

# Pocket Heart Instructions – Page One

## Lace Heart

1. Pin lace to front of one felt heart with straight pin.
2. Place flower toward top of lace on heart
3. Place button in center of flower. Sew through each hole twice, making sure to stitch through all layers. These stitches will be all that is necessary to attach the button, the flower, & the middle of the lace to the heart.
4. Without cutting thread, place one heart on top of the other.
5. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart **(Refer to diagram)**. Begin stitching half way between the top and the point of the heart.

## Houndstooth Heart

1. Pin yellow heart on center of felt heart
2. Sew the yellow heart to the felt using a running stitch (See pictures). Do not cut thread.
3. Place button on center of yellow heart.
4. Secure button to heart sewing through each button hole twice.
5. Without cutting thread, place one heart on top of the other.
6. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart (Refer to diagram for spacing guide). Begin stitching half way between the top and the point of the heart.

## Bereavement Heart

1. Place bow on heart front just over  $\frac{1}{4}$  inch from the top, **(see photo)**. Be sure to leave room for the blanket stitch.
2. Stitch bow to heart front with 2 stitches through the center of the bow, pulling the needle through all of the layers.
3. Without cutting thread, place one heart on top of the other.
4. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart. Begin stitching half way between the top and the point of the heart.

## Flannel Pocket Heart

1. Pin flannel heart on center of **gray** felt heart.
2. Sew the flannel heart to the felt heart using a running stitch **(See picture and diagram)**.
3. Stitch 3 Xs on right side of flannel heart **(See picture)**
4. Without cutting thread, place gray heart on top of yellow heart.
5. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart. **(Refer to diagram for spacing guide)**. Begin stitching half way between the top and the point of the heart.

## Sunshine Heart

1. Place Orange sun rays and yellow circle on blue heart **(see photo)**.
2. Do a running stitch around yellow circle. To keep stitches even and small, sew only one stitch at a time, pulling needle and thread completely through.
3. Without cutting thread, place blue heart on top of yellow heart.
4. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart **(Refer to diagram)**. Begin stitching half way between the top and the point of the heart.

## XO Heart

1. Center the X and O on heart front **(see photo)**. Use straight pins to hold in place if desired.
2. Sew a running stitch that outlines the center of each letter **(see diagram)**
3. Without cutting thread, place one heart on top of the other.
4. Continuing with the same thread, blanket stitch around heart edge, spacing stitches  $\frac{1}{4}$  inch apart **(Refer to diagram for spacing guide)**. Begin stitching half way between the top and the point of the heart.



# Pocket Heart Instructions – Page Two

## To finish (for ALL Pocket Hearts)

1. Stop 1 ¼ inch from finishing and stuff heart, making sure that it is full but still squeezable.
2. Stitch the rest of the heart closed, and tie a knot between the layers.
3. Place needle back in needle card and place hearts, needle card, and any left over thread back in bag.
4. Please return your kit the Garden Court or to any Women's Conference Information Desk by 2:30 p.m. Friday. If you cannot complete the hearts, please return them as soon as possible.  
There are many helpers with willing hands! Thank you for your service!



**Bereavement Heart**



**Flannel Heart**



**Houndstooth Heart**



**Sunshine Heart**

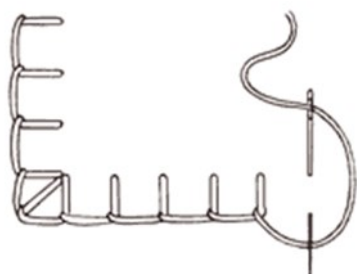
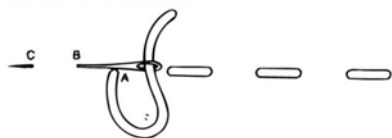


**XO Heart**



**Lace Heart**

## RUNNING STITCH



## Running Stitch Instructions:

To work the running stitch, insert your needle through the back side of the fabric at your starting point. Next, weave the needle in and out of the fabric, taking several evenly-spaced stitches. Pull the needle through and repeat to the end of the stitching area.

## Blanket Stitch Instructions:

Push needle through both layers of felt about 1/4 inch in from the edge. Pass needle through the loop of thread created and pull taut, but not tight enough to pucker the fabric. Make even stitches 1/4-inch apart (Refer to diagram at left for size)

