

## Stitch a Fabric Valentine in 15 Minutes—Free Download Pattern

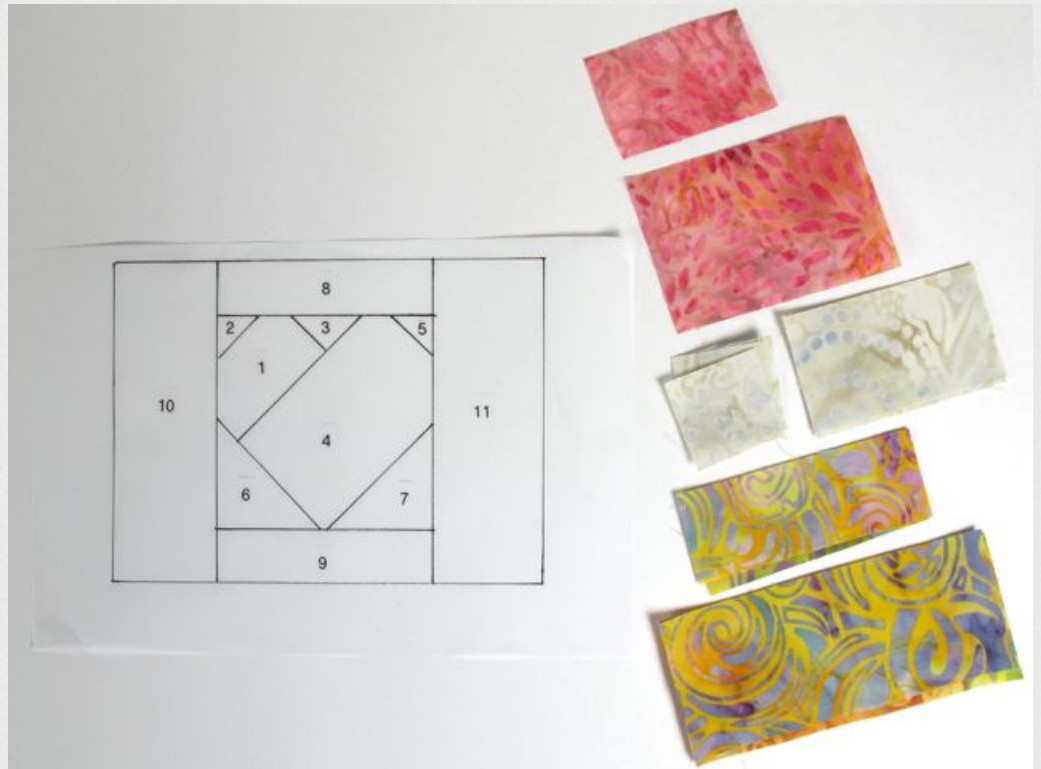
I am not opposed to buying greeting cards, yet sometimes the creative writers at Hallmark can't possibly pen the personalized message you'd like to send. Spend 15 minutes of time and use fabric from your stash to create a paper-pieced postcard, then add your heartfelt message—short or long.



If you've never tried paper piecing, here's a very simple project to give you the confidence to sew!

Paper Piecing Tutorial

To start, [download the file](#) and print the pattern on [Translucent Foundation Paper](#). Standard printer paper will work but will be opaque and more challenging to see through.



Cut Fabrics:

For each postcard/block you'll need scraps from three coordinating fabrics:

Medium/Heart: (1) 1-1/2" x 2-1/4", (1) 2-1/4" x 3-1/4"

Light/background: (3) 1-1/4" x 1-1/4", (2) 1-3/4" x 3"

Dark/Borders: (2) 1-1/4" x 3-1/2", (2) 2" x 5"

Basic paper piecing concepts:

Numbers in the design sections indicate the sequence in which fabric sections are joined.

Place all fabrics on the unprinted side of the paper starting with the center section.

Add fabric sections to the design in numerical sequence, right sides together.

Stitch on the right side of the paper, following the marked lines on the paper.

Position the next pattern piece.

