

Two Hearts Beating as One Embroidery Instructions

Materials

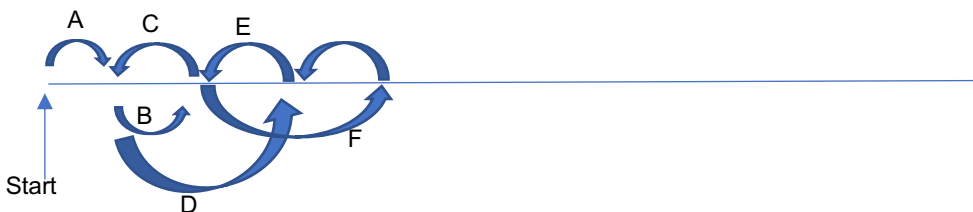
- Cotton fabric of your choice (I used calico)
- Black embroidery floss
- Embroidery floss of your choice for the heart (I used pink)

Equipment

- Design template
- Light box or light source such as a window for transferring design to fabric
- Pen (I used an ultra-fine Posca pen)
- Embroidery hoop (I used an 8" hoop)
- Sewing needle
- Scissors

1. Print off the design template and transfer the design to your fabric. To see the design clearly, use a light source such as a light box or window behind the template with the fabric on top. Draw over the design.
2. Place your fabric in an embroidery hoop. Ensure the fabric is taut and the hoop tightened before beginning stitching.
3. Work round the lines of the two figures in backstitch, using four strands of black embroidery floss.
4. Embroider the heart in satin stitch with a colour of your choice, using the full six strands of embroidery floss.
5. If you plan to display the finished piece in a hoop, cut round the excess fabric to about an inch and half width more than the size of your hoop and sew a running stitch round the edge. Pull the two ends of the thread, so the fabric draws in at the back of the hoop and secure with a knot.

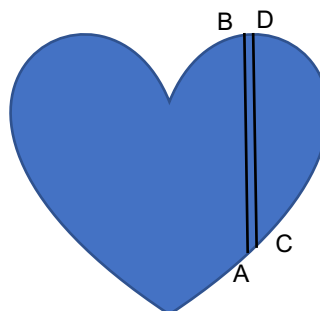
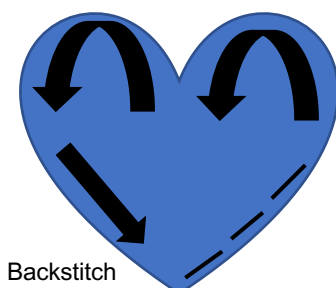
Backstitch



After the first stitch is made, go back up from the reverse of the fabric a stitch length along. The top stitch then goes back on itself through the hole made before and then up again a stitch length along to repeat the process.

Satin Stitch

Sew around the shape of the heart in backstitch, stitching just within the drawn outline. Then using the drawn outline for the stitch points, sew over the top of the heart with satin stitch, to completely cover it with thread. Place the stitches close together.



Tip: For a clear and easy way to learn new stitches, YouTube is really helpful. Just search the stitch you want to learn.