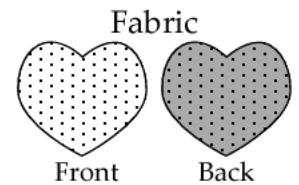
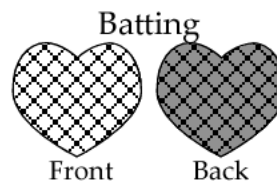
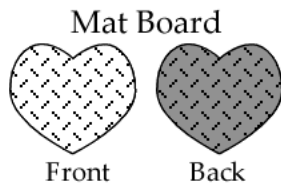
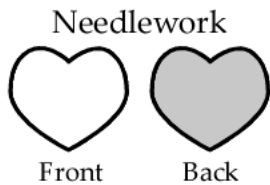
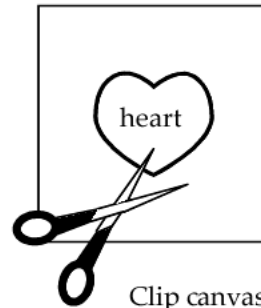


## Explanation of Hearts used:



## Finishing for Hearts for Hospice

1. Trim canvas around heart to about 1/2 inch.



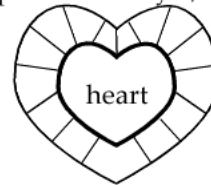
Needlework Front trimmed



2. Clip unstitched canvas every 1/2 inch around the heart.

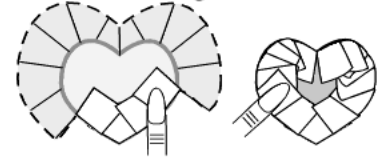
**Do not cut into the stitched canvas.**

Clip canvas every 1/2 inch



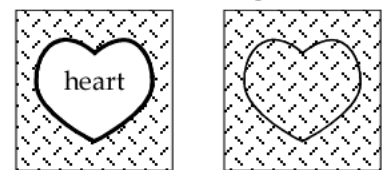
3. Finger press the cut edges inward on the back of the canvas.

Finger Press



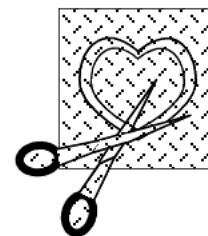
4. Trace finger-pressed heart onto medium weight mat board.

Mat Board med-weight front



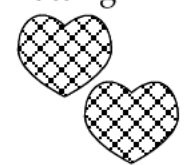
5. Draw a smaller second heart 1/8" inside the drawn heart on the mat board, so that the mat board heart is smaller than the canvas heart.

Cut out heart.



6. Cut batting same size as stitched heart. Cut 2 batting hearts.

Batting

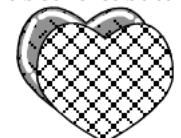


7. Attach one batting to the **backside** of mat board heart with double sided tape.

backside of mat board  
with tape

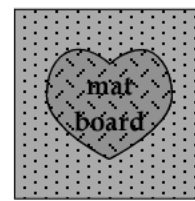


Mat board & batting



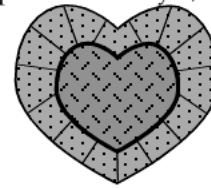
Suggested tape: 3M #924 Adhesive transfer tape

8. Using mat board with batting attached, mark a heart on wrong side of backing fabric.  
Cut heart from backing fabric, 1/2 inch larger than mat board.

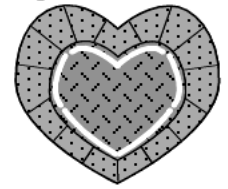


9. Clip backing fabric heart just to line of mat board heart.

Clip canvas every 1/2 inch

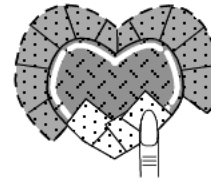


Tape on matboard

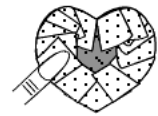


10. Attach tape (see #7) to back side of mat board.

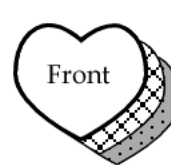
11. Press the clipped fabric edges inward on the back of the mat board.



