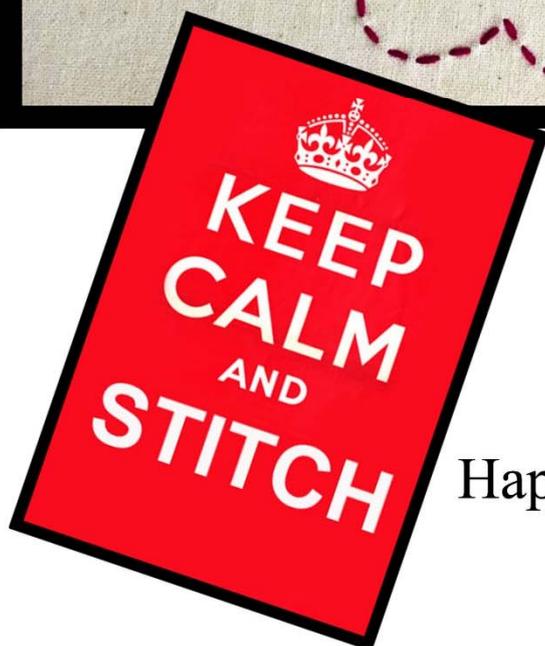
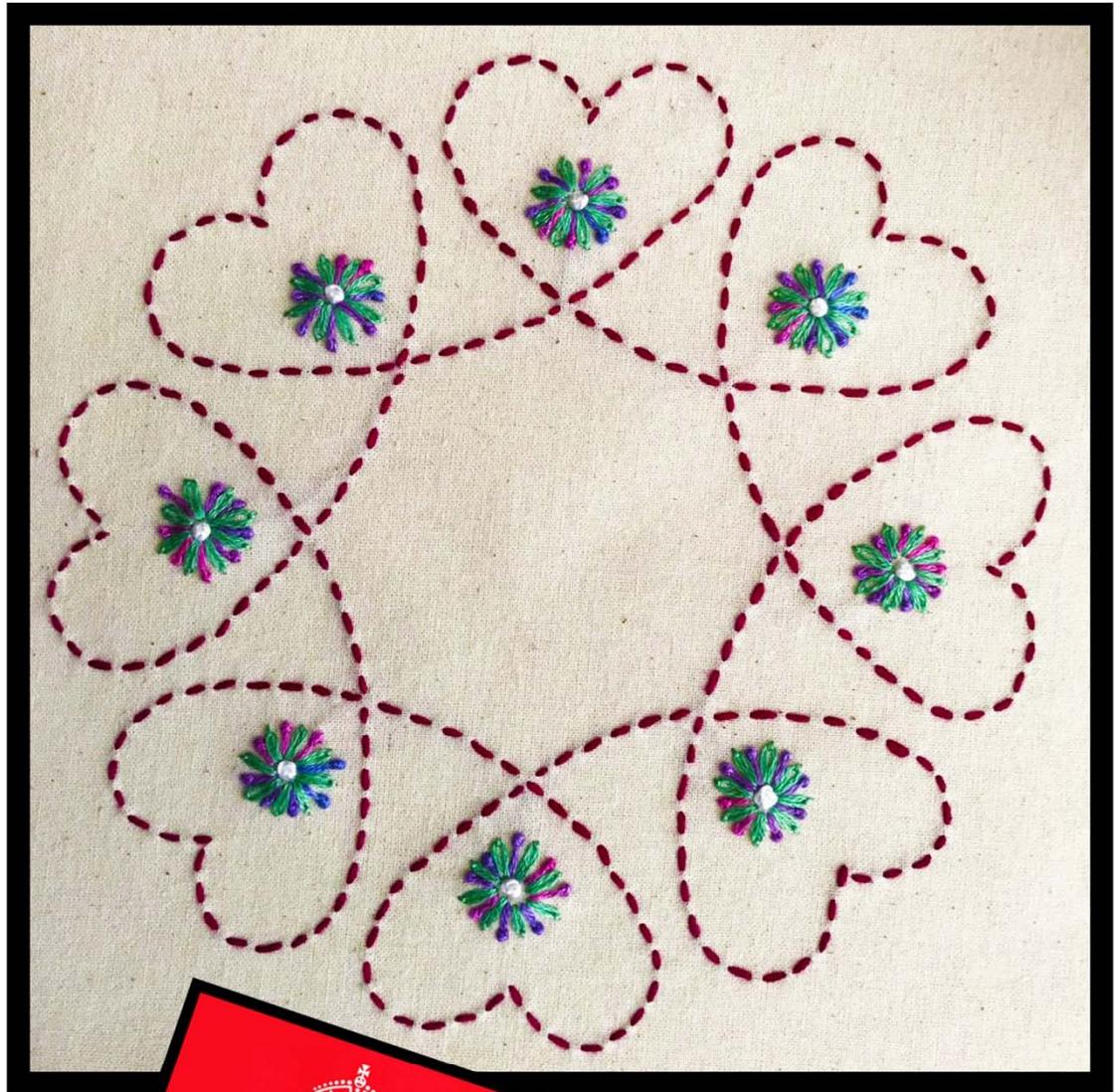


