

Really, Really, Mended Hearts

The Baby Sister of Broken Hearts

64" X 64"



An Inside-Out and Broken Quilt
Kimberly Montagnese



Fabric Requirements:

- ⇒ Orange: Three different 1 yard pieces
- ⇒ Pink: Three different ½ yard pieces
- ⇒ Bold Border: 1 yard
- ⇒ Scraps for contrasting
- ⇒ Cornerstones: Sixteen – 2 ½” squares
- ⇒ Do-Sew (usually sold in a 5 or 10 yard roll. You will have plenty leftover for another project): One – 5 yard roll
- ⇒ Smoky or clear monofilament thread



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What It Is And Why It Works

The curvy lines of Mended Hearts are made possible by the use of Do-Sew. Do-Sew is a synthetic, woven material. It is usually used as a pattern tracing material, and is lightweight but very stable. It's NOT EVER used as interfacing, because it SHRINKS when you use steam and heat on it. This is a really bad thing, for garments, but a great thing for quilts!!! Now, you can use Do-Sew, monofilament thread, and a blind hem stitch, to make beautifully curvy, appliqué pieces, without all the work of hand appliqué!!!

You will be making 9 complete appliqué heart blocks. Each of the 9 heart blocks will then be "Broken"/Cut apart. The parts are then mixed up, and sewn/"mended" back together, to become 9 complete heart blocks again.

Using Monofilament Thread

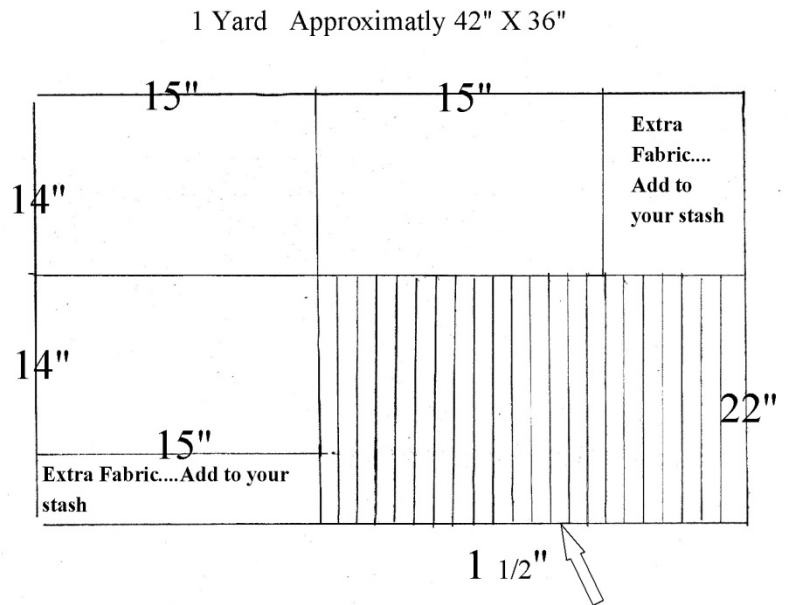
When using monofilament in the needle, it's important to sew SLOWLY. When you come to the end of the piece you are sewingslowly and gently, pull the thread from under the foot. Allow the thread to relax before cutting it off. If it is pulled out from under the foot too quickly, it will stretch and spring back, becoming tangled in your machine. When winding the bobbin, only fill it 2/3 full and wind it SLOWLY.

1. Slowly wind monofilament thread onto about 3 bobbins. REMEMBER.....Only fill the bobbins about 2/3 full.

Getting Ready to Make the Blocks

Cutting out the 3 Orange Background fabrics

2. Refer to the diagram. Cut **each** of your **1 yard cuts of Orange** as shown in the picture to the right. Each 1 yard piece will make 3 backgrounds. Also... about 18-1 1/2" X 22 ish" strips for the checkerboard sashing.



3. Prepare the backgrounds. The backgrounds are the 9-14"X15" rectangles of ORANGE that you just cut out in step #1 above. Fold each background in half vertically and then horizontally. Press the fold. Where the fold lines intersect, is the center. Set aside these 9 pressed backgrounds, until step 14.

Put the strips away until later...when you make the checkerboard sashing.

