

HEART PLACEMAT TUTORIAL

Step by Step Sewing Guide

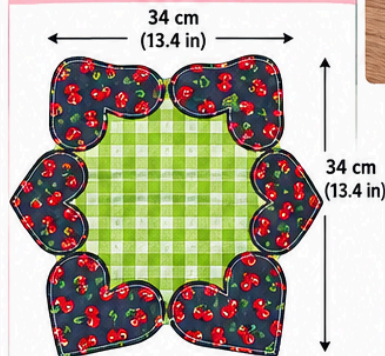
A charming and easy project to decorate your table!

MATERIALS

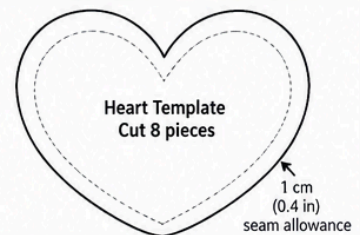


- 100% cotton fabric (quilting cotton – from U.S. fabric stores)
- Main fabric (center): 35 x 35 cm (13.8 x 13.8 in)
- Contrast fabric (hearts): 30 x 40 cm (11.8 x 15.7 in)
- Cotton batting (optional): 35 x 35 cm
- Coordinating thread
- Scissors, pins or clips
- Sewing machine
- Iron and ironing board
- Fabric marker or chalk
- Heart template (included)

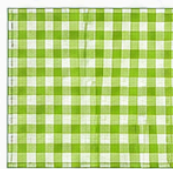
FINISHED SIZE



TEMPLATE (Actual Size)



CUT THE PIECES



Center
Cut 1 piece
20 x 20 cm
(7.9 x 7.9 in)



Hearts
Cut 8 pieces
using the template



Batting (optional)
Cut 1 piece
20 x 20 cm
(7.9 x 7.9 in)

SEWING STEPS



1 Place two heart pieces right sides together. Pin and sew around the curved edge using 1 cm (0.4 in) seam allowance. Leave the straight side open.



2 Trim the seam allowance and clip the curves. Turn right side out and press. Make 8 hearts.



3 Mark the placement of the hearts on the 20 x 20 cm center square.



4 Pin one heart to the edge of the center square, right sides together, aligning the straight edges.



5 Sew the heart to the center square using 1 cm (0.4 in) seam allowance.



6 Repeat with the remaining 7 hearts, spacing them evenly around the square.



7 All hearts attached. Press the piece well.



8 Place the backing fabric (right side down), the batting (optional), and the top piece (right side up). Pin in place.



9 Sew around the entire placemat with 1 cm (0.4 in) seam allowance, leaving a small opening. Trim the corners and clip curves.



10 Turn right side out, close the opening with a hand stitch. Topstitch around the entire placemat 0.5 cm (0.2 in) from the edge.



USEFUL TIPS

- ✓ Use 100% cotton quilting fabric (e.g., Moda, Riley Blake, Robert Kaufman) – available in U.S. fabric stores.
- ✓ Clip curves to get smooth heart shapes.
- ✓ Use a walking foot if quilting with batting.
- ✓ Topstitching gives a professional finish.
- ✓ You can customize the size by enlarging or reducing the center square and template.