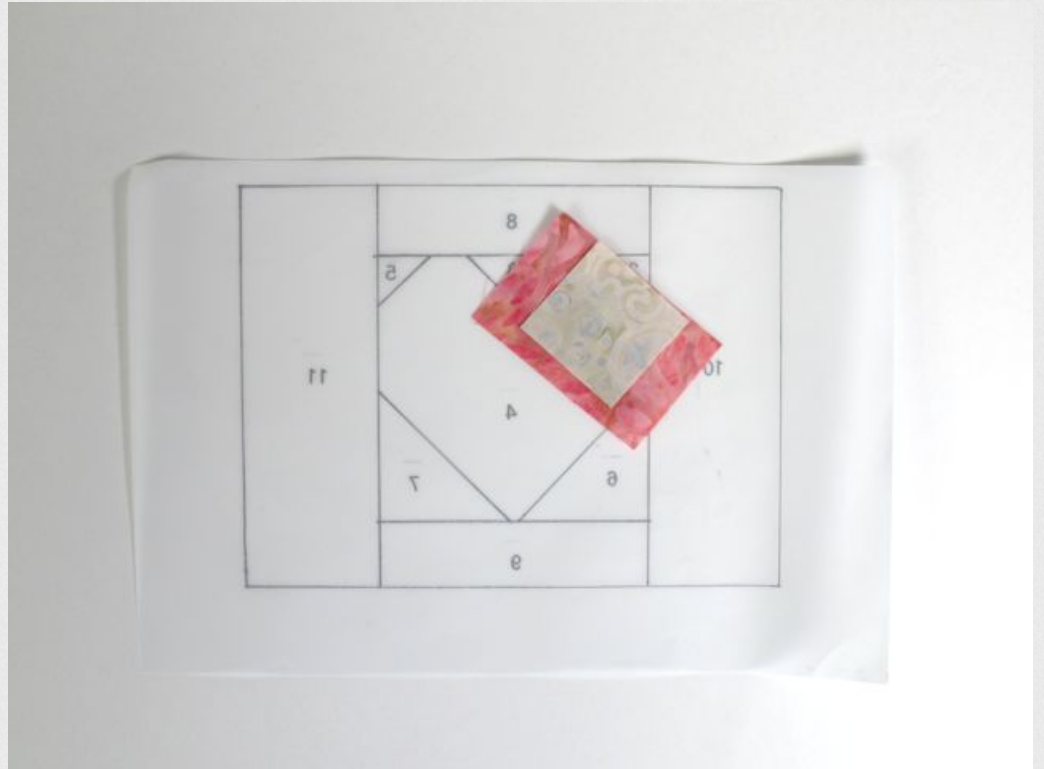
Stitch section in place, sewing from the right side of the paper and following the marked lines. Press fabric to cover seam.

Repeat the positioning, stitching, and pressing until all sections are added.

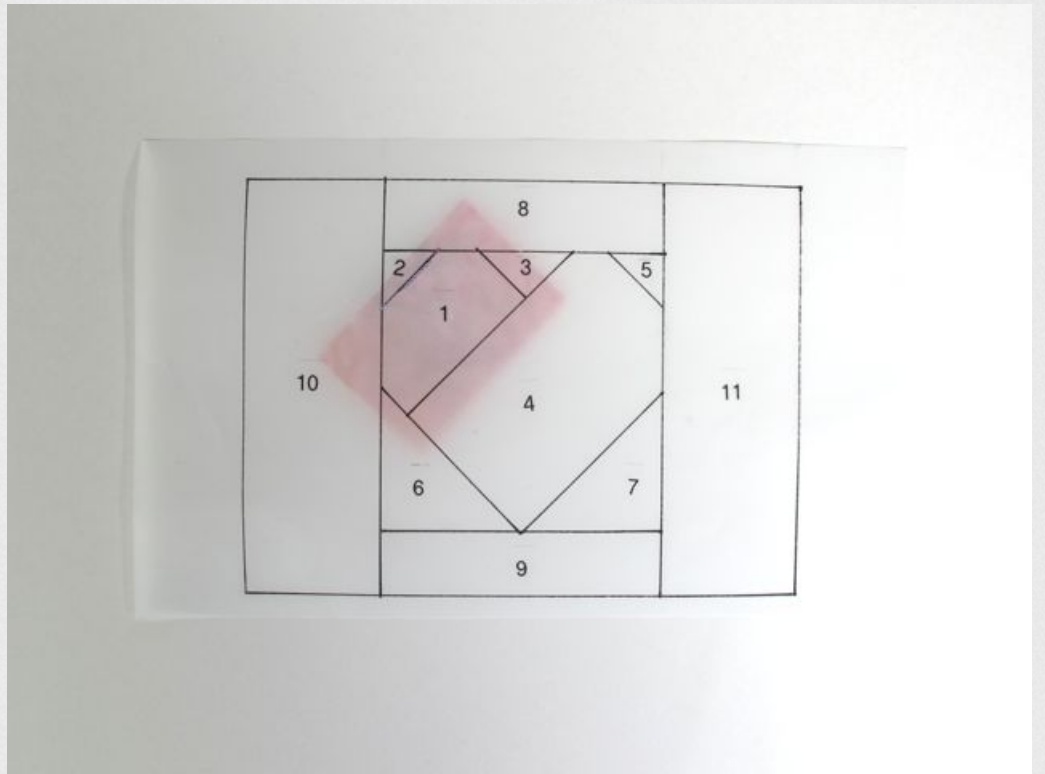
Paper Piece the Heart Block:

