



PATCHWORK HEART

♥ Quilted Tutorial ♥

FINISHED SIZE

25 cm (W) x 23 cm (H)
(10" x 9")



MATERIALS

- Assorted cotton fabrics
- Batting 30 cm x 30 cm
- Backing fabric 30 cm x 30 cm
- Appliqué fabrics (flowers, hearts)
- Embroidery floss
- Sewing threads
- Needle for hand sewing
- Scissors / Rotary cutter
- Pins / Quilting clips
- Fabric marker
- Buttons (1–2 cm)
- Ruler / Cutting mat

CUTTING GUIDE (seam allowance 0.7 cm included)

From assorted fabrics, cut:

- 14–16 irregular patch pieces (various shapes and colors)
- 2 hearts (front and back) from backing fabric
- Batting: 1 heart 25 cm x 23 cm
- Scalloped border strips (pink): 2 strips 4 cm x 90 cm
- Appliqué pieces for flowers, leaves and hearts

STEP-BY-STEP TUTORIAL

1 PREPARE PATCHES



Cut assorted fabrics into irregular shapes. Variety of colors and prints makes the heart lively.

2 ARRANGE PATCHES



Arrange the pieces on the heart shape (paper template) until you like the layout.

3 JOIN PATCHES



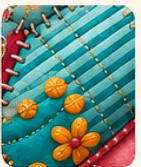
Sew the patches together using small whip stitch or sewing machine. Press the seams.

4 QUILT THE HEART



Place the patchwork heart on batting and backing. Baste all layers together.

5 QUILTING



Quilt around the patches with decorative stitches, (straight lines, spirals, waves, etc.).

6 ADD APPLIQUÉ



Sew appliqué flowers, hearts and leaves onto the heart. Use blanket stitch around the edges.

7 ADD BUTTONS



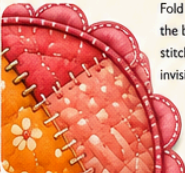
Sew buttons at the center of the flowers or as decoration.

8 SCALLOPED BINDING



Fold the scalloped strip in half. Pin around the heart edge and sew with 0.7 cm seam allowance.

9 HAND STITCH BINDING



Fold the binding to the back and hand stitch with invisible stitches.

10 FINAL TOUCHES



Check quilting, secure threads and press gently. Your patchwork heart is ready!