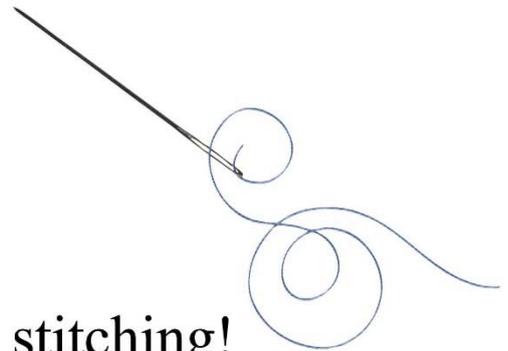
# MINI PROJECT 1 FLORAL HEARTS

Blackwork Journey – Designs by Elizabeth Almond



Happy stitching!

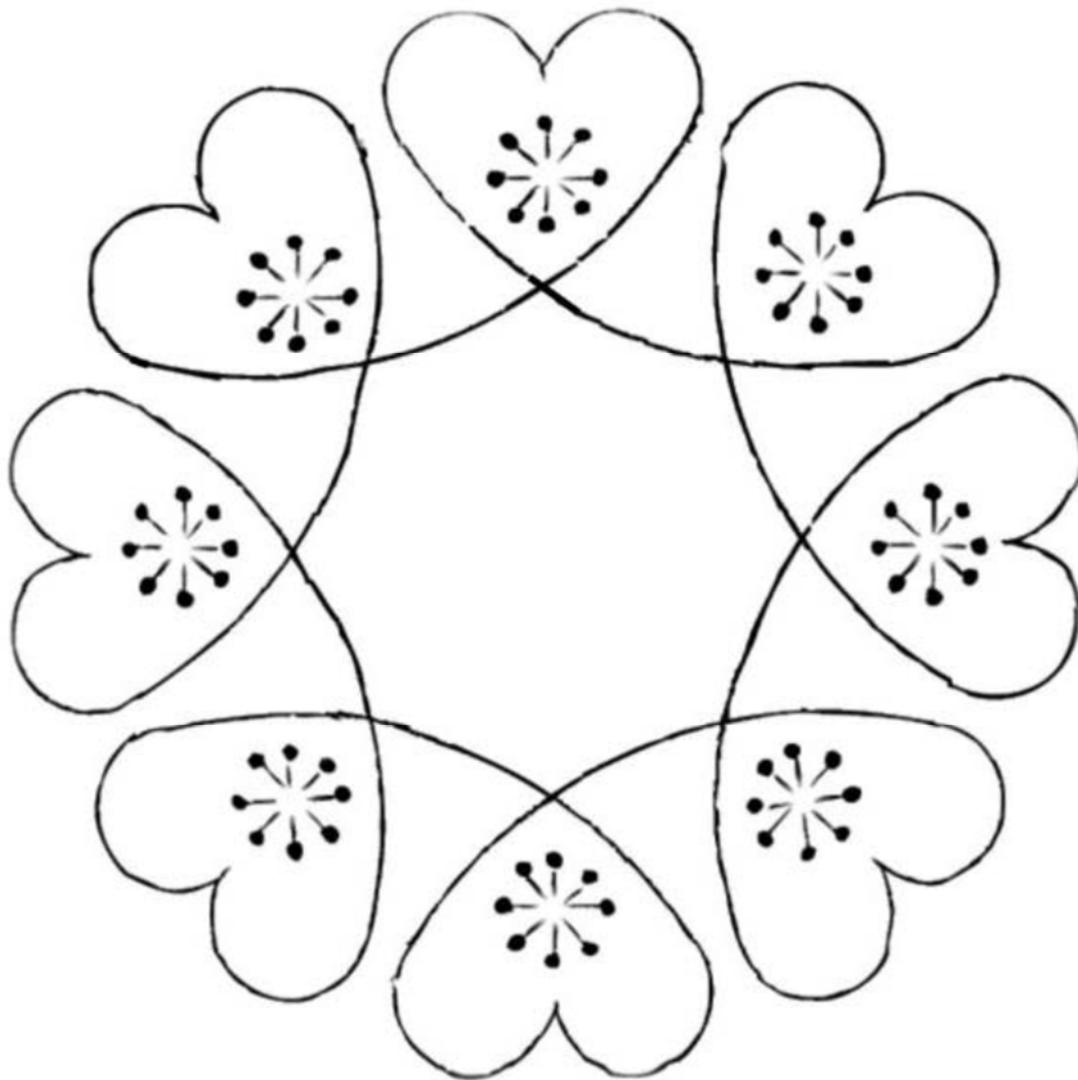
*Liz*



## Mini Project 1 Floral Hearts

In these uncertain times small projects can reduce stress and occupy the mind. This design can be worked on a 9 inch square of fabric, and then used to make different projects.

Alternative stitches can be used depending on the effect required and the use of the piece. Let's start with a simple sashiko design and embroidered flowers. Use fabric and threads you already have.



### Materials and equipment:

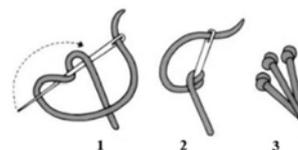
9 inch square of fabric, embroidery floss, crewel needle (a needle with a sharp point), small embroidery ring, strong thread, two 7 inch card circles, HB pencil or water-soluble pen

**Stitches:** Heart outlines – sashiko running stitch, 3 strands floss Flowers – knots on stalks, 3 strands lazy daisy stitch, 3 strands, Colonial or French knots, 3 strands

### Method:

1. Trace the design onto a square of fabric using a water-soluble pen or a pencil.
2. Work the hearts first. Keep the stitches even. Work several stitches on the needle at any one time. To start your stitching leave a tail at the back and work the tail into the stitching at the back after some stitches have been worked. Where the lines meet do NOT cross over them but leave the junction clear where the stitches meet. Only pick up a small amount of fabric between each stitch. To finish weave the tail in.
3. Work knots on stalks, or straight stitches and add a bead at each point.
4. Place the finished embroidery face down on a soft towel and press lightly.

