

# Painted Hearts

## Table Topper

*Cheer up any table setting with this colorful table topper and candle centerpiece. Stenciled hearts and simple piecing make this a project any one can stitch. Free-motion stitching using the BERNINA Stitch Regulator #42 (BSR) adds the finishing touch to this fun mini-quilt.*

### Supplies

- 3 fat quarters of coordinating fabrics
- 1-2 Paintstiks (mini or regular size) in desired colors
- 24" x 24" piece of batting
- 24" x 24" fabric for backing
- Thread for construction and quilting
- ¼ yard fusible web
- Freezer paper: one 7¼" square & two 3¾" squares
- Patchwork Foot #37 or Patchwork Foot with Guide #57
- Straight stitch plate (optional)
- BERNINA Stitch Regulator #42 (BSR) or your favorite free-motion presser foot
- HRFive temporary spray adhesive
- Clear Embroidery Foot #39/39C
- Timtex™ stabilizer
- Four 5" squares of scrap fabric for lining of candle cover

### Creating the Heart Stencils

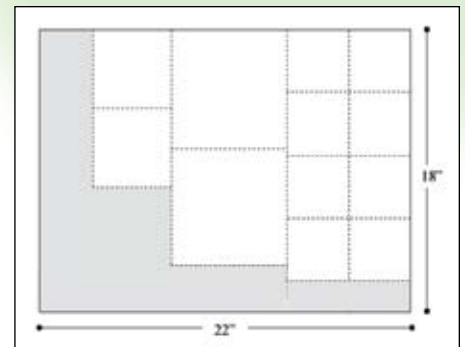
**Stencil A for Center Squares:** Fold the 7¼" freezer paper square in half on the diagonal. Trace the large heart image onto the freezer paper; carefully cut the heart from the center of the paper square.

**Stencil B for Cornerstones:** Fold the other 3¾" freezer paper square in half on the diagonal. Trace the small heart image onto the freezer paper; carefully cut the heart from the center of the paper square

**Stencil C for Votive Centerpiece:** Fold one 3¾" freezer paper square in half. Trace the small heart image onto the freezer paper; carefully cut the heart from the center of the paper square.

### Two Fat Quarters (blocks)

Following the diagram cut each fat quarter into eight 4" squares, two 7½" squares and two 5" squares (total of sixteen 4" squares, four 7½" squares and four 5" squares).



Place the large heart freezer paper Stencil A onto one 7½" square of fabric and press in place. Using a stencil brush and Paintstiks, paint the heart-shaped opening of the freezer paper. Note: Using more than one color for shading adds dimension and interest to the heart. Repeat for remaining 7½" squares. After the paint has dried (24 hours), heat-set with an iron according to the instructions included with the Paintstiks.

Heart Stencils  
enlarge 200%

fold

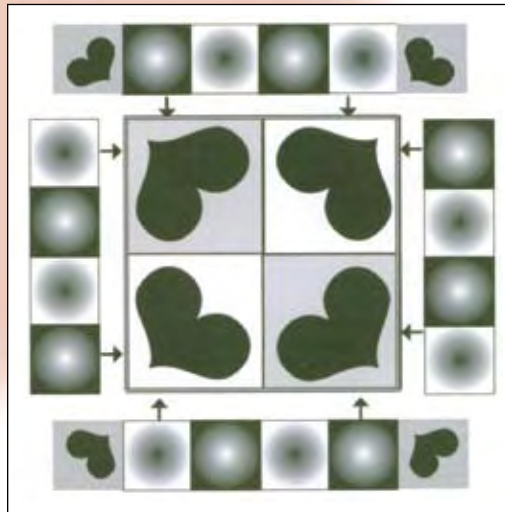
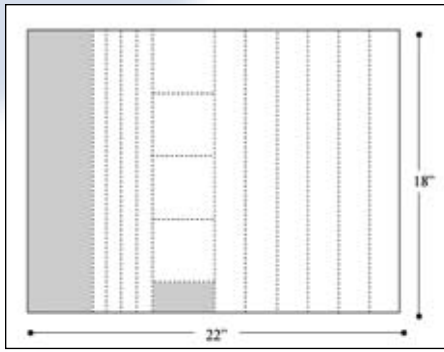
Cut from freezer paper square, leaving heart-shaped hole:

A: Large, on the diagonal  
B: Small, on the diagonal  
C: Small, straight

## One Fat Quarter (borders, binding, and cornerstones)

Following the diagram, cut six 2" x 18" strips, four 4" squares and four 1" strips.

Place the small heart freezer paper Stencil B onto one 4" square, press in place, and repeat the same Paintstik procedure as with the larger squares. Repeat for remaining 4" squares.



## Piecing

Attach Patchwork Foot #37 or Patchwork Foot with Guide #57 to the machine with the straight stitch plate if desired. Stitch the pieces together following the instructions below using  $\frac{1}{4}$ " seam allowances.

Lay out the various fabric pieces on a design wall, or on the floor following the diagram above.

**Center of Topper:** Join the  $7\frac{1}{2}$ " squares together to form a 4-patch center.

**Inner Border:** Fold the 1" wide strips in half, right sides together and press. Pin one folded strip on each edge of the 4-patch center with folded edge towards the center of the square and raw edges matching. Baste in place.

**Side Outer Borders:** Join 4 squares into four rows, as shown in the diagram. Join 1 row to each side of the center square as shown in diagram.

**Top/ Bottom Borders:** Join the cornerstones to each end of the top and bottom row. Join the top and bottom row to the center 4-patch square as shown in diagram.

## Quilting

Attach the BERNINA® Stitch Regulator #42 (BSR) or your favorite free-motion presser foot to the machine and lower the feed dog.



Layer the pieced top with batting and backing and use temporary spray adhesive to bond them together. Quilt the pieced top using the "stitch-in-the-ditch" technique for seam lines and outline and echoing quilting techniques around the heart shapes.

## Binding

Join the 2" x 18" strips together using a diagonal seam, press seams open. Fold the strip in half, right sides together and press; your binding is ready to use. Stitch the folded strip to the outer edge of the topper, matching the raw edges. Wrap the binding to the back and secure with hand stitching or machine edgestitching.

## Candle Cover Centerpiece

Press the small heart freezer paper Stencil C onto one 5" square, and repeat the same Paintstik procedure as with the larger squares. Repeat for remaining 5" squares. Bond the fusible web to wrong side of each 5" squares.



Cut 4 Timtex pieces (5" x 5"). Fuse the stenciled fabric to the Timtex. Free-motion stitch around the heart images as desired.

Bond fusible web to the wrong side of each of the 5" squares of scrap fabric; fuse to back of the Timtex, then trim to  $4\frac{1}{2}$ " x  $4\frac{1}{2}$ ".

Attach Clear Embroidery Foot #39/39C to the machine. Satin stitch along all edges of each square. Use seam sealant at the corners; let dry. With wrong sides together, join the 4 units using a straight stitch. *Note: Sample is sewn with a multicolored thread.*

Place a glass candleholder in the unit and place in the center of your table topper.

## Paintstiks

BY SHELLY STOKES

Beginners and seasoned fiber artists alike can achieve fabulous results with Siva Artist's Paintstiks and a few simple tools. Learn everything you need to know about applying paintstick color to fabric, detailed instructions that will enable you to transform ordinary pieces into unique works of art.