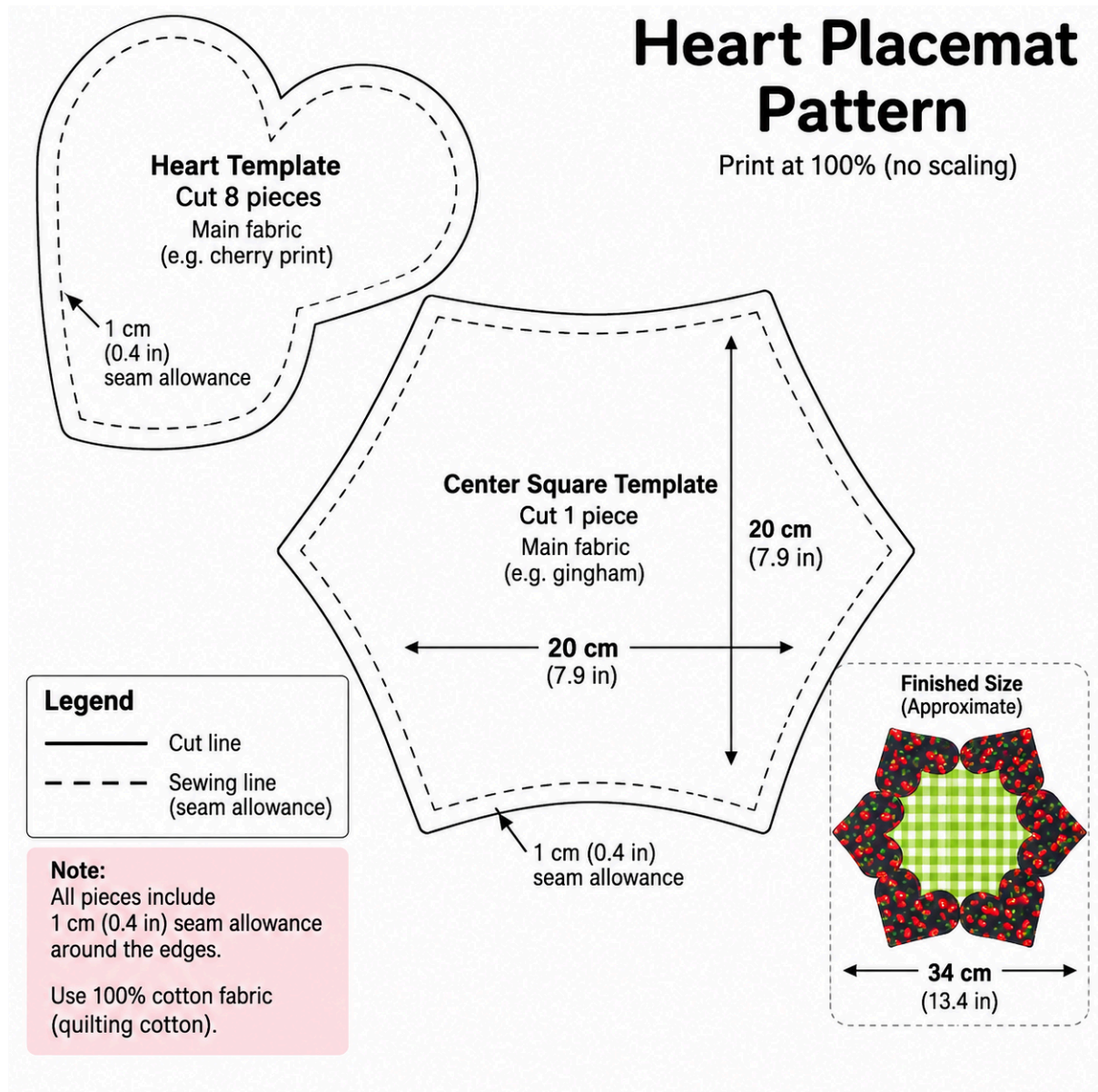
COMMON SEWING SYMBOLS

- Sewing line
- - - Topstitching
- Pin
- ✂ Cut
- W Clip curves
- 1 cm (0.4 in) seam allowance



BEAUTIFUL ON YOUR TABLE!





Heart Placemat Tutorial – Step-by-Step Sewing Guide ❤️

This Heart Placemat Tutorial is a charming sewing project that combines a cheerful gingham center with eight fabric hearts arranged around the outside. Based on the tutorial graphic, the finished placemat measures approximately 34 × 34 cm (13.4 ×

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13.4 inches) and works beautifully as a decorative table mat, centerpiece, or handmade gift.

The project is suitable for confident beginners as well as experienced sewists. The main techniques include sewing curved seams, clipping curves, turning fabric right side out, attaching appliqué-style pieces, layering batting and backing, topstitching, and finishing a turned-edge placemat.

For the version shown here, use 100% cotton quilting fabric, which is widely available at U.S. fabric and craft stores. A green-and-white gingham cotton is used for the center, while a contrasting dark cherry-print cotton creates the hearts. You can follow the same combination or substitute any coordinating quilting cottons you like.

Step 1: Gather Your Fabric and Sewing Supplies

Before cutting anything, prepare all your materials. Having everything ready will make the construction much easier, especially when you begin assembling the eight individual hearts.

For the main center fabric, prepare approximately 35 × 35 cm (13.8 × 13.8 inches) of 100% cotton quilting fabric. The tutorial uses a green-and-white gingham print because its simple geometric design contrasts nicely with the darker hearts.

