Project: I Love You

FROM DESIGNER ALEX ANDERSON

Stitch a subtle love note using a shadow redwork technique of ecru thread on a soft white foundation.

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Materials
- 2⅛ yards of muslin for embroidery foundation and pillow cover
- ⅛ yard of red cherry print for piping
- Embroidery floss: red and ecru
- 18"-square pillow form
- Air- or water-soluble marking pen
- 23"-square of tracing paper

Finished pillow: 23" square

Quantities are for 44⁄45"-wide, 100% cotton fabrics. **Measurements** include a ¼" seam allowance. Sew with right sides together unless otherwise stated.

Cut the Fabrics
To make the best use of your fabrics, cut the pieces in the order that follows.

From muslin, cut:
- 1—23½×56" rectangle
- 1—19½"-square embroidery foundation

From red cherry print, cut:
- 2—1×42" strips for piping

Embroider the Pillow Top
All embroidery is done with two strands of embroidery floss. Embroidery patterns are on *pages 4–7*. To make a full-size tracing guide, lay the tracing paper over the pattern and trace. Referring to the **Embroidery Placement Diagram**, rotate the tracing paper over the cherry wreath portion of the design to complete the full-size embroidery tracing guide.

1. Fold the muslin 19½"-square embroidery foundation in half vertically and horizontally. Lightly finger-press after each fold to create embroidery placement guides; unfold.

2. Place the embroidery tracing guide on a light table. Lay the embroidery foundation atop the embroidery tracing guide, aligning placement guides. Using an air- or water-soluble marking pen, trace the I Love You Embroidery Pattern onto the embroidery foundation.

3. Secure the embroidery foundation in an embroidery hoop. With red floss, stem-stitch the wreath.
   To stem-stitch, pull your needle up at A (**Stem Stitch Diagram**). Insert your needle back into the fabric at B, about ¼" away from A. Then, holding the floss out of the way, bring your needle back up at C and pull the floss through so it lies flat against the fabric. The distances between points A, B, and C should be equal. Pull with equal tautness after each stitch.

4. With ecru floss, stem-stitch the lettering "I Love You."

5. With ecru floss, add French knots to the lettering as shown on the pattern.
   To make a French knot, pull your needle up at A (**French Know Diagram**), the point where the knot is desired. Wrap the floss around your needle one time without twisting it. Insert the tip of your needle into the fabric at B, 1⁄16" away from A. Gently push the wrap down the needle to meet the fabric. Pull your needle and trailing floss through the fabric slowly and smoothly.

6. Lay the embroidered foundation facedown on a terrycloth towel and press. (The towel prevents the stitches from getting flattened during pressing.) Trim the embroidered foundation to 18½" square to make the embroidered pillow top.

Complete the Pillow
1. Cut and piece the red cherry print 1×42" strips to make an 84"-long piping strip.

2. With the wrong side inside, fold and press the red cherry print strip in half lengthwise to make a ½"-wide piping strip. Aligning raw edges and using a ¼" seam, sew the piping strip to the pillow top, mitering the corners. Turn under and press the seam allowances toward the pillow top wrong side.

3. Fold the short edges of the muslin 23½×56" rectangle under ½". Turn the same edges under ½"; press. Using a ⅜" seam allowance, stitch along the short edges to hem.

4. With the right sides inside, fold the hemmed edges to the center, overlapping them by 4", to make a 23" square (**Pillow Cover Diagram**).

5. Sew together the raw edges to make the pillow cover; turn right side out.

6. Place the pillow cover with the opening side down. Center the embroidered and piped pillow top on the pillow cover. Pin in place.