Place fabric section 1 behind the corresponding area on the paper pattern, with wrong side of the fabric meeting unprinted side of the paper. Optional: Pin fabric in place from printed side of the paper.

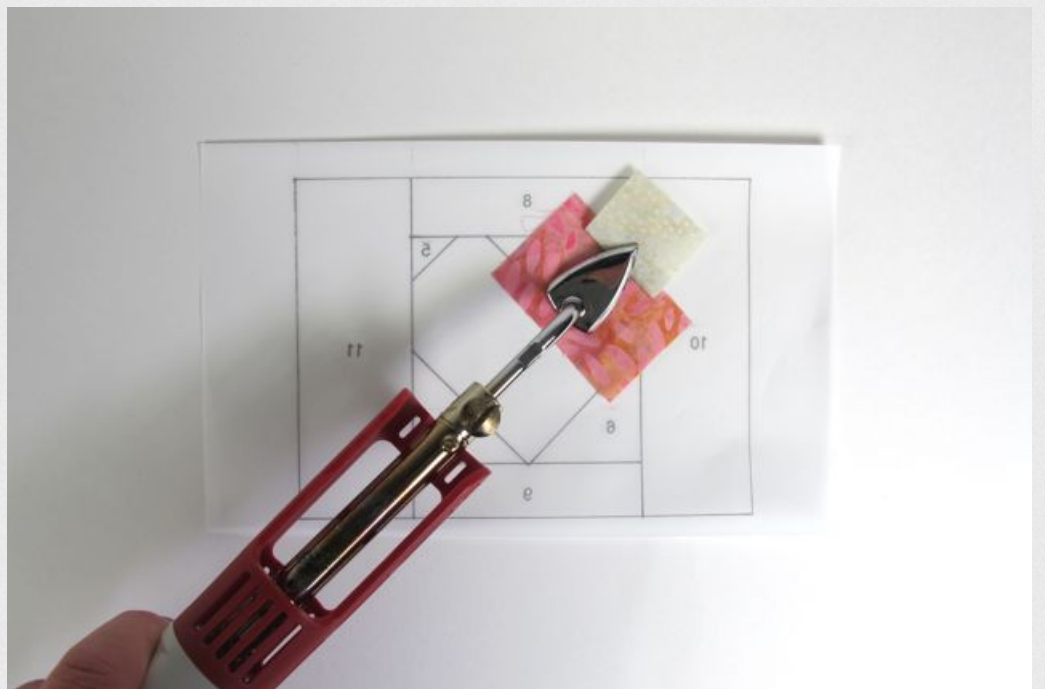
Meet the edge of fabric section 2 to fabric 1, right sides together.



