

## Happy Hearts Friendship Blocks - August 2008 to March 2009

The emphasis this year will be on surface design and embellishment. Also the blocks will be **signed and traded** each month so at the end of the year you will have several blocks to use for a **Friendship Wall Hanging**.

The block size will be 8 ½ x 10 ½ with the finished size being 8" x 10".  
(a fat quarter may be used for two blocks)

Each month the same sized heart designs will be used, emphasizing different surface design and embellishment techniques. The hearts may be attached to the background by whatever applique method you choose. Blocks will be signed on the background at the lower right side of the heart using a permanent pen for writing on fabric. \*

### Supply list:

Background fabrics - 8 ½ x 10 ½ creams to tans, and pinks to rose shades of fabrics.

Heart fabrics - Scraps of the above, they may be prints as long as they look like tan or pink shades of fabric

Embellishments- Lace, embroidery thread, buttons, ribbon, beads, etc.

Surface design,- rough edge applique, pleats/tucks, stamping with fabric paint or ink, 3 D fabric folding, etc.

Each month you participate, you will place your signed block in a gallon sized baggie with your name also written on the baggie. Then drop your block off at the back of the church with the Block of the Month gals. They will redistribute the blocks and you can pick up your baggie at the break.

\*The Block of the Month gals will have a permanent fabric marking pen available if you need it to sign your block.

**You are encouraged to trade more than one block each month, but please put each trade in a separate baggie.**

**You may also trade blocks from previous months, but let the Block of the Month gals know you are trading for a previous month's block.**

## **AUGUST**

Embellishment : Ruching

Background : a cream or tan 8 ½x 10 ½piece of fabric

Hearts : pink or rose pieces of fabric.

Special needs :

For ruched flowers - Cut several 1 inch bias strips 12-18 in. long  
(There are information sheets from the workshop at our Block of the Month table)

For a ruched outline of one of the hearts - Cut one or two 45" x 1 ¼" strips or use seam tape (bias not necessary). There is an information sheet if you need it at our Block of the Month table.

You will also need strong thread and a needle and a ruler.

Directions : Written directions are available. Attach your ruched flowers or strips as desired. When finished sign your name on the background along the lower right edge of the heart.

## **SEPTEMBER**

Surface design : Overlay

Background : a pink or rose 8 ½x 10 ½piece of fabric

Hearts : tan or cream pieces of fabrics

Special needs : Something to use to lay over one or both of your hearts that still allows you to see parts of the background fabric such as : lace, strips of ribbon, netting, rick rack, Angelina fibers, etc. Iron on adhesive is optional.

Directions : Cut your overlay choice the same size as your heart pattern including your seam allowance. Either baste it on your heart or use Misty Fuse if you have a Teflon pressing sheet, otherwise your iron will get adhesive on it! Applique your hearts in place by the method of your choice. You can also add buttons, bows, or charms for added interest. When finished, sign your name on the background along the lower right edge of the heart.

## **OCTOBER**

Surface design - Painting on fabric or stamping on fabric

Background: a tan or cream 8 ½x 10 ½ piece of fabric

Hearts: pink or rose pieces of fabric, plain or mottled without much pattern

Special needs: For painting on fabric you will need fabric paint and a small brush. For stamping on fabric you will need; Fabric paint, a small flat brush and a stamp **or** an inked stamp pad and stamps. ( The September workshop will have stamps, fabric ink and a pad for you to use) .

Directions: I'd suggest precutting your heart shapes including the seam allowance and then experimenting on paper before adding paint to your fabric. Painting directly on fabric uses the fewest supplies. Some design suggestions are dots, echo lines, squiggles and creative shapes. You can purchase stamps at a craft supply store or create your own using erasers, or even vegetables such as carrots or potatoes. You can use a flat brush to apply fabric paint directly to the bottom of the stamp or purchase a fabric inked stamp pad. Then stamp the fabric in a pleasing arrangement. The stamp will need to be reinked often. Allow the paint or ink to dry and then follow the manufacture's directions if heat setting is needed. Applique your newly decorated heart fabrics to your tan or cream background and sign your name along the lower right side of the heart.

## **NOVEMBER**

Embellishment ; Sequins or crystals

Background : a pink or rose 8 ½x 10 ½piece of fabric

Hearts: tan or cream pieces of fabric possibly with circular or flower designs

Special needs : Sequins **or** crystals that need a hot fix tool.

