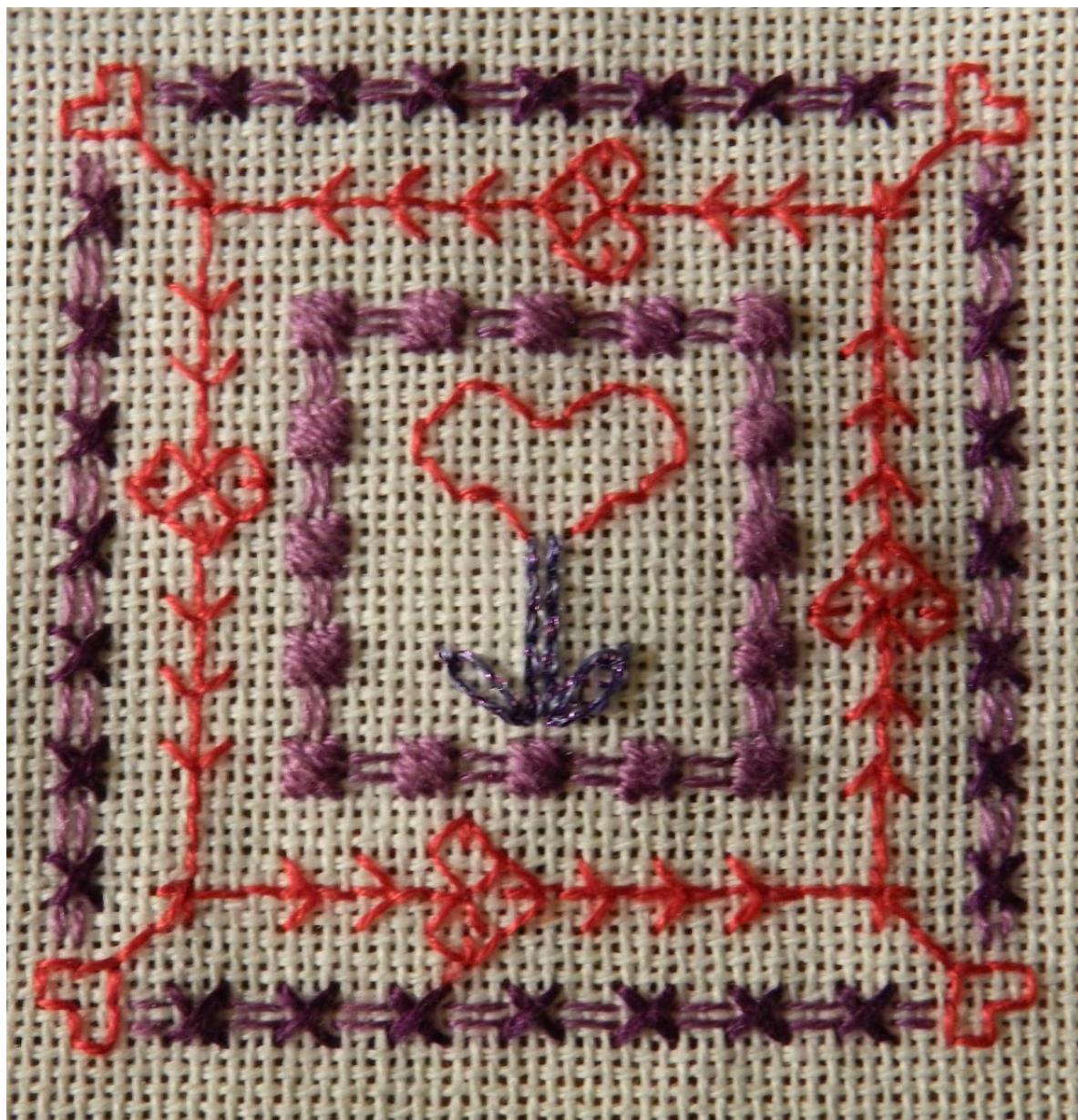


EGASAL: 2026 02 Feb:: I HEART YOU by Stephanie K. Murphy



Picture of Finished Project (with the Rose Flower Charm added): I HEART YOU

I HEART YOU PROJECT
EGASAL February 2026
Design: Stephanie K. Murphy



PAGE INTENTIONALLY LEFT BLANK SO COVER PAGE CAN BE PRINTED IN COLOR AND REST OF DOCUMENT CAN BE PRINTED IN BLACK AND WHITE.

INSTRUCTIONS FOR I HEART YOU DESIGN

Take a tiny piece of evenweave, small amounts of pink and purple thread, a marvelous rose bead/button/embellishment, and create this tiny scissor fob or pincushion for your favorite person or keep it for yourself!

Turn it into a Patriotic USA 250 fob by using RED and BLUE threads on a white fabric and add the Red Rose (American Beauty) as the center embellishment.

I designed this quick fob because I received a donation of a box full of little kits of materials from Judith Richardson, member IRCEGA and former President, American Needlepoint Guild. THANK YOU, JUDITH! I replaced her Red Hat design with this one.

This is an easy kit for a chapter to create for its members. The hardest part is getting the red rose for the center.

