

Discovering Stitches

How to Make a Running Stitch Heart Cushion

Materials

- Two pieces of fabric
- Scissors
- Thread
- Needle
- Pencil
- 3 safety pins
- Stuffing



Draw a shape on the fabric

Safety pin two pieces of fabric together, one on top of the other.

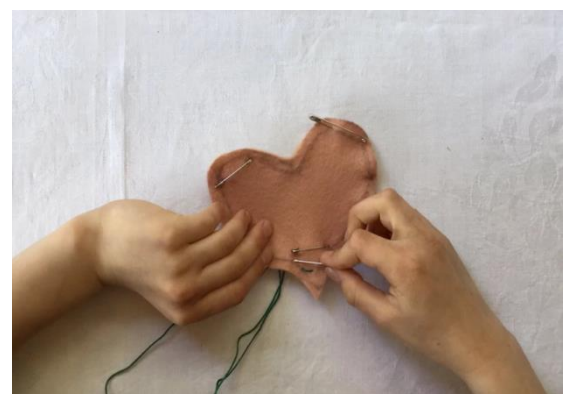
Cut the two pieces of fabric to the shape.

Draw a faint line 0.5cm from the edge, all the way around the shape.

Put the thread through your needle, tie a knot in the end of your thread.

Take your needle and push it through both pieces of fabric, pull it through from the front to the back.

Carefully poke the needle up through the back to the front a little way along from the first stitch.



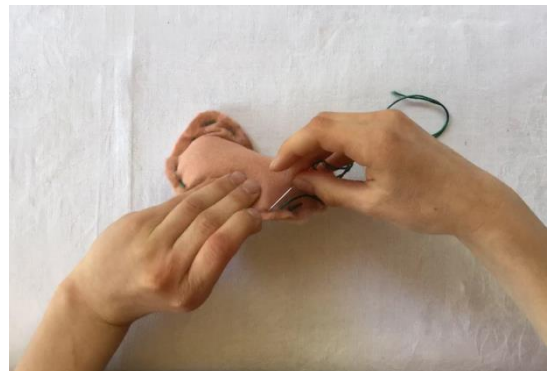
Run the needle in and out of your fabric, from front to back and then back to the front, along the line you have drawn. Stitching the two pieces together.



Run the stitching nearly all the way around, pause and push your stuffing into all the corners of the shape.



Pinch the hole together with your fingers, push the last of the stuffing in and then finish sewing towards the starting point.



Tie a knot in the end of your thread, as near to the fabric as possible and cut off the excess thread. You have made a heart cushion.

