

Heart for Ukraine



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Heart for Ukraine

The invasion of Ukraine shocks us all. And we feel the urge to help. Professional relief organizations know best what the people in Ukraine and Ukrainian refugees need. Donating to these organizations is therefore the best way to help the Ukrainians. Choose a reliable relief organization, and please make a donation. Your money will be well spent.

But quilters want to make something, and use it to make a difference. This pattern is created for quilters who want to show support and solidarity to the Ukrainians and let them know we think of them and keep them in our hearts. This heart may bring a smile to their lips, knowing that someone has made something especially for you. And that is priceless.

What you can do:

- ❖ Make a heart, post a photo on social media using the hashtag [#quiltedheartforukraine](#). Show your solidarity and support
- ❖ Hang a heart in your window, on your bag, in a tree, in your car, on your bike, etc. Share them on social media
- ❖ Make hearts and gift them, e.g. to Ukrainian refugees. Or use them to raise money to donate, or any other actions you may think of.
- ❖ And first and foremost: donate money to professional relief organizations

Please read the entire pattern carefully before you start

Materials and tools: what do you need for one heart?

- ✓ Scraps of blue and yellow fabrics in the colours of the Ukrainian flag. For each heart you will need a piece of 3 x 5 inch in each colour (7.5 x 13 cm).
- ✓ A piece of batting of 5 x 5,5 inch (13 x 14 cm)
- ✓ A piece of fabric for the backing: 5 x 5,5 inch (13 x 14 cm). You can choose your own colour. If you want to write a message on the back, choose a light colour with little of no print
- ✓ Quilting thread (for sewing machine) or regular sewing thread. I use King Tut cotton quilting thread by Superior Threads
- ✓ A piece of ribbon to hang the heart, about 12 inch (30 cm)
- ✓ Freezer paper or a piece of cardboard
- ✓ If you use cardboard: an erasable marker (one you can remove by ironing or with water)

- ✓ Rotary cutter and cutting mat
- ✓ Quilt ruler (24 inch (60 cm) long) for cutting long strips, or a shorter ruler if working with scraps
- ✓ Quilt ruler to measure with (e.g. a square ruler of a 6 x 12 inch ruler (15 x 30 cm)
- ✓ (flower head) ping
- ✓ Pinking scissors
- ✓ Sewing machine
- ✓ Pigma pen (permanent ink, writes on fabric and doesn't wash out)

Making more hearts in one go

If you want to make a number of hearts, it is more efficient to work with longer strips. 3 inch wide yellow and blue strips. The length of the strips is less important. A length that can be divided by 5 inch (13 cm) is the most economical. You do not end up with scraps that are too small for one heart.

You can also cut the fabric for the backing and the batting from a larger piece. First cut a strip of 5,5 inch (14 cm) and cut the strip in pieces of 5 inch.

Step 1 – make a template for the heart

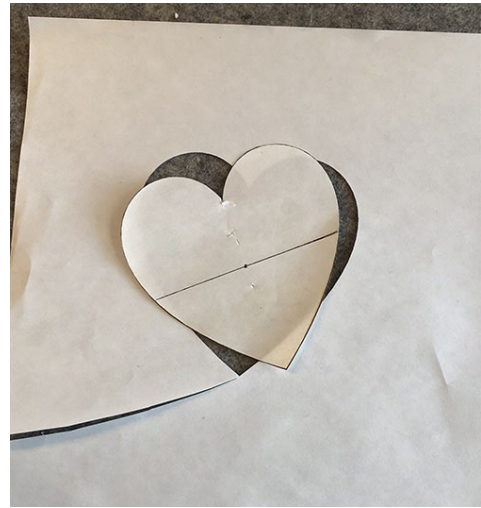
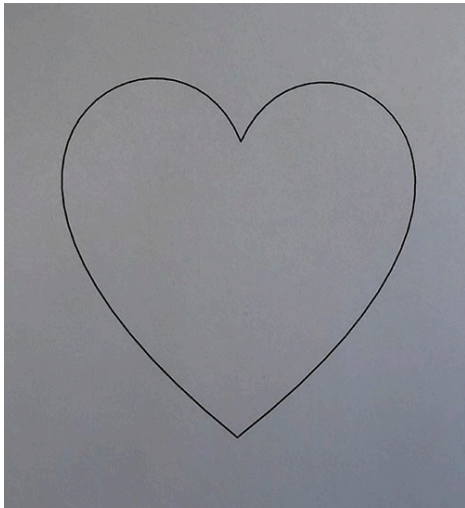
- ✓ Print the pattern for the heart