QUILTING STITCH IDEAS

Straight Line Quilting



Spiral Quilting



Echo Quilting



Wavy Line Quilting



MAIN SEWING METHODS

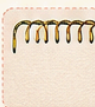
Running Stitch



Backstitch



Whip Stitch



Blanket Stitch



Invisible Stitch



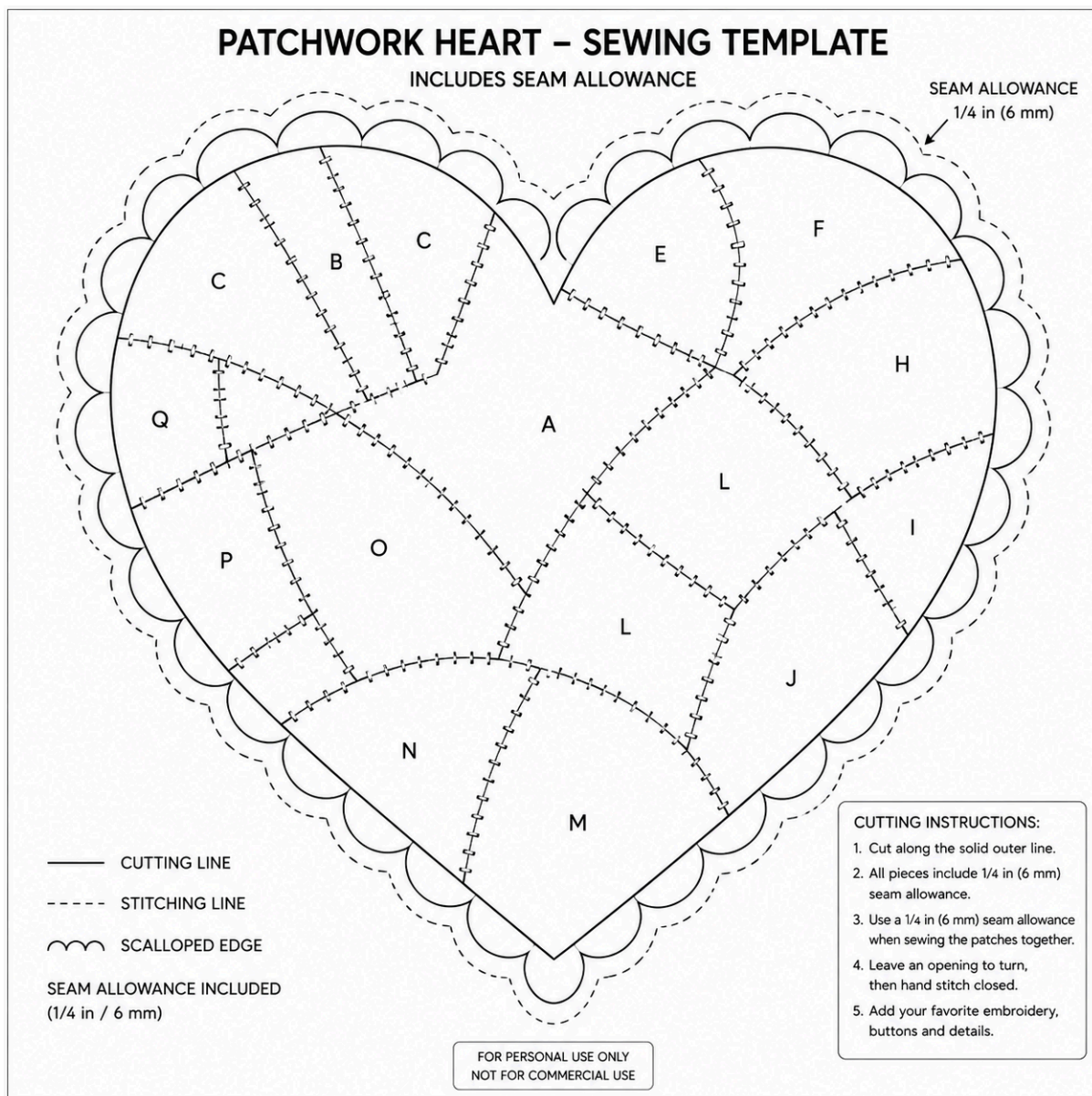
TIPS

- Use high-contrast thread for a bold look.
- Mix prints (dots, florals, stripes) for balance.
- Take your time arranging the patches.
- Hand quilting gives a beautiful cozy finish.



♥ Enjoy the process and have fun creating your unique Patchwork Heart! ♥

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Patchwork Heart Quilted Tutorial

Create a colorful, handmade Patchwork Heart using cotton fabric scraps, decorative quilting stitches, appliqué flowers, buttons, and a beautiful scalloped binding. This project

combines patchwork, hand quilting, embroidery, and appliqué in one cheerful design.

The finished heart measures approximately 10 inches wide by 9 inches high, or 25 cm wide by 23 cm high. It can be used as a small wall hanging, table decoration, oversized ornament, sewing-room décor, or a thoughtful handmade gift.

This tutorial follows the construction shown in the graphic, from preparing the irregular fabric patches to finishing the scalloped border by hand. Beginners can complete the project successfully by working slowly, checking the heart shape frequently, and securing each layer carefully.

Materials and Tools

Gather all your supplies before beginning:

- Assorted cotton fabric scraps in different colors and prints
- Batting measuring at least 12 × 12 inches or 30 × 30 cm
- Backing fabric measuring at least 12 × 12 inches or 30 × 30 cm
- Small appliqué fabric pieces for flowers, leaves, and hearts
- Embroidery floss
- Coordinating sewing thread
- Strong thread for hand sewing
- Hand-sewing needles
- Sewing machine, optional but helpful
- Fabric scissors or rotary cutter
- Cutting mat
- Quilting ruler
- Pins or quilting clips
- Fabric marker or heat-erasable pen

- Small decorative buttons measuring approximately $\frac{3}{8}$ to $\frac{3}{4}$ inch, or 1 to 2 cm
- Paper or cardstock for the heart template
- Iron and ironing board

For the scalloped edge, prepare approximately two fabric strips measuring $1\frac{1}{2}$ inches wide by $35\frac{1}{2}$ inches long, or 4 cm wide by 90 cm long. The exact length may vary slightly depending on the depth and size of your scallops.

Prepare the Heart Template

Draw or print a heart that measures approximately 10 inches wide by 9 inches high.

Fold a sheet of paper in half vertically. Draw one-half of the heart along the folded edge, making the upper curve rounded and the lower point gently tapered.

Cut through both layers while the paper is still folded. Open the paper to reveal a symmetrical heart.

Check the proportions before continuing. The center indentation should be deep enough to create a recognizable heart shape, but it should not be so narrow that it becomes difficult to sew the binding around it.

Trace the final template onto a larger sheet of paper or lightweight cardstock. This sturdier version will be used when arranging the patches and trimming the completed patchwork.