For the heart sections, prepare approximately 30 × 40 cm (11.8 × 15.7 inches) of contrasting quilting cotton. A cherry print on a dark background is shown in the original design. Small floral, fruit, country, farmhouse, or geometric prints would also work well.

You will also need approximately 35 × 35 cm (13.8 × 13.8 inches) of cotton batting if you want the placemat to have a

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lightly padded, quilted feel. Batting is optional, but it gives the finished project more body and helps it lie nicely on a table.

Prepare coordinating sewing thread, preferably a strong all-purpose polyester or cotton/polyester thread. You may use matching thread for subtle seams or contrasting thread if you want the final topstitching to become part of the design.

Your basic tools should include a sewing machine, fabric scissors or rotary cutter, cutting mat, iron, ironing board, pins or sewing clips, fabric marker or tailor's chalk, ruler, and heart template.

For best results, wash, dry, and press cotton fabrics before cutting if you expect the finished placemat to be washed frequently. Prewashing helps reduce unexpected shrinkage later.

Step 2: Prepare the Heart Template

The most recognizable feature of this placemat is the ring of eight hearts surrounding the center. Consistency is important, so all eight hearts should be made from the same template.

The graphic uses a heart with a 1 cm (0.4 inch) seam allowance. When preparing your printable template, make sure you understand whether the outer line represents the cutting line and the inner dashed line represents the sewing line.

Trace the template carefully onto your fabric. Keep the heart symmetrical, particularly around the two upper curves and pointed lower tip.

The graphic instructs you to make 8 completed heart units. Because each heart is sewn right sides together before being turned, each finished heart requires a front and back fabric layer. Therefore, prepare the corresponding paired fabric

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pieces needed to construct all eight heart units rather than treating a single fabric layer as a finished heart.

When working with a directional fabric, such as cherries, animals, flowers, or words, pay attention to the orientation before cutting. Arrange the template so the motifs will face the direction you want when the hearts surround the center.

Transfer any useful sewing marks to the wrong side of the fabric. A removable fabric marker is ideal because ordinary pens can leave permanent marks.

Before proceeding, stack the cut pieces and confirm that you have enough matching pairs for eight hearts.

Step 3: Sew the Eight Fabric Hearts

Take the two fabric pieces for your first heart and place them right sides together. The printed surfaces should face inward, while the wrong sides remain visible.

Pin or clip around the perimeter. Curved areas can shift during sewing, so several clips around the upper curves are useful.

Sew around the heart using a 1 cm (0.4 inch) seam allowance. Maintain an even seam and reduce your sewing speed as you approach the curves and point.

Leave a small opening along one relatively straight portion of the heart. Do not sew this opening closed yet because you need it to turn the piece right side out.

After sewing, trim excessive bulk from the seam allowance where necessary. Be especially careful around the bottom point.

Clip small notches into the curved seam allowance without cutting through the stitching. Around inward curves, clipping

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allows the fabric to spread after turning. Around outward curves, carefully reducing bulk helps create a smoother finished edge.

Turn the heart right side out through the opening. Use a blunt turning tool to gently shape the point and curves. Avoid pushing aggressively with scissors because they can puncture the fabric.

Press the heart flat with an iron. Repeat the complete process until you have eight neatly pressed heart units.

Step 4: Prepare the 20 × 20 cm Center Panel

According to the tutorial graphic, the central portion begins as a 20 × 20 cm (7.9 × 7.9 inch) piece.

Cut one center piece from your main quilting cotton. The illustrated version uses green-and-white gingham.

Measure carefully with a quilting ruler so that the center is square. Accurate cutting is particularly helpful here because the eight hearts need to be distributed evenly around the perimeter.

Press the center fabric thoroughly before attaching anything. If your cotton has a strong crease from being folded on a bolt, a little steam can help flatten it.

Place the center square right side up on your work surface. Begin arranging the completed hearts around its outside edges.

Do not sew immediately. First experiment with their positions until the hearts create a balanced decorative frame around the entire center.

Step 5: Position the First Heart

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Begin with one completed heart and position it along one edge of the 20 × 20 cm center panel.

The heart should extend outward from the center so that most of its decorative shape remains visible after attachment.

Make sure the heart is oriented correctly. The heart's point and rounded lobes should follow the arrangement shown in the reference graphic, creating the characteristic flower-like border.

Pin or clip the first heart securely to the center fabric.

Check that the edge that will be attached is aligned consistently with the center panel.

At this stage, precision is more important than speed. The first few hearts establish the spacing for all the remaining pieces.

Step 6: Sew the Hearts to the Center

Attach the first heart to the center using approximately a 1 cm (0.4 inch) seam allowance, following the construction shown in the tutorial.

Sew slowly through the layers, particularly if your heart pieces have multiple layers of cotton. If you added batting to individual components, the seam will be thicker.

Backstitch briefly at the beginning and end where appropriate to secure the seam.

Position the next heart beside the first one and compare their placement before sewing. Maintaining similar spacing is essential for a symmetrical finished placemat.

Continue attaching the remaining hearts one at a time.

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After several hearts are installed, place the project flat on the table and inspect it from above. Correct any noticeably uneven positioning before continuing.

Step 7: Attach All Eight Hearts Evenly

Continue the same process until all eight hearts surround the center panel.

The goal is to create a continuous decorative ring. From above, the hearts should appear evenly distributed around the gingham center.

Check opposite sides against each other. The upper and lower arrangements should feel balanced, as should the left and right sides.

Avoid pulling or stretching the cotton as you sew. Quilting cotton can distort slightly, particularly along curved or bias-cut edges.

Once every heart is attached, press the entire piece carefully. Use the temperature recommended for your fabric and avoid aggressively flattening padded sections.

At this stage, the front of your Heart Placemat should closely resemble the finished arrangement shown in the graphic: a bright central panel framed by eight contrasting fabric hearts.

Step 8: Prepare the Backing and Optional Batting

Now prepare the layers that will give the placemat its finished structure.

Cut a backing fabric large enough to cover the complete placemat assembly. The tutorial suggests approximately 35 × 35 cm (13.8 × 13.8 inches) as the starting material size.

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If you are adding batting, cut a piece approximately 35 × 35 cm as well. Cotton batting is an excellent choice for a table project because it creates structure without making the placemat excessively bulky.

Lay the backing fabric right side down.

Place the batting on top if you are using it. Then position the assembled placemat front with its right side facing appropriately for the turn-through construction shown in the tutorial.

Carefully align all layers. Smooth everything from the center outward to eliminate wrinkles.

Pin or clip generously around the entire perimeter. Curved areas need enough pins or clips to prevent the layers from shifting while sewing.

Step 9: Sew Around the Placemat

Sew around the complete outer perimeter using approximately a 1 cm (0.4 inch) seam allowance.

Leave a sufficiently large opening for turning the entire placemat right side out.

When approaching a curve, reduce your sewing speed and guide the fabric rather than pulling it.

At tighter sections, stop with the needle down, lift the presser foot, reposition the fabric slightly, lower the presser foot, and continue sewing.

Once the perimeter has been stitched, inspect the seam carefully. Make sure no section has accidentally slipped outside the stitching line.

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Before turning, trim excess backing and batting so that they follow the shape of the placemat. Leave the required seam allowance intact.

Step 10: Clip the Curves and Reduce Bulk

Curved sewing projects need additional preparation before turning.

Make small clips along concave curves, stopping just before the seam. These clips allow the seam allowance to spread when the project is turned.

On convex curves, small notches or careful trimming can reduce excess fabric.

Trim bulky corners and points diagonally, but never cut through the stitching.

If you used batting, you can carefully trim some batting from bulky seam allowances while leaving the fabric seam intact. This often produces a cleaner outer edge.

Take your time during this stage. Well-trimmed seam allowances are one of the secrets to producing smooth, professional-looking fabric curves.

Step 11: Turn the Placemat Right Side Out

Find the opening you left in the perimeter seam and carefully begin pulling the project through it.

Work slowly. Trying to pull the entire placemat through the opening at once can stretch the opening or damage your stitches.

Once the placemat is completely turned, gently shape each heart and outer curve.

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Use a blunt point turner, knitting needle, chopstick, or similar sewing tool to shape difficult areas. Never force a sharp object against the seam.

Smooth the center panel and make sure the backing is not rolling excessively toward the front.

Press the entire placemat carefully. Fold the raw edges of the turning opening inward by approximately the same amount as the original seam allowance so that the opening blends into the finished perimeter.

Step 12: Close the Turning Opening

You can close the opening by hand or incorporate it into the final topstitching.

For an almost invisible hand finish, use a ladder stitch (slip stitch). Fold both raw edges inward, match them neatly, and sew between the folds with small stitches.

Alternatively, carefully pin the folded opening closed and allow the final machine topstitching to secure it.

Whichever method you choose, make sure the opening is completely closed.

Press the area again after sewing.

The edge should now appear continuous, with no exposed raw fabric.

Check both sides of the placemat before proceeding to the decorative finishing stitches.

Step 13: Add the Final Topstitching

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The graphic recommends topstitching approximately 0.5 cm (0.2 inch) from the outer edge.

Begin in an inconspicuous area and sew slowly around the entire placemat.

Topstitching serves two purposes: it creates a decorative professional-looking border and helps keep the fabric layers stable during use and washing.

Follow each curved section carefully. Keep your eye on the edge of the fabric rather than watching the needle continuously; this can make it easier to maintain a consistent distance.

If the placemat contains batting, a walking foot can be helpful because it feeds multiple layers through the machine more evenly.

Choose coordinating thread for a subtle appearance. For a more decorative result, contrasting topstitching can emphasize the outline of each heart.

Step 14: Press and Shape the Finished Placemat

Give your finished Heart Placemat a final pressing.

Place it flat on the ironing board and gently press the center first. Then work outward toward the heart-shaped sections.

Avoid dragging the iron because that can distort the shape. Instead, lift and reposition the iron as you work.

Check the curves and gently reshape any uneven sections while the fabric is still warm.

The finished project should measure approximately 34 cm (13.4 inches) across, although small variations are normal

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because seam allowances, fabric thickness, and individual sewing techniques can affect the final dimensions.

Allow the placemat to cool completely while lying flat. This helps preserve its shape.

Step 15: Customize Your Heart Placemat

Once you understand the basic construction, this pattern is easy to personalize.

Try replacing the cherry fabric with floral quilting cotton, farmhouse prints, patriotic fabrics, Christmas cotton, fall prints, Valentine's Day fabric, or colorful scraps.

The center does not have to be gingham. Polka dots, stripes, solids, tiny florals, or low-volume quilting prints can create completely different looks.

You can also make the hearts from several coordinating fabrics instead of using the same print for all eight. This is an excellent way to use pieces from a fat-quarter bundle or scrap collection.

If you want a firmer table mat, use slightly denser batting. For a lighter decorative piece, omit the batting entirely.

Whatever combination you choose, using 100% cotton quilting fabric will generally make cutting, pressing, and sewing easier.

Important Sewing Methods Used in This Project

This project introduces several useful sewing skills. The 1 cm (0.4 inch) seam allowance creates consistent construction seams throughout the project.

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Curve clipping helps curved seams spread naturally after the fabric is turned right side out. Always clip close to the stitching without cutting through it.

Topstitching is the visible finishing stitch around the perimeter. The tutorial places it approximately 0.5 cm (0.2 inch) from the finished edge.

Pinning or clipping keeps the layers aligned while sewing. Clips can be particularly convenient around thicker areas.

A walking foot is optional but useful when sewing through cotton fabric, backing, and batting simultaneously because it helps move the layers evenly through the sewing machine.

Finally, careful pressing is an essential part of the construction rather than merely a finishing step. Press after turning the hearts, after assembling the front, and again after completing the entire placemat.

Final Result

Your completed Heart Placemat should feature a neat center surrounded by eight decorative heart sections, creating the flower-like shape shown in the original tutorial.

The approximate finished size is 34 × 34 cm (13.4 × 13.4 inches), making it suitable for decorating a dining table, breakfast nook, coffee table, or kitchen centerpiece.

The combination of quilting cotton, optional batting, curved heart pieces, careful pressing, and 0.5 cm topstitching creates a handmade project that looks polished while remaining approachable for home sewing.

Once you have made the first one, consider creating a coordinated set in different fabric combinations. Seasonal prints can turn the same basic Heart Placemat Pattern into

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Valentine's Day, spring, summer, fall, Christmas, or everyday
table décor. ❤️ 🧵 ✂️