Making The Hearts

The Pink Fabric

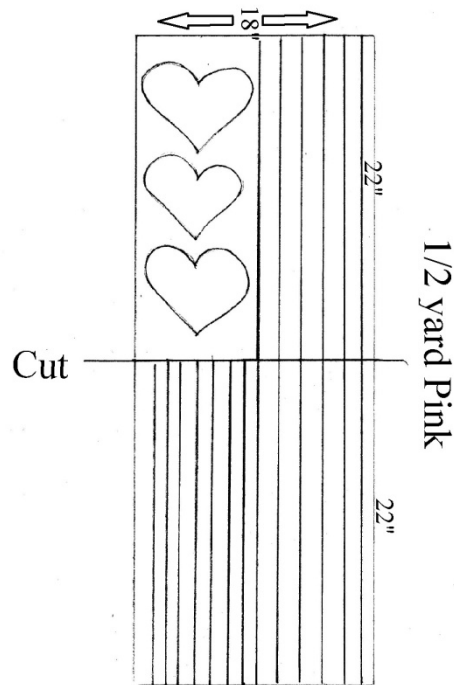
4. Using the Do-Sew, and the heart drawing (A) on the paper pattern, trace 9 (A) hearts onto the Do-Sew. Trace the heart as it appears on the drawing, including the vertical and horizontal lines. Also trace 9 Small (B) hearts, be sure to leave about an inch between the hearts, so they can be cut apart from one another.

5. Cut all the Do-Sew hearts apart from one another. **Do not cut on the drawn line.** Cut around the outside of the hearts, leaving some of the Do-Sew around the outside edge. You will be using the “A” hearts first. Save the “B” hearts for step # 18.

6. From each of the pink fabrics...Cut the ½ yard piece into two parts as shown. On one half.... Place three of the Do-Sew heart drawings, as shown in the picture to the right. (Right side of the fabric facing up). Pin the Do-Sew hearts in place. Cut around the heart. Leave about ½” around the drawn line (Like a seam allowance). **Do not cut ON the line.** You will be SEWING ON THE LINE!!!! So **DO NOT CUT ON THE LINE!!!**

7. Cut the remaining fabric into 1 ½” X 22” strips, as shown on the right.

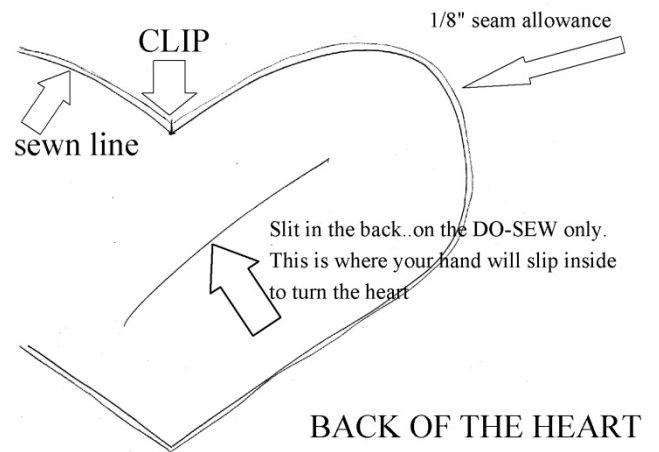
You will now have 9 pink hearts and about 45-1 ½” X 22 ish” pink strips. Put the strips aside for later.



8. Using a short stitch length, sew all the way around each large heart. When you get to the “V” in the heart, lift the needle and skip a couple of threads, then, replace the needle and continue to sew the rest of the way around the heart. This little area where you skipped a couple of threads, will allow the point to turn in, without puckering.

9. Trim away the excess pink heart fabric and Do-Sew, about 1/8 “around the outside edge of the heart. Refer to the dotted line on the paper drawing.

10. Turn the heart over, and look at the back side. Carefully, cut a slit in the Do-Sew, as shown in the picture at the right.



11. Gently turn your hearts right side out, sliding your fingers around the inside edges of the heart to form a smooth curve. Clip the "V", to avoid puckering

The Magic Part

12. Spray the Do-Sew side of the heart, with mist from a spray bottle. It doesn't have to be soaked, just slightly damp.

13. Test your iron for the right temperature. Use a small scrap of damp Do-Sew, and press with your iron. It should be hot enough to dry the water, but not melt the Do-Sew.