Mark the center line, the upper indentation, and the lower point. These reference marks will help keep the patchwork balanced.

Cut the Fabric Patches

Select a variety of cotton fabrics. Combine florals, dots, stripes, geometric prints, solids, and small-scale designs for a lively patchwork appearance.

Choose fabrics with noticeable contrast. Place bright colors beside darker or cooler colors so the individual patch shapes remain visible.

Cut approximately 14 to 16 irregular fabric pieces. The pieces may be triangles, curved wedges, trapezoids, diamonds, or uneven rectangles.

Each patch should be large enough to handle comfortably. Pieces measuring between approximately 2 and 5 inches work well for a heart of this size.

Include an additional $\frac{1}{4}$ -inch seam allowance around every patch edge that will be joined to another piece. The graphic uses approximately 0.7 cm, which is close to a standard $\frac{1}{4}$ -inch seam allowance.

Do not cut every patch exactly the same size. The charm of this design comes from its playful, irregular construction.

Arrange several long pieces near the sides or lower point of the heart. Smaller pieces can be used near the upper curves and center indentation.

Arrange the Patchwork Design

Place the paper heart template on your work surface.

Arrange the fabric patches over the template until the entire heart shape is covered. Let the fabric extend slightly beyond the template edges.

Begin with one larger piece near the center. Add the remaining pieces around it, working toward the outer edges.

Rotate the prints in different directions. Vertical, diagonal, and horizontal patterns create movement and make the patchwork more interesting.

Avoid placing two fabrics with nearly identical colors beside each other unless their prints are very different.

Distribute the brightest colors throughout the heart instead of concentrating them in one area.

Take a photo of the arrangement before sewing. This gives you a visual reference in case the pieces become mixed up.

You may also number the back of each patch with a removable fabric marker or place a small numbered paper label on each one.

Join the Fabric Patches

The patches can be joined by machine or by hand.

When using a sewing machine, place two neighboring patches right sides together. Match the shared edge and sew with a ¼-inch seam allowance.

Press the seam allowance to one side. In bulky areas, press the seam open to reduce thickness.

Add the next patch to the growing section. Continue joining neighboring pieces until the complete patchwork panel is assembled.

Because the pieces are irregular, you may need to trim or straighten some edges before joining them. Use a ruler and rotary cutter to create a manageable seam line.

For hand sewing, use a small backstitch or whip stitch. Keep the stitches close together so the seams remain secure.

The front of the patchwork may include visible decorative joining stitches. To recreate the handmade appearance in the graphic, sew blanket stitch, whip stitch, or running stitch over selected seam lines after the patchwork has been assembled.

Use contrasting embroidery floss for bold decorative details. For a quieter result, use thread that coordinates with the fabric.

Press the completed patchwork gently from the back. Avoid stretching the curved or diagonal fabric edges.

Trim the Patchwork Into a Heart

Place the assembled patchwork panel right side up on a flat surface.

Position the paper heart template over the patchwork. Adjust it until the colors and prints are balanced within the shape.

Trace around the template using a removable fabric marker.

Before cutting, check that every section of the traced heart is supported by fabric. There should be no gaps or weak seams along the perimeter.

Cut the heart approximately $\frac{1}{4}$ inch outside the traced line. This extra allowance provides room for final shaping and binding.

At the upper indentation, make the curve smooth and gradual. A sharp, narrow angle will be difficult to bind neatly.

At the lower point, leave enough fabric to maintain the shape without creating an extremely thin tip.

Prepare the Backing and Batting

Place the backing fabric wrong side up on your work surface.

Center the batting over the backing.

Position the patchwork heart right side up on top of the batting.

The layers should be arranged in this order:

- 1. Backing fabric, wrong side facing up**
- 2. Batting**
- 3. Patchwork heart, right side facing up**

The batting and backing should extend beyond the patchwork heart on all sides.

Smooth each layer from the center outward to remove wrinkles.

Pin or clip the layers together. Place pins every 2 to 3 inches, paying special attention to the curves, center indentation, and bottom point.

You may also hand-baste the layers with long temporary stitches. Basting is especially helpful when completing the quilting by hand.

Quilt the Heart

Quilting holds the three layers together and adds texture to the design.

Begin by quilting along or near the main patchwork seam lines. Stitch approximately $\frac{1}{8}$ inch from the seam or directly over the decorative seam stitching.

Use straight lines on striped or geometric patches.

Add spiral quilting to a solid or lightly printed fabric section.

Create gentle waves across longer patches.

Use echo quilting around appliqué shapes or around the outer heart outline.