Supply List

ITEM	DESCRIPTION
Needles:	Tapestry needle, #24 or #26
Hoop:	None: This project was stitched in hand.
Ground Fabric:	Small piece of evenweave, 4" x 4" would provide plenty of room
Threads:	DMC Thread. Less than one (1) yard pieces of 4 colors of pink, red, and purple threads (Purple (2), Red, Pink). Lay them out and figure out what you want to use where. Kreinik Braid #4: Green for stem of center flower. Purple for one of the stitches. Again, less than 1 yard. NOTE: Use from your stash—Kreinik is not necessary—you can use all cottons or silks or whatever!
Charm	One Red Rose charm or button
Fabric	Square piece of backing fabric (for the red/pink one I found a cute print of different pink hearts (with sparkle) on a white ground; if you do it in Red/White/Blue, then choose a patriotic fabric!)
Ribbon	Coordinating ribbon, no more than 11" needed for loop at top. But if used as a scissors fob, be sure to check to ensure you can get your scissors thru the loop!

INSTRUCTIONS

1. DESIGN IS NOT CHARTED PER SE. YOU CAN FOLLOW THE ENLARGED PICTURE ON THE COLOR COPY OF THIS DOCUMENT (page 1). DMC Numbers NOT provided. Use the colors in the color copy OR choose your own OR switch them around.
 - a. The graphs are on the last page and I hand drew them. My IRC chapter did not have a problem following up, but if you do, please reach out!
2. **Find center and count up 15 and to the left 14. IT DOES NOT HAVE TO BE EXACT! DON'T SWEAT IT!**
3. I STITCHED WITH 2 of the 6 STRANDS OF DMC FLOSS. KREINIK BRAID USED AS IT COMES OFF THE SPOOL or CARD.
4. Start the first Scotch Stitch—it can point in either direction---slanting from Upper Left to Lower Right OR slanting from Upper Right to Lower Left. This Scotch stitch is stitched over 1 thread, then over 2 threads, then over 3 threads, then over 2 threads, then over 1 thread creating a SQUARE. Don't pull, just lay the stitches down snuggly. Skip three threads, then repeat the Scotch Stitch. There are 5 Scotch Stitches on each side of the Square. Follow the picture.
5. Fill in between the Scotch stitches with a Straight Stitch. You can use a Darning Pattern of over 3 threads under 3 threads (under the Scotch Stitch) over 3 threads, etc. all around the Square. Do you this twice to get the 2 lines.
6. From one of your Scotch Stitch corner points, count out 5 stitches DIAGONALLY. Thread up with your RED thread and do the blackwork stitches (either double running or backstitch) around the entire square. Follow the picture—sometimes you have to stitch a heart in, sometimes you have to put in arrows, sometimes you just stitch lines. Now you should have a square of Scotch Stitches and a Square of blackwork with some blackwork corners.
7. Stitch the rows between the blackwork outer hearts to finish the outer square. You can again put in the Darning Pattern of over 3 under 3 stopping before hitting heart. Do this on all sides. Once that is in, fill the gaps with a 3 x 3 Cross Stitch with the dark purple thread.
8. Stitch the center—put in the stem with Back Stitches, 2 lazy daisy (detached chain) stitches for leaves, and outline a red heart.
9. Attach your red rose button to the center of your project inside the center red heart. [Note, in the charm I used, there was NO HOLE in this Rose. However, the petals were very deep, so I couched down the rose over 3 different petals, 2 x over each petal. So 6 stitches are holding the rose in place. If you want to add glue, you can. I would suggest Gem-Tech glue, if you do, or an E-6000 glue.]
10. You have finished the stitching and now just need to "finish" it!

Finishing Instructions for your project

Materials Needed To Make a Pincushion/Fob:

Completed Embroidery

Backing Fabric

Fluff of batting

White sewing thread, needle

Some coins for weight, if desired

Cording or ribbon, if desired. I cut my ribbon 11 inches for the loop at the top. You will need longer cording!

1. Decide if you want a "hanger" ribbon—if you do, carefully fold ribbon in half (wrong sides together), carefully pin the ribbon to the middle of the top of the needlework with the raw edges of the ribbons extending a little beyond the raw edges of the needlework. Your ribbon loop will be temporarily pinned to the middle of your embroidery. BE CAREFUL. YOU NEED TO BE ABLE TO GET THE PINS OUT BEFORE YOU SEW A FINAL SEAM OF. YOUR PINCUSHION (ask me how many times I've found a pin on the inside of my pin cushions!).
2. Place completed embroidery good side to good side with backing fabric. Sew along lines for size you want—leave middle of one side open for turning. I left my bottom open for turn—I stitched around each of the corners to be sure I got a crisp corner, but I left the middle section of the bottom open for turning!
3. Trim edges and turn. I cut my corners slanty to reduce bulk. IF YOU ADDED THE HANGER RIBBON: Be sure your ribbon comes out and all the pins come out.
4. Insert fluff and coins (if desired).
5. Sew closed.
6. Sew on cording, if desired.
7. You're finished!
8. I plan to add a needle threader to my ribbon and then it's long enough to loop onto scissors.

CAUTION CHANGE OF COUNT - 0
OVER 2

FIBER LIST

- A: Kreinik Braid
- B: Red Medium
- C: Purple Dark
- D: Purple Medium
- E: Red Dark

Dark

Fiber D Scotch

Left Slanting

Fiber C Cross Stitch

Over 3

Fiber D Running Stitch

Over 3***

Fiber D
Scotch
Left Slantin

Fiber C
Cross Stitch

Fiber D
Running
Stitch
Over 3**

Blackwork
Repeat
in all direction
follow photo/instru

Fiber A
Backstitch
on stem of flower

Fiber B
Blackwork