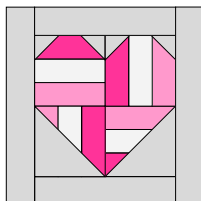


Rachael's Heart

16" Heart block or Pillow

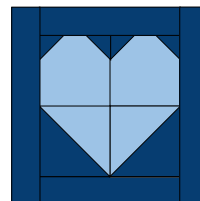
Compliments of The Sewing Basket

www.sewingbasket.biz



Heart Block Fabrics:

Heart fabric 3) 2 1/2" x 20" strips
OR 1) 6 1/2" x 20" strip
Background 1 fat quarter



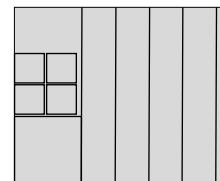
From the pieced strips set or the single fabric

cut: 1) 6 1/2" x 6 1/2" square
2) 6" x 6" square



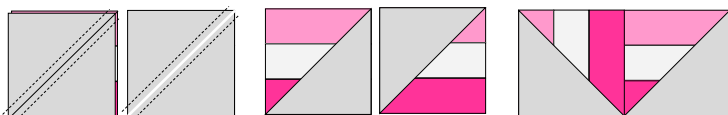
From the background fat quarter cut:

1) 6 1/2" x 6 1/2" square
4) 2 1/2" x 2 1/2" squares
4) 3 1/2" x 18" strips

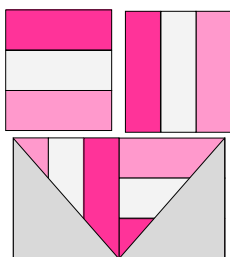


Making the Heart Block

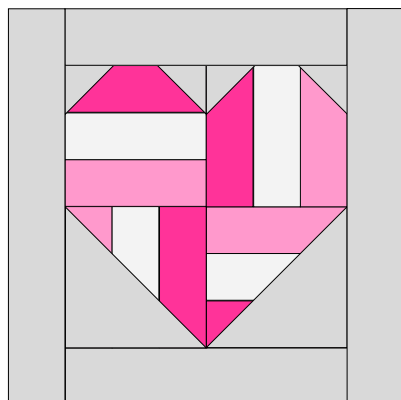
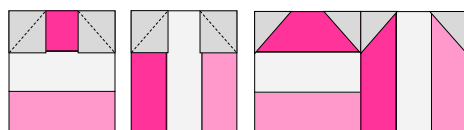
On the 6 1/2 x 6 1/2" background square, draw a line, on the back, corner to corner. Place the background square, right sides together, on top of the 6 1/2" heart square. Stitch 1/4" away on both sides of the drawn line. Cut in half on the drawn line. Iron open. Sew together to form the bottom of the heart



Lay out the two 6" squares



On the 2 1/2" background squares, draw a line corner to corner, place on the 6" squares and sew on the drawn lines. Iron the corners open and sew the blocks together to form the top of the heart.



Sew the two heart halves together. Add a 3 1/2" border to all 4 sides of the heart block.

Square up the block to approx. 17" x 17"

Making the Pillow (Optional)

Additional items for pillow:

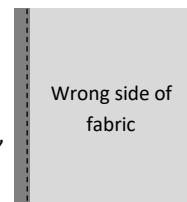
1/2 yard backing 1) 17" x 17" fusible batting

Iron the fusible batting onto the back of the heart block. Quilt if desired.

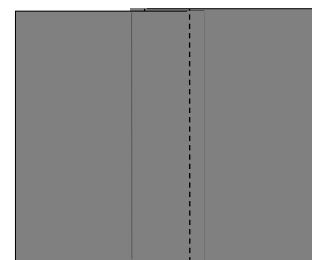
From the pillow backing cut 2 14" x 18" pieces.

On both pieces fold over one 18" edge 1 inch, twice.

Sew the hem at the edge.



With right sides up, overlap the two backing pieces about 6".



Place the heart on top of the overlapped backings, right sides together.

Stitch around the heart block.

Trim away the extra backing.

Turn the pillow right sides out through the back opening. Press.

