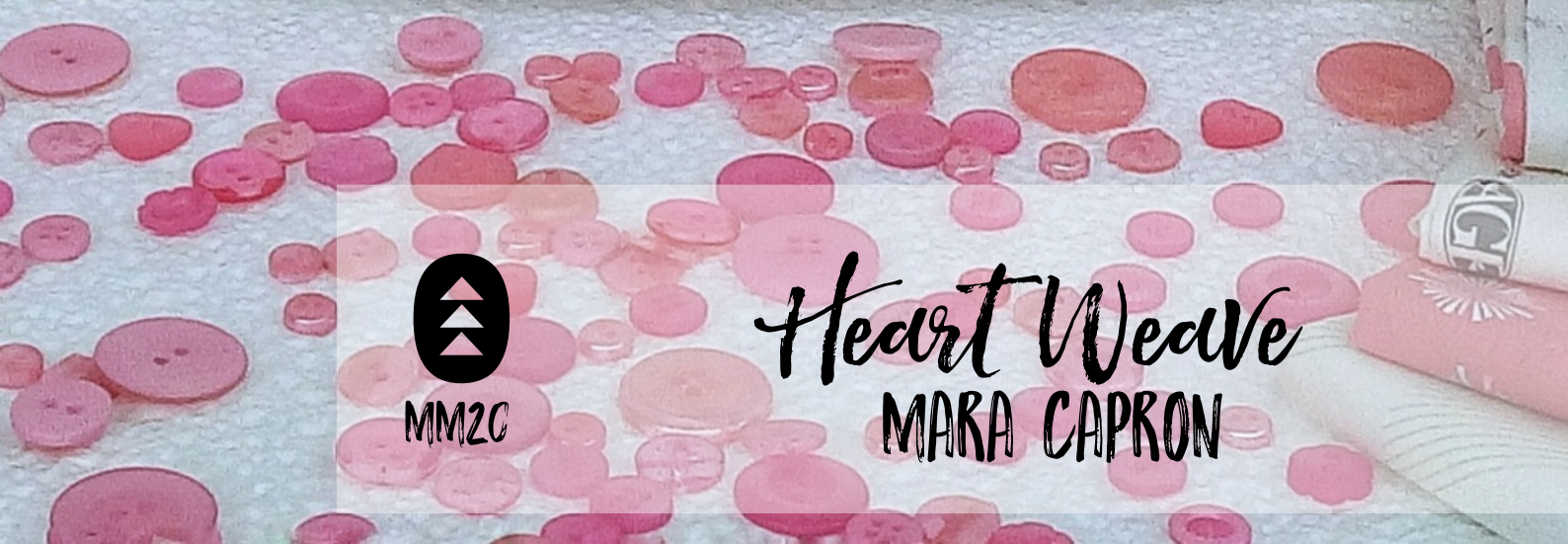




happily ever after

true love

Would you like an ADVENTURE now or would you like to have your tea first?



Heart Weave
MARA CAPRON

We love stretching our creative muscles with different techniques, and incorporating weaving with your quilting is a great way to do this. This project is a great introduction to fabric weaving and makes a gorgeous mini for a gift.

materials

Note: Choose two contrasting fabrics for your woven panel. **One will be the Hearts (Fabric A) and the other will be the Background (Fabric B). The more contrast between the two fabrics you choose, the more your hearts will stand out.**

One fat quarter of fabric A for the hearts in the woven panel

One fat quarter of fabric B for the background of the woven panel

One fat quarter of fabric for the applique heart shape around the woven panel

14" x 18" piece of backing fabric

5" x WOF binding fabric

13" x 17" piece of batting

8" x 10" light fusible interfacing (Mara recommends Pellon SF 101 or 906F)

20" x 30" piece of ½" thick foam board for weaving base (available at craft or office supply stores)

Straight pins

½" WEFTY needle (optional)

½" bias tape maker (optional)

quilt size: 10 ½" x 14"

preparation and cutting

1. Print out two copies of the paper pattern on page 91.
2. Cut six, 1" x 21" strips from fabric A for the hearts.
3. Cut 10, 1" x 21" strips from Fabric B for the background.
4. Prep the strips by pressing them with a dry iron by folding the long edges into the middle, wrong sides together, like with single fold bias tape. They will measure ½" wide when done. **Using a ½" bias tape maker would be very helpful for this step** if you have one.
5. From the binding fabric, cut two, 2 ½" x WOF strips.



weaving

1. Pin a copy of the paper pattern to the foam board.
2. Lay an 8" x 10" piece of fusible interfacing over the pattern with the textured side up. Pin each corner of the interfacing onto the pattern/board making sure the interfacing is taut.
3. Pin your strips at a 45 degree angle onto the board, snugly together but not overlapping. Pull them very taut and pin as shown below, in the following sequence: one heart, two background, repeating.