You will find the pattern on the last page. Make sure that the option 'actual size' is selected for printing pdf patterns. Otherwise your heart will be bigger or smaller than the pattern.

Although that is not a serious problem for this pattern. The size of the heart is (both horizontally and vertically) a little less than 4 inch.

- ✓ Make a template of the pattern by tracing it onto freezer paper.

Freezer paper is paper with a dull paper side, and a shiny side. Trace the pattern onto the dull side of the paper. Cut out exactly on the line. Freezer paper can be ironed to fabric (iron on the dull side, shiny side on the fabric). It will stick to the fabric, but can easily be removed and used a number of times.



Don't you have freezer paper? No problem. Cut out the pattern outside the printed lines. Glue to a piece of cardboard and cut exactly on the line. You can use this template by placing it on the fabric and drawing the sewing line around the template.

Step 2 – cut the strips for the flag

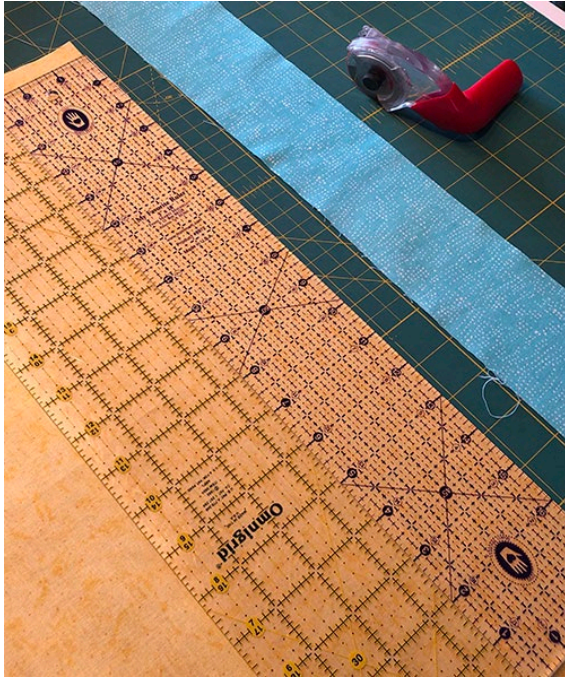
- ✓ First, iron the fabric you are going to use. Creases have the uncanny habit of creating a less than perfect result.
- ✓ Place the blue and yellow fabric right sides together. Cut a 3 inch wide strip. In this way, your strips are ready to sew.

The best way to cut strips is by using two rulers. You use one ruler to measure the width of the strip, and the other ruler to cut.

- ✓ First cut the side of the fabric to create a straight edge. On the right hand side if you are righthanded, on the left side if you are lefthanded.
- ✓ Position an inch ruler on the edge of the fabric, placing the 3 inch line on the edge. Place a second, long ruler against the first ruler. Check everything is straight, and then remove the ruler from the edge of the fabric. Cut along the second ruler to cut the strip. (You can also measure the strip with a centimetre ruler, position the 7,6 cm line on the edge of the fabric.)

- ✓ The advantage of this method: you do not need a long ruler for measuring the width of the strip, and it is unimportant if the long ruler has inches or centimetres: you only use it for cutting, not for measuring.

