

February 2002

"Folk Heart"

**6" x 10" block
(6 ½" x 10" unfinished)**



FABRIC and METHOD:

Appliqué the Heart Block:

Use the template to cut a heart from red fabric.

Appliqué the heart to a light blue background 4½" x 8½".

Use a hand or machine buttonhole stitch, preferably in black thread.

NO IRON-ON METHODS, PLEASE.

A Cut 4 1½" squares bright yellow

B Cut 2 1½" x 8½" strips of dark blue

C Cut 2 1½" x 4½" strips of dark blue

Sew the 1½" x 8½" dark blue strips to the sides of the light blue rectangle.

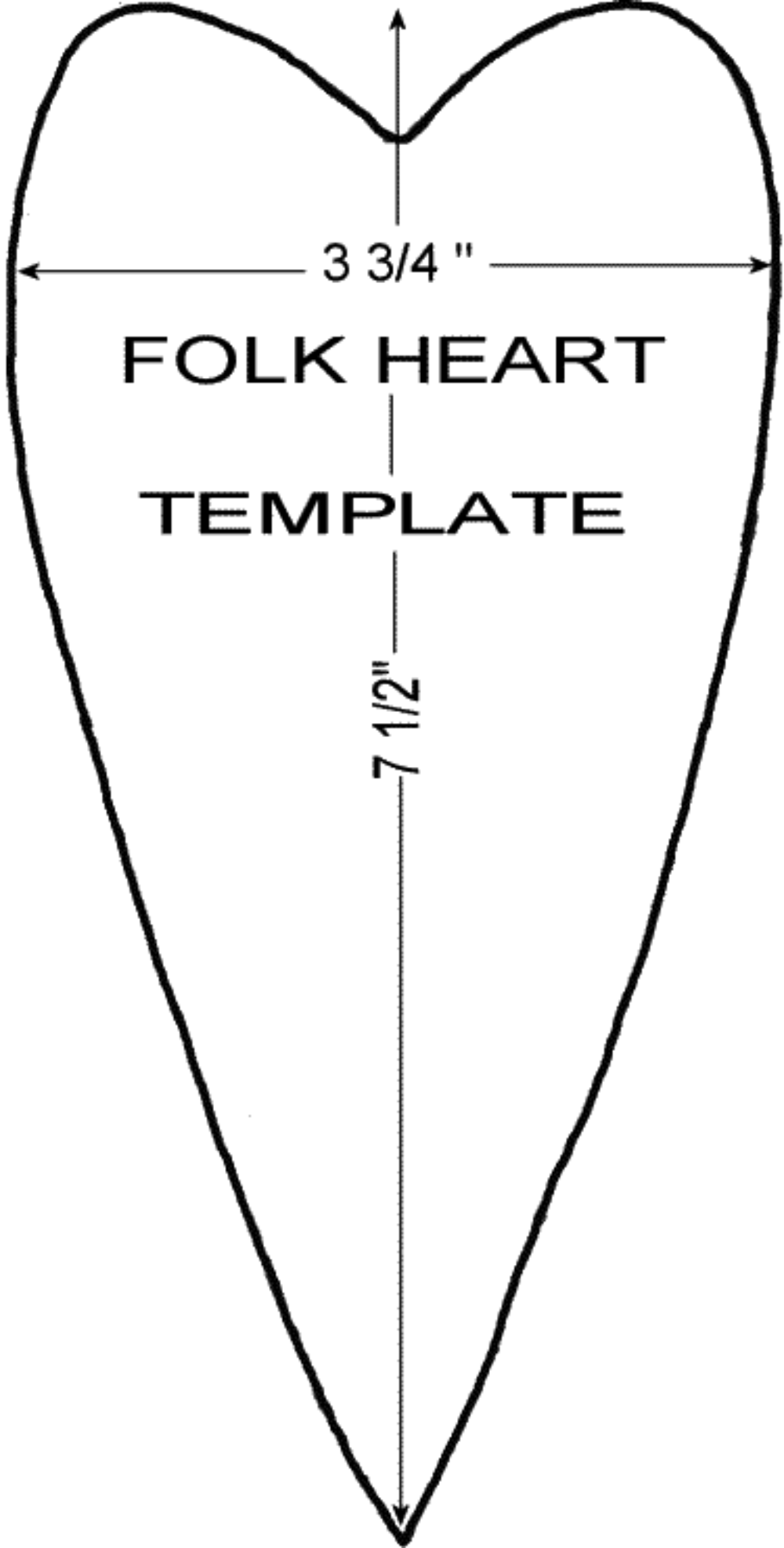
Sew the 1½" yellow squares to the 1½" x 4½" dark blue strips.

Sew the strips to the top and bottom of the heart block.

Be sure to press the seams away from the centre of the block.

Appliqué Hint:

Before marking your background for appliqué or quilting, spray starch the fabric. This will keep the background from distorting when sewing or marking.



A

C

A

B

HEART
TEMPLATE



B

A

C

A