



This design was created as part of the celebration of the Fort Worth Chapter's 50th anniversary! We're celebrating love this February: our love of stitching, which brings us together as a stitchy family.



Supply List:

- 3 or 4 inch embroidery hoop
- A piece of white 100% cotton fabric, large enough to fit into the hoop
- #10 embroidery needle
- DMC cotton floss: 602, 603, 605, 469, 471
- DMC Diamante 3821 gold



The designer gives permission to EGA National and all EGA chapters to use this design and these instructions for the purpose of programs within the Embroiderer's Guild of America. Chapters have permission to print copies for their members in order to teach this program. It can also be given to the EGA Stitch Along group on Facebook. © Dianne Stauber 2026

Transfer the design onto the fabric in whatever way you prefer:

- Use a light board and trace the design onto the fabric
- Prick and pounce
- Or my way: cut an 8.5 x 11 inch piece of fabric, stick it to an 8.5 x 11 inch label (yes, they make them that big!) and print the design on your fabric with your ink jet printer. Yep, I'm that lazy!

Once the design is on your fabric, secure it tightly in an embroidery hoop and we're ready to begin.

*** If you've never done these stitches, or need a refresher, I've provided links to several helpful videos on YouTube at the end of these instructions.*

Order of Work:

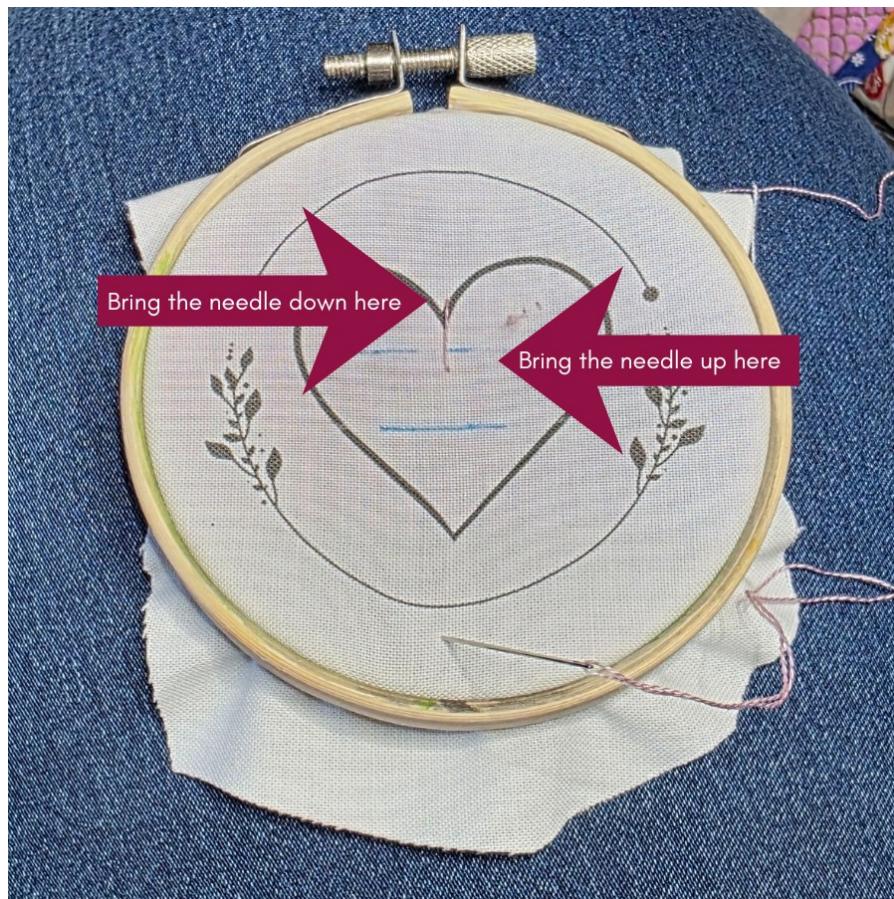
Using a pen or pencil, draw two horizontal lines through the heart (do not go outside the design lines). You should have three equal sizes sections of the heart when done. See below:



Anchor your stitches with a waste knot. Make sure you put the waste knot in an area that will be covered with stitching. If you're not familiar with waste knots, I've linked a great video at the end of these instructions.

