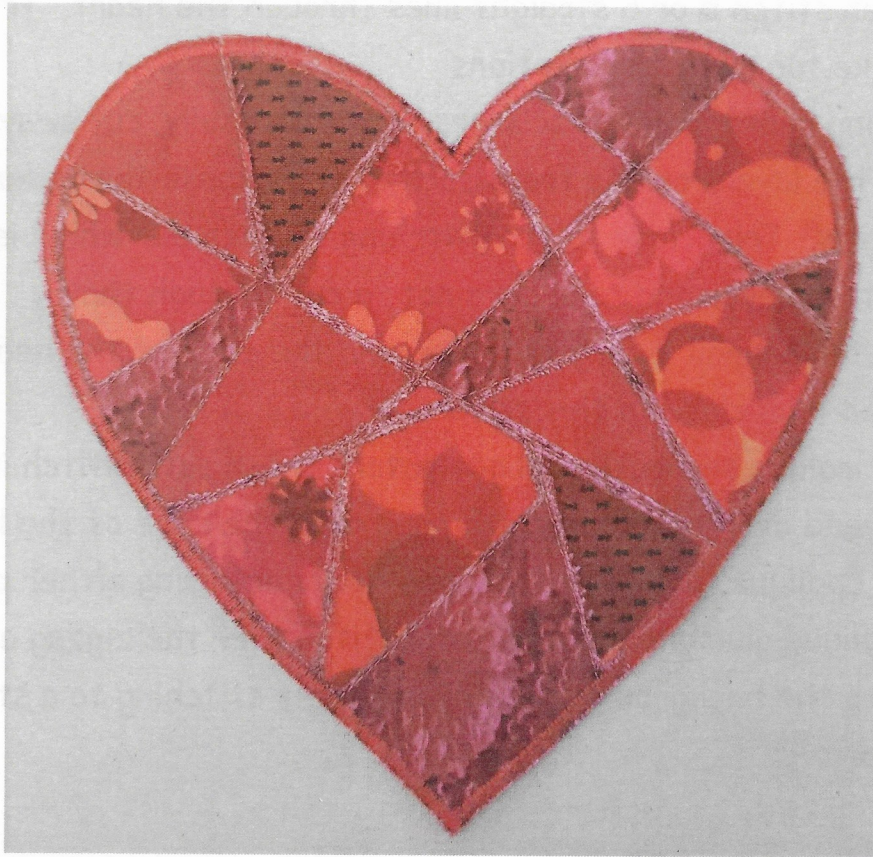


## Layered Heart Cushion



### Cut

One 7" square of calico

Four or five 7" squares of assorted red fabrics

1. Draw a heart shape on the calico. Make sure you get it in the centre.
2. On the other side of the calico (the side you didn't draw the heart on) layer up 4 or 5 squares of fabric that are all different. Fabrics should be right side up with the calico on the bottom.
3. Pin, with the calico upmost, in the corners and the centre.

4. Stitch around the heart shape on the line that you drew, and then stitch 5 or 6 straight lines through the heart. Try not to make too many tiny sections.
5. Using sharp, pointed scissors, VERY carefully, cut away some of the layers on the front so that you expose the underneath layers. Trim close to the stitching. Remember which is your bottom layer and take care not to cut through that.
6. Stitch a small zigzag stitch around the edge of the heart and then trim close to this stitch.
7. To make a separate appliqué patch, stitch satin stitch in a shiny thread over the small zigzag and over the edge of the heart.
8. To appliqué to an item, position the heart using either pins or appliqué glue and stitch a satin stitch over the zigzag attaching it to the background. Use stabiliser if stitching to a stretch fabric.

# Heart