Press fabric around mat board



12. Form sandwich of Finger pressed needlework heart, 2nd batting heart and fabric covered mat board heart (fabric, batting & mat board).



needlework  
batting  
fabric covered  
mat board



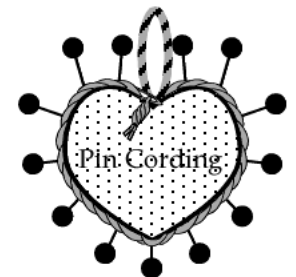
13. Blind stitch with invisible thread or 4lb. fishing line.

14. Make cording (see page 3)

15. Put raw end (end with knot) through finished end (looped end) of cording



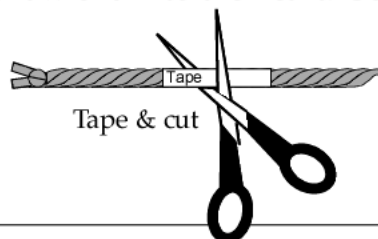
16. With back side of needlework facing you, pin cording around heart starting at at the top of the heart and using the loop end of cording. (Pinning is optional.)



17. Sew cording to heart using invisible thread or 4lb. fishing line. Starting stitching about 1/2 inch from loop and sew with right side of heart facing you. Sew through the middle of the twisted thread, not over the top of it.



18. When you get all the way around and back at the top. Leave enough of the cord for a hanger: measure and scotch tape the end of the cording, cut the cording in the middle of the tape and stuff the raw end into the heart. Sew rest of heart and cord together.



# Cording:

Make cording using 4 strands #3 perle cotton or 4-6 strands #5 perle cotton.

Any single twist thread may be used.

Use full skein of floss folded into 1/4s

Measure around heart plus hanger to determine finished cording length.

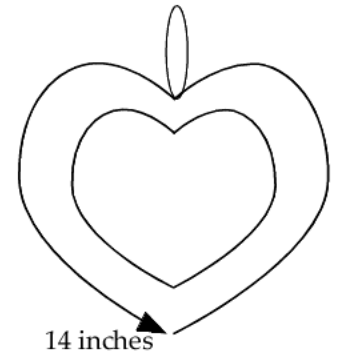
Multiple by three(3) to determine length of thread to use for making cording.

Example: Heart (**measure each heart as they will differ**)

14 inches + 3 inch for hanger = 17 inches

17 inches x 3 = 51 inches

You will need strands 51 inches long.



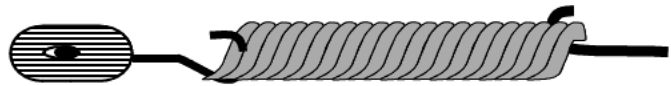
Knot open end(s) of the threads.



Secure one end of the threads on a hook or have a friend hold.

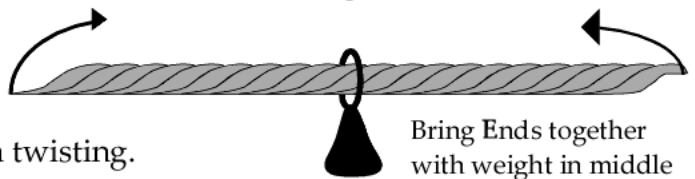
Attach other end of threads to twisting device. Stand so threads are pulled taut not tight with no slack and begin twisting.

Twist until tightly twisted.



Keeping the twisted threads taut and the ends separated from each other

Hang a weight or have someone gently grab the center of the twisted cording.



Bring the two ends together keeping the thread from twisting.

Let go of the weight and allow to twist. When the twisting stops, join the two open ends with an overhand knot.

Cording is ready to use.



Twisted Cord with overhand knot

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