



**BUSTLE & SEW**  
LOVE TO SEW AND SEW WITH LOVE



# Floral Heart Hoop

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# Floral Heart Hoop



## Notes:

Stitches used are French knots, satin stitch, split stitch, woven wheel stitch

Shown mounted in 7" hoop.

Design worked on soft white linen from [Wild Linens](#)

## Materials

- 12" x 8" rectangle of fabric suitable for embroidery, ie non-stretchy. I used a pure linen fabric in soft white from [Wild Linens](#) (UK based)
- DMC stranded cotton floss in colours 25, 164, 223, 309, 322, 340, 744, 813, 819, 972, 988, 3716
- 7" hoop

## Method

*Use two strands of floss throughout*

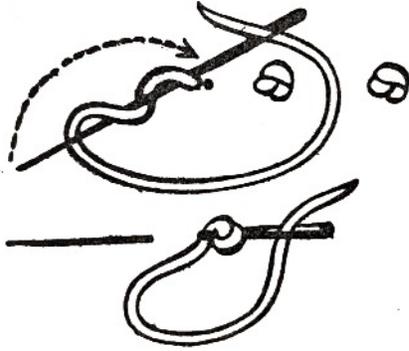
- Iron your background fabric well before beginning.
- Stitch design in accordance with guide on following pages.
- When finished press lightly on the reverse being very careful not to flatten your stitches (especially the woven wheel stitch) and mount in hoop for display.



## Stitching Guide

- The groups of three pink flowers (A.) are all worked in woven wheel stitch with a single French knot worked in 744 at the centre.
- The large flowers (B) are all worked in radiating straight stitch with clusters of small (single twist) French knots at the centre. When working flowers in this way I find it easiest to place stitches at 12, 3, 6 and 9 o'clock first and then return to fill in between these stitches. This helps my straight stitches remain at the correct angle to the centre of the flower.
- The daisy-shaped flowers (C,) are also straight stitches and have a cluster of tiny French knots at the centre.
- The teardrop and heart shapes are all worked in split stitch.
- The leaves are satin stitch worked at an angle to an imaginary centre vein.
- The French knots are a random mixture of colours scattered throughout the design. I used the ends of whatever colour I was working with to form the knots - just be careful that you don't get too many dots of the same or similar colours in one area of the design.

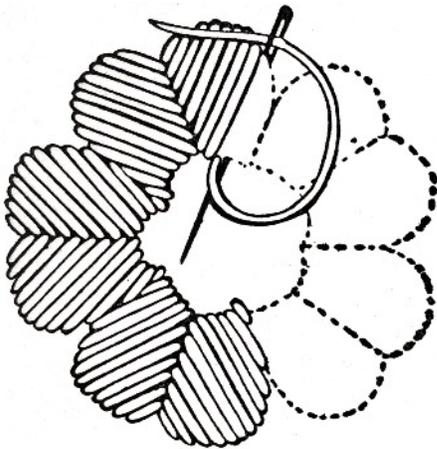
## French Knot



Bring your thread through the fabric, then hold it firmly with your left thumb and first finger. Wrap the thread two or three times around the needle (first part of diagram above) and then, with the twists pulled quite tightly upon your needle and your thread still held firmly in your left hand, turn your needle round and reinsert it close to the spot where your thread first emerged (shown by dot in diagram). Your French knot will sit over this point and not the point where you brought your needle out of the fabric.

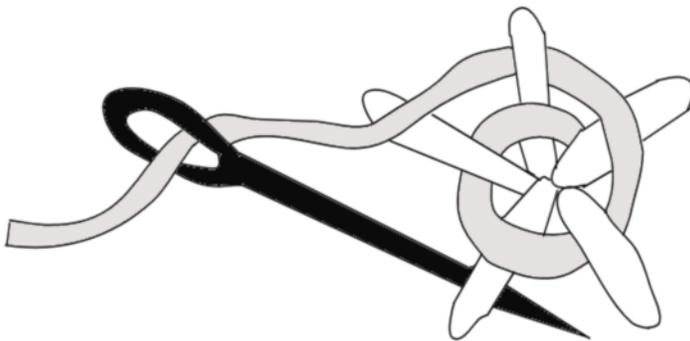
The secret of success when working this stitch is to keep your thread taut at all times.

## Satin Stitch



This is actually quite a difficult stitch to work correctly and neatly. As you can see in the diagram, the stitch consists of carrying your thread across the space you want to fill and returning beneath your fabric to the starting point again. The whole art lies in making the stitches lie evenly and closely together and making a neat firm edge to the shape which is being filled. Satin stitches can be worked in any direction, and be as long as you like, but the longer you make your stitches the more clumsy and untidy they will appear. For this reason if you're filling a large shape with satin stitch then it should be split up as much as possible. Changes in direction of the stitch tend to give an effect of light and shade.

## Woven Wheel Stitch



Woven wheel stitch is made up of two parts, the spokes and the weaving around them. The spokes are straight stitches, and must be odd in number for continuous weaving. Weaving proceeds in a spiral from the centre out, needle and thread going under and over the straight stitches until you run out of space to insert your needle.

Use a blunt tapestry needle, or alternatively reverse your needle and push the eye through first, when weaving to help keep you from accidentally splitting the straight threads.



## Floral Heart Hoop

Pattern is full size and reversed to suit your preferred method of transfer.





Why do we love to stitch? After all you can purchase mass-produced textile items at many high streets stores for very little cost. These days handmade means something special - a unique item created with love, a gift from the heart, not one that can be bought. Hand stitching is also a great way to personalise an item, or perhaps to breathe new life into an old favourite that has seen better days.

[Bustle & Sew](#) offers my own unique patterns, designed to appeal to all skill levels and bring out all your natural creativity.



You might also enjoy our monthly [Bustle & Sew Magazine](#). There's no advertising whatsoever, just lots of lovely pages of content celebrating life here in the English countryside - with sewing very much at its heart of course.

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*Helen xx*