7. Sew in the ditch between the pillow top and the piping to create a flange edge. Insert the pillow form through the back opening to complete the pillow.
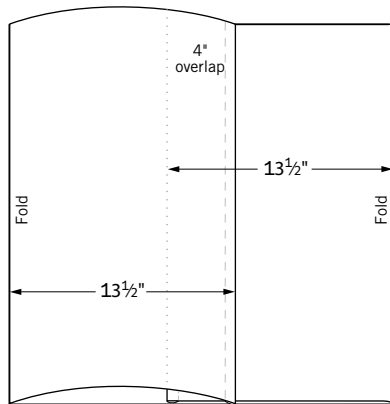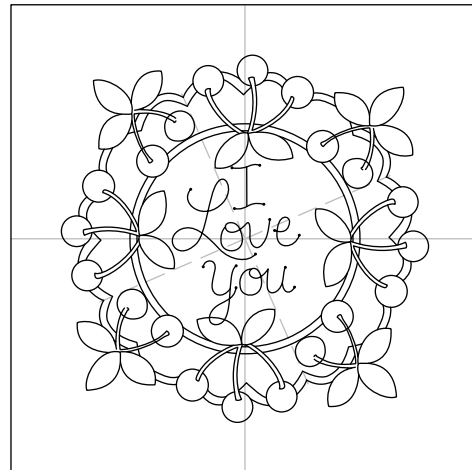
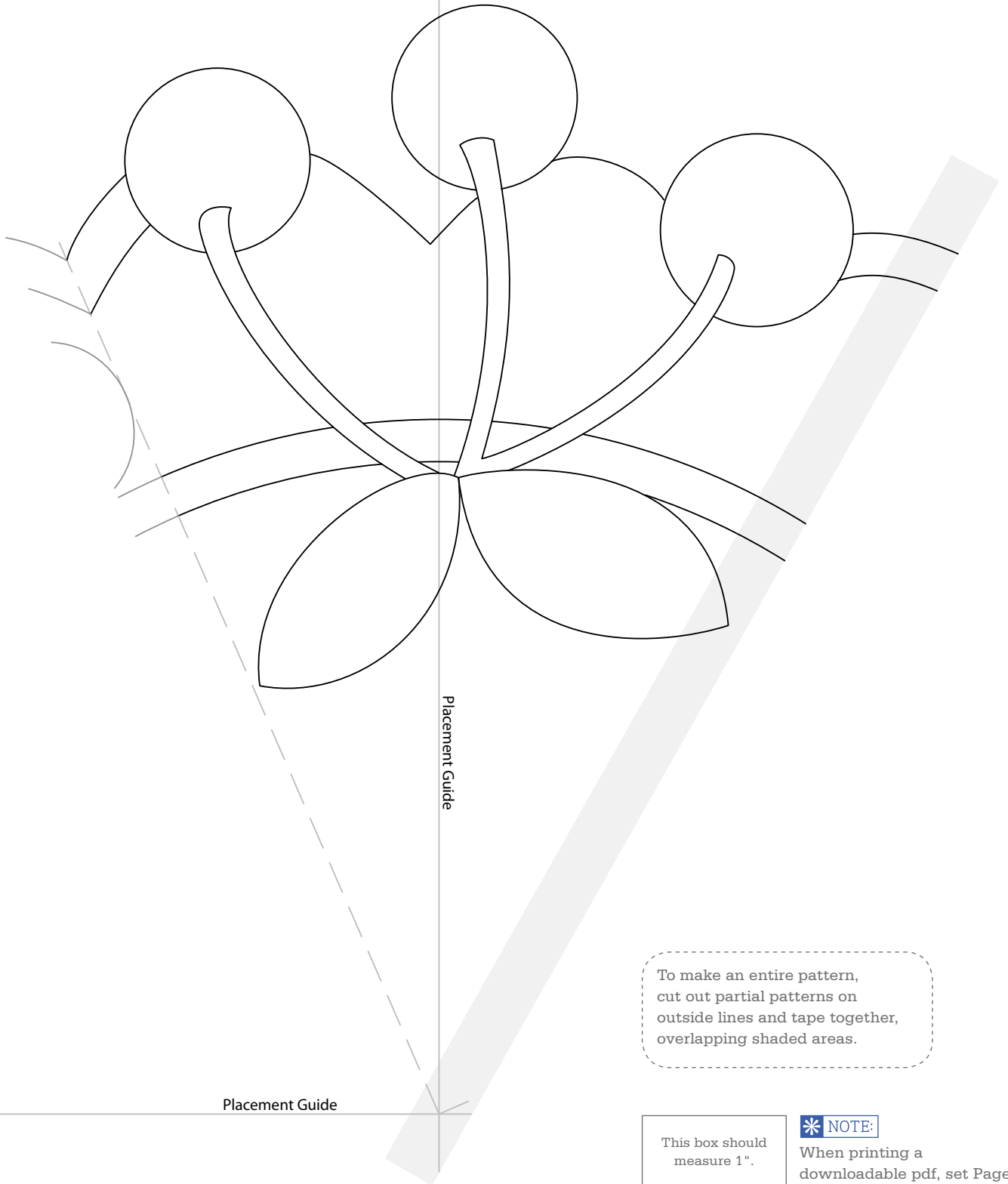## Project: I Love You