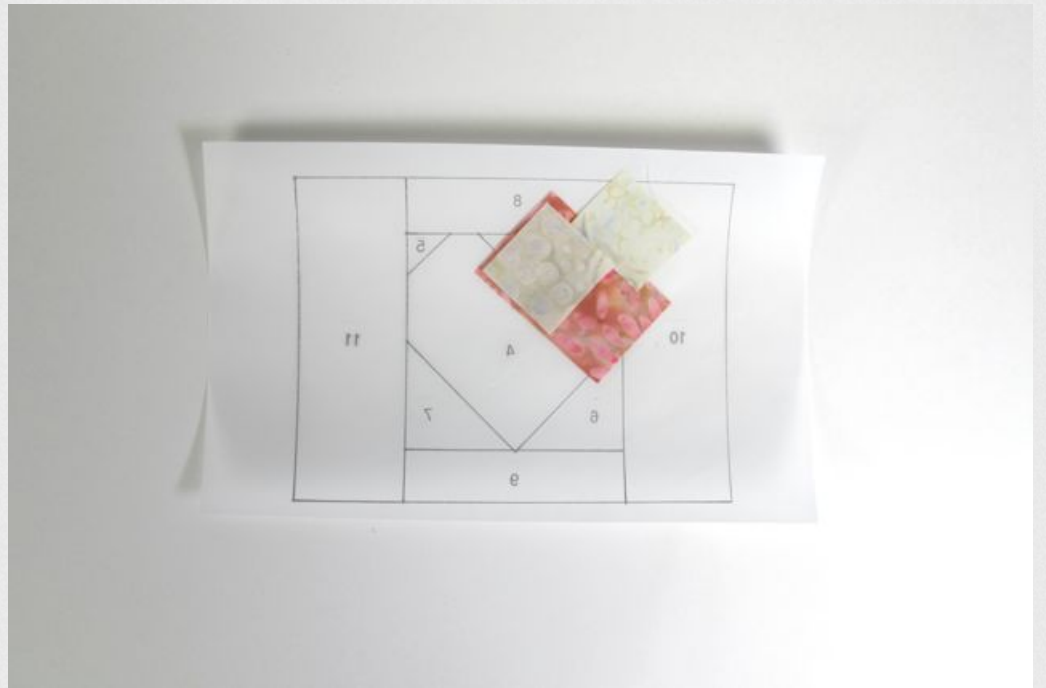
From the printed side of the paper, stitch along the line (between 1 & 2) joining the two sections, starting and ending a stitch or two beyond the line.



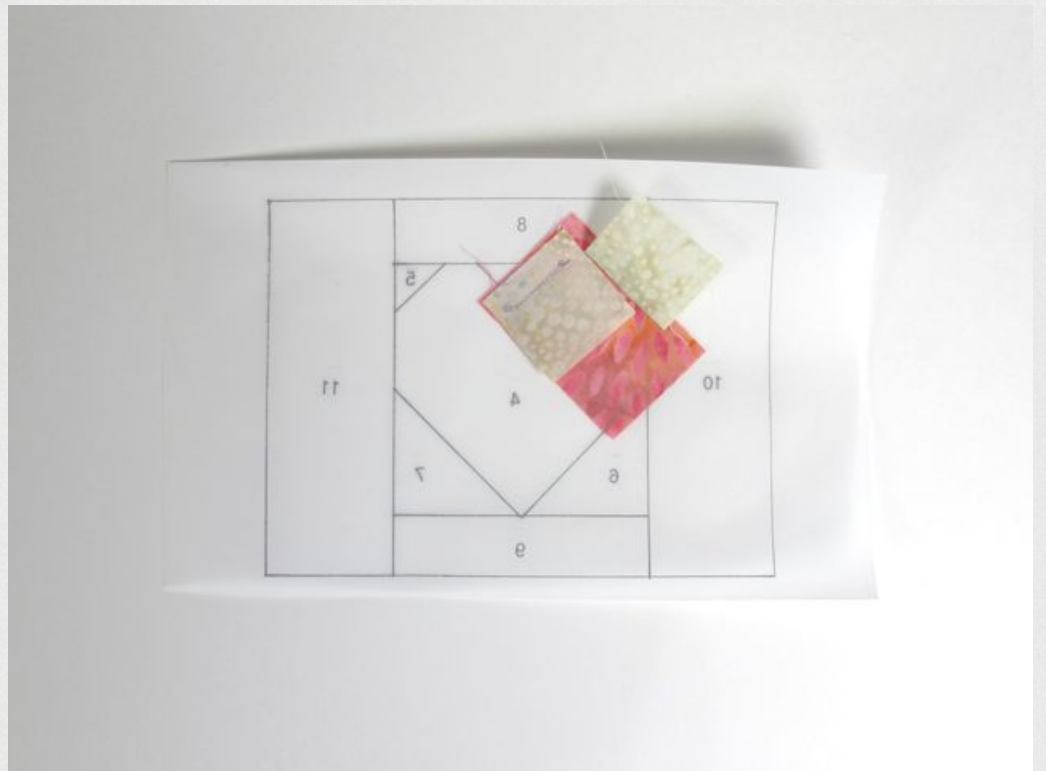
Press fabric to cover seam.