Start with the heart fabric at the bottom arrow that is pointing upwards. Use the vertical grid lines on the paper pattern as guides (you should be able to see them through the interfacing) so your strips are nice and straight.

Note: Since there is the possibility of slight variance in spacing with the drawn lines and your folded fabric, it is more important for the strips to be as close as possible to one another than for the strips to be placed exactly in between two lines.

4. The second layer is woven into the first layer at a 45 degree angle as shown below.



The sequence is over one, under two. As you weave in the second layer, the hearts will begin to take shape. While the sequence is over one, under two throughout, how the strips begin differs so that the design is staggered.

5. Starting at the arrow on the top right corner of the pattern, take a fabric A strip and begin weaving. The heart fabric going in this direction will go over the background fabric to the right of the heart fabric running in the the diagonal line, then it goes under two (first it goes under the heart colour and then under the background colour to the left), then back up to the top to go over the background fabric. Repeat this sequence: under two, over one, under two, repeating until the strip is woven across all vertical strips. Pin in place.
6. Next take a fabric B strip to the top of the heart strip. Starting below the fabric A strip you just wove in, begin weaving. Go under the background and heart colour (under two) and over the background fabric to the left of the heart colour (over one) and repeat. Repeat this sequence: under two, over one, under two, repeating until the strip is woven across all vertical strips. Pull the strip snug next to the first diagonal strip, adjusting so that the strips are all snug together. Pull the strip taut and pin.

- Take a second fabric B strip and place it above the previous background strip, this one will go over the heart fabric and under the two background strips. Repeat this sequence: over one, under two, repeating until the strip is woven across all vertical strips. Again, position it snug next to the previous strip, pull it taut and pin in place.
- Repeat this sequence of three strips, starting from step 5. Repeat, filling in the corners so that the entire first layer has been woven into by the second layer as shown below.**



- After the weave is complete, carefully fuse your completed woven panel to the interfacing with a hot iron, being careful of the pins.
- Carefully remove the pins while holding the strips down with your hand, then carefully slide the woven panel off the board by holding onto the interfacing.** Give it another good press with the iron now the pins have been removed.
- Take the woven panel to your sewing machine and baste around the four sides to hold the woven panel together.

quilt top assembly

- Cut the heart shaped reverse applique fabric panel to a 12" x 16" rectangle.
- With the wrong side up, place the rectangle on the cutting mat. Place the paper pattern in the middle of the fabric rectangle and cut the heart out along the dotted line with your rotary cutter. Note: If you cut carefully you can re-use the heart shape for another project.

- Clip along the curves of the fabric heart shape to make it easier to turn under, being sure not to clip too far in.
- On the paper pattern, cut the heart out on the solid line.
- Take the fabric to the ironing board with the wrong side still up and place the paper pattern back on top. Centre it over the heart shape, and slowly pull the fabric through the hole and over the edge of the paper to form a pressing guide. Press the hem under with a hot iron.
Tip: Spray some starch into a small bowl and, using a small paintbrush, brush the starch along the edges of the heart shape. This will keep the shape better as you bring your piece to the sewing machine.

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quilt assembly

Note: the reverse applique is secured to the weave as part of the quilting process.

1. Place the backing fabric, wrong side up, on a flat surface. Make a quilt sandwich with batting, weave (right side up) and heart applique (right side up) on top, centred over the weave. Pin in place.
2. Slowly stitch around the heart shape. Use a wider stitch length and take your time around the corners.
3. Flip the exterior fabric up out of the way and trim some of the heart weave away and closer to the seam line as shown below.



4. Quilt the heart as desired. Mara hand quilted it with embroidery thread for strong definition. It would also look great with a dense free motion quilting to offset the straight lines of the weave.
5. Trim the quilt top down to 10 1/2" x 14". Trim so it is 1 1/2" from the top and bottom of the heart and 3" from each side of the heart.

6. If you want to add hanging corners, simply cut two, 4 1/2" squares and fold in half on the diagonal and press. Before sewing down the binding, pin the triangles, with the raw edges on aligned with the top corners of the quilt, to the back of the quilt and stitch them in place when binding.
7. Prepare binding by sewing previously cut WOF strips end to end with a 45 degree seam to reduce seam bulk. Press binding in half lengthwise. Bind using your preferred method, starting in the centre of the bottom edge of the quilt.
8. Don't forget to label your quilt! Wash before first use (if desired) with Colour Catchers to catch any excess dye.



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Mara is an American living in Greece with her Greek/Australian husband and 2 children. Sewing and the sewing community and friends on IG keep her sane. She blogs at maracreates.blogspot.com and you can find her on IG @mara.creates.

