

# **Straight from the Heart Sampler** by Christen Brown



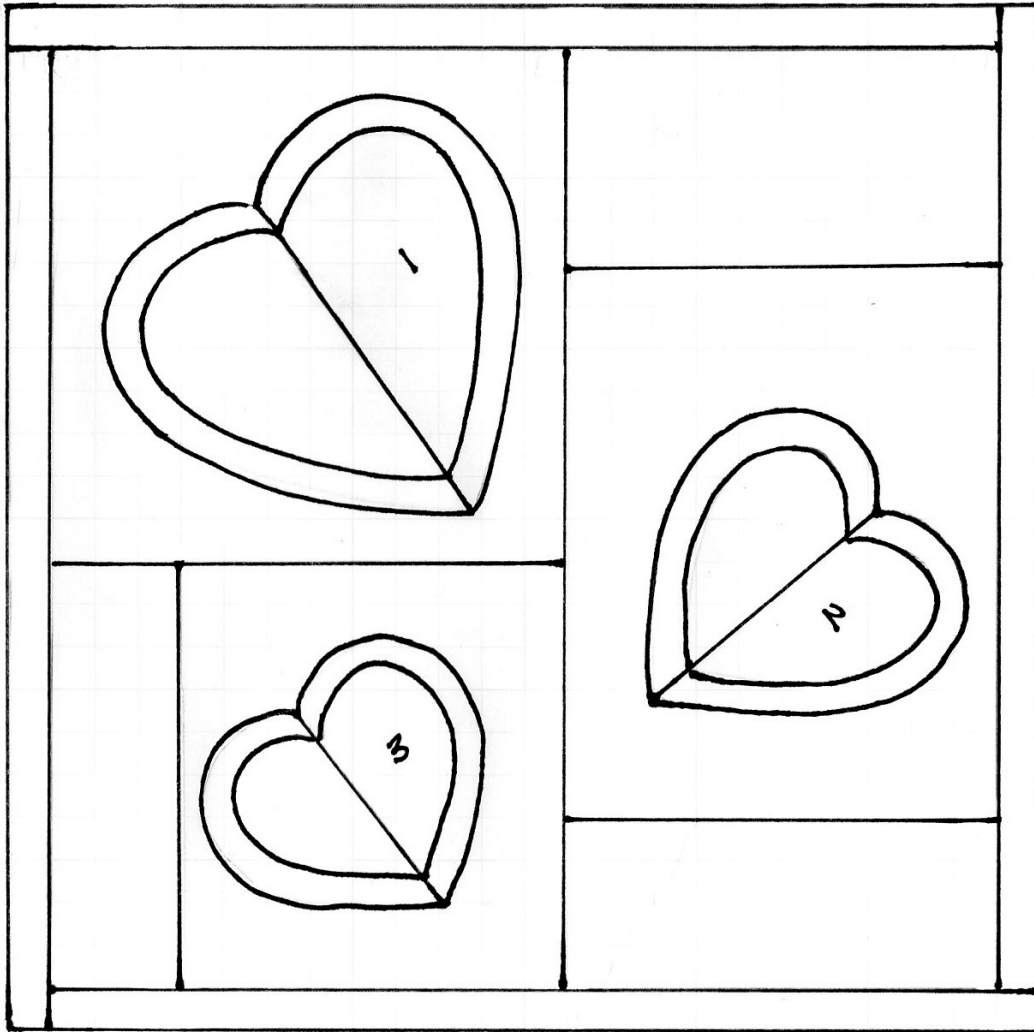
## **Materials**

- 7" square each of cotton fabric and lightweight iron-on interfacing
- Cotton floss: 3 skeins in different colors, or 1 skein of variegated colors
- Needles: embroidery or cotton darning
- Scissors: fabric, paper, embroidery
- Chalk pencil
- Ruler

## Directions

1. Iron the interfacing to the wrong side of the cotton fabric.
2. Cut out the heart shape pattern pieces (see back page).
3. Draw a 6" square onto the fabric with a chalk pencil.
4. Thread the needle with 6 strands of floss, or less. Add more floss or use a different color for each step.

## Diagram



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5. Using the straight stitch, embroider on the outer line.
6. Draw a second set of lines with a chalk pencil, inside the square 1/4" away from the first set.
7. Using the straight stitch, embroider on the second set of chalk lines.

- 8.** Pin the heart shapes in place using the ***Diagram*** as a guide. Draw around the edge with a chalk pencil. Remove the pins and the patterns.
- 9.** Using the straight stitch, embroider around the outer edge of each heart shape.
- 10.** Draw a line 1/8" around each embroidered heart shape with a chalk pencil.
- 11.** Using the straight stitch, embroider on the chalk lines.
- 12.** Draw a line down the center of each heart with a chalk pencil.
- 13.** Using the straight stitch, embroider on the chalk lines.
- 14.** Draw the inner lines of the square with a chalk pencil.
- 15.** Using the straight stitch, embroider on the chalk lines with floss.

**Finish as you would like!**

**Happy Stitching to you!**

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**Patterns**