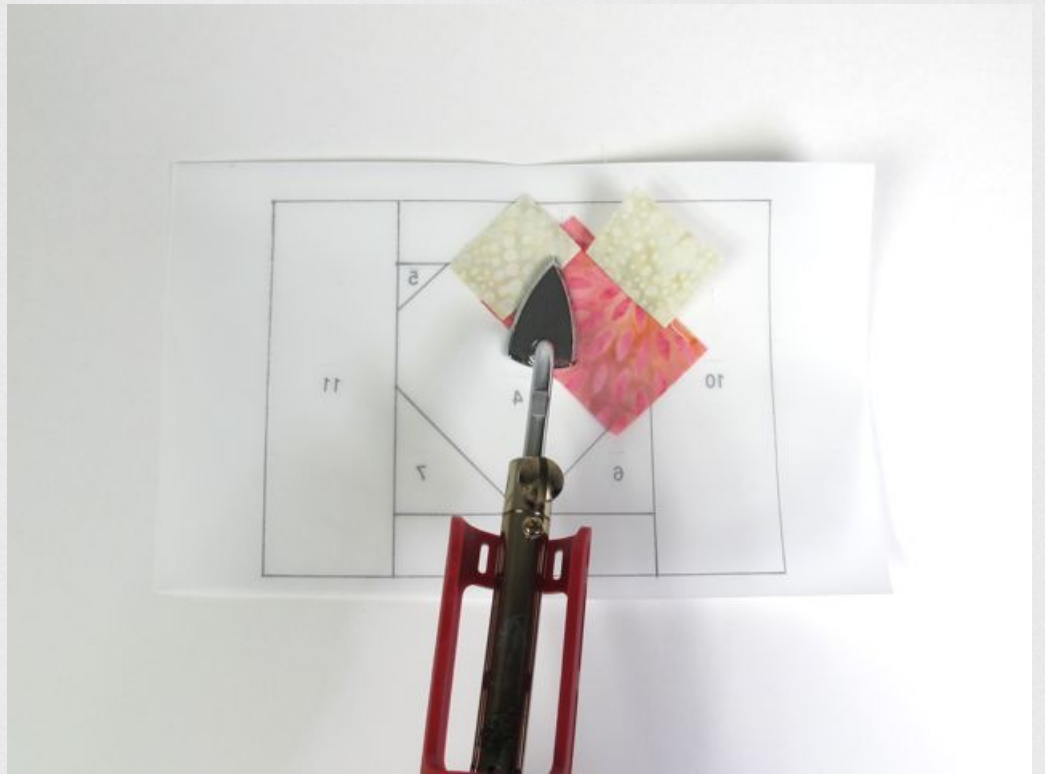
Meet the edge of fabric section 3 to fabric 1, right sides together.