STEM STITCH

FRENCH KNOT

4"
overlap

Fold

Fold

13½"

13½"
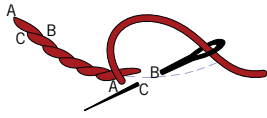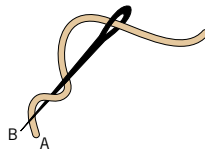
PILLOW COVER DIAGRAM

I Love You
Embroidery Placement Diagram
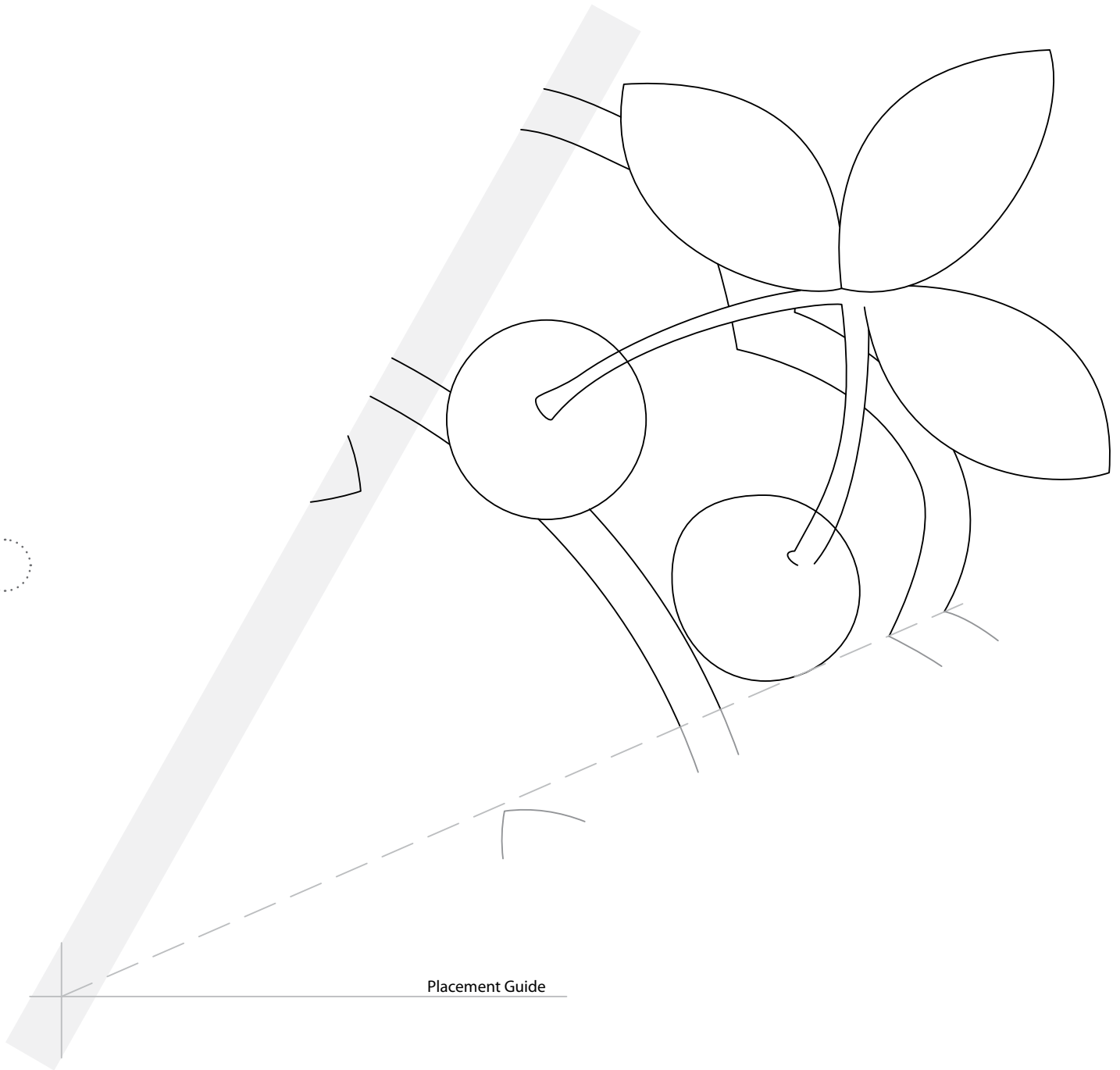
Placement Guide

Placement Guide

To make an entire pattern,
cut out partial patterns on
outside lines and tape together,
overlapping shaded areas.

This box should
measure 1".

←——— 1" ———→

✷ NOTE:
When printing a
downloadable pdf, set Page
Scaling preference to NONE
to print patterns at 100%.
Do NOT "Shrink to Fit"
or "Fit to Printable Area."

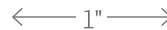Placement Guide

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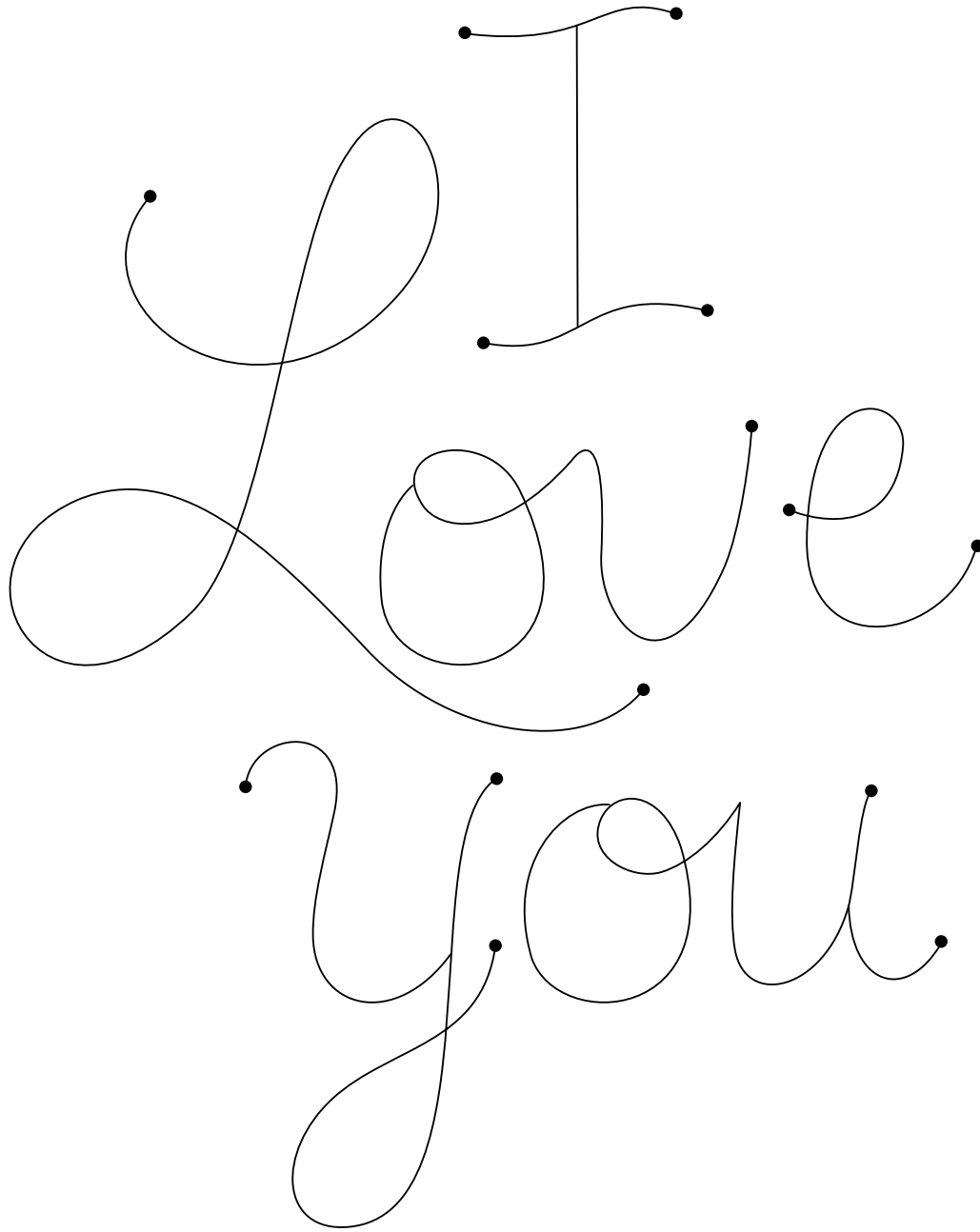measure 1".

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Make and Use Templates

Make Templates

A template is a pattern made from extra-sturdy material so you can trace around it many times without wearing away the edges. Acrylic templates for many common shapes are available at quilt shops. Or you can make your own by duplicating printed patterns on template plastic.

To make permanent templates, purchase easy-to-cut template plastic, available at quilt shops and crafts supply stores. Lay the plastic over a printed pattern. Trace the pattern onto the plastic using a ruler and a permanent marker to ensure straight lines, accurate corners, and permanency.

For hand piecing and appliqué, make templates the exact size finished pieces will be (without seam allowances). For piecing, this means tracing the patterns' dashed lines.

For machine piecing, make templates that include seam allowances by tracing the patterns' solid and dashed lines onto the template plastic.

For easy reference, mark each template with its letter designation, grain line (if noted on the pattern), and block name. Cut out the traced shapes on their outside lines. Verify each template's shape and size by placing it over its printed pattern. Templates must be accurate; errors, however small, will compound many times as you assemble a quilt. To check templates' accuracy, make a test block before cutting the fabric pieces for an entire quilt.

Use Templates

To mark on fabric, use a pencil, white dressmaker's pencil, chalk, or a special fabric marker that makes a thin, accurate line. Do not use a ballpoint or ink pen; it may bleed if washed. Test all marking tools on a fabric scrap before using them.

To make pieces for hand piecing or appliqué, place a template facedown on the wrong side of the fabric and trace. Then reposition the template at least ½" away from the previous tracing (Diagram 1), trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines ¼" away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a ¼" seam allowance; for hand appliqué, add a ³⁄₁₆" seam allowance.

Because templates used to make pieces for machine piecing have seam allowances included, you can use common tracing lines for efficient cutting. Place a template facedown on the wrong side of the fabric and trace. Then reposition the template without a space between it and the previous tracing (Diagram 2); trace again and repeat. Using a rotary cutter and ruler, cut pieces out, cutting precisely on the drawn lines.
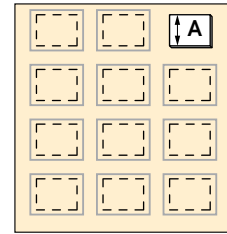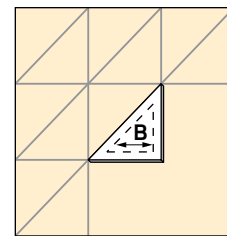

DIAGRAM 1

DIAGRAM 2