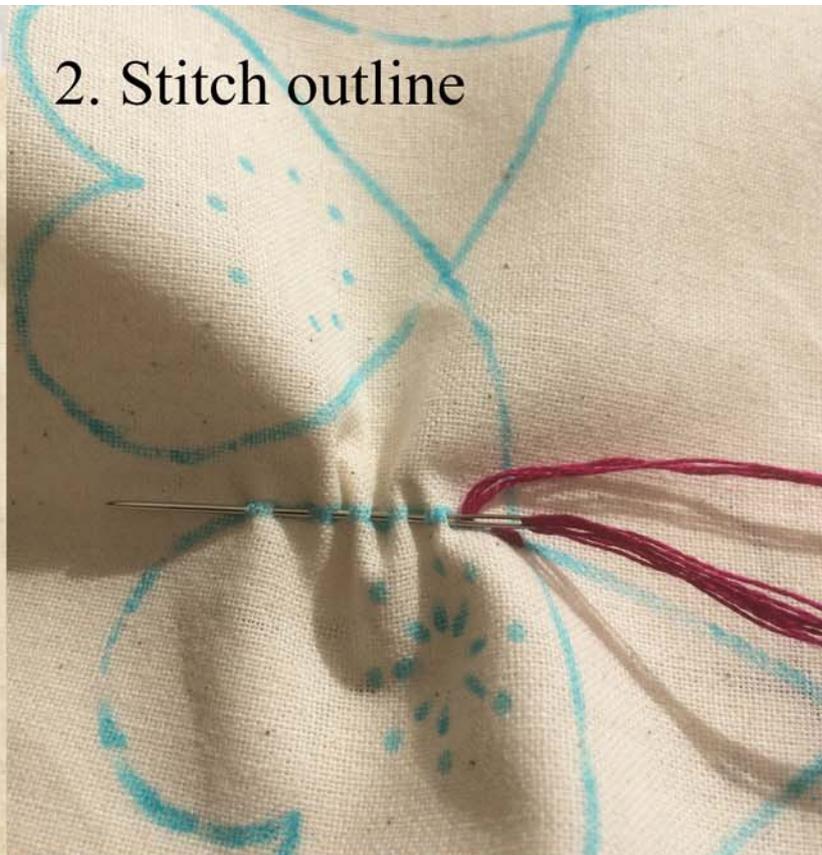
*Knots on stalks*



1. Pin, trace



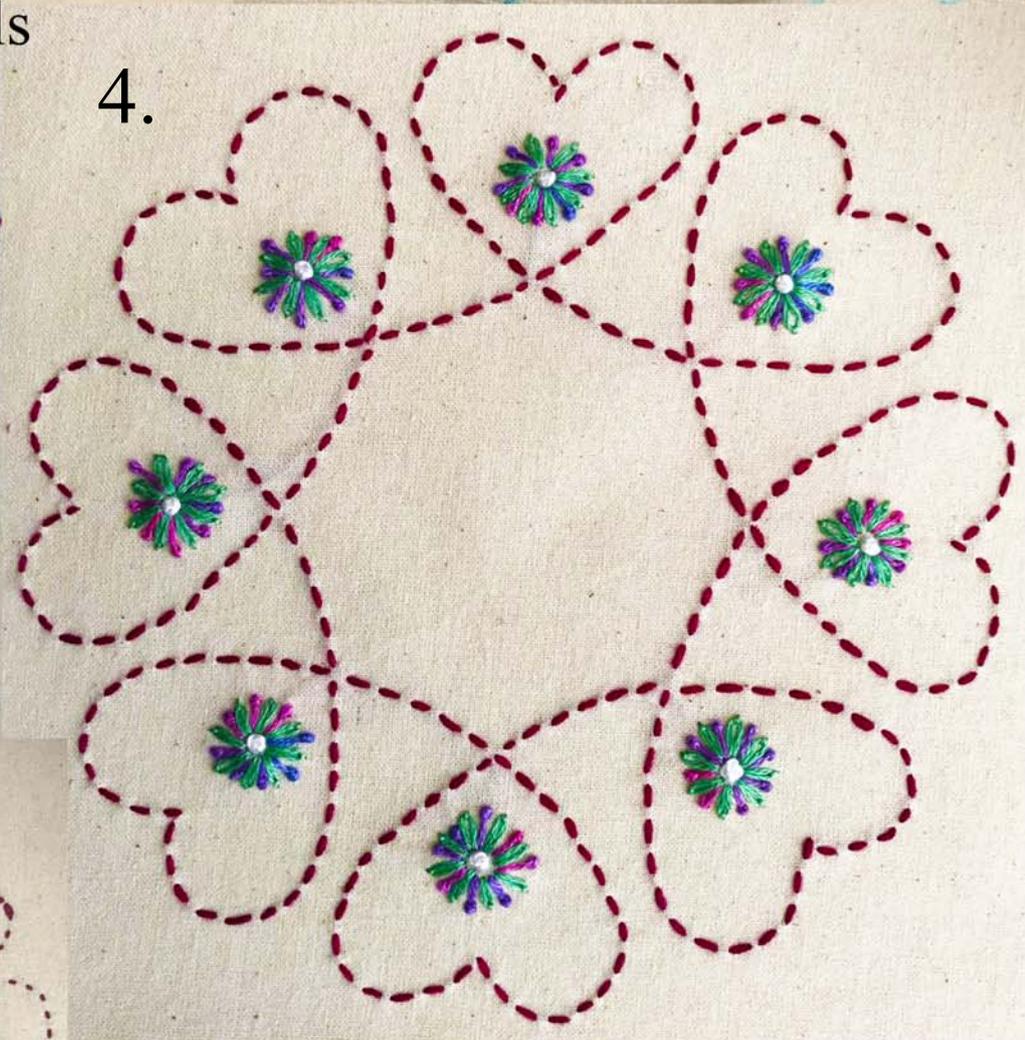