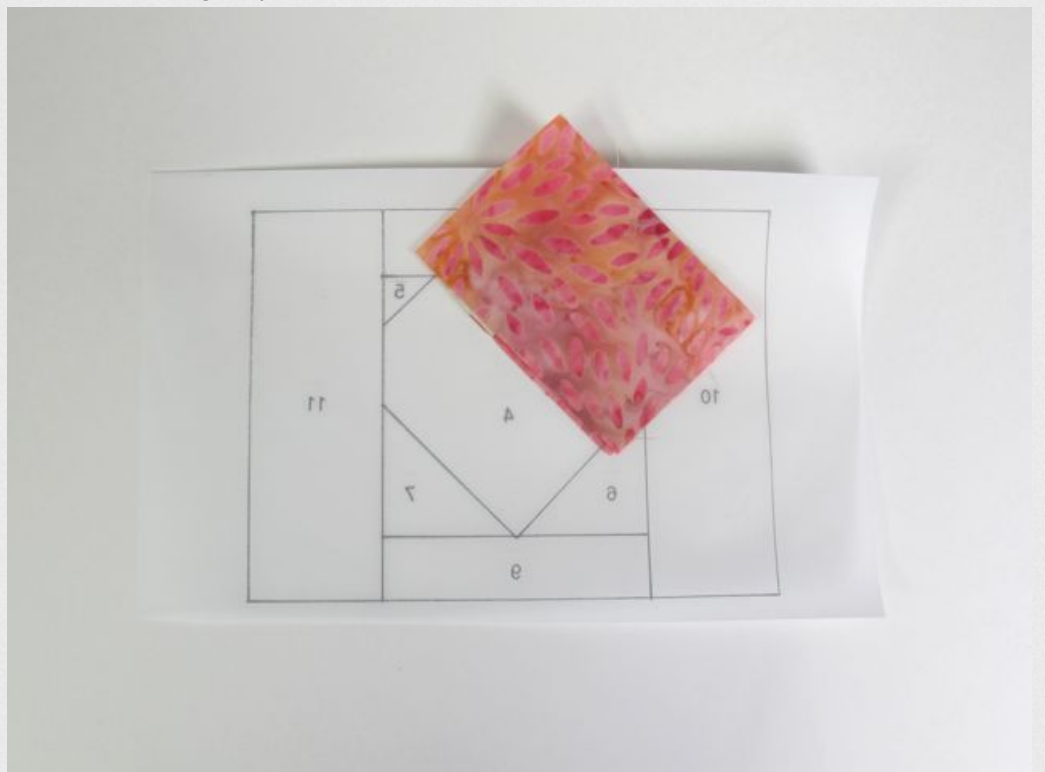
From the printed side of the paper, stitch along the line (between 1 & 3) joining the two sections.

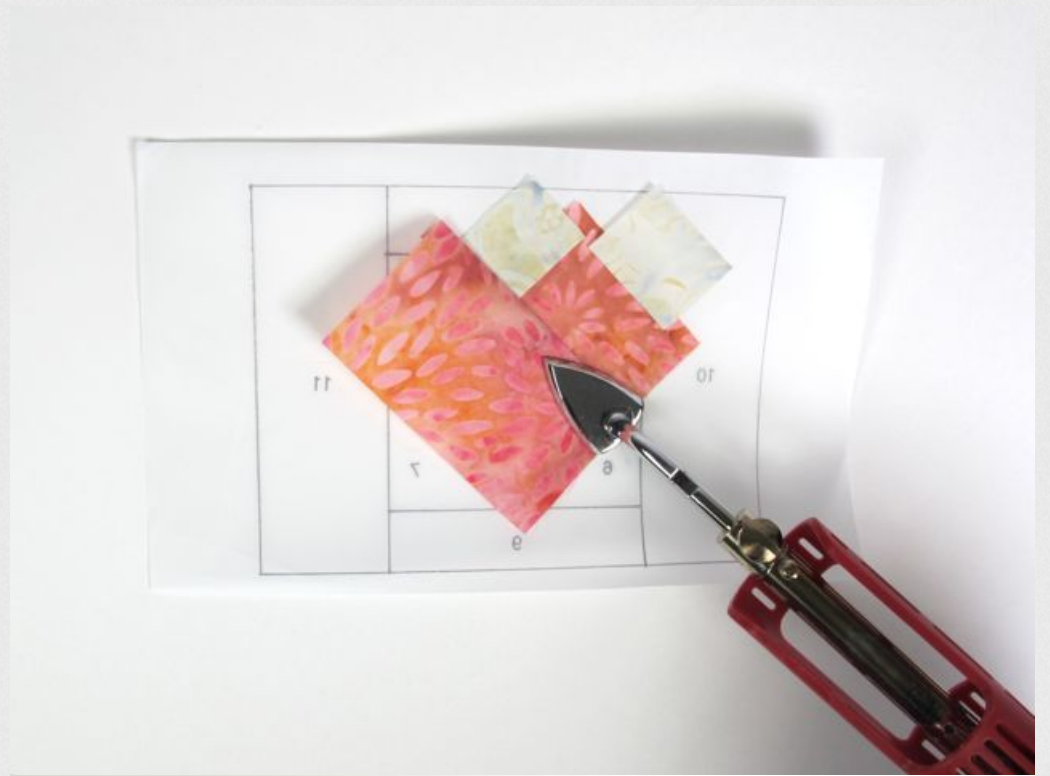


Press fabric to cover the seam. A [mini-iron](#) works so well on small projects.



