

# LOVIN' NEEDLEWORK



**by Maria Perez, Visiting Designer**

THREE RIVERS CHAPTER

PITTSBURGH, PA

Hi, Friends! This is my original design for a beginner needlepoint heart that anyone can do! The heart is divided in several sections to be filled in with different stitches. You can make more sections if you want. I stitched it on canvas, but you could easily stitch this on linen or evenweave. I added some cute charms near and dear to my heart. What will your “Lovin’ Needlework” heart look like?

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### Materials List:

Lovin' Needlework Sketch (last page of instructions, can be shrunk or enlarged as desired)

- 18 Mesh Canvas
- Thumb Tacks
- Stretcher Bars to match canvas
- Tape for canvas edges
  
- Needles: #22 Tapestry
  
- Threads:  
Use your stash (that's the fun part)
  - DMC Floss, use 4 strands of the 6 strands
  - Caron Watercolours, use 1 strand of the 3 strands, or any Pearl Cotton #5 could be substituted
  
- Stitches, I used:
  - Mosaic
  - Continental
  - Scotch
  - Basketweave
  - Byzantine

Other stitches are available. Needlepoint.com has a lot of ideas that I have used many times. Don't forget your Local Needlework Shop! Please send a photo along with your name and chapter so we can enjoy your little masterpiece!
  
- Other: Purchased bow (or silk ribbon for bow) and charms

### Step 1

Size the heart up or down. Print it out and place under your canvas and trace design on canvas with permanent marker (be sure to stitch over the lines to cover them up). You can use a lightbox for this or a window on a sunny day.

### Step 2:

Tack canvas onto stretcher bars tightly so a coin could bounce off the surface.

### Step 3:

Start stitching! Remember to pick colors you like. This is a perfect time to try out new stitches, too.

**Looking for even more stitches?** Stitches can be found on variety on-line sites, such as Needlepoint.com and the Royal School of Needlework Stitch Bank, as well as the plethora of books available for checkout on the EGA website.

### Step 4:

Stitch on a purchased bow or make one out of silk ribbon. Stitch on charms as a remembrance or for your loved ones' interests!

### Step 5:

Once completed, place your stitched piece into a box top, a stand-up, or an ornament depending on its size.

**Step 6:**

**Please post your completed piece on the EGA Stitch-a-Long so everyone can see it!**



**FINALLY**

Hope you enjoyed creating your Lovin Needlework Heart.

PATTERN FOR LOVIN' NEEDLEWORK HEART ON NEXT PAGE TO SIZE