Stitch a border around the outermost edge of the heart in chain stitch or split stitch with one strand of DMC 605. *Be sure to stitch on the outermost edge of the design line if you used any kind of permanent method to transfer the design since you won't be able to erase it.*

Beginning in the middle/top section of the heart, work a line of long and short stitch in DMC 605. You want to come up in the heart *below the top line you drew* and bring your needle down just outside your outline of chain/split stitch. Make sure that the bottom of all your long and short stitches dip below the first horizontal line you drew. Your stitches should be varied lengths. See below:



When you're done with half the heart, complete the same step on the second half of the heart. When you're done, you should have the entire upper third of the heart covered in long and short stitches with one strand of DMC 605. See photo at right. ** If the edges of the heart look a little rough to you, don't fret. We're going to stitch around it and cover that up.



Next, begin at the middle of the heart again using one strand of DMC 603. Bring your needle up underneath your stitches on the top third of the heart and bring the needle down in the bottom third of the heart (on the other side of the divider line you drew.) It's very important that you not take the needle down into your previous stitches because it leaves a divot or dent in your stitching. You want as smooth a surface as possible. Use stitches that are varied lengths. See left...

Keep stitching long and short stitch in DMC 603, completing half of the heart first and then the second half of the heart. Notice in the photo on the right that some stitches come up close to the top of the first section that was stitched. This is what you want to do in order for the blending effect to work well. Some of your stitches should come up close to the top, and others much lower. Make sure you come up at different heights in the previously stitched section and always come down in various places below that bottom line you drew marking the bottom third of the heart.

When you're done with the middle band of long and short stitch, guess what? Switch to DMC 602 for the third and final band. Come up through the stitches you just stitched in DMC 603 and down just outside the border you stitched.



When you're done stitching the final color in the heart, it's time to stitch the little leafy accent underneath it.

Make a waste knot on the design line in one of the larger leafs (circled in the photo at the right) using DMC 469. You're going to stitch that curved vine line first with stem stitch. Begin where it starts in the leaves and continue along the curve to the other end.

Once you're done, go back and wrap your stem stitch with one thread of DMC 471. See the close up here for the effect wrapped stem stitch gives. It's pretty and dainty...and so easy! Check the links section at the end of this pdf if you'd like to watch a video for wrapped stem stitch.



After you've completed your wrapped stem stitch, you can complete the arc across the top of the heart in the same way.

The dots at either end of the upper arc were made with French knots. Use 3 strands of DMC 469 for the French knots.

To stitch the leaves and little buds on the vine, keep it simple. They're so tiny, I found it very frustrating to try and border the leaves with chain or split stitch...so I made straight stitches to border the leaves, then I used simple satin stitches over those in order to fill in the leaves. The three dots at the top of the leaves were done in tiny French knots using 1 strand of thread. The tiniest leaves and buds were filled in using straight stitches. I used DMC 469 for the large leaves and DMC 471 for the smaller ones.



Finally, use 1 strand of DMC Diamante 3821 to stitch a stem stitch border around the heart...giving it a little sparkle.



Resources:

Waste knot tutorial:

<https://www.youtube.com/watch?v=5LtGi2lGiXw&t=187s>

Long and Short Stitch tutorial:

<https://www.youtube.com/watch?v=eq50XQIZsUY>

Stem Stitch tutorial:

<https://youtu.be/BZ62d5j4bXQ?si=2k3ZMWBd39DnhPja>

Wrapping your stem stitch:

<https://www.youtube.com/shorts/3TBd5m4YSxg>

** this is a weird, jumpy video but it shows you how easy it is!

If you enjoyed this project and you'd like to share how yours turned out, feel free to pop into the Fort Worth chapter's Facebook group and show us your stitching!

You'll find us here:

<https://www.facebook.com/groups/750998492829418>

Happy 50th Anniversary, Fort Worth EGA!!!