2. Stitch outline



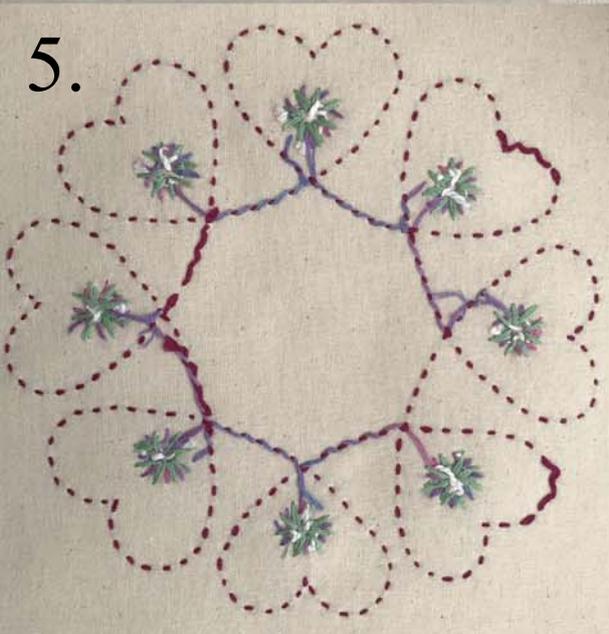
3. Add flower details



4.



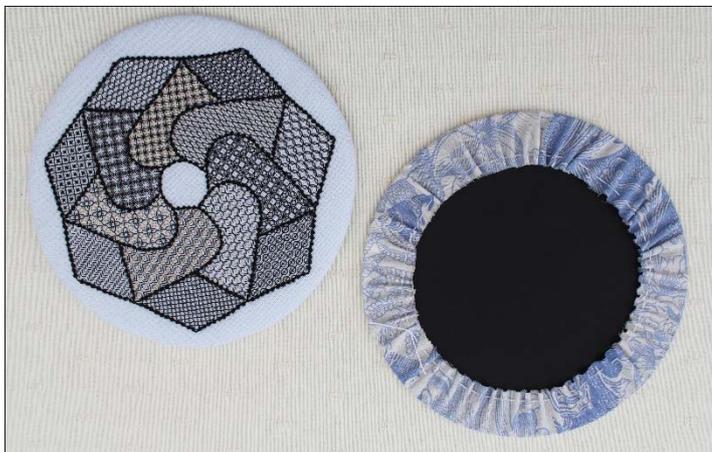
5.



4. Front finished embroidery

5. Back of work

# Hearts and Flowers



**Making up:**

If you decide to mount your embroidery over card circles follow the instructions.

1. Cut out the embroidery and the backing fabric. (8 inch diameter circles)
2. Glue a thin layer of wadding to the back of both card pieces.

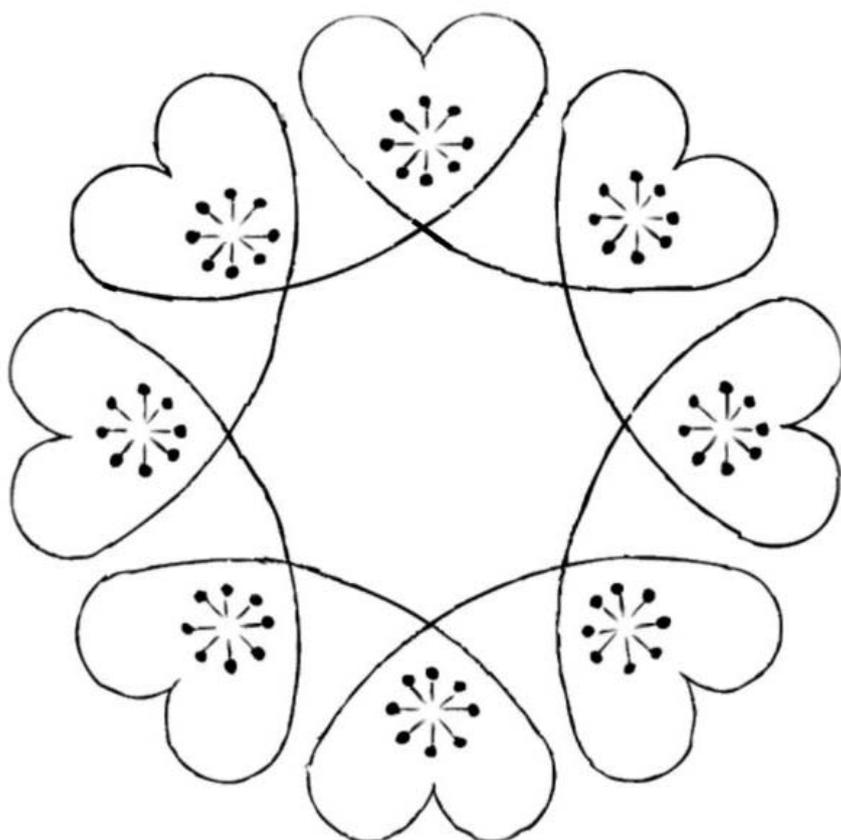
**CH0336 Revolution** 'Charts' was mounted this way

[www.blackworkjourney.co.uk](http://www.blackworkjourney.co.uk)

3. Using a strong thread work a row of running stitches round each piece of fabric. Draw the thread tight over the circle and tie off firmly.
4. Stitch a cord to the back piece for the hanger. Use ribbon, cord or plait a cord using floss.
5. Place the two sides together and slip stitch them closed.



*Slip stitch*



*This small design would be suitable for a card or small picture*

The larger design could be the first square of a quilt. The material square cut would be 9 x 9 inches. The finished size of the square would be 8 x 8 inches

If you did stitch this design would be please post a picture for the Facebook group.

Happy stitching and stay safe,

Liz

