



## Placemat for Applique Heart design

Instructions are for 2 mats

You will need:

6 fat quarters of 6 different color variations that match including some light and some medium and some medium dark prints of the same color family. (1 is for the heart so it should be a solid like fabric. 1 will be the binding. 4 will work in the strip quilting.)

½ yard of a quilted solid will make 3 placemats. You can choose a double faced or a single faced fabric, depending on how much body you want in your placemat. The placemat measure 18" wide X 13" high.

11" X 13" background solid rectangle for the heart applique

10" X 7" stabilizer for the heart applique , I used ["Fuse and Tear"](#)

10" X 7" of Wonder Under for heart applique

1 spool of matching all-purpose thread to sew the placemats.

4 spools of decorative rayon or polyester embroidery thread to decorate the heart and applique the heart

[Open toe applique foot](#)

[Walking Foot](#)

Scissors to cut the applique and background fabrics.

Rotary cutter and quilter's ruler

Iron

Permanent marker and wash away marker

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Draw the Heart pattern on the wrong side (rough side) of the Wonder Under to prepare the applique. Use a permanent marker to draw the heart. Make sure the Wonder Under piece is smaller than the heart fabric. Fuse the Wonder Under heart drawing to the wrong side of the heart fabric. Make sure the rough side of the Wonder Under is facing away from the iron when you press. Peel the paper backing

away and cut out the heart design. Fuse the heart applique to the center of the right side of the background fabric.

Fuse a piece of "Fuse and Tear" tear away stabilizer to the wrong side of the heart applique background large enough to cover the heart applique. Next I drew a grid to using the washaway fabric marker and then used the decorative stitches to decorate the heart applique. ( see photo) An open toe applique foot helps you to see the edges and lines best. Using a decorative stitch, applique the heart edge. Place the applique background in the center of the placemat. Pin in place and use a walking foot to top stitch the block in place with matching thread.

Cut a strip of fabric from 4 fat quarters that is 2" wide X 45" long. Using the walking foot, strip piece 2 strips to each side of the center. Use a decorative stitch to frame the center block by stitching the seam line between the center and the first strip.

Finish the placemat by cutting 3" strips of one fat quarter for the binding. Sew the strips end to end to create one long strip. Press the seams flat and then press the trim in half lengthwise. Turn under ½ inch on one end. From the wrong side of the placemat, start at this folded end and sew the trim to the placemat edge using the width of the walking foot as a guide. Miter the corners and overlap the ends. Press the trim to the right side. Sew the trim with a straight stitch close to the folded edge to finish.