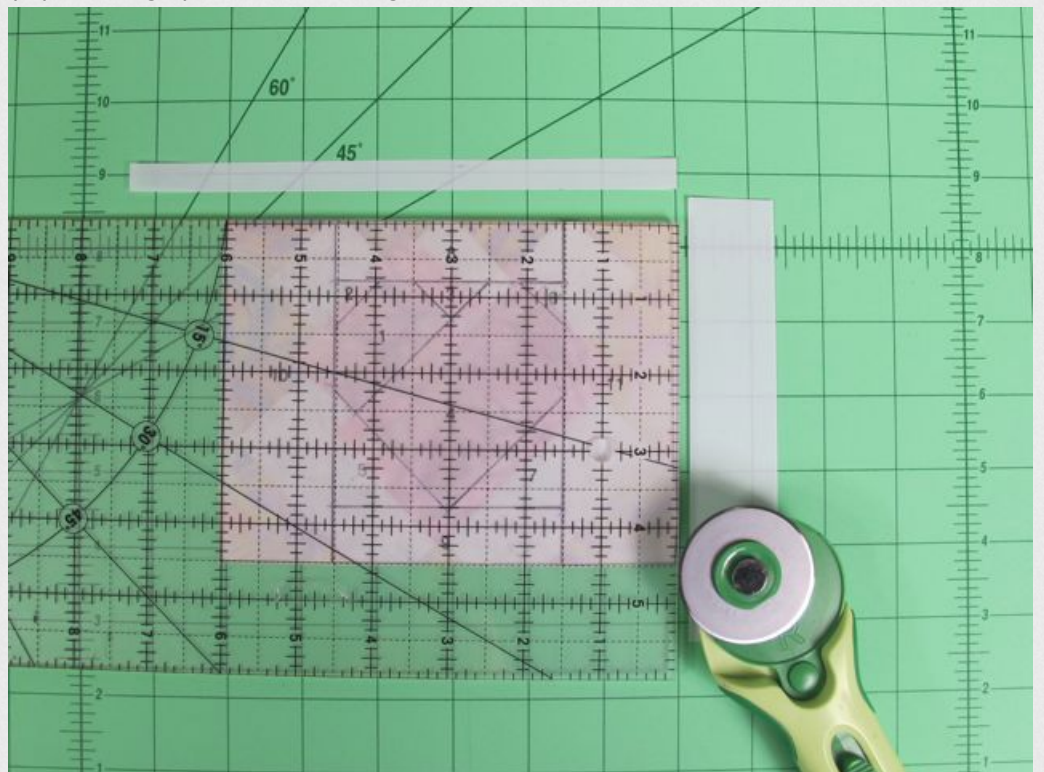
Repeat the process for each of the remaining 11 pieces.