Directions: Applique your hearts in place before you embellish with sequins or crystals. Sequins are easy to find at craft stores and you can sew them on and outline one of your hearts or work them into the pattern of your fabric. The crystals need to be heat set so a Hot Fix tool is necessary. ( the September workshop will have the crystals and the tool to set them on your prepared hearts.) Then just sign your name along the lower right side of your heart.

## **DECEMBER**

We'll skip the trade this month to give you extra time for your Holiday projects. It seems our state group has extended the year to the end of June, soooo we will have lots more time to make our 12 or more blocks. However, be thinking about your January trade because it will be Crazy quilt and it takes a lot more time to create.

## **JANUARY**

Surface design: Crazy quilt

Background ; a cream or tan 8 1/2x 10 1/2piece of fabric

Hearts : Small pieces of pinks, rose, tan and cream

Special needs: Embroidery floss assortment of complementary colors or various threads for machine embroidery stitches ( possibly rayon or metallic). Embroidery needles for hand or machine work.

Directions: You may want to use your big heart pattern only for the crazy quilt design. Make a muslin base of the big heart plus a BIG seam allowance. Place a small shape somewhere in the middle. Then add another small shape by lining up one side face down and sewing a quarter inch seam. Turn to the right side and press. Then prepare another small piece by pressing under a quarter inch seam allowance on one side. Line it up so the pressed side will overlap the second shape(when turned to the right side) and a raw edge is lined up on the center shape. Sew a quarter inch seam onto the center shape. Turn to the right side and press. Continue building out to the edges.

ALTERNATE METHOD 1 Those of you who understand paper piecing can make your own pattern on the back of the muslin heart and attach the pieces as you see fit. ALTERNATE METHOD 2 Use Misty Fuse or Heat and Bond to press your little pieces in place. Then you probably would want to use different machine embroidery stitches to embellish because it would be hard to stitch through the layers by hand. If you followed the first directions or Alternate Method 1, you may enjoy using two or three strands of embroidery floss for your decorative stitches between the various fabrics. (We will cover all this At our September workshop). When you are finished, double check the size of your heart. At the beginning I mentioned to make BIG seam allowances to allow for any adjustment now. Attach your Crazy quilt heart to the background and add a decorative stitch around the edge. Then sign it along the lower right side of your heart.

## **FEBRUARY**

Surface design: Reverse applique

Background: a pink or rose 8 1/2 x 10 1/2 piece of fabric

Hearts: tan or cream pieces of fabric

Special needs: Possibly buttons, charms or other small embellishments

Directions: Cut out a large heart with seam allowance. On the back of it, trace the outline for the smaller heart in the regular place. Then draw another line 1/4" inside the outline for the smaller heart. This will be your 1/4" seam line to turn under for your reverse applique. Next cut on this second line you have drawn. Remove the reduced heart shape. Still looking at the back, make little cuts from the inside edge to the line you drew for the smaller heart, about 1/4 inch apart around the curved areas. Also make a cut from the inside edge to the point of the heart. This will make it easier to turn under the curves and keep the point pointed. Still working from the back you may want to press back the inner seam allowance now, if you are not comfortable with needle turn applique. Now cut a generous smaller heart to place under the hole you have made. Applique the big heart to the smaller one. The big heart looks like a frame over the smaller one. Next you can embellish the smaller one to your heart's content. If this was for a special friend, you could use a fabric pen and write a message in the smaller heart. Finish up by appliqueing the big heart to the background and signing it along the lower right edge of the heart.

## **MARCH**

Embellishment: Yo Yos

Background: a tan or cream 8 1/2 x 10 1/2 piece of fabric

Hearts: pink or rose pieces of fabric

Special needs: Possibly buttons

Directions: Make a circle template approximately double the size of the finished yo yo. Trace around the circle on several pieces of fabric and cut them out. Using strong thread, thread the needle knotting one end. Work with the back of the fabric toward you. Carefully turn about 1/4 inch (wrong sides together) toward the center. Sew a running stitch all the way around the edge to the point where you started. Pull on the thread and gather the circle until almost closed. Tie it securely. Flatten out the yo yo with the center hole facing up. You may want to dress it up with a button in the hole. Sew your yo yos to your appliqued hearts as desired. Finish by signing your name.

