

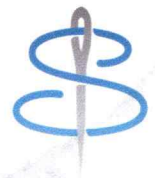
## INSTRUCTIONS for 4" x 4" hearts - size requested:

- Before you begin, please make sure you are sewing in a clean, smoke-free environment.
- Fabric must be 100% Cotton, either a soft woven or flannel.
- Make the hearts in sets of at least 4, all using the same fabric. This allows the family to have a matching set swapped between them and their baby, one in the wash, and a spare heart just in case.
- Pre-wash the fabric on a hot cycle so that it's clean and to prevent any shrinkage. Please don't use scented detergent or fabric softener. Dry thoroughly and iron.
- Print this Cuddle Heart Pattern at 100% (no scaling) on standard 8 1/2" x 11" paper.
- When finished, the standard size heart measures approx. 4" x 4" in size.
- Our seam allowance is narrow, if you use a 1/2" seam your hearts will turn out slightly smaller but precise sizing isn't necessary.
- A turning tool or "purple thang" will help round the edges and get a sharp bottom point - try using a chopstick, knitting needle or similar object if you don't have a "purple thang"
- Don't fill or stuff the hearts or add embellishments such as ribbons. Plain is perfect!
- If you washed your fabric before sewing, there is no need to wash after sewing. Place your hearts in a Ziploc style bag and bring as many as you can sew to The Sewing House in Memphis or Collierville by the end of Sept..

## SEWING SUGGESTIONS:

- 1: Place fabric with right sides together.
2. Cut out the hearts and pin or clip them together as needed.
- 3: Straight stitch the seam, leaving the opening to turn through.
- 4: Clip into the points and notch curves, this step is important for getting a nice heart shape.
- 5: Turn through to the right side and press.
6. Top stitch the whole way around the heart, as close to the outer edge as possible.

NOTE: Hearts must be top stitched to make sure the opening has been securely closed with no loose threads. Please do not hand stitch.



The Sewing  
House

**Questions? Please call our Collierville shop at (901) 316-8783**

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