

Rag Heart Mat

By Marie Duncan, Education Creative Coordinator

It's fun each February to bring out the special things in your house that say "Valentines Day"! They are often decorations that have been around for years, and you couldn't think of parting with! This fun table mat will be one of those! Make it any size you would like for your house, or make a placemats for everyone in the family. We made one round one, for the center of the table. The rag hearts just get more fun each time they are washed!



Sewing Supplies:

Your fabric requirements may vary if you make a size other than our 23" round piece.

1 1/2 yards Red Cotton Flannel

Scraps of Red Prints for Hearts

5/8 yard Red Cotton for Center

30 wt. Sulky Blendable Thread #4035

Bobbin Thread

Husqvarna Viking Dual Feed Foot

Heritage Rag Quilting Snips #140002084

Size 90 Topstitch Needles

Cut-A-Round #140001645

Rag Heart Embroidery Design, download it free during February and March 2008, then available for purchase from www.myembroideries.com.

Embroider:


1. Hoop two layers of flannel with one layer of cotton print right side up in the hoop. You can embroider the hearts one by one in a 100mm x 100mm hoop, or bring three into a 240mm x 150mm hoop. We made 17 hearts all together. If you are

bringing multiple hearts into a larger hoop be sure to leave 1/2" of space between them.

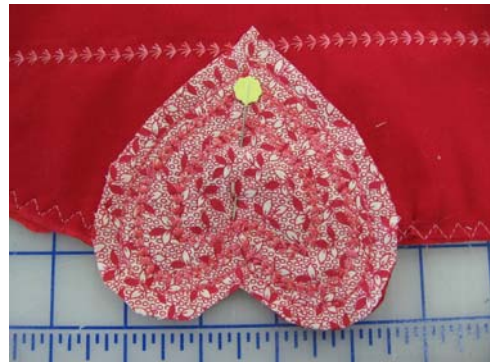
2. Insert a size 90 topstitch needle. Thread with Sulky Blendable Thread on top and bobbin thread in the bobbin.
3. Using a variety of different cotton fabrics on top, make 17 hearts or the number needed for your mat.
4. Cut out the hearts a generous 1/4" away from the stitching.
5. Using your Rag Snips, snip in the seam allowance approximately every 1/4" up to the stitching. Set aside the hearts.

Sew:

1. Cut your red cotton fabric in half to equal two pieces approximately 22" x 18".
2. Using your Large Cut-A-Round, cut a 21" diameter circle from one red cotton piece. Instructions for cutting are included with the Cut-A-Round.
3. Layer the red cotton fabric circle on top with two layers of red flannel and the other piece of red cotton on the bottom.
4. Attach your Dual Feed foot. Thread with the Blendable thread top and bobbin.

Select a decorative stitch. We selected E2:36 . Test the stitch on a scrap. Some stitches will need to have the width narrowed, if the "U" shaped bar on your Dual Feed Foot comes off the needle bar screw. Attach your quilting bar and set it 2" from the needle. Stitch rows of stitching 2" apart across the circle.

5. Trim the edges of the flannel and bottom cotton fabric to match the circle.
6. Select Woven Heavy, Overcast on your Sewing Advisor ®. If your machine does not have a Sewing Advisor ®, choose a three step zig zag. Remove the Dual Feed Foot and put on the recommended foot. Overcast the edge of the circle securing the raw edges together.
7. Arrange your hearts around the edge of the circle with the points of the hearts pointing in to the center of the circle. The heart should extend about 1" beyond the edge as shown.
8. With the Blendable thread still in the machine, top and bobbin, stitch over the straight stitching of the heart stopping at the edge of



the circle underneath the heart. The stitching will hold the point of the heart in place and will stop before the rounded ends. Backtack, and touch your Selective Thread Cutter. Move over to the next heart and repeat. Stitch all the hearts in place.

9. Wash your table mat and dry. Be careful what you put in the washing machine with your table mat. The snipped fabric will shed, and has the potential for the colors to run. But, the finished result is well worth it! Place on the table and enjoy!