You can see it below. I show it with long strips, as I am making more hearts in one go.



See how it works to the left. The blue strip is 3 inch wide, a leftover from another project.

I have cut the edge of the yellow fabric to create a straight edge. On that edge I have place a 3 inch side ruler, which is exactly the size I need for the strip (the ruler with the purple lines). To the left I have placed a second ruler (the ruler with the yellow lines).

In the next step, I will remove the ruler with the purple lines, and cut the strip along the ruler with the yellow lines.

In this way, I do not need to turn the fabric that I have just cut to straighten the edge, in order to measure and cut from the other side.

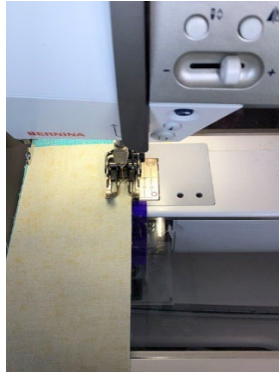
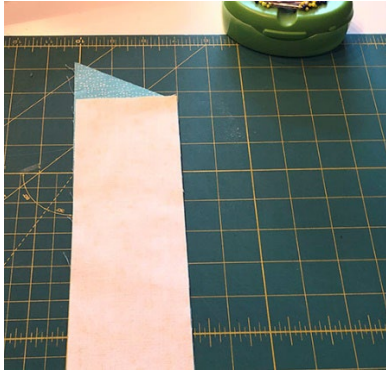
Step 3 – sew the trips for the flag together

- ✓ Place the yellow and the blue strips right sides together
- ✓ Sew them together along the long side, using a $\frac{1}{4}$ inch seam allowance (about 6 mm).

TIP: in this project, the size of the seam allowance is not that important. You do not want it too wide, because that will create bulk in the centre of your heart. A $\frac{1}{4}$ inch or 6 mm is fine, but a little narrower or wider will work well too.

- ✓ Press the seam towards the blue fabric.

I always do that by laying the sewn strip with the seam at the back and the blue side up. Then it is easy to press the blue part back and make a flat pressed seam.

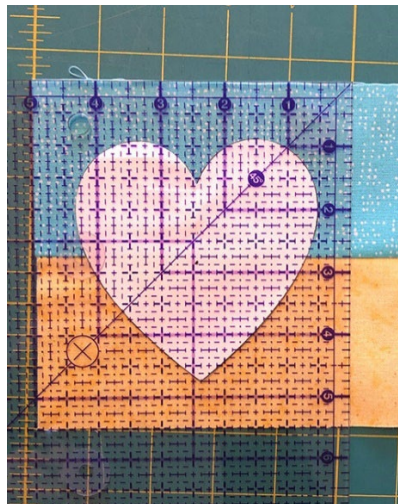


Step 4 – cut the sewn strip in pieces of 5 inch

The sewn strip is now approximately 5,5 inch high, depending on the size of your seam allowance.

- ✓ Cut this long strip in pieces of 5 inch

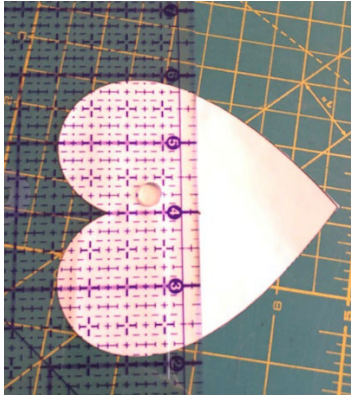
A piece of 5 inch is big enough to make the heart. If you work with smaller scraps and do not have a long strip, you can skip this step. Your strip will be the right size for a heart.



Step 5 – iron the freezer paper template to the sewn strip

- ✓ To position the seam of the sewn strip in the centre of the heart, draw a horizontal line on your template, exactly in the middle.
- ✓ Position the template on the strip, with the drawn line exactly on the seam and iron the freezer paper to the sewn square.

