

GROW LOVE



Materials Needed:

- 8x10 inch piece of fabric. 100% cotton or a muslin works nice especially if you want to grungy it up to make it more primitive looking. To grungy it up, soak fabric in a cup of hot coffee or tea for about 10 minutes. Take it out, squeeze it out and let it air dry. Leave some wrinkles and crumples in it while it dries to get a more aged look!
- Scrap pieces of felt in your choice of colors for the hearts. Wool felt works wonderfully, but any kind of felt can be used.
- Glue stick (optional)
- Embroidery floss: black, green and whatever color you chose for your hearts.
- Embroidery needle
- Embroidery hoop: an 8" hoop will work best but a smaller hoop can be used, you'll just have to move it around as you go.
- Light box if you have it. If not, a window on a sunny day works great!

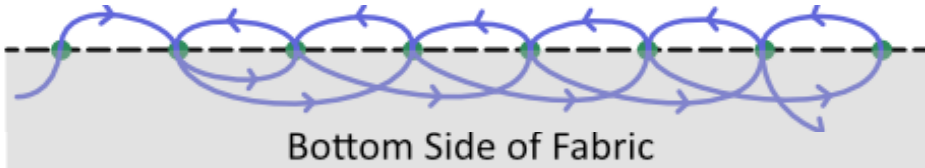
instructions:

- Using a light box (or your dining room window!), trace your pattern onto your fabric piece. You can use pencil or pen or what is really cool is using a heat erase pen. You can purchase a 4 color 20 pack refill on Amazon for \$6.95. Well worth it. If you make a mistake or don't cover all your markings with your stitching, a quick run over with a warm iron takes it all away!
- Optional-Use a glue stick to apply the hearts to your fabric. It doesn't take much, you just want them to hold in place while you stitch.
- I used 3 strands of floss on all stitching **except the lettering and whip stitching the hearts**. Three strands on these seemed too thick. But see what you like.
- Stitches to use: (See separate page)
- Hearts in place using a **whip stitch**.
- Swirly flower and its leaves using a **backstitch**
- Flower stems and ground using the **stem stitch**.
- Heart flower leaves using the **lazy daisy stitch**.
- Lettering use a **backstitch**.

BACKSTITCH

Top Side of Fabric

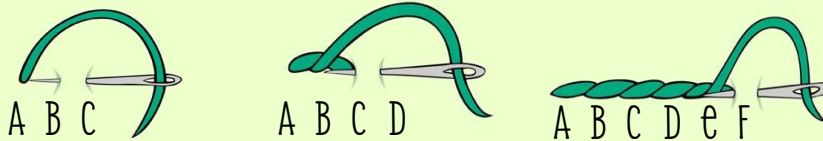
A B C D E F G H



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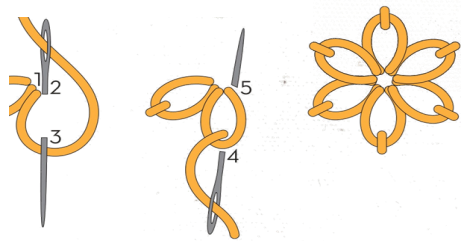
Stitch 1: Up at A. Down at B.
Stitch 2: Up at C. Down at B.
Stitch 3: Up at D and down at C.
Stitch 4+: Up at E and down at D and continue...

STEM STITCH



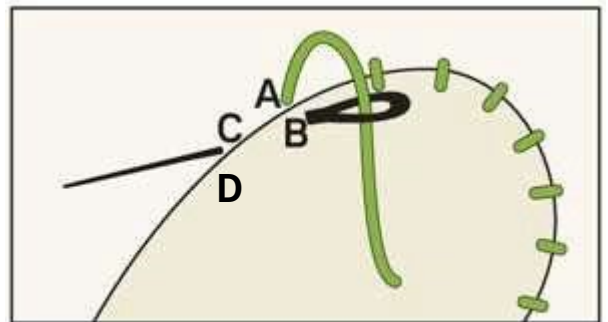
Stitch 1: Up at A. Down at C. Up at B.
Stitch 2: Down at D. Up at C.
Stitch 3: Down at E. Up at D.
Continue with: Down at F. Up at E.

LAZY DAISY STITCH



Stitch 1: Up at 1. Down at 2. Up at 3.
Stitch 2: Down at 4. Up at 5.

WHIP STITCH



Stitch 1: Up at A. Down at B.