

# Sailing Boat Hearts



*These nautical themed hanging hearts are easy to make with just a few scraps of material. I have stitched the boats onto the fabric using a sewing machine, then blanket stitched the outer edge; you may prefer to sew just by hand or machine*

## To make each heart you will need:

- 1 x rectangle of fabric (cotton canvas or linen), large enough to cut two hearts using the trace below
- Scraps of fabric for the boat
- Short length of ribbon for the hanger
- Perle Cotton No 5 or embroidery thread – colour to match
- Toy stuffing
- Button or charm
- Sewing thread and needle or a sewing machine

## To make the heart:

- 1 Cut a front and back heart from your fabric using the trace below. The best way to use the trace is to print out two copies, photocopy the original, or trace over the heart and boat parts to make a paper pattern. Cut out each part, pin to fabric, draw around with a ballpoint pen and then cut on the line.
- 2 Use the smaller traces below for the sail, boat and flag, cut the shapes out of your fabric scraps.
- 3 Pin the boat parts on to one heart shape. Pin and tack in place.

4 Using a sewing machine, or small neat running stitches, sew around the outer edges of the boat parts to secure them on to the fabric.

5 Sew the button or charm on to the heart front.

6 Place the front and back of the heart right sides together, and insert the cut ends of the folded ribbon hanger into the top.

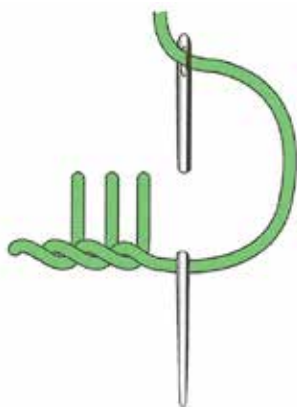
7 Pin the heart front and back together, and then starting on one side, blanket stitch around the edge, stopping well before you close the seam to allow for stuffing. Do not finish off the thread, but leave your needle attached to allow for closing the gap.

**TIP** I used Perle Cotton No 5 for the stitching but you could use almost anything you have in your work basket. Stitch with at least a 1.25m length of thread, so that you can get right around the heart in one go.

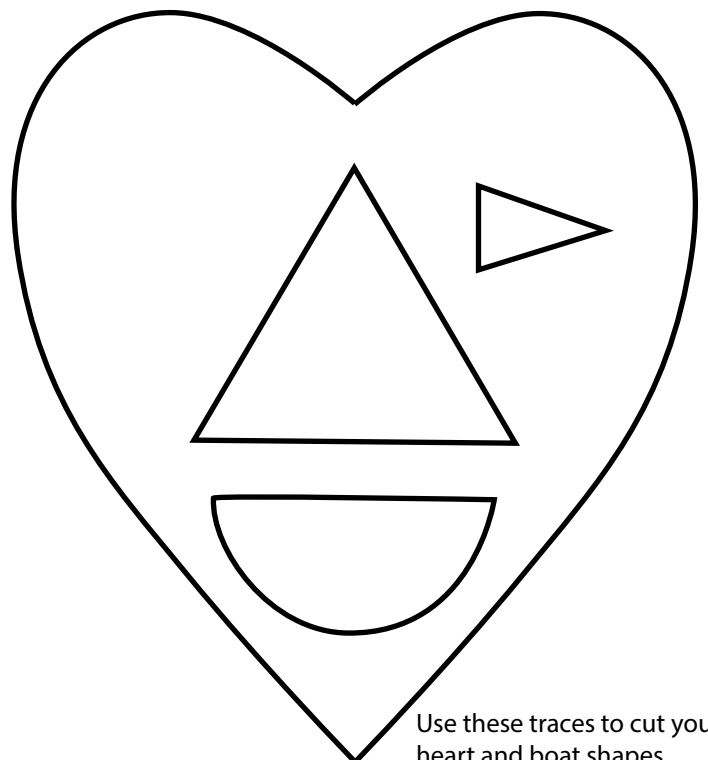
8 Stuff the heart carefully, and then close the gap with blanket stitch. To finish the thread end, take it under the top of your first stitch and then run it inside the heart for a short distance before cutting off the excess thread.

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## Blanket Stitch



*Thread your needle with embroidery thread and make a knot in the end. Anchor the thread between the fabric layers, bringing the needle out on the edge of the fabric. Make a stitch by pushing the needle down through the fabric about 6mm (1/4in) in from the outer edge. Take the needle behind the fabric and out on the edge, so that the thread is behind the needle. Pull up the thread making your first stitch. Continue making stitches in this way along the edge of the fabric.*



Use these traces to cut your heart and boat shapes