TIP: if you do not use freezer paper, but a cardboard template: position is on the sewn strip, the drawn line on the seam, and draw the heart onto the fabric. The best option is to use an erasable marker. You are going to sew on top of this line, but you may still be able to see the drawn line. A marker that can be ironed away or removed with water can then be handy. But you can also draw a thin pencil line. If you sew carefully on top of the line, you will not see the line anymore.



Step 6 – make a sandwich of the three layers for the heart

Your top is now ready.

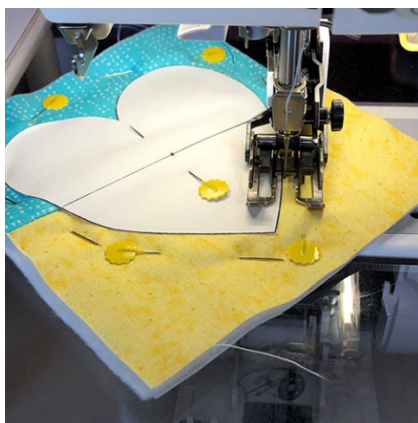
- ✓ Position the three layers on top of each other
- ✓ The backing of the heart with the right side of the fabric facing down. The batting on top of that, and on top the sewn square with the freezer paper template, of the drawn heart.
- ✓ Pin the three layers together along the edge of the heart. Place an extra pin in the middle, through the heart. This pinning keeps the three layers nice and flat.



Step 7 – sew the heart

This step combines two elements. You sew the heart together, quilting the heart at the same time. The stitching will remain visible, so I use a quilt thread for the sewing machine. My choice is King Tut by Superior Threads, and a 90/14 topstitch needle.

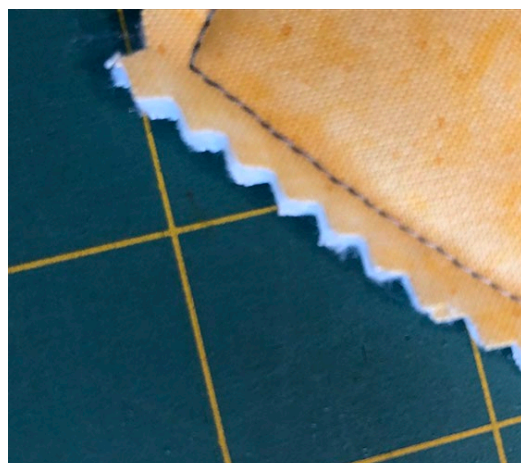
- ✓ Sew around the heart, next to the paper.
- ✓ Use a larger stitch size, mine was 3.5.
- ✓ Sew slowly, turning your work regularly.
- ✓ If your sewing machine has dual feed, or if you have a walking foot for your machine, now is the time to use it.
- ✓ Secure your stitches at beginning and end and cut the thread.



Step 8 – Cut the heart with a pinking scissors

- ✓ Using a pinking scissors, cut outside the stitch line, about ¼ inch or 6 mm.

This finishes off your hart. The pinking edge prevents the heart from fraying and is a decorative finish.



Set 9 – write a message on the back of the heart

If you will gift the heart, it adds an personal element if you write a message on the back. Use a pigma pen. The ink is permanent, and if you use it to write on fabric, it will not bleed or disappear if the fabric gets wet.

Example for a text:

for you
from [your first name]



Step 10 – attach a ribbon

Add a ribbon to hang the heart. I have sewn it by hand to the back.

- ✓ Use a narrow ribbon of about 12 inch long (30 cm).
- ✓ Fold in half to find the middle and sew the folded edge to the back of the heart. In this way, the ends remain loose, giving more flexibility for attaching it where you want.
- ✓ Tie a knot at the ends, to stop the ribbon from fraying.

Congratulations, you heart is finished!



I hope you will enjoy using this pattern to make loads of hearts.

Agnes Mijnhout

7-3-2022

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