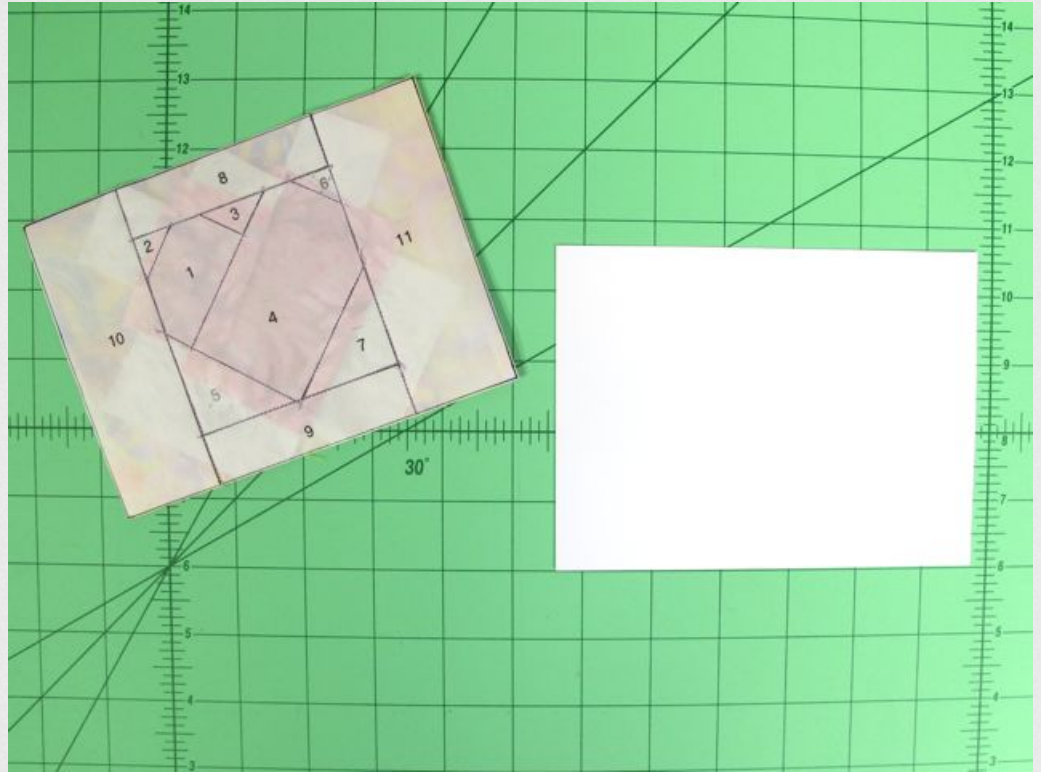




With the printed side of the paper facing up, trim block along outside line.



Cut a piece of cardstock the same size as the heart block. The back side of a repurposed greeting card works great!



Edgestitch heart block to cardstock, wrong sides together, using a scant  $1/4$ " seam.

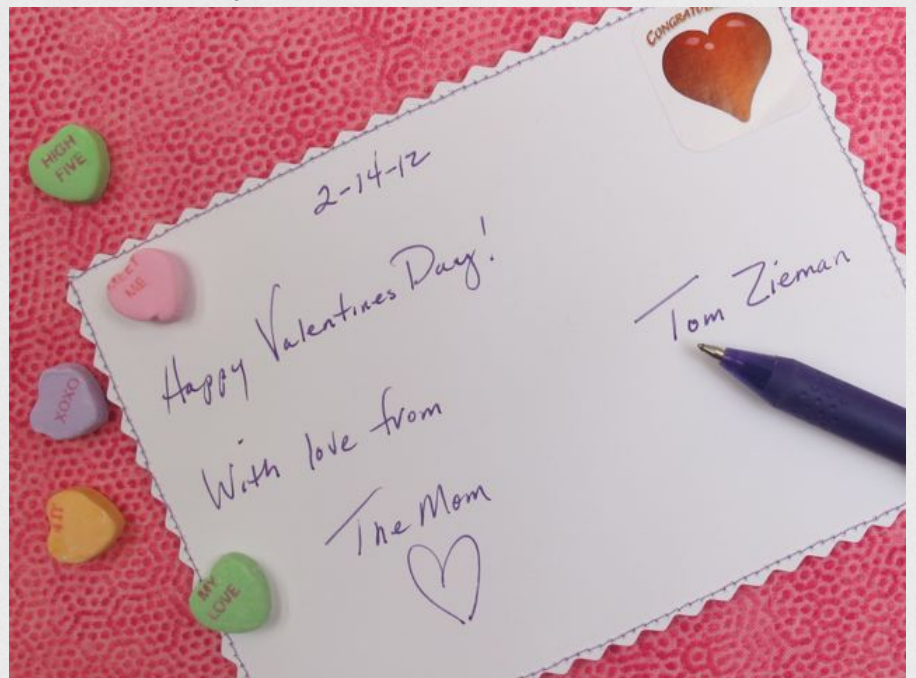


Use a **decorative rotary blade** to add a decorative edge.





Add a message, postage stamp, and address—then mail your Valentine!



P.S. I like the new [Extra Fine Point Erasable Gel Pens](#) for writing and sewing. The markings are removed from fabrics with heat when ironed. Cool!



### Love Your Heart—A Heart Healthy Program

Since February, valentines and hearts all go together, I'd like to share a great program designed by [UW Health](#). Take just five minutes a day to show your heart—and yourself—a little love this February with their [28 Days 28 Way to Love Your Heart](#). I know the program was designed to be followed the 28 days of February, but I say, start today and continue all year!

Bye for now,

A handwritten signature in black ink that reads "Nancy Zieman". The signature is written in a cursive, flowing style.

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