Happy Heart

Quilt size: 18" x 18"
Heart design: 14" x 14"

~~ Please read all the instructions carefully before starting to make the quilt ~~
1. Materials Lists

**Light color fabric**
- 20” x 20” for the background
- One pieced strip, 2½” wide and ca 85” long for binding.

**Accent fabric**
- 14½” x 14½” for the heart design;
- For piping (optional): 3” x 20”

* A multicolor fabric, solid fabric, tone-on-tone or small print would work great for the heart design. Do not use large prints. *

**Batting:** 21” x 21”

**Backing:** 21” x 21”

**Fusible web:** 14½” x 14½”; (Wonder Under, Vliesoflix, Heat and Bond, Steam a Seam).

**Water soluble pen**
You have to mark the design on the background fabric, then fuse the appliqué design onto it. You will be ironing over the markings, so make sure you use a marking pen that does not disappear with heat, but can be washed out when you are finished with the quilt.

Test how your marking pen reacts to ironing: mark a scrap of fabric, then press. Wash it the same way you would wash the quilt. **Before starting to make the quilt, make sure the marking lines wash out completely.**
I used a washable marker designed specifically for kids. Many brands have such markers.

2. Prepare the paper pattern

Open the file "happy-heart-designs .pdf" and print out the pages 3 to 6. Print in the original size (check the "Actual Size" box in the print dialog box). A test square is included on the first page. Measure it to make sure that you print the pattern at the proper scale.

**Assemble the pattern**
Tape the pages together. To easily tape one page to another, remove the right margin of the first page (cut on the red dashed line) and tape the first page to the second page, and so on across the row. Use a similar method to tape the rows together.
3. Transfer the design to the background fabric

**Reverse** the paper pattern and tape it to a window. Transfer the design to the background fabric, keeping it centered. Use the water soluble pen. You could use a light box too.

Draw **on the right side** of the fabric (if you use a print fabric).

4. Prepare the appliqué pieces

Using the paper pattern (right side up), transfer the design (**including the outside line**) onto the paper side of the fusible web.

Use a permanent marker.

**Mark the grey areas of the design with a marker as shown.**
Place the fusible web, rough side down, to the wrong side of the fabric.

Press following the manufacturer’s instructions.

Let the piece cool.

With a pair of scissors cut on the **outside line of the heart design.**

Then cut on every line of the design, starting from the outside and going toward the center.

**Keep the center circle intact!**
Using a small pair of scissors, remove the pieces that aren't marked (don't have that mark near the outside edge).

Double check before cutting out so you don’t cut out the wrong piece!

Repeat until you have removed all the unmarked pieces. Your piece should look like this picture.
5. Appliqué the heart design

Peel off the paper backing; start from the outside edge and work toward the center.

Then place the heart design on the background fabric; arrange the swirls in the corresponding places, following the lines you traced before.

Press with the iron to fuse the pieces to the background fabric. Follow the fusible web manufacturer’s instructions.

You can secure the edges of the appliqué pieces at this stage.
6. Quilting

Or you could secure the appliqué and do the quilting at the same time, in which case you should secure the edges before you do any of the other quilting. Stitch through all the layers (top + batting + backing).

Prepare the quilt sandwich with the backing on the bottom (wrong side up), batting in the middle and then the top, right side up.

The design has narrow pieces so you should stitch down the edges using a fine zigzag stitch: 2.5mm wide and 1.5 mm long; use a fine matching thread as well.

I left the heart design unquilted.

On the background, inside the heart, I quilted feathers- the narrow space makes it easy.

Quilt the background, outside the heart as desired.

7. Wash the quilted piece

Wash the quilt by hand; use a mild detergent and warm water; agitate it in the water until the marking lines are removed.

Put the quilt in the washing machine for a low speed spinning.

Remove the quilt from the washing machine and lay it on a table. Smooth it from the center toward the outside edges until it is flat.

Keep the quilt flat to dry.

Then square it up, keeping the heart design in the center. A big square ruler is very useful. Align it with the outermost lines of the design.
8. Bind the quilt

If you want to add piping, here are the steps you need to follow:
Cut the piping fabric in 4 strips X \( \frac{3}{4}'' \) wide; fold them in half lengthwise and press. Align the strips with the quilt's edges and stitch 1/8'' away from the edge.

Then add the usual binding, stitching at \( \frac{1}{4}'' \) from the edge.

Turn the binding to the back, keep everything in place with pins (or clips) and stitch in the ditch.

Here is how the front of quilt looks like.

**Use thread in a color that matches piping's color.**
And this is a view from the back.

This is a quick way to entirely stitch the binding by machine. But of course you could finish the binding by stitching the back down by hand.

Congratulations! Your little quilt is done.

This design would look beautiful on a pillow too. This size is perfect for a 20" pillow. If you need a 16" pillow, print the design at a reduced size (printing at 85% will result in a 12" design). A 25"-full size design is available as well.

9. A colorful variation

If you want a colorful quilt, here is a variation of the design that uses four different colors. In this case it's helpful to label all the swirls so you know what fabric to use for each swirl.

After you transfer the design to the fusible web, roughly cut out each swirl and place it on the back of the corresponding fabric then fuse it. Make the center circle a little bigger, cut ca 1/8" outside the drawn line. In this way, its raw edge will cover the raw edges of the swirls that start in the center.
Enjoy your new quilt!
Geta

Geta’s website: www.getasquiltingstudio.com
Email Geta: geta@getasquiltingstudio.com

Copyright Information: © 2017 Geta Grama
Home sewers may sell handmade items made with this pattern; please give credit to Geta Grama for the pattern. Mass production is strictly prohibited. Copying and distributing of this pattern is prohibited.

Thank you for choosing my pattern!

For other quilt and bag pattern ideas, please visit my pattern store. Click on the image below.