Decorative quilting does not need to be identical in every patch. Different quilting designs make each section feel unique.

When machine quilting, use a walking foot if available. A walking foot helps feed the top, batting, and backing evenly.

Increase the stitch length slightly for visible quilting lines. Test the tension and stitch length on a fabric scrap before quilting the heart.

When hand quilting, thread a quilting needle with embroidery floss or strong quilting thread. Use small, even running stitches.

Pull the thread firmly enough to define the texture but not so tightly that the fabric puckers.

Work from the center toward the edges. This reduces shifting and helps keep the heart flat.

Add Decorative Appliqué

Prepare small appliqué shapes such as flowers, leaves, stems, and hearts.

For a flower, cut five or six rounded petals and one small circular center.

For the leaves, cut narrow oval or teardrop shapes.

For a small heart, fold a fabric scrap in half and cut one-half of the shape along the fold.

Position the appliqué pieces over the patchwork. Place larger flowers on open fabric areas where they will not cover too many decorative seams.

Pin the shapes in place or secure them temporarily with a small amount of fabric glue.

Use blanket stitch around the appliqué edges. Blanket stitch creates the outlined, handmade appearance shown in the graphic.

Bring the needle up near the appliqué edge. Insert it just outside the shape, then bring it back up through the appliqué while keeping the thread loop under the needle.

Pull the thread gently to form a small vertical stitch with a line resting along the appliqué edge.

Continue around the shape, keeping the stitches evenly spaced.

Use green embroidery floss for leaves and stems. Add small straight stitches for flower stems and tiny detached-chain or lazy-daisy stitches for extra leaves.

Sew on the Buttons

Choose small buttons that coordinate with the fabric colors.

Place a button in the center of each appliqué flower.

Thread a hand-sewing needle with doubled thread and knot the end securely.

Bring the needle through the back of the quilted heart and up through one buttonhole.

Sew through the buttonholes several times. Make sure the button is secure without pulling it too tightly into the batting.

Knot the thread on the back.

Buttons can also be added as small decorative accents in other patchwork sections.

Avoid placing buttons too close to the outer edge because they may interfere with the binding.

This project is intended as decorative textile art. If it will be used around babies or very young children, omit detachable buttons and replace them with embroidered circles.

Make the Scalloped Binding

The scalloped border is one of the most distinctive features of the heart.

Cut two pink fabric strips approximately 1½ inches wide by 35½ inches long, or 4 cm wide by 90 cm long.

Join shorter strips with diagonal seams if necessary. Press the joining seams open.

Fold the long strip in half lengthwise with the wrong sides together. Press the fold.

To form the scallops, mark a repeating series of rounded curves along the raw edge.

Each scallop can measure approximately 1 to 1½ inches wide. Keep them consistent throughout the strip.

Sew along the marked scalloped line, leaving the long folded edge unstitched.

Carefully trim around the curves, leaving a narrow seam allowance.

Clip into the spaces between the scallops without cutting through the stitching.

Turn the scalloped strip right side out. Use a blunt turning tool to shape each curve.

Press the scallops carefully so they remain rounded and even.

Another method is to cut separate scalloped units, sew them in pairs, turn them right side out, and connect them into one continuous border.

Attach the Scalloped Binding

Before attaching the border, trim the backing and batting so they match the patchwork heart shape.

Position the scalloped strip around the heart with the scallops pointing inward toward the center of the patchwork and the raw binding edge aligned with the raw heart edge.

Pin around the curves.

At the upper center indentation, use several pins and allow the strip to curve naturally. Do not pull it tightly.

At the lower point, fold or miter the binding carefully so the scallops meet neatly.

Sew around the heart with approximately a $\frac{1}{4}$ -inch seam allowance.

Go slowly around the curves. Stop with the needle down whenever you need to adjust the binding.

Clip into the seam allowance at the center indentation. Trim away excess bulk at the lower point.

Turn the binding toward the outside of the heart. The scallops should now extend beyond the finished edge.

Press the edge carefully from the front.

Hand Stitch the Binding

Fold the remaining raw binding edge toward the back of the heart.

Turn under approximately ¼ inch to conceal the raw edge.

Pin or clip the folded binding to the backing.

Thread a hand-sewing needle with matching thread.

Use an invisible stitch, also called a ladder stitch or slip stitch, to secure the folded edge to the backing.

Take a small stitch through the backing fabric, then a small stitch through the folded binding edge.

Continue around the entire heart.

Keep the stitches hidden and avoid sewing through to the front.

Check the front frequently to make sure the scallops remain evenly positioned.

At the center indentation, take several small stitches to secure the binding firmly.

