

Valentines Hand Embroidered Bowl Stuffer

Bowl stuffers are a great way to add a little decoration to your home with out too much fuss. Just pop them into one of your favourite bowls and display! They make great gifts for your friends and loved ones!

Read all instructions prior to starting. All seams are ¼”.

Supplies Required

Red fabric Cut (2) 8” squares
White fabric Cut (2) 5” squares
Embroidery floss – Green and red
Embroidery Needle
6” embroidery hoop
Double sided fusible
Sharp pair of curved embroidery needles
Thimble
Polyfil
Appliqué sheet or parchment paper
Thread to match you background fabric
Air Soluble Marking Pen (Sewline™)

Step 1 – Appliqué

1. Trace the heart applique template 1 and 2 onto the double sided fusible. Press them to the back of the white 5” squares and cut out.
2. Centre the smaller heart onto the larger heart and place on an appliqué sheet, or a piece of parchment paper and press.
3. Next, centre the heart onto the 8” red background fabric and press into place.

Step 2 – Stitching

1. Stitch the appliqué onto the background fabric ¼” in from the edge of the largest appliqué heart.



Step 3 – Hand Embroidery

Place the heart applique into the Embroidery hoop, making sure that it is tight in the hoop.



Step 3 – Hand embroidery (continued)

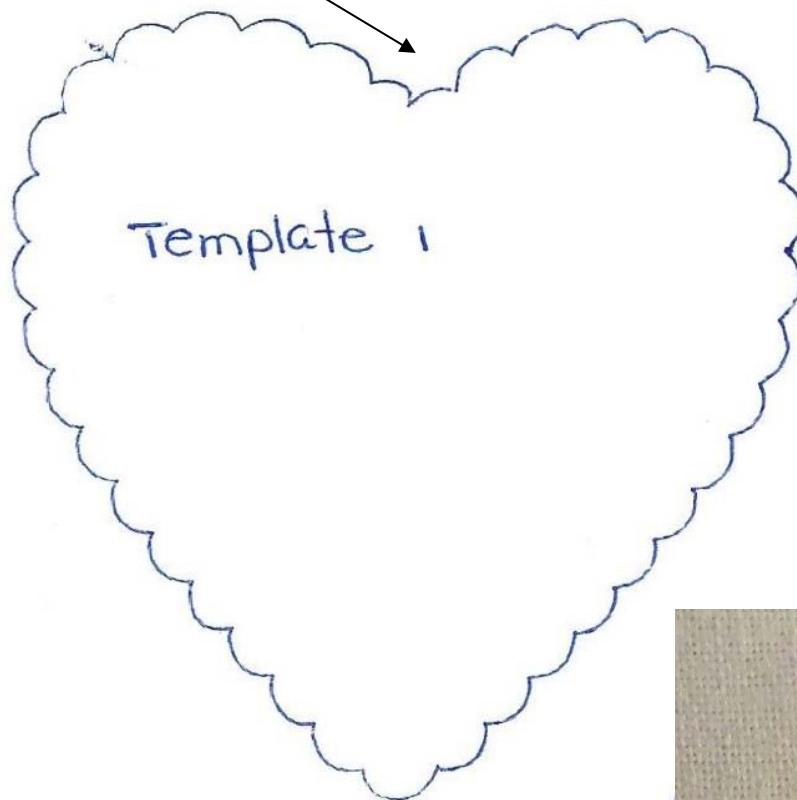
In this project 2 different stitches are used in the process and they are the French knot and the Lazy Daisy stitch.

With an air soluble pen starting from the centre edge of the inner heart mark every $\frac{1}{4}$ ". Embroider a French knot using 2-3 strands of the red embroidery floss on each of the marks.

French Knot:

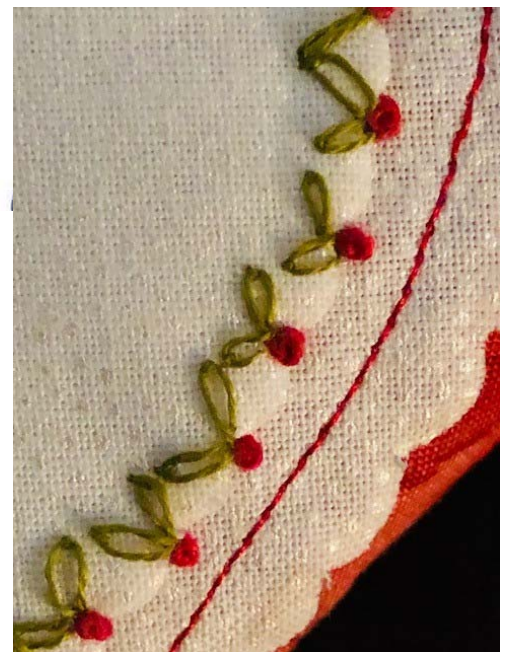
Note: Cut no longer than an 18" length of embroidery floss and split it into 2 or 3 strands.

Place a French knot in the crevasses of the scallops on the small heart starting from the centre as shown.



French knot:

1. Bring your needle up in the crevasse of inner heart where you wish to stitch the knot
2. Wrap the thread around the needle as close to the tip as possible 3 times.
3. Insert the needle back down into the fabric 1 thread width from the original hole.



Lazy Daisy Stitch

1. With your needle come from the back beside one side of the French knot.



2. Take a small bite of fabric as shown, wrap the Floss behind the needle and gently pull the needle Creating a loop.



3. Take a stitch on the outside of the loop to anchor The loop. Don't pull to hard, just enough to hold it in place.



4. Continue all the way around on either side of the French knots.

5. Last but not least, trim the background and backing to 6½". With right sides together sew all the way round leaving a small opening, large enough to turn right side out. Stuff and stitch close this a slip stitch and your done!.

Make them in all different colours, add lavender or trim them into heart shapes or a quilt, have fun and don't forget to tag us at [#fabricforeverystory](https://www.instagram.com/fabricforeverystory)



Template 1 – trace 1 template 1 and 2 onto double sided fusible
Template 2

