

Have a Heart Tote

By Marie Duncan, Education Creative Coordinator

This embroidery was designed by Herb Hausmann for the fund raising “Go Red” Style Show to be held for the American Heart Association at the Sewing & Stitching Expo in Puyallup WA. He felt that each element should have some meaning for the event. The original embroidery was done on a red shirt. Red is the color of the Heart Fund. That is also why the cardinal was chosen as the bird bringing help to those in need. You will notice that the cardinal is brown instead of red. The male cardinal is red but the female is brown and because this is mainly a female sewers event it was felt that the female cardinal would be more appropriate. The heart in the beak of the cardinal represents not only the donations of money and time of the participants but also all those who in whatever way they can give of themselves to help those who are stricken. The heart in the sky is that time when medications and devices have been developed so that mankind no longer needs to struggle with this disease. Have a heart; remember why this embroidery was created. Make this tote bag to bring hope to those dealing with heart disease.

Sewing Supplies:

Husqvarna Viking Sewing/Embroidery Machine
 14” x 16” White Cotton/Linen for Embroidery
 1 1/2 yards Red Print Cotton for Bag and Lining
 One Yard Fusible Fleece
 Monthly Design for February 2009
 INSPIRA® Tear-A-Way Light Stabilizer
 Clear 1/4” Piecing Foot w/Guide #412927445
 40 Wt. Rayon Embroidery Thread
 Fat Bat (Fluffy thick polyester batting)
 Bobbin Thread
 Open Toe Foot #412800945
 Fasturn Tube Turner #140000001



Cut:

From Red Print:

- Two pieces 15” x 34” for bag outer and lining
- One 13” x 13” piece for heart facing
- Two pieces 4” x 16” for bag sides
- Three pieces 3 1/4” x width of fabric for handles

From Fusible Fleece:

- One piece 15” x 34” for outer bag
- Two pieces 4” x 16” for bag sides

From Fat Bat:

- Three Pieces 1 1/4” x 44” for handles

Using the template given, combine the two parts of the heart to make a half a heart. Fold a 12” x 12” pieced of Tear-A-Way Light Stabilizer in half. Place the half heart on Tear-A-Way

Light stabilizer with the dashed line on the fold. Trace the heart. Open out and you have a full heart pattern.

Embroider:

1. Thread with 40 wt. rayon embroidery thread on top and bobbin thread in the bobbin. Hoop 14" x 16" cotton/linen with two layers of INSPIRA® Tear-A-Way Stabilizer.
2. Stitch the cardinal design in the center of the fabric.

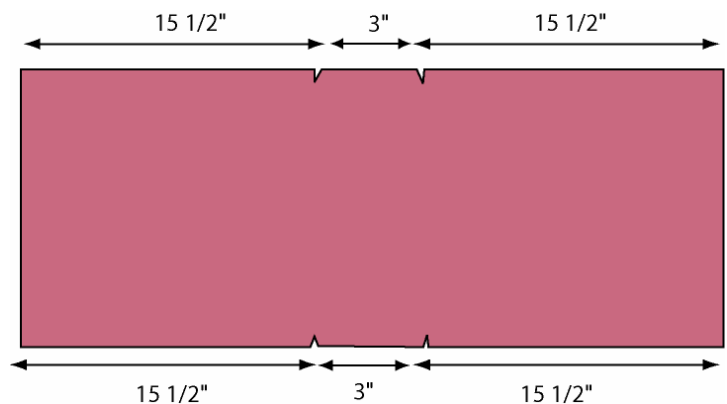
Sew the Bag:




1. Using your heart template, on the 13" x 13" piece of facing fabric, trace a heart on the wrong side of the fabric, centered.
2. Place the traced heart on one of the 15" x 34" pieces of red print fabric. The two should be right sides together and top and sides of the heart should be 2" from the raw edges.
3. Select a straight stitch and straight stitch around the heart shape.
4. Using pinking shears, cut away the inside of the heart fabric approximately 1/4" from the stitching. Cutting with the pinking shears will automatically clip the curves.
5. Turn the facing piece to the inside and press.
6. Center the embroidered cardinal under the heart opening. Pin. Snap on your Open

Toe Foot. Select F1:11 . Mirror image side to side  and stitch the embroidered piece in place.

7. Place the heart piece on fusible fleece and fuse the fleece to the wrong side of the fabric.
8. Using your Quilting Guide, stitch rows of quilting 1" apart stopping and starting at the heart.
9. Place the 4" x 16" fleece on the wrong side of the 4" x 16" pieces of red print fabric and press to fuse.
10. Quilt 1" apart lengthwise.

11. Measure in 15 1/2" on the long edge from each corner of the quilted bag as shown, and make a snip into the fabric. Repeat for the lining.
12. Pin the straight 4" x 16" straight bag side piece to the long edge and stitch with a 1/2" seam allowance.



- Beginning at the top, place the side panel right sides together with the main bag piece and stitch to the bottom corner. Stop 1/2" from the edge, with your needle down, pivot and turn the corner. Repeat for the other corner and stitch back to the top.
13. Repeat stitching for the other side panel of the bag to the bag side.
 14. Stitch the lining in the same way but leave a 5" opening for turning on one side.
 15. Snap on your Clear 1/4" Piecing Foot w/Guide. Fold the handle strips right sides together, lengthwise and stitch aligning the edge of the strips with the edge of the foot.
 16. Place the first sewn tube onto the largest Fasturn Tube. Slide it all the way onto the tube. Insert the wire and just get the end started.
 
 17. Poke the end of one of the fat bat strips into the end as shown. Pull the tube through. The batting will follow along with the fabric and end up inside the fabric tube. If you are careful not to twist the fabric as you put it on the Fasturn Tube, and check that the batting is not twisting as it goes into the tube, it will lay flat when turned.
 
 18. Cut off the selvage ends and cut the tubes in half, so you have six tubes of equal length (about 22").
 19. Place three of the tubes on top of one another and stitch the three together. Place them back under the presser foot and lower the needle. We are going to use the machine as a "third" hand to hold the tubes as we braid them. Braid the strips.
 
 20. Remove from under the foot of the machine and re-insert the open end and stitch to secure.
 21. Stitch the handles to the top of the bag 3" in from each end as shown.
 22. Place the bag inside the lining and pin the top edges together. Stitch all the way around the top.
 23. Turn through the opening in the lining.
 24. Stitch the opening closed.

