

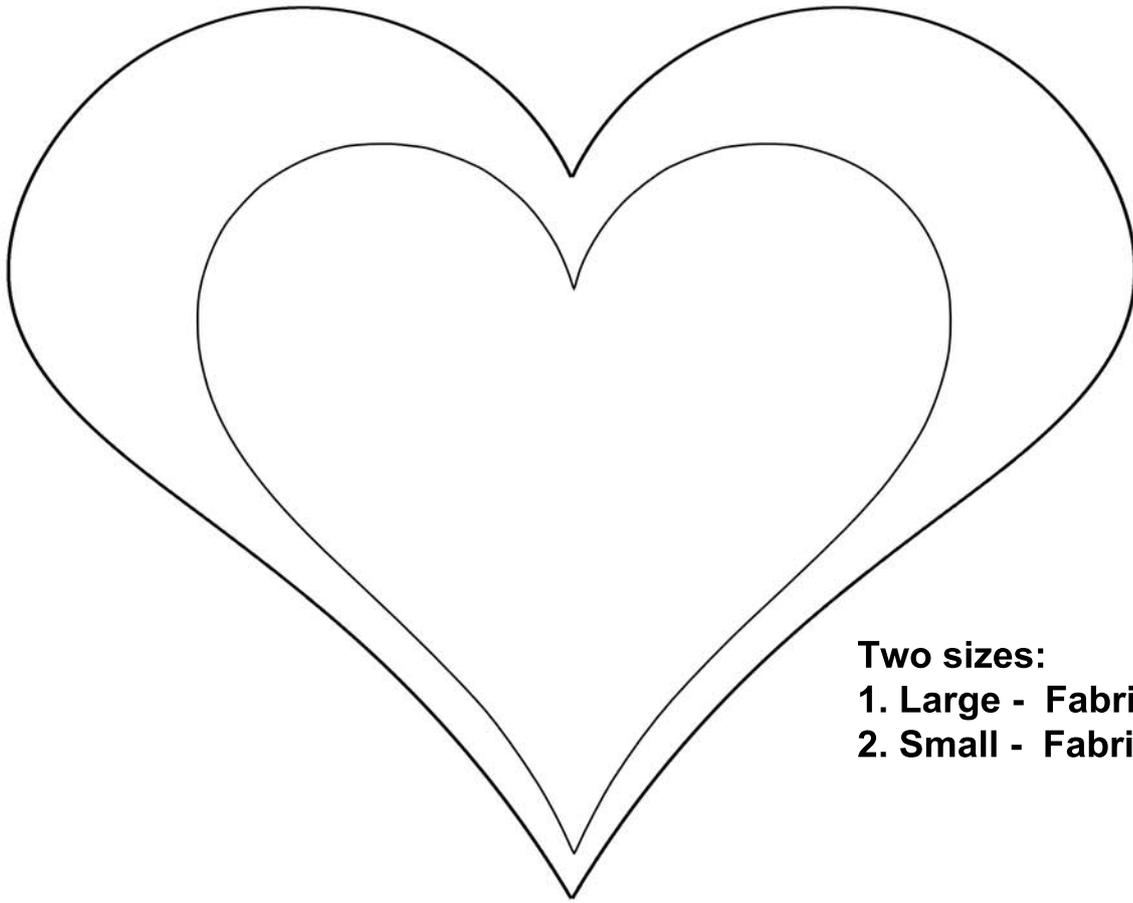
MINI PROJECT 6  
FILL YOUR HEART WITH LOVE  
Blackwork Journey – Designs by Elizabeth Almond



*Create a pulled thread work heart using simple stitches*

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

# Fill your heart with love! - Pulled thread work design



## Two sizes:

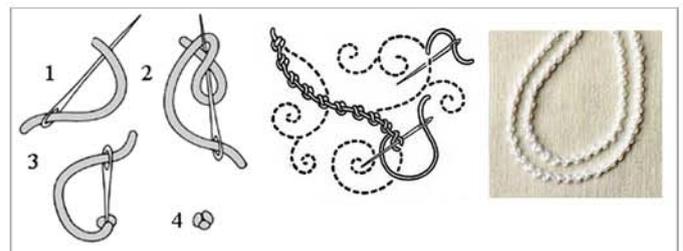
1. Large - Fabric 8 x 8 inches
2. Small - Fabric 6 x 6 inches

This is the basic heart outline which can be used for a blackwork counted thread design, an embroidery or a pulled thread work piece.

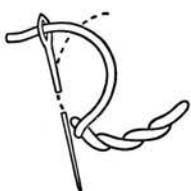
## Method:

1. First trace the heart onto your chosen fabric using a water-soluble pen or an HB pencil.
2. Work the outline of the heart first using either double knot stitch (3 strands of floss) for a textured edging, back stitch whipped (Two strands of floss whipped with two strands) or, stem stitch (three strands). The outline would be worked first whatever the technique chosen.

*Many other stitches could be used for outlines but these are simple to work and follow the curve. If the outline is being worked on evenweave follow the line of the heart not the threads.*

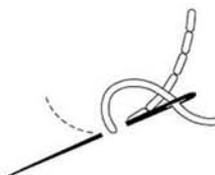


Double knot stitch - creates a textured edging

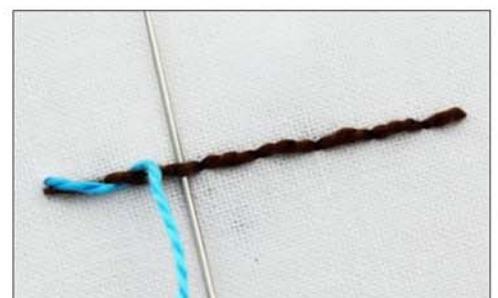


Stem stitch

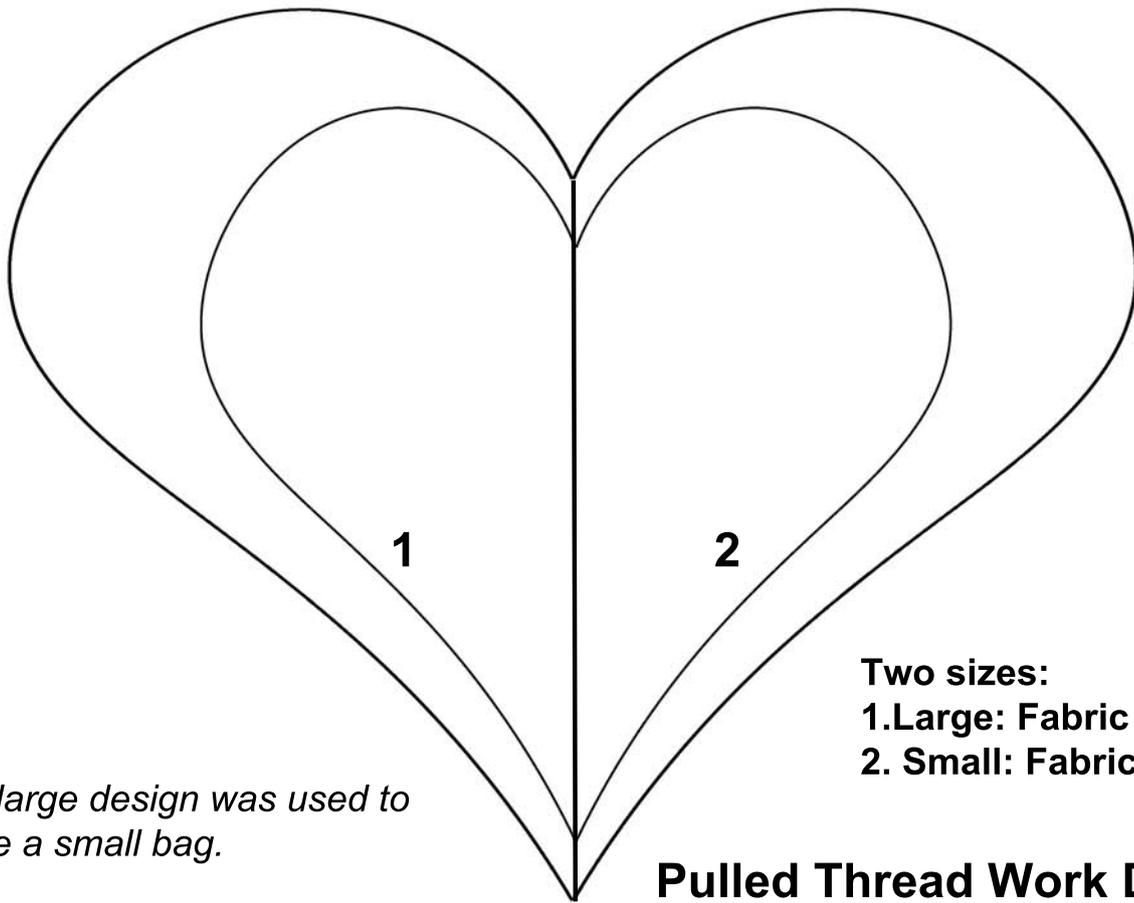
Back stitch



Whip the back stitch using the heel of the needle



# Fill your heart with love!



*The large design was used to make a small bag.*

**Two sizes:**

**1. Large: Fabric - 8 x 8 inches**

**2. Small: Fabric 6 x 6 inches**

## Pulled Thread Work Design

**Fabric:** Zweigart 28 count evenweave 8 x 8 inches

**Embroidery floss,** DMC Colours of choice, one skein of each

### Stitches:

1. Cobbler stitch - 2 strands or, cotton perle No 12

2. Wave stitch - 2 strands or, cotton perle No 12

Outline - double knot stitch, 3 strands

### Method:

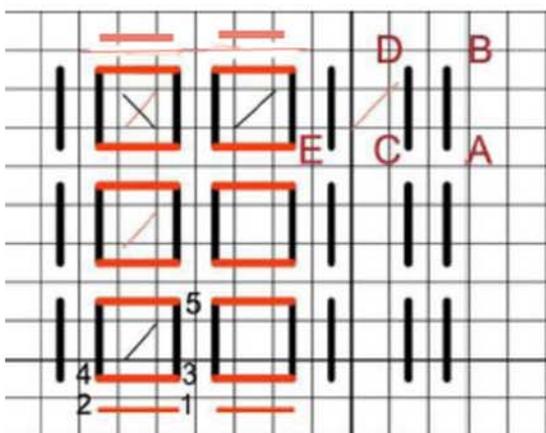
Draw the outline. Stitch the shape in double knot stitch (3 strands).

Work the centre dividing line in double knot stitch

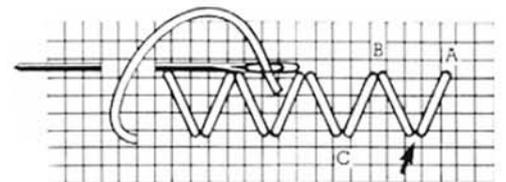
Add the pulled thread work patterns. Pull medium tight

Place the finished embroidery face down on a soft towel and press lightly.

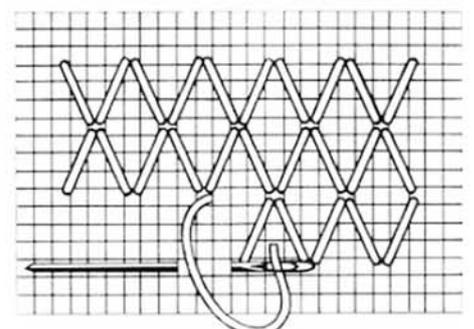
Use the heart to create a scented sachet.



**1. Cobbler stitch**  
*Leave one thread between each group and row. Work in pairs across the width. Turn the work and add the second pairs. Pull medium tight.*



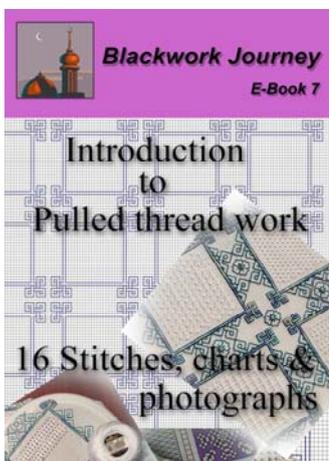
**2. Wave stitch**





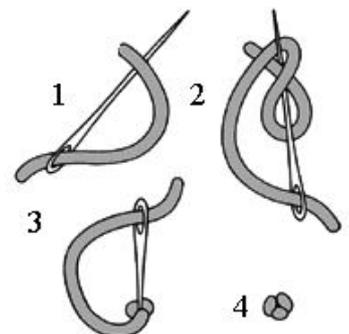
Details of the pulled thread work heart:

1. Cobbler stitch
2. Four-sided stitch worked as a block filler and in lines with four threads between each line.
3. Double knot stitch outline. Also used between the two pulled thread work patterns.
4. Colonial knots or beads



If you wish to explore pulled thread work further a number of different charts can be found on the Blackwork Journey website in e-books. Projects and Charts: [www.blackworkjourney.co.uk](http://www.blackworkjourney.co.uk)

*Colonial knot*



Happy stitching, *Liz*