Gently press each heart. Start on the outside edge of the heart, and work around the edges to the center. The Do-Sew will shrink slightly and draw the edges of the heart to the center, about 1/16".

This will give you a perfectly turned edge, for invisible, machine appliqué.

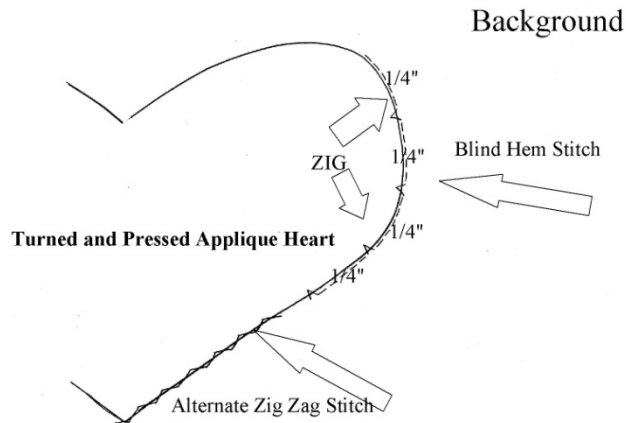
14. Unfold your background squares from step #3.

Arrange the large, pink heart onto the orange background squares. Line up the center of the heart (where the pointy end and the "V" are) Use the horizontal line markings on the Do-Sew, on the back of the heart, to find the center, horizontally.

Use the pressing lines on the backgrounds to assure that your heart is centered on the background.

The Blind Hem Stitch

15. On your sewing machine ...set up a blind hem stitch. This is usually 5 small, straight stitches and one shallow “ZIG” stitch. The stitch should be short so the “ZIG” stitches are no more than ¼ inch apart. Lay the straight stitch as close to the edge of the heart as possible, (in the ditch) so it doesn’t show. The “ZIG” will be on the heart, securing it to the background, invisibly.



The stitch in the illustration is very large so it's easier to see. The actual stitch will be VERY TINY. Also notice the alternate zig zag stitch. One stitch IN THE DITCH followed by the next stitch IN THE APPLIQUE HEART.

16. Using one of the two stitches above....Sew all the hearts onto the backgrounds.

17. Turn the block over and cut away the background fabric from behind the Appliqué heart. Cut the fabric about ½” inside of the stitch line. **(This cut out piece is used as your smaller hearts.)**

You should then be able to see the back side of the appliqué heart and the Do-Sew. At this point...you can also remove the used DO-SEW from the back of the pink heart.

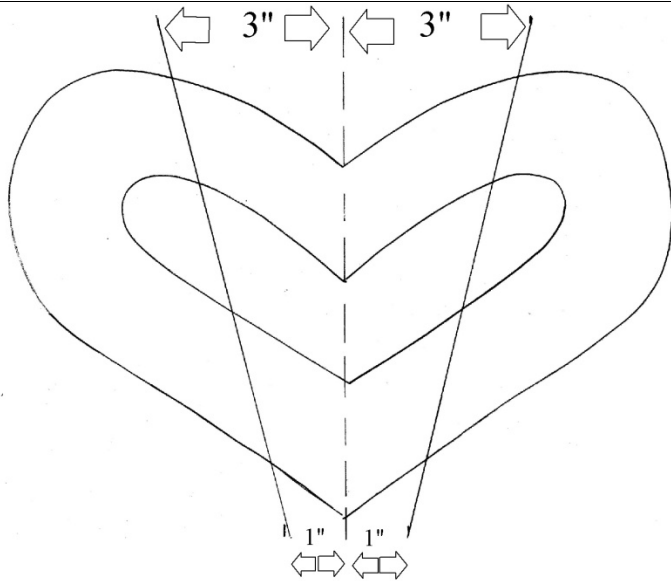
18. Using the Do-Sew hearts “B” you set aside earlier(in step #5), and the cut away orange backgrounds, from step # 17, make the small hearts, the same way you made the large hearts.

19. Place the finished small orange heart on top of the larger pink heart. Use the center lines to make sure it's positioned properly.

20. Sew the small orange hearts onto the larger pink heart. Use the blind hem or zig zag stitch to secure each small orange heart onto the center of each large pink heart.

