle. Tuck flower stem under one of the flower petals in a pleasing orientation. Cut excess leaving 1/4" overlap
- Add "S" curve leaves along the stem and fuse all shapes in place

Left border:

- Mark center lines with iron-erase chalk or fold in quarters and finger press center line. Use the center line to arrange the bonus hearts and leaves
- Measure 3 3/4" down from the top edge of the border, repeat to mark four lines
- Place the leaves on the line and the heart about 1/4" above the leaves

Bottom border:

- Mark guide lines 1/2" in from long edges of border. Place the top of the hearts on the guide line. Top edges are more important visually than bottom points
- Alternate hearts right side up and upside down, spacing the hearts evenly and with at least 1" away from each end of the border

Right border

- Mark a center line with iron-erase chalk or fold in quarters and finger press center lines
- Use this line to center your straight stem and largest six-petal flower

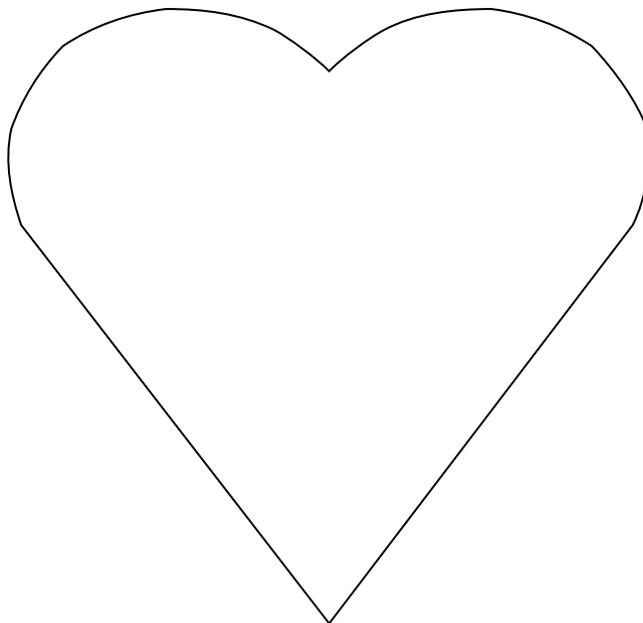
- Tuck the end of the stems and four leaves under the large flower. Fuse
- Add your lollipop flowers to each end of the stem. Fuse
- Add eight additional leaves along the stem. Fuse

Top border:

- Using the Quilter's Chalk Line or chalk marker and ruler, mark two guide lines along each long edge of your top border fabric, $\frac{3}{4}$ " in from each edge
- Place the heart rings with the top of the hearts on the guide line. Top edges are more important visually than bottom points
- Start at the left hand side of the border, overlapping the hearts so the inside edges just touch
- Make sure the right side of each heart lays over the heart to its right
- Cut through the top heart where they cross
- Weave the cut ends under the left hand heart to make the hearts intertwine



Complete decorative stitching. Assemble Quilt Top: Add left border to center block, followed by bottom border, right border, then top border.



© 2016 Sue Pelland

To be used by workshop attendees only. Instructions are not for sale or distribution. Please do not copy for friends.