

Scandinavian Heart



You may have made a version of this Scandinavian (or Swedish) heart using paper. Here is a fabric version that will last much longer and makes a delightful keepsake that can be filled with a sachet of potpourri, chocolates or other small gifts.

You will need two pieces of fabric in different colours. They can be solid colours, as pictured here, or prints or one solid and one print. Use your imagination.

From each piece of fabric cut:

- 1 strip 2" wide x 28" long
- 4 rectangles 4" x 3"

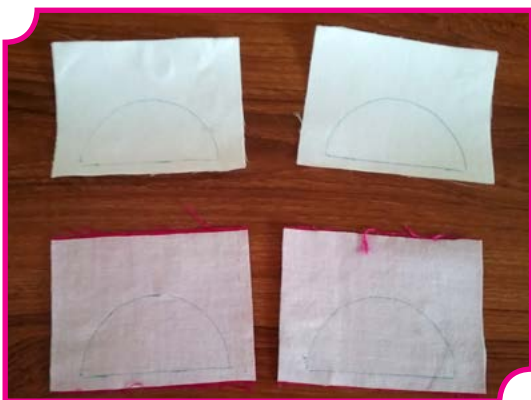
From lightweight woven fusible interfacing cut:

- 4 rectangles 4" x 3"

Cut 1 [template](#) from template plastic or cardboard



1 Fuse the interfacing to each of the 8 rectangular pieces. Take 2 rectangles of each colour and press up 1/4" along the longer side of the rectangle.



2 Take the remaining 2 rectangles of each colour and trace the template shape onto the wrong side (interfaced side). The straight edge of the shape should be 1/4" from the bottom edge of the rectangle.

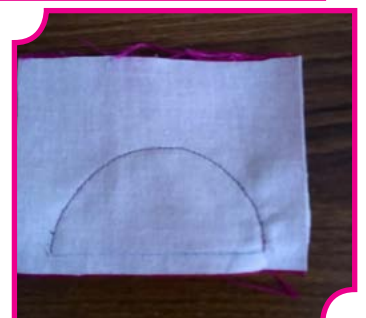
3 Place pins parallel to the straight line as illustrated.



4 Use these pins to align the folded edge of rectangle (from Step 1) to the straight line.



5 Stitch around the half circle; do not stitch along the straight edge. Use an open-toe foot so you can see exactly where you are stitching.





6 Trim seam allowance a scant $\frac{1}{8}$ ". Turn and press. Repeat this process for the remaining pieces. You should have two half circles of each colour. Set these aside for now.



7 Take one of the long strips of fabric and fold in half to form a long tube. Move your needle one position to the left and use the $\frac{1}{4}$ " marking on your throat plate as a guide when sewing. This will make the finished strip slightly less than $\frac{3}{4}$ " wide.

Before turning the tube right side out, it's a good idea to press the seam open. Once the tube is turned press flat with the seam running down the middle.

Cut this strip into 4 pieces, each $6\frac{1}{4}$ " long.



8 Pin 4 strips to the extending seam allowance of the half circle. Place 2 strips on the outside edges, then space the remaining 2 strips evenly across the seam allowance.

Flip over and sew the strips to the half circle next to the fold, taking care not to catch the edge of the fold.



9 Bring the folded edge over the ends of the strips, enclosing raw edges. Sew in place by hand using a slip stitch.

Repeat for the second half circle at the other end of the strips. Then repeat Steps 8 and 9 for the other colour.



10 Fold the two sections in half, forming loops from the strips. Begin to weave the two sections together. The purpose is to form a checkerboard pattern. Run the first [pink] loop on the inside of the first [white] loop. Then the first [pink] loop goes around the outside of the second [white] loop.

Do the opposite with the second [pink] loop, starting with the loop on the outside of the first [white] loop.

When finished weaving your heart should be exactly the same on front and back.



11 To finish the heart, attach a tassel to the bottom and some cord or braid, forming a loop, at the top.

Sew a small snap to close the heart .