At the bottom point, shape the binding carefully and use extra stitches if necessary.

Add Visible Decorative Edge Stitching

The graphic includes decorative stitches along the binding and patchwork edges.

Thread a needle with contrasting embroidery floss.

Sew running stitch around selected parts of the pink scalloped border.

Add blanket stitch around small heart appliqués.

Use whip stitch across patchwork seams for a rustic, handmade effect.

Keep the stitch length fairly consistent, but do not worry about creating a machine-perfect appearance. Slight variations add personality.

Possible thread colors include cream, dark red, teal, gold, pink, and brown.

Avoid placing too many decorative stitches in one area. Spread the details throughout the design for visual balance.

Main Sewing Methods

Running Stitch

Running stitch is created by moving the needle in and out of the fabric at regular intervals.

Use it for hand quilting, outlining shapes, and decorating the scalloped border.

Keep the spaces between stitches close to the same length as the visible stitches.

Backstitch

Backstitch creates a strong, continuous seam.

Bring the needle up through the fabric, move backward to complete the previous stitch, and then bring the needle forward again.

Use backstitch when joining patches by hand or reinforcing the center indentation.

Whip Stitch

Whip stitch wraps over the edges of two fabric pieces.

Insert the needle through both layers and bring the thread over the edge before making the next stitch.

Use it as a decorative patch-joining stitch or to secure small appliqué edges.

Blanket Stitch

Blanket stitch creates a row of vertical stitches connected by a line of thread along the fabric edge.

Use it around flowers, leaves, hearts, and other appliqué pieces.

Keep the thread under the needle before pulling each stitch tight.

Invisible Stitch

Invisible stitch secures a folded edge without leaving obvious stitches on the front.

Take tiny alternating stitches through the backing and folded binding.

Use it to finish the scalloped binding on the back of the heart.

Quilting Stitch Ideas

Straight-line quilting is ideal for geometric or striped fabric. Sew parallel rows with even spacing.

Spiral quilting works well in a larger plain patch. Begin near the center and sew a gradually widening spiral.

Echo quilting follows the outline of a shape. Repeat the shape several times with approximately ¼-inch spacing between the rows.

Wavy-line quilting adds soft movement. Draw light guidelines before stitching to keep the waves balanced.

Outline quilting can be sewn around flowers, leaves, buttons, and heart appliqués.

You can combine several quilting methods in one project, as shown in the tutorial graphic.

Final Touches

Inspect the front and back of the heart.

Remove all pins, basting stitches, and visible marking lines.

Check every button and appliqué piece to make sure it is firmly attached.

Secure any loose quilting threads by pulling them into the batting layer or knotting them discreetly on the back.

Press the heart lightly. Use a pressing cloth over appliqué and buttons.

Shape the upper curves, center indentation, scallops, and bottom point with your fingers while the piece is still warm.

Do not flatten the batting completely. The gentle loft gives the project its cozy quilted appearance.

For hanging, sew a small fabric loop to the back near the upper center. Make sure the loop is hidden from the front.

You can also attach a narrow ribbon, small wooden ring, or clear hanging loop.

Helpful Tips for a Beautiful Finish

Use high-contrast embroidery thread when you want the decorative stitches to stand out.

Mix dots, florals, stripes, solids, and geometric prints to create a balanced patchwork arrangement.

Repeat important colors in different areas of the heart. This keeps the design visually connected.

Take your time when arranging the patches. A thoughtful layout will make the finished heart more attractive.

Press after joining each patch. Proper pressing prevents bulky seams and keeps the surface smooth.

Use shorter machine stitches around tight curves.

Hand quilting creates a soft and cozy appearance, but machine quilting is a practical alternative.

Test your fabric marker on a scrap before using it on the project.

Do not stretch the heart while attaching the binding. Stretching may distort the shape.

When sewing around curves, use many pins or clips rather than trying to hold the entire binding in place by hand.

Finished Patchwork Heart

Your Patchwork Heart Quilted Project is complete when the layers are securely quilted, the appliqué is firmly stitched, the buttons are attached, and the scalloped binding lies smoothly around the entire edge.

The final piece should measure approximately 10 × 9 inches, although slight variations are normal in handmade work.

Every heart will look different because of the fabric arrangement, appliqué details, buttons, embroidery, and quilting patterns. That uniqueness is part of the beauty of patchwork.

Display the heart in a sewing room, hang it on a wall, place it on a shelf, or give it as a handmade gift for Valentine's Day, Mother's Day, a birthday, or a housewarming celebration.

Enjoy the process and have fun creating your unique Patchwork Heart!  

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