Breaking The Hearts

21. Use the center, pointy end and "V" as a starting point. All measurements are measured from THE CENTER. Measure and mark the top and bottom edge of each block, as shown on the diagram, A small pen or marker line is all that you need. It will be cut off later.



22. To cut the wedges, start at the right edge of the block. Line up your ruler with the top and bottom marks. Use your rotary cutter to slice the block. Move to the next top and bottom marks and slice again. Do NOT cut on the center line. Continue to slice, until the block is in 3 pieces. If you feel confident of your rotary skills and the sharpness of your blade, you can layer the blocks and cut 4 at a time.

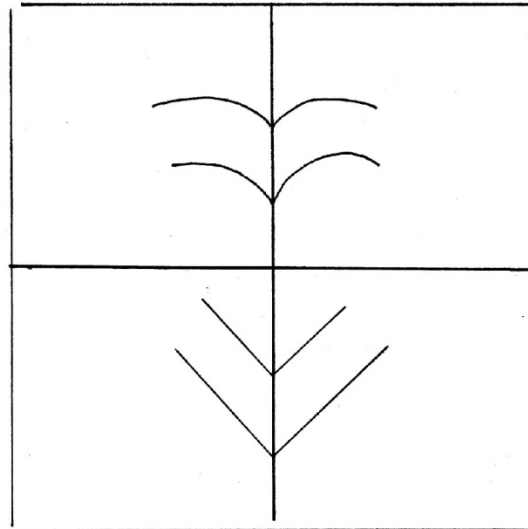
Mending The Hearts

23. Re-arrange the wedges, mix up the pieces. Using a $\frac{1}{4}$ " seam allowance, sew them all back together, to make 9 new blocks. Don't try to match up the heart seams. In this quilt, "Close Enough" is just fine. They will NOT fit together exactly...they are BROKEN HEARTS. They will be WONKY and slightly uneven. The edges of the top and bottom of the block will be slightly uneven. It will be trimmed later.

24. Draw the placement diagram onto the Do-Sew. Refer to the illustration on the right. Measure and cut an 11 1/2" Do-Sew square.

... With a pencil, mark the center lines, vertically and horizontally. Place the sheer rectangle on top of the heart "A" drawing. Line up the vertical and horizontal lines on the heart with the lines on the rectangle. Trace the center of the heart. The "V" and the point especially. It is sheer, so you will be able to see through it.

DO-SEW PLACEMENT TEMPLATE



11 1/2" X 11 1/2"

25. One block at a time, place the template on top of your completed block. Line up only the center part of the completed heart block, with the center of the placement template. Do-Sew is clingy...so you can just smooth the template on top of the block. OR you can pin the template in place, in the center of each block.

26. Using your rotary cutter and ruler. Trim away everything that is sticking out from under the placement template. Your blocks should all be 11 1/2" square now.

The Checkerboard Sashing

27. To make the sashing, use the 1 1/2" x 22" ish pieces that you set aside in step #6.

28. Sew 11 of the strips together, as shown on the diagram; Alternate the orange and pink strips.

Make 2 sheets of strips, which begin and end with orange. These are the "A" units.

Make 2 sheets of strips that begin and end with green. These are the "B" units.

29. Cut the sheets of strips apart, as shown in the diagram. You will be making 1 1/2" cuts, all the way across the sheet.

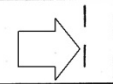
30. Sew an "A" unit, to a "B" unit. This is one sash. Make 24 sashes in all.

Begin and end with Orange

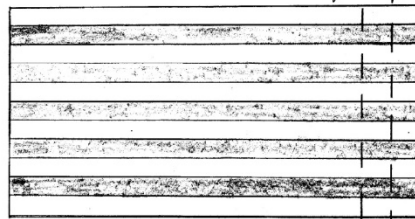
A



1 1/2" cuts



B



Begin and end with Pink

☺ You can also make plain sashings- Cut 24- 2 1/2" X 11 1/2" strips.

Making the Cornerstones

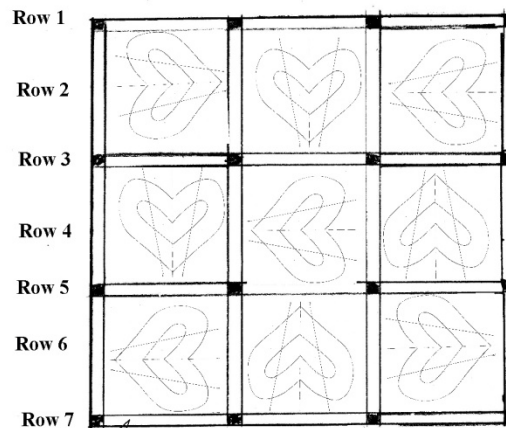
31. Cut 16-2 1/2" squares, from some of the leftover heart fabric, or a contrasting color.

32. Putting it all together

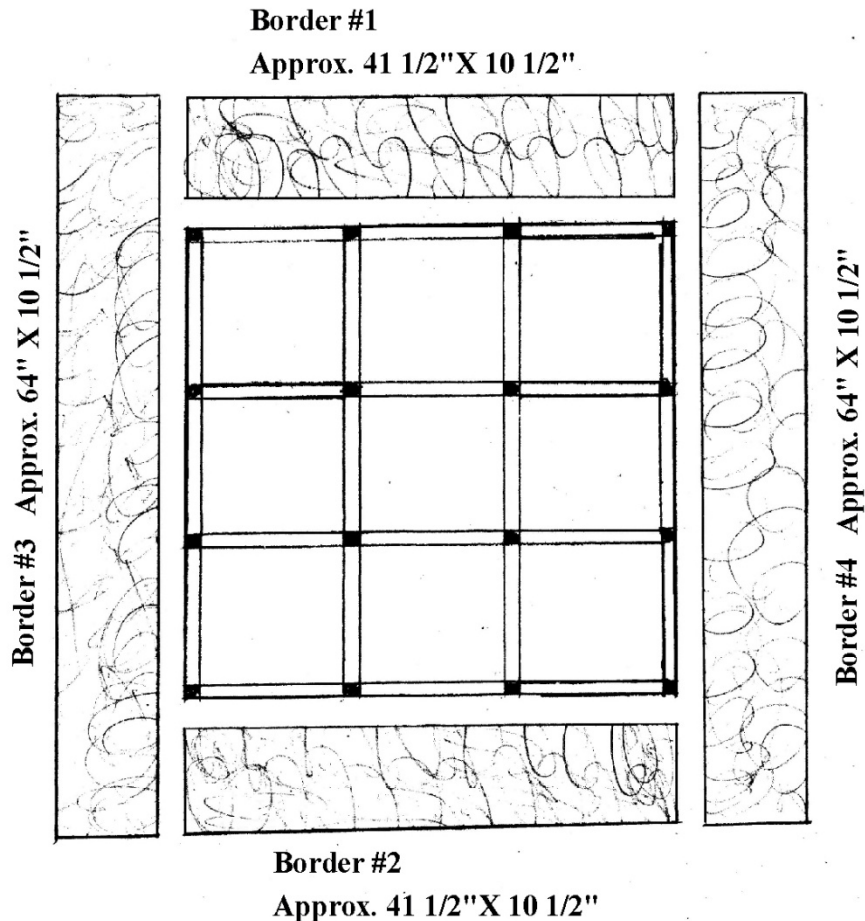
Row 1: Alternate 4 cornerstones and 3 checkerboard sashings
 Row 2: Alternate 4 checkerboard sashings and 3 heart blocks
 Row 3: Alternate 4 cornerstones and 3 checkerboard sashings
 Row 4: Alternate 4 checkerboard sashings and 3 heart blocks
 Row 5: Alternate 4 cornerstones and 3 checkerboard sashings
 Row 6: Alternate 4 checkerboard sashings and 3 heart blocks
 Row 7: Alternate 4 cornerstones and 3 checkerboard sashings
 Arrange and the rows, as shown in the diagram.

Notice the directions of the hearts.
 Using a $\frac{1}{4}$ " seam allowance, sew each row, as shown on the diagram.
 Finally, sew the rows together.

Assembly Diagram



Checkerboard Sashing



The measurements for the borders are approximate. Please measure through the center of the quilt horizontally to get the measurement for the borders # 1 & #2. Sew these borders on. Measure through the center, vertically...including borders 1&2, to get the measurement for